



AUGUST 2024 NEWSLETTER

Welcome to the August edition of our Newsletter.

We finished July with a BBQ, sadly the sun didn't make an appearance, but residents and staff enjoyed some delicious meat and salads prepared by Matt our Chef and the kitchen team. The same afternoon we held our Community Afternoon Tea and residents were happy to see their local friends for refreshments and entertainment. The Singer who had been booked six months ago had to cancel due to a throat infection but thankfully, Chris, stepped in at the last minute and engaged well with his audience, encouraging singing and chair dancing.



Community Afternoon Tea



‘The lads!’



Friends & Neighbours

We kept up the musical theme with a visit from Musician, Angie on a Sunday morning. Instead of playing the Piano, Angie set up her Keyboard in the lounge and played hymns and some very well-known tunes. Many residents got up for a dance and there was a great atmosphere in the room.

Church Service

During our monthly Communion Service, Father Simon spoke about the very well-known bible story of the Loaves and the Fishes. Natasha joined Simon in leading the service and Gwen accompanied hymn singing on the piano. Natasha stayed to chat to residents afterwards which is always appreciated.

'Friends from Tiptree'

We were delighted to welcome the 'Friends from Tiptree' Choir led by Jill. The choir entertained us with a good selection of songs, many of which our residents knew and enjoyed singing along with. Many of the singers chatted with our residents after and there was an incredibly lively atmosphere.



Bringing the Fete to St. Dominics

Due to the very wet weather, unfortunately we were unable to take residents to the St. Mary's Church Fete as planned. However, we didn't let this stop us having fun and Kay and Cheryl from the Activities Team brought all the entertainment to us! Residents were encouraged to play a variety of games including Tombola, Hoopla and skittles and there were prizes for the highest scores. Residents all participated and clearly enjoyed the impromptu afternoon fun (and appreciated being in the dry!)

'Kiddleydivey' Therapeutic Movement and Music

Gunni's monthly visits seem to come round very quickly! The lounge was full-to-capacity, and everyone joined in with the session to the best of their abilities. This remains one of St. Dominics' most popular activity sessions and residents benefit from exercise, fun and music.



Visit from 'Scout' Essex Therapy Dog

After attending a recent Community Afternoon Tea and behaving so impeccably, we were pleased to invite Scout back for a visit. Accompanied by her Owner, Lea, Scout enjoyed meeting lots of residents and clearly liked all the attention. Joyce W (pictured below) has known Scout since she was a puppy and was clearly very happy to see her.



All things sports related...

With July being such a busy month of Sport, where possible, we incorporated this in our daily activities. We led various sports themed word games, quizzes, craft sessions and lots of movement sessions with football and 'balloon tennis'.

A few of our residents enjoyed watching Football during the Euros, a big thank you goes to the care team who ensured they were kept supplied with drinks and snacks during the action!



Creating 'Olympic torches' ready for the Opening Ceremony!



LIVE ENTERTAINMENT

Due to some very unpredictable weather and illness, sadly some of our activity sessions and outings had to be postponed. However, we made the most of a very warm afternoon by holding an outdoor concert with entertainment from 'Alex Southgate' Musician and Singer.



Taking shade under the trees, residents were treated to great variety of songs enjoying tea, cake and a singalong in the sunshine. Then afterwards, we finished off with ice-lollies and lots of chat in the fresh air.



Chris Gordon - Singer

Chris had sung for us at the Community Tea in June and was booked again to visit this month, his performance did not disappoint and residents (and some family members) who were gathered in our lounges were treated to an afternoon of well-known songs mainly from the 50s, 60s and 70s.



Chris interacted well with his audience and residents have already asked when he is coming back. The answer is October!



Community Afternoon Tea – First Birthday party 26th July' 24

Our Community Afternoon Tea was a great event. We were joined by lots of our friends from the village and treated to an array of tunes from Angie on the Piano. As always, our Chef had made some delicious cakes and scones. After we finished serving tea, we got the party started by popping the Prosecco and enjoying a slice of birthday cake. As our event coincided with the Opening of the Olympics, we shared some Olympic trivia and Angie's rendition of 'Chariots of Fire' was fabulous!



The main purpose of these events is to bring the community together and get people talking. Alfie, the young Scout we have been raising money for, attended with his Mum, Zoe our Night Care Team Leader before they headed off to a 'Jamboree' with thousands of other Scouts in Chelmsford. Alfie, had a long chat with one of our visitors, Ian, who had been a Scout Leader, they had lots to talk about.



'Bows & Belles' Lady Clog Dancers performance in Garden

We enjoyed something a little bit different with a performance from 'Bows & Belles' a well-established group who entertained with bells on their clogs and a variety of dances which all originated from the Mills in the North of England.



Thankfully the weather was fine and residents and families were able to watch the performance in the sunshine. There was also participation from staff and a family member (we are expecting a call to be recruited as new dancers very soon!)



FaNs (Friends & Neighbours) Charity 'Grandfriends' Project

Here at St. Dominics we understand how important inter-generational activities are, seeing the young and old(er) come together is really heart-warming.

We are lucky to be part of this scheme, with regular visits from Nikki from Cheeky Childminding (and now 'Grandfriends' Co-ordinator for FaNs) and have lots of exciting events planned for the rest of the year.

One such event we have planned is a visit from our 'Grandfriends' on '**International Day of Older Adults**' which takes place on Tuesday 1st October.

In preparation for this day we would like to create some 'Scrapbooks' to share with our 'Grandfriends' and we need your help.

Do you have any stories of favourite days out or a special memory – either with your families or parents?

Do you have any special photographs we could borrow to take a copy of?

Do you have a family recipe you would like to share with us? Maybe something you remember from childhood or something you cooked for your own children?

Did you or your children have a special toy or book?

Please share any of the above information with our Activities Team who look forward to creating our Scrapbook.

In other news...

The Crane on the Building site

Watching the building work over the past few months has been of great interest to most of us. Most of all, one of our residents, Brian, who in his earlier years was a Quantity Surveyor and knows a bit or two about building works. The arrival of an extremely large crane was especially fascinating and our Care Manager, Charlotte, kept him company while he observed and asked lots of questions.



We are now progressing up towards the plate.

Stamp Collection

Thank you to everyone who has been donating stamps. The details of this month's charity is Stamp Out MND.

STAMP OUT MND

Our Stamp Collection for Charity this month goes to Steve – a Solo Charity Fundraiser since 2015 who, with the help of donators and volunteers, has managed to raise £9,943.26 for The Motor Neurone Disease Association. He is not far off his goal of £10,000. He is a verified donator collecting stamps and used notes which are valued, and the funds then sent to the MNDA Fundraising Team.



MND is the short term for motor neurone disease, which affects the nerves known as motor neurones. These nerves are found in the brain and spinal cord and they help tell your muscles what to do. If you have MND, this means your movement will be affected and you are likely to get a wide range of symptoms.

The Motor Neurone Disease Association focuses on improving access to care, research and campaigning for those living with or affected by MND.

MND Association patron Rob Burrow CBE sadly died on 2 June 2024, four and a half years after he was diagnosed with motor neurone disease.

Throughout that time, Rob and his family bravely chose to publicly share their MND journey to raise awareness of the disease.

Rob has inspired so many individuals, families, clubs and societies, companies and trusts to support the work of the Association, by taking on challenges, fundraising and donating.

Employee of the Month

Our employee of the month for July is Maricel who has been nominated because she has consistently, for years, given her all effortlessly, and makes an amazing Team Leader and Mentor. Despite the recent hot weather, she has kept up morale, bringing in sweets constantly to cheer up the staff and keep the shift going.

Please keep your nominations of staff, going above and beyond, coming in! Nomination slips are in the foyer and completed forms can be placed in the metal box on the wall.

August Birthdays...

Many happy returns to Joyce D who celebrates her birthday this month.

AUGUST 2024 EVENTS

THURS 1 ST	2.30pm	PERFORMANCE FROM LYNNE – HARPIST
MON 5 TH	11.00AM	'JEAN'S WISH' TRIP TO PAYCOCKES
WED 7 TH	2.30PM	IN-HOUSE CHURCH SERVICE – FATHER SIMON
THUR 8 TH	12.30PM	ONWARDS
<i>BEACH THEME DAY - BBQ – ENTERTAINMENT (A VISIT FROM CHEEKY CHILDMINDING) & JOE WHIPPY ICE CREAM VAN!</i>		
TUES 13 TH	10.30AM	IN THE COMMUNITY – URC COFFEE MORNING
FRI 16 TH	2.30PM	'SUMMERTIME SPECIAL' MUSICAL MOVEMENT SPECIAL WITH FRED DOUGLAS PERFORMING ARTS
SUN 18 TH	1.00PM	FAMILY BBQ WITH ENTERTAINMENT FROM JOANNA LEE (INVITE ONLY)
MON 19 TH	2.00PM-4.00PM	- IN THE COMMUNITY (LABOUR CLUB)
<i>INVITE TO GOOD COMPANIONS CLUB WITH ENTERTAINMENT</i>		
THUR 22 ND	11.00AM	JO – COMMUNITY 360 ACTIVE MOTIVATION SESSION
FRI 23 RD	10.30AM-12.30PM	
<i>TRIP TO 'FUSION LIFESTYLE' WITHAM – SPORTING MEMORIES GROUP</i>		
THUR 29 TH	11.30AM	ONWARDS
<i>'TEDDY BEARS PICNIC' WITH CHEEKY CHILDMINDING</i>		
FRI 30 TH	2.30PM	COMMUNITY TEA PARTY WITH MICK O' CONNELL 'MUSIC MAN'

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