



## **FEBRUARY 2024 NEWSLETTER**

Welcome to our February Newsletter, after an exceptionally busy time over Christmas and New Year we eased ourselves gently into 2024!

### **Church Service**

Our first official visit of the New Year was from Father Simon and Natasha (Priest) from St. Mary's Church to hold Communion. We heard about the three Wise Men and sang carols associated with Epiphany which was very uplifting.

Once the decorations were down, we started to concentrate more on our health and wellbeing. January can be a long month so we realise how important it is to keep engaged and active. Both Activities and care teams have ensured residents are kept busy and we are using all sorts of ways to keep ourselves occupied.

Our Activities cupboards hold all sorts of treasures and a 'Post-Christmas tidy up' unearthed a giant Snakes and Ladders game, this kept a group of residents entertained for almost an entire afternoon with the help of the Activities Team. A good bit of healthy competition makes any games sessions more enjoyable and it appears we have some very talented residents in our midst!

Inflatable Hoopla, skittles and target games prove very popular as well as promoting movement and fun.



Again, now things are calmer after Christmas, we have been able to concentrate on other activities including Knit and Natter, sewing, baking, crafts, word games, crosswords, puzzles, singalongs, one to ones, art sessions, armchair exercises, quick thinking games, reminiscence, film sessions and anything else the Activities Team can think of!



Ladies working on knitting and sewing projects...

## In the Community

Taking advantage of a sunny morning, a couple of ladies attended a Coffee morning held at Kelvedon Library. Our Staff and residents were given a very warm welcome and enjoyed chatting with some of the villagers and members of the library. We look forward to our next visit!

## In the Garden



Making the most of the odd bright day, residents have enjoyed the opportunity to get out in the fresh air. While we have enjoyed being indoors keeping warm, nature has quietly been going about its business and there was plenty to see.



## Joanna Lee - Singer

After Joanna kindly stepped in last minute over Christmas to give us a great party performance; this show was based on 'Show Tunes and Music from the Musicals'. Joanna was exceptionally entertaining and it was a great singalong session.



## 'Active Motivation'

Jo from the Charity 'Community 360' is like a whirlwind during her visits; dressed in her funky workout leggings, she provides 30 minutes exercise whilst playing some great fun party tunes which really gets everyone moving. Jo left us all feeling happy and invigorated.



## A Visit from our Newest Team Member

Work almost ground to a halt when Terri came in with baby Freddie recently. Freddie was born two weeks before Christmas and was quite oblivious to how much adoration he was receiving from staff, residents and visitors.



Freddie enjoyed lots of cuddles and fuss and we can't wait to see him (and Terri) again soon.

## Kiddleydivey – Movement & Music

Residents all look forward to the monthly visit from Gunni. Her sessions provide reminiscence as we listen to well-known tunes whilst exercising with a variety of props. The bubble machine is a firm favourite!



## Local History Talk

Anne Townley (from the Kelvedon Museum/Kelvedon & Feering Heritage Society) visited us at the end of last year to grant a wish for our resident, Nora who had requested to hear a local history talk. The talk was so successful, we invited Anne back.

This time, her talk was about 'History of Feering and its Famous Faces' which was very interesting. Who knew such a small village had so much history?!

Anne has very kindly put two folders together for us, one regarding Kelvedon and its history and the other regarding Feering. These are both available to view and are in the quiet lounge, they are interesting and a good reminiscence tool.

### Marks & Spencers Archive – Childhood

Having been on the waiting list for a number of months, the Childhood Reminiscence pack from Marks & Spencers arrived mid-January. The pack (on loan from M&S Archive) was a real blast from the past, including clothing, games, books, toys and literature. Residents (and visitors) very much enjoyed looking at all the items, identifying the materials clothing was made from and trying to guess the decade it was made. This really was a great session which had everyone chatting and reminiscing. The pack has also been used for one-to-one sessions and room visits for those residents who prefer not to attend larger group activities.



Looking at a doll from the 1960s and an advert featuring M&S Toys from 1957...



## Burns Night 25<sup>th</sup> January 2024

In anticipation of Burns Night, a group of residents worked together to make shortbread biscuits. Ladies measured, stirred and shaped ingredients enjoying chatting and laughing together while they worked.



## Witham Caledonian Society

We welcomed Billy and Audrey, members of the society who gave us a 'Taste of Scotland' with some poetry, traditional singing and dancing (which was nowhere near as easy as it looked as some volunteer dancers discovered!)





After their visit, Haggis was served for lunch for those who wanted it, as well as a 'wee dram' of Scotch whisky. In the afternoon, tea and home-made Shortbread were served whilst listening to some Scottish music.



### **Reduce, Reuse, Recycle...**

In a bid to help the environment and avoid unnecessary waste going to landfill, we are upping our recycling here at St. Dominics. Each department has been issued with Recycling bins for paper and we already ensure plastic, glass and tins are separated for collection.

To use less paper, we have taken steps to ensure a lot more documentation is now digital. Staff receive online payslips, contracts, documents and apart from practical training, most of our training is now online. Our shredded paper is collected by a local lady and used as bedding for her chickens!

We are introducing some more incentives to reduce waste which everyone can be involved in:

**Stamp recycling for charity** - A box is now available, opposite the lift, to collect used stamps.

**Recycling crisp bags** - there will be a collection bin available for the collection of used crisp bags. These will be sent to the Witham hub and turned into blankets for the homeless.

**Battery Recycling locally**- a battery collection bin is now available just past the Reception area.

## Employee of the Month – December and January

Our staff member for **Employee of the Month for December 2023 was Jennifer Harper**. Her nomination stood out, as aside from being a great team member, she always goes out of her way to remember colleagues' birthdays and will organise cards for those who are unwell etc.

Jenny was awarded £50 along with a certificate and a pin badge. Well done Jenny!



If you feel an employee has gone above and beyond – nomination forms can be found in the foyer and completed forms placed in the metal box on the wall.

We also announce our **January 2024 Employee of the Month who is Daniel Rogers**, known by his nickname of 'Dodge' to all his friends and colleagues. Dodge is one of our chefs in the kitchen. He was nominated by several staff for stepping up to accommodate changes in shifts without any fuss keeping the home running smoothly. This was highlighted recently when a colleague suffered a bereavement and all kitchen shifts were covered. Dodge was also presented with a certificate and £50 in cash by Tracy.

## Getting to know a staff member...

Maricel (Care Mentor) was born in the Philippines in 1982, the oldest of 6 children. A self-confessed 'Tom boy' Maricel enjoyed lots of outdoor activities as a child including climbing trees and swimming in the river.

After Graduating from High School, she had a variety of jobs including working in a fast-food restaurant, sewing factory and a biscuit factory.

Aged 24, Maricel was working as a Hotel Receptionist when she met her future Husband who was visiting from the UK. After a few dates, they started a long-distance relationship and her partner moved to the Philippines where they lived for 2 years.

Maricel and her partner moved to the UK together in 2010, marrying in the Philippines in 2015.

Training for a career in care led Maricel to work at St. Georges Nursing Home in Witham and she joined St Dominics over 5 years ago.

Maricel is very close to her family in the Philippines and visits as often as possible, enjoying spending time with her Nieces and Nephews, taking them on adventures and days out. Maricel and her Husband have a love of Diving which they do whenever given the opportunity.

Maricel is well known for her practical jokes and has a wicked sense of humour and fun (just ask her colleagues!)

## Getting to know a resident...

Nellie was born in Shoreditch (a true Eastender) and had a Brother and a Sister, her father was an Electrician.

Attending school in Shoreditch, she was evacuated to Northampton during the war with a friend where they lived with a School Teacher and she found this a very happy experience.

Returning to London after the war, Nellie worked in a cigarette factory. Her next job was in a Tailoring factory as a Machinist which required a lot of skill.

On a night out Roller Skating at Alexander Palace, Nellie met Ernie, her Husband to be. They married after a year as Ernie joined the Navy.

Their children, a Daughter and Son were born in the late 40s.

Nellie's family lived close together in Hoxton and they enjoyed lots of parties and dancing. Nellie always liked going to the markets especially Roman Road and Petticoat Lane.

The family moved to a Maisonette by the canal in Broadway where they settled for a long time.

Lots of holidays were spent in Little Clacton where the family had a caravan and, again, they enjoyed lots of parties!

Nellie also took holidays abroad one of the most memorable was spent in Italy.

Nellie eventually retired to Holland on Sea settling in a bungalow there and her growing family enjoyed lots of time spent by the coast.

Since moving to St. Dominics, Nellie enjoys being closer to her Daughter, two Grandsons and two Great Grandchildren, her Son who now lives in Scotland is also a regular visitor.

### **Seen from the Window...**

The builders have worked in all weathers and the work is progressing well. Four bungalows are near completion, another four to go!

### **FEBRUARY BIRTHDAYS**

Many happy returns for Val W, Gillian and Margaret H who all celebrate their birthdays this month

## FEBRUARY 2024 EVENTS

Thursday 1 <sup>st</sup>	1.50pm	St Mary's Primary School performing 'Pirates V Mermaids'
Friday 2 <sup>nd</sup>	2.30pm	*NEW ENTERTAINER* Andy's Vocals (Andy Farrow Singer)
Saturday 3 <sup>rd</sup>	3.00pm	Panto – Mother Goose – Kelvedon Players. Limited spaces.
Wednesday 7 <sup>th</sup>	2.30pm	In House Church Service – St. Mary's - Father Simon
Thursday 8 <sup>th</sup>	11.00am	'Active Motivation' with Jo
Friday 9 <sup>th</sup>	12.45pm	Lunchtime Pianist Angie plays for us
Wednesday 14 <sup>th</sup>	11.00am	Colchester Heritage Talk by Di Bignall
Thursday 15 <sup>th</sup>	11.00am	'Kiddleydivey' Movement & Music
Friday 16 <sup>th</sup>	2.30pm	Performance from Feering Singers
Tuesday 20 <sup>th</sup>	11.00am	Visit from 'Cheeky Childminding'
Thursday 22 <sup>nd</sup>	10.45am	'Travels around Scotland' Photographs and Talk from Babs Mills Photographer
Friday 23 <sup>rd</sup>	2.30pm	Community Afternoon Tea – Entertainment from 'Miss Grace'
Sunday 25 <sup>th</sup>	11.00am	Hymns & Uplifting Songs Pianist Angie
Tuesday 27 <sup>th</sup>	2.30pm	Braintree U3A Ukelele Band perform
Thursday 29 <sup>th</sup>	All Day	Leap Year themed activities
Saturday 2 <sup>nd</sup> MARCH		British Legion - 1940s Afternoon Tea at Labour Club 1.00pm-4.00pm

COME & JOIN US FOR MORNING COFFEE AND DAILY ACTIVITIES

ACTIVITIES CAN BE SUBJECT TO CHANGE