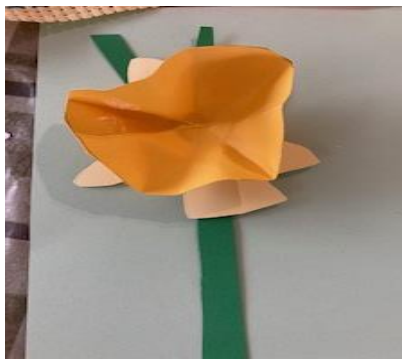




ST DOMINICS
RESIDENTIAL HOME

APRIL 2024 NEWSLETTER

Welcome to our April Newsletter, we finished February with all things 'Leap Year' related and welcomed March with St. David's Day themed Activities. Our Activities' sessions included word games, trivia, quizzes and crafts (making frog bookmarks and paper craft daffodils).



LIVE MUSIC

We were pleased to welcome back 'Braintree U3A Ukelele Band' who perform together for fun once a week. The Group performed a wide range of tunes, the majority of which we were able to sing along to and crowd participation was encouraged!

Residents appeared to thoroughly enjoy the afternoon and there was lots of very positive feedback. We hope to be able to welcome the Braintree U3A Ukelele Band back again in the future.



IN THE COMMUNITY – BRITISH LEGION TEA PARTY (2nd March)

Despite the very changeable weather, a group of us went ‘en masse’ to the event held at the Kelvedon Labour Club. With the assistance of family members, we were able to take eight residents and there were sixteen of us in total!

We had a great afternoon, enjoying a variety of homemade cakes (including an original 1940s ‘Vinegar Cake’ made by Jose’s Daughter, Jane). We were entertained by a dance troupe known as ‘The Searchlight Re-enactors’ who took us back to the era. It was nice to mix with some of the villagers and everyone was on good form.





The British Legion Tea Party was a very well attended event with £1,000 raised for the Royal British Legion.



CHURCH SERVICES

Father Simon and George, a member of the Church led us in a Communion Service to celebrate Mothering Sunday with a selection of readings and hymns.

Father Simon spoke about the origins of Mothering Sunday and how years ago people (especially young girls who were in service and only had a Sunday off) would visit their 'Mother Church' on the fourth Sunday in lent. In time, this has become 'Mother's Day'.

Father Simon also visited in Holy Week to perform an Easter Service which was well attended.

INTERNATIONAL WOMEN'S DAY – PERFORMANCE FROM JOANNA LEE - SINGER

We all felt very empowered after Joanna's performance which included some songs from the musicals and a range of tunes either sang by or about Women. Jo's very strong voice kept everyone entertained and residents and visitors enjoyed a sing-along and some dancing! Joanna may be small but she has an incredibly powerful voice.

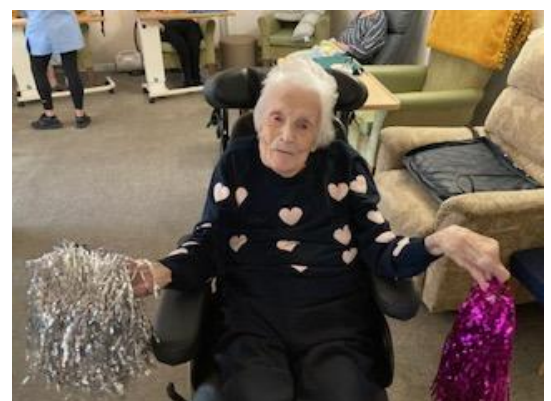


ACTIVE MOTIVATION

Jo who runs the Active Motivation session (as part of the Community 360 Charity) always brings her smile and energy and leaves us feeling like we've been to a party! Everyone is encouraged to move as much as they are able and a good mix of fun music is guaranteed to lift the mood.

KIDDLEDIVEY

March's Kiddledivey (movement and music) session was as lively as ever. The introduction of Pom Poms turned the room into a riot of colour and made for a very fun atmosphere.



Gunni never fails to leave everyone feeling happy and energised.



NUTRITION & HYDRATION WEEK

11TH-16TH March

At St. Dominics we take Nutrition & Hydration very seriously, and were keen to take part in this initiative which was started in 2012 to highlight and educate people on the value of food and drink in maintaining health and wellbeing. The week started with 'Milkshake Monday' finishing with 'Souper Saturday' where homemade soup was served for supper.

The 'Global Tea Party' coincided with a residents' birthday and we served afternoon tea and enjoyed a slice of delicious coffee and walnut cake.



There was also a glass of sherry for those who wanted it (we made sure those residents in their rooms didn't miss out!)



Gwen enjoying her birthday cake during the 'Global Tea Party'

GEMINI FASHION MOBILE CLOTHES SHOP

With spring in the air, it seemed the perfect time to organise for a mobile clothes shop to visit St. Dominics.

There was a large variety of Ladies and Gents clothes on display and our residents were given the opportunity to have a look at their leisure. Residents appeared to enjoy browsing and many chose themselves complete new outfits. Staff were on hand to provide assistance and fashion advice!



Some residents have already asked for a return visit of the mobile shop and we plan to organise this later in the year.



OUT & ABOUT

Aside from activities which take place in the home, we try to get out as much as possible.

A trip to the shops, attending local coffee mornings or just a walk in the fresh air are encouraged.



Helen's shopping trip

TRIP TO POPLAR GARDEN CENTRE



A recent trip the Poplars Garden Centre was very successful, a group of residents clearly enjoyed the opportunity to help choose a variety of plants for our raised 'Sensory' bed.

A selection of plants and herbs were purchased during the trip and as the weather remained fine, we were able to plant them up the same day. This will be a 'work in progress' however, the selection of plants should provide colour and interest all year round.



Enjoying the garden centre and having coffee in the fresh air



An afternoon of planting...



INDOOR GARDENING

Aside from outdoor gardening, after the success of last year's indoor gardening, some residents were keen to get green fingered and assist with planting a selection of seeds. These are currently growing in pots in the Conservatory and already the radishes, carrots and tomatoes appear to be thriving. This is probably due to the TLC they have been receiving from residents who are ensuring the pots are well-watered and are in the right position.

ENTERTAINMENT FROM ALEX SOUTHGATE – MUSICIAN/SINGER

A performance from Alex is always guaranteed to raise everyone's spirits.



With a great selection of songs, some harmonica playing and Alex's quick wit he really is an 'entertainer' and residents were very enthusiastic to join in, there were some great dancers in the room!



PREPARING FOR EASTER

Easter Bonnet decorating with Kelvedon St Mary's School Children

Our relationship with Kelvedon St. Mary's Primary is going from strength to strength, and we welcomed a group of pupils to come and decorate Easter bonnets with us.

Our Arts and crafts resources were put to good use and residents and the children worked together to make some fabulous bonnets.



There was lots of chatter around the table and it was clear how much everyone enjoyed themselves. The children sent us a beautiful Easter card with a photograph of them all proudly wearing their bonnets!



EASTER CRAFTS ACCOMPANIED BY ANGIE ON THE PIANO!

Our performances from Angie, a very talented Pianist are always very popular. Her recent visit was especially enjoyable as a group of residents were sat creating Easter cards and table decorations whilst listening to the music. Those who chose to stay in the lounge and listen all looked very relaxed.

Angie's performance ended with a singalong which always goes down well!



IN OTHER NEWS...

'Two Villages Event'

St. Dominics were pleased to be invited to this event which was held at Feering Church and attended by 16 groups and organisations from the villages of Kelvedon and Feering. Promoting our 'Community Afternoon Tea' two members of our Activities Team and the Care Manager spent the afternoon chatting and engaging with local residents. Virtually everyone we spoke to had a connection with St Dominics and appeared happy to stop and sample some of our Chef's delicious homemade cakes and cookies.

The opportunity to network with other groups and organisations meant our Activities' team came away with lots contacts and ideas!

CONGRATULATIONS TO OUR KITCHEN TEAM!

During an unannounced Kitchen Inspection, we are pleased to report that every aspect of the Kitchen passed and was given a Five Star rating. Congratulations to our Chef, Matt (who was told his paperwork was some of the best the Inspector had ever seen!) Daniel (Dodge), Michael, Mandy and all the team who work so hard to achieve such high standards.

REDUCE, REUSE, RECYCLE UPDATE

Thank you to those of you who have been saving your used stamps, crisp packets and using the battery recycling facilities. We are committed to recycling wherever possible and are very happy to be able to help charities and worthy causes whilst doing so. Our first donations are off to our chosen charities and recycling points.

EMPLOYEE OF THE MONTH

Have you witnessed a staff member go above and beyond in their work? Has a colleague done something remarkable? If so, please fill out a nomination form available in Reception and put it in the box on the wall to get the individual the recognition they deserve.

We are rolling over the Employee of the Month and so the lucky recipient will receive their cash reward next month.

EASTER RAFFLE

Congratulations to our prize winners, Liane (Easter Egg Basket) Jenny H (Chocolate filled Cup & Saucer) and Barbara (Wine). The raffle raised over £50 which will go to our Residents' fund.



APRIL BIRTHDAYS...

Many happy returns to Sylvia N who is celebrating a very big birthday and to Val D and Helen who also have birthdays this month.

APRIL 2024 EVENTS

WEDNESDAY 3 RD APRIL	2.30PM	IN-HOUSE COMMUNION SERVICE WITH FATHER SIMON – ST. MARY’S CHURCH
THURSDAY 4 TH APRIL	11.00AM	ACTIVE MOTIVATION – WITH JO FROM COMMUNITY 360
WEDNESDAY 10 TH	11.00AM	‘KIDDLEYDIVEY’ MOVEMENT TO MUSIC
FRIDAY 12 TH	2.30PM	ENTERTAINMENT - SINGER ‘NADINE’
MONDAY 15 TH	2.30PM	‘BLUEBELLS’ BELL RINGERS PERFORM
TUESDAY 16 TH	1.30PM	‘KNIT & NATTER’ IN CONSERVATORY
THURSDAY 18 TH	10.30PM	TRIP TO TIPTREE TEA ROOMS
FRIDAY 19 TH	2.00PM	PERFORMANCE FROM ANGIE – PIANIST
TUESDAY 23 RD	11.00AM	ST. GEORGE’S DAY – VISIT & ACTIVITIES WITH ‘CHEEKY CHILDMINDING’
FRIDAY 26 TH	2.30PM	COMMUNITY TEA PARTY WITH ENTERTAINMENT FROM ‘CHRIS SINGS SWING’

COME & JOIN US FOR MORNING COFFEE AND
DAILY ACTIVITIES IN THE LOUNGE
ACTIVITIES CAN BE SUBJECT TO CHANGE