



ST DOMINICS
RESIDENTIAL HOME

DECEMBER NEWSLETTER 2023

Welcome to the December edition of our Newsletter.

With the dark evenings and some very poor weather it has been more important than ever to stay active and keep ourselves busy indoors.

To this end, some of our Activities' team attended a 'Move it or Lose' it training session arranged by FaNs (Friends and Neighbours Charity). The training provided lots of useful practical and fun ideas to promote movement and exercise, all proven to benefit brain, cognitive and physical health. The team have already put their skills to use and look forward to holding future sessions.



Carrying on with the exercise theme, our monthly visit from 'Kiddleydivey' gets everyone active and Gunni's energy and enthusiasm never appears to wane! Gunni's clever use of music and props ensures working out doesn't feel like hard work and there is always plenty of fun and laughter in the room.

Another Charity organisation, Community 360, offer an 'Active motivation' session on-line. Jo, who runs the sessions, came to give us a trial and was so impressed by the number of people taking part, she is hoping to visit on a monthly basis. Although everyone's abilities differ, any movement is good and music really lifts the mood creating a happy atmosphere.

With the change in the seasons, our beautiful pots and hanging baskets are now ready for winter. It took a team of gardeners an entire morning and an awful lot of plants to transform the garden which will provide colour and pleasure for the coming months.



REMEMBRANCE

With November focused on Remembrance Sunday, many of our activities have reflected this.

Sewing Group

Kay (Activities Assistant) worked with a small group of residents, encouraging the use of fine-motor skills to create sewn poppy decorations which have been on display on the notice boards. Some residents needed a little assistance and encouragement, others were able to work independently, all were happy with their handiwork.

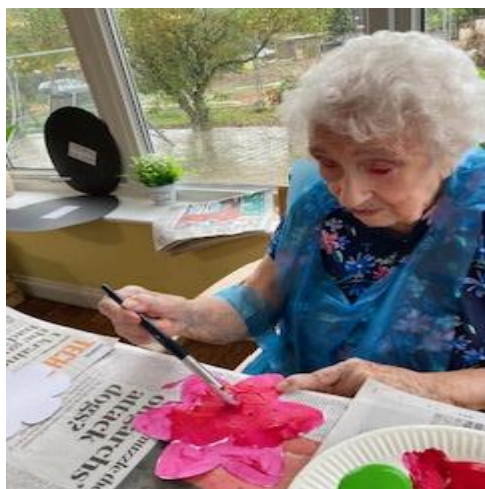


Creative Mojo Workshop



‘Creative Mojo’ provided a very hands-on session and residents painted poppies and leaves which were made into Wreaths and Peg badges. Even those who claimed to have ‘no creative ability’ appeared focussed and engaged during the session and were really pleased to see how well the project came together at the end.

‘Creative Mojo’ inspired crafts.



During a poetry recital, residents were read a selection of poems, joining in with the very well-known ones and listening to some which may have been unfamiliar to them. The session promoted reminiscence, reflection and discussion.

These poems were also shared during room visits and with some smaller groups, again encouraging reminiscence and discussion.

Remembrance Church Service

Father Simon has held two services with us this month, one of which was dedicated to Remembrance. Residents had the opportunity to come together in prayer and praise, especially enjoying singing some very fitting hymns to mark the occasion.

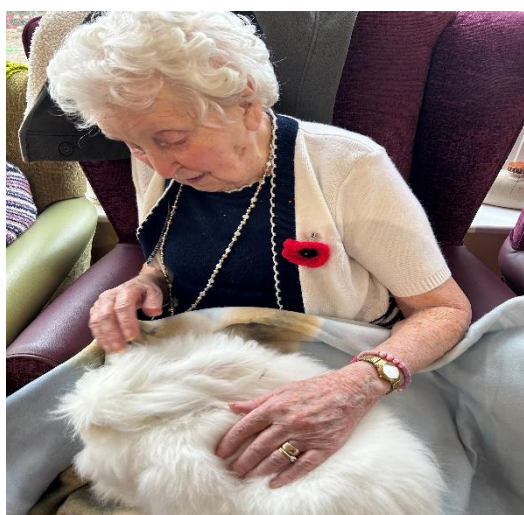
On Remembrance Sunday itself, Angie (Pianist) played for the residents, performing a variety of traditional and well-known tunes and hymns to remember the fallen.

Visit from Danaher Animal Rescue Centre - Weathersfield

Residents were delighted to have the opportunity to pet 'Sassy and Snowball', Giant Angora Rabbits, when they visited recently.



The rabbits both reside at Danaher in Wethersfield and they clearly enjoyed all the fuss and attention during their visit.



Preparing for the Church Christmas Tree Festival – with a visit from Kelvedon Rainbows

This year our entry for the Christmas Tree Festival at St Mary's Church Kelvedon is an intergenerational project with the Kelvedon and Feering Rainbows. The theme is 'Love Hearts' and the girls came and spent an evening with us creating 'yarn hearts' and threaded heart plates.

It was a very hands-on session and there was lots of chatter between both adults and children.



We look forward to seeing the decorated tree on display during the festival on Saturday 2nd & Sunday 3rd December at St. Mary's Church Kelvedon. As this event gets very busy, we have been given an 'early viewing' slot from 10.30am Saturday 2nd December. If you are wanting to take your loved one to the event, or you are able to volunteer, please speak with our Activities Team.



Entertainment from Joanna Lee - Singer

Joanna sang for us a few months back and her recent visit was just as enjoyable. With a powerful voice, a great sense of humour and a very friendly nature, it was a great afternoon with lots of involvement from residents and staff. We have some real movers here at St. Dominics!



Judith, Clint and Deepak dancing with our residents to Joanna Lee's singing and other residents sitting back and enjoying the music and entertainment!



In the Community – Good Companions Christmas Bazaar

Residents and staff received a very warm welcome when they attended the Christmas Bazaar recently. Held at the Labour Club, there were a lot of familiar faces. Residents enjoyed coffee and cake before having a look at the various stalls, coming back with lots of goodies and raffle prizes.



Performance from Junior Kelvedon Players

A visit from 20 members of the Junior Kelvedon Players certainly cheered up a dull Sunday November afternoon! The children aged 8-18 performed songs from their recent production 'Robin Hood the Musical' which was incredibly entertaining. We look forward to the Kelvedon Players (Adults) coming to sing carols in December.



Saying farewell (for now!)

We said goodbye to Terri (Activities Assistant) recently as she left to go on maternity leave. Terri was presented with some beautiful flowers and baby gifts from the residents and everyone was keen to give her their best wishes.



Terri's new addition is due mid-December and hopefully it won't be long before we get to meet the new bundle. Good luck Terri, you will be missed!



Visit from Kelvedon St. Mary's Primary School

We are very keen to re-instate the relationship with St. Mary's School that was in place prior to the pandemic and were delighted to be able to invite 10 members of the School Council and 'Rotary Club' to visit recently.



The children from Kelvedon St Mary's Primary School were all very enthusiastic and enjoyed chatting with the residents. We have lots of ideas for future activities and look forward to forging strong links with the school community.



Community Afternoon Tea

This month's Community Afternoon Tea was a very civilised affair with entertainment from the very talented Harpist, Lyn. Lyn played some beautiful music while our residents, family and guests enjoyed afternoon tea. months. We look forward to welcoming senior members of our community.



Our Community Afternoon Tea has become a favourite in our monthly schedule and some firm friendships have been made over the past few months. We welcome elderly residents from our community to come and chat to our residents.



Christmas Craft

With the festive period coming, residents spent a very enjoyable afternoon getting creative with jam jars and a lots of craft materials, these were filled with holly, ivy and lots of greenery making very striking centre pieces.



Live Music...

After her successful performance at our Summer BBQ, we were pleased to welcome 'Miss Grace' to entertain us again. Photographs to follow in our next newsletter...

Granting 'Wishes'...

Mary S had requested a visit to a large superstore so she could shop for 'everything under one roof' as a mini-bus was booked, we were able to take some of Mary's friends along for the ride! Look out for photographs in next month's newsletter.

Getting to know a staff member...

Louise (Assistant Administrator) has spent the past four years working at St. Dominics and is an integral part of the Admin team.

Born in the 1970's in Greenwich she lived with her parents and brother. During her school years, Louise was a Competitive Swimmer, excelling at Freestyle.

After leaving school, Louise went on to take 'A' Levels and this led her to studying Maths at Sussex University.

Louise decided on a gap year after University and her love of travel began, her first adventure was living in Florida for 6 months, she has since visited a large number of countries including New Zealand.

Working in London, Louise became a Qualified Accountant at the age of 30.

Settling in Essex with her husband in the early 2000's, Louise has older teenage children and is often seen around the village walking her little dog, Bertie. She is a lover of music and enjoys seeing bands perform as well as spending time with her family.

Getting to know a Resident...

Jean was born in Stratford, moving to Chadwell Heath due to bombing, her father was in the RAF. An only child, Jean had lots of aunts and uncles and moved to live with an aunt near Braintree as an evacuee, she remembers thinking it was very rural!

Jean started work at 16 as a Secretary using her shorthand and typing skills. Jean's final job (where she worked for 17 years) was for a Trampoline company and this role led her to travel all around the country organising a troop of boys demonstrating the trampolines! Jean also produced a monthly newsletter for the company which she enjoyed as she caught up on all the news from her colleagues.

Her busy work life didn't leave much time for hobbies although Jean very much enjoyed package holidays with her best friend Edith, visiting Germany, Italy, Spain and France amongst others. To this day, Jean remains close to Edith's family.

Jean is also an animal lover, especially dogs.

Seen from the window...

The building work has come on leaps and bounds with three of the bungalows already 'roofed in' and the St. Dominics' Annex really beginning to take shape.

DECEMBER BIRTHDAYS

Many happy returns to Sylvia N, Joy W, Joy B, Joan and Mary S who all celebrate birthdays in December.

DECEMBER 2023 EVENTS

Friday 1 st	12.45pm	Performance from Angie – Pianist
Saturday 2 nd	10.30am	St. Mary's Church Christmas Tree Festival – Early viewing
Tuesday 5 th	3.00pm	'Chelmsford Silver Band' Playing
Wednesday 6 th	1.45pm	Trip to Perrywoods Garden Centre
Thursday 7 th	11.00am 2.30pm	'Active Motivation' with Jo Church Service with Father Simon
Saturday 9 th	2.30pm	Kelvedon Players - Carol singing
Tuesday 12 th	2.30pm	Performance - Tiptree U3A Choir
Wednesday 13 th	11.00am	Kiddleydivey - Movement to Music
Thursday 14 th	2.00pm	Mr Banning's Christmas Quiz
Friday 15 th	11.00am	Carol Concert from St. Mary's School Reception Children
Tuesday 19 th	4.15pm	'Me & My Shadow' Panto (Fred Douglas Theatre Group)

Wednesday 20 th	2.30pm	'Golden Oldies' Singalong Session
Thursday 21 st	2.30pm	Church Service with Father Simon
Friday 22 nd	12.45pm	Performance from Angie – Pianist
Saturday 23 rd	2.30pm	Christmas Spectacular Show JOIN US FOR FUN & REFRESHMENTS
Christmas Eve	AM	Festive Fun in the Lounge
Wednesday 27 th	2.00pm	Performance from Angie - Pianist
Thursday 28 th	11.00am	'Active Motivation' Exercises - Jo
Friday 29 th	2.30pm	Community Tea Party with Entertainment
Sunday 31 st	5.30pm	New Years Eve Buffet and drinks
Tuesday 2 nd Jan		New Year Activities in Lounge
Wednesday 3 rd	2.30pm	Church Service with Father Simon

***PLEASE JOIN US FOR OUR FESTIVE ACTIVITIES
THROUGHOUT DECEMBER - ALL WELCOME***

***Mr Banning, Mr Warwick and Tracy
wish you all a very Merry Christmas
and a Peaceful New Year***