

FEBRUARY NEWSLETTER 2026

Welcome to our February Newsletter, the slightly longer days and the hint of spring gives us hope and we look forward to the months ahead.

January has been a very mixed month, after the high of Christmas and New Year, it started off far quieter. Unfortunately, some illness within the home meant we had to re-arrange some activities. Thankfully, later in the month things really livened up we celebrated some big birthdays and had some great activities.

Seeing the New Year in with a bang...



Thanks to Hazel for providing excellent entertainment to get everyone in the party mood.

Getting Active

After lots of Christmas treats, seated exercises with Dean from G-Fitness and movement and music with Gunni of [Kiddleydivey](#) were well needed. Dean encourages maximum participation using

resistance bands and equipment and Gunni never fails to liven everyone up! Her session which includes nostalgic music and an array of props is a firm favourite which proves exercise can be fun...



Our Activities team have purchased some new equipment to encourage movement, including soft footballs, a goal and a small 'netball' hoop. Watch out for St. Dominics 5-A-Side matches being played very soon!



Balloon tennis and ball games

In-house Communion Service with Father Simon (St. Mary's Church)

Residents are always happy to see Father Simon during his visits when he delivers a Communion service and a sermon. Many of our residents are religious and enjoy the opportunity to worship together.

We appreciate Father Simon visiting residents in their rooms to give comfort and perform Communion should they wish to receive it.

Services are arranged for the coming months including an 'Easter Songs of Praise' in April.

Talks

This month we welcomed two members of the community to give talks; both were incredibly interesting.

Anne Townley – History of Kelvedon & Feering

Anne is a member of the Kelvedon & Feering Heritage Society & Feering & Kelvedon Local History Museum and really knows her stuff! During her talk, Anne distributed some printed sheets with information about both villages, including local farms which appear in the Domesday book. After the success of the session, residents are keen to see Anne again.



Chris Papworth – Kelvedon Clocks Ltd

Chris is a member of the British Watch and Clockmakers Guild, he is more at ease talking to a group of experts but came out of his comfort zone and spent well over an hour sharing stories, history and some very interesting items with us.

Chris bought clocks and watches from his shop and personal collection for us to see, including testing our skills with an Antique Roadshow style 'Basic, better, best' where he displayed some very historical clocks and timepieces.

Many residents thanked Chris for his time (no pun intended!) and they are keen for him to make a return visit.



Live Music & Entertainment

Performance from Lynne – Harpist

Lynne is a very talented Harpist who performs a beautiful selection of music. Residents always enjoy listening to the harp which creates such a wonderful sound and Lynne engages well with her audience.

Angie on the Keyboard

A visit from Angie is always welcome, her positive energy and amazing talent ensures everyone enjoys her sessions. Although she performs often for us, she barely repeats the same tunes!



Gary Oliver – Vocalist

Gary is a great performer and he played a good variety of songs for the residents, covering music across the decades. He also took some requests and chatted and joked with the audience.



Essex Therapy Dog – Poppy

Poppy visits regularly with her owner, Heather. She is such a gentle animal and provides such joy to our residents who are dog lovers. Poppy also brings comfort and companionship to those residents in their rooms.

'St. Dominics' Choir'

Music is so uplifting and the chance to sing together really proves so beneficial. With the help of the Activities team, residents chose a selection of 'Spring' type tunes to learn and sing together.

Our very enthusiastic Activities Assistant, Cheryl, will be leading the group for a weekly practice.

Exercising the Brain

Physical activity is extremely important, but we mustn't forget to exercise the grey matter. Residents are encouraged to take part in a variety of activities including crosswords, quizzes, word games (words within a word is a favourite) 'shout out the answers', bingo, reminiscence, coffee and conversation plus arts and crafts. Activities are often tailored to a particular event and this month we have incorporated 'Winnie the Pooh day' and Burns Night.

Birthday Celebrations

January was a busy month for birthdays and Mary R and Jenny both had a big birthday. We were pleased to be able to accommodate their friends and loved ones to help them celebrate. Big thanks to Dan (Dodge) in the kitchen for providing such wonderful cakes for all those who celebrated this month.



Mary's 90th Birthday



Jenny's 80th Birthday



Another wonderful cake. This was made for Elsa's birthday.

In other news...

Engagement Announcement

Many congratulations to Matt, Head of Kitchen, who got engaged recently during his holiday in Jamaica. Matt proposed on the beach taking his partner, Taylor, completely by surprise! The couple hope to marry in 2028.



Our New Home

The new build is near completion, and we are planning to have an Open Day for potential new residents to 'St Dominics House 2 on Sunday 1st March. During the open day, guided tours of the home will be available as well as light refreshments and entertainment.

Employee of the Month

Sam Hart is one of our carers. She has been working with us since July last year, but since her attitude and kindness shone through from day one, she was promoted to a mentor role following her probation. Sam received nominations this month mainly for her positive attitude, her kindness, as well as her happy and helpful nature.

Staff say Sam is dependable and is always happy to help whether that means picking up extra shifts or supporting teammates. Her positive attitude and mentorship make a meaningful difference in the workplace. Her happiness and professionalism set a great example for everyone.

Stamp collecting for Charity

Thank you for continuing to support our stamp collection. Every month or so we send off the stamps to a worthy cause. This month we are sending the stamps to Shooting Star Children's Hospices.

Shooting Star support children with life-limiting conditions and their families. Care is available from diagnosis and includes practical support, therapies, respite, family groups and events, use of our hospice facilities and much more.

Their specially trained nurses and carers support children with complex medical needs, while their Family Support Team provide holistic care for the whole family. Their specialist bereavement service supports any family whose child has died.

February Birthdays

Many happy returns to Joe and Margaret H who celebrate their birthdays this month. Expect more wonderful creations from our catering team!

FEBRUARY ACTIVITIES

Tues 3 rd	10.45am	Art Club with our 'Grandfriends' from 'The Nourished Child' Childminder
	2.30pm	In-House Communion Service from Father Simon - St. Mary's Church
Thurs 5 th	2.30pm	'Break Fill Four' Band Performing
Fri 6 th	2.30pm	'County & Western Theme' Fun & Movement from Fred Douglas Theatre Group
Mon 9 th	2.00pm	Dean – G Fitness - Seated Exercise
Tues 10 th	2.00pm	Kelvedon School pupils singing
Weds 11 th	11.00am	Kiddleydivey – Movement & Music
Thurs 12 th	11.00am	Guide Dog visit
Fri 13 th	2.30pm	Angie - playing keyboard
Tues 17 th	2.30pm	Performance from Andy Farrow – Vocalist
Fri 20 th	2.30pm	Heather & Poppy – Essex Therapy Dog
Sat 21 st	1.45pm	Witham Public Hall 'Beauty & The Beast'
Wed 25 th	2.30pm	'Gold Old Days show' with Mark – Fred Douglas Theatre Group
Fri 27 th	2.30pm	Community Afternoon Tea – Entertainment from Hazel - Vocalist
Sat 28 th	1.00pm	British Legion – 1940's theme Tea Party Kelvedon Labour Club

Daily Activities held in the lounge *Art Club 10.30am Tuesdays*
Please note, unfortunately, Activities can be subject to change