



JULY 2024 NEWSLETTER

Welcome to our July Newsletter.

At the end of June, Poplar Nurseries came to replace some of our large Terracotta pots and re-fill all the pots and hanging baskets ready for summer. Unfortunately, it was a particularly rainy morning and the team got exceptionally wet whilst going about their work. However, all their efforts paid off and we are now enjoying the beautiful displays they created. Mother nature has certainly kept the flowers well-watered over the past weeks!



As well as our watering boys. The lovely Aidan, who did such a great job of watering last year, returns to water again this summer. We also welcome Alfie, to share this important role. He is the son of one of our night team leaders, who is saving his pennies to go on a charity trip to Ghana with the Scouts.

June finished on a high with our Community Tea Party held on the 31st May. Entertainment from singer and musician, Nadine, ensured a great afternoon and residents and visitors alike clearly enjoyed a sing along and the afternoon ended with dancing. Val, one of the local residents, even gave a line-dancing tutorial.



KEEPING ACTIVE

G Fitness

After the success of last month's session – we welcomed Sarah back to hold another armchair fitness session including Thai Chi. A good number of residents attended and took part in the session which was a good way to start the morning.

Kiddleydivey

As always, residents were really happy to see Gunni and to get involved with the Movement to music sessions. Gunni's sense of fun and enthusiasm guarantees a fun packed morning and she always manages to make exercise seem so much fun!

'Alpaca Acres' Farm Visit

This was the first time St. Dominics had visited 'Alpaca Acres' and we were given a very warm welcome. The small farm only opens to one group at a time and residents and staff were given the opportunity to see (feed and pet) a variety of animals, the pygmy goats were a favourite. As this trip was so successful, we are already planning a return visit.



Preparing for D-Day

With the 80th Anniversary of D-Day taking place in June, we were very busy creating commemorative crafts. Not only are craft sessions great to promote cognitive and concentration skills, it brings the residents together, giving everyone to chat, reminisce and even have a sing song.



D-Day Communion Service with St. Mary's Church

Father Simon and Natasha led us in a Commemorative Communion. During the service, Father Simon spoke about the brave young men who took part in the D-Day landings. Residents and visitors worshipped together and sang some very well-known hymns. Communion was given to those who wanted it, others preferred a blessing.

D-Day performance from Joanna Lee

Dressed in 1940's style, Joanna gave us a wonderful performance. She chose a good variety of songs which encouraged everyone to sing and dance and there was a real party atmosphere. Joanna finished her performance with the National Anthem which made us extremely patriotic.



'Bingo' with the Brownies

'Bingo with the Brownies' was a fun packed evening.

We were joined by 18 Brownies from the 3rd Kelvedon Group and they were incredibly enthusiastic in helping the residents with the bingo cards.



Residents enjoyed getting to know the visiting brownies whilst they were playing and there was some very lively chatter in the room! Some of our residents were quite lucky and won prizes which added to the excitement.



Out in the Community

When the weather is kind we try to get out in the community as often as possible. Coffee mornings held at the URC, the Labour Club and the local library always provide a friendly welcome and residents enjoy meeting their local friends and making new acquaintances.

In the Community on Saturday 8th June

Family Fun Day – Kelvedon Community Association

After the success of the ‘Two Villages’ event held earlier in the year, the Activities team were excited about attending this village event and the opportunity to engage with the community.

A marquee was erected and tables set up with some reminiscence items for the older generations and games for the younger generation. The afternoon was really well attended and our team enjoyed mixing with lots of locals and building relationships with local groups.



After lunch, at the Family Fun day in Kelvedon, a small group of residents joined us, they enjoyed chatting to some of the villagers and having the chance to look at some of the displays. Joyce D and Sally did exceptionally well on the 'Good Companions' Tombola stall and came back with armfuls of prizes!



Royal Ascot 'Ladies Day'

To mark Royal Ascot, we hosted an 'Royal Ascot' themed day. The morning started with word games and 'Ascot Bingo' followed. After lunch, ladies were settled in the lounge in their finest headgear and jewellery to watch the Royal procession and some of the races, votes were taken on who would win the Gold Cup. Joy W was the only one who chose the winner and was presented with a box of chocolates.

After, the tables were laid with the best china for afternoon tea and our residents enjoyed a glass of fizz. It really was a very civilised day!



Enjoying the Sunshine

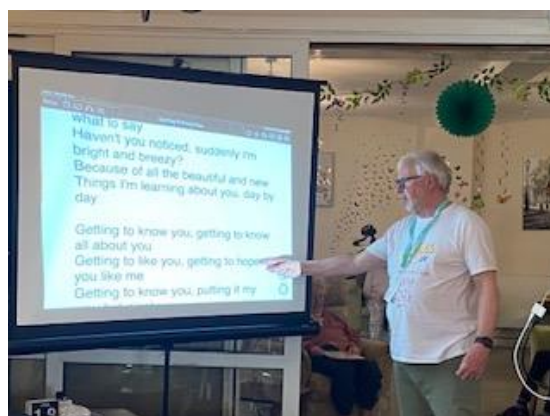
Finally, the sun has arrived, and we have been able to make the most of the good weather. The new garden furniture has been put to use and many of our activity sessions have taken place outside including knit and natter, word games and reminiscence.

We were visited by our young friends from 'Cheeky Childminding' who were delighted to have the chance to explore the gardens and play outdoors games. There was a lovely, relaxed atmosphere while residents, visitors and staff chatted together and engaged with the children while enjoying the sunshine.



'Golden Oldies' Singalong at St Dominics

This was the second visit from the 'Goldies' Charity this year and it was a great session. Rob the leader, engages well with residents and gave a great deal of encouragement to chosen favourite songs. The words to these are displayed on a large screen to ensure maximum participation. After Rob's visit, everyone felt uplifted and agreed how much they had enjoyed the afternoon.



In other news...

Stamp Collection

Thank you to everyone who has been donating stamps. We are pleased to have been able to support the RNIB this month who make a difference to blind and partially sighted people.

Employee of the Month

The employee of the month for May was Lucy Perry, who was chosen for her kindness towards others, especially her colleagues.

Our employee of the month for June is Lisa Whiting. During the recent hot spell at the end of June, Lisa treated all her colleagues to neck fans to use whilst working. It was a kind gesture which her colleagues appreciated. But this is just the latest kindness from Lisa who is always making sure other members of staff are supported. Our manager, Tracy, remembers how thoughtful and caring Lisa was to her when she returned to work following surgery.

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.

July Birthdays...

Many happy returns to Sybil, Rowena and Pat B who were all summer babies and celebrate their birthdays this month.

JULY 2024 EVENTS

WEDNESDAY 3 rd	2.30PM	ST MARY'S COMMUNION SERVICE (IN-HOUSE)
THURSDAY 4 th	11.00AM	JO 'ACTIVE MOTIVATION' EXERCISE SESSION
FRIDAY 5 th	2.30PM	'FRIENDS FROM TIPTREE' CHOIR PERFORMANCE
SATURDAY 6 th	2.00PM-4.00PM	ST MARY'S CHURCH FETE
TUESDAY 9 th	10.30AM*	'MEN'S CLUB' TRIP TO MALDON & PUB LUNCH
WEDNESDAY 10 th	11.00AM	'KIDDLEYDIVEY' MOVEMENT & MUSIC
TUESDAY 16 th	10.30AM*	RETURN VISIT TO 'ALPACA ACRES' FARM (WEATHER PERMITTING)
THURSDAY 18 th	2.00PM*	YEAR 6 LEAVERS' PERFORMANCE FROM ST MARY'S PRIMARY SCHOOL
FRIDAY 19 th	2.30PM	PERFORMANCE FROM SINGER ALEX SOUTHGATE
WEDNESDAY 24 th	2.30PM	'CHRIS SINGS SWING' ENTERTAINER
FRIDAY 26 th	2.30PM	COMMUNITY TEA PARTY 1 st ANNIVERSARY (WITH ANGIE ENTERTAINING ON PIANO)
SATURDAY 27 th	11.00AM	'BOWS & BELLES' LADY CLOG DANCERS
TUESDAY 30 th	2.15PM	'RISE' SEATED SPORTS & FUN *TRIAL SESSION*

COME & JOIN US FOR MORNING COFFEE & DAILY ACTIVITIES IN THE LOUNGE

*Approx ACTIVITIES CAN BE SUBJECT TO CHANGE