



## **JUNE 2024 NEWSLETTER**

Welcome to our June Newsletter, spring is very much upon us and we have enjoyed the opportunity of spending more time outside and making the most of the longer days. Our newly named 'Chatter cabin' is now fully decorated and furnished and it has been nice to see residents and visitors using the new facilities.

The month started with a visit from St Mary's Church and the Communion Service was led by the newly Priested Natasha. Always with a smile, Natasha has a really positive attitude and our residents love to chat with her after the service.

During a recent Residents' meeting, some of the ladies requested more shopping trips. A visit to Sainsbury's Tollgate was arranged and four residents made the most of the opportunity to browse at all the departments within the store. As the weather has finally warmed up the summer clothes were of special interest. Due to road closures, our taxi driver took us cross-country and a drive around the countryside in the sunshine really made the day that little bit more enjoyable.



## 'Helston Flora Day'

Thanks to John W, the Husband of our resident Val who not only gave us lots of information about Cornwall's Helston Flora Day and sent Handmade Cornish pasties for everyone to share for supper. Residents were very interested to learn about the festival and it's very long tradition where dancing in the street begins at 7.30am on 8<sup>th</sup> May!



## Keeping Moving...

### 'Kiddleydivey'

This month's Kiddleydivey was possibly one of the best ever! Gunni provided a host of exercises and had us using some really fun props including beautiful coloured feathers.



This session is one of the most popular on the Activities programmes and Gunni manages to get even the most reticent moving and smiling.

Our residents moving to Kiddleydivey.



### Seated Exercises & Thai Chi with 'G Fitness'

We are pleased to be able to offer a new class via 'FaNs' Friends and Neighbours Charity for six sessions initially. Sarah (the instructor) put together a series of seated exercises with the use of music and equipment. The final 10 minutes of the class were dedicated to Seated Thai Chi – there was an incredibly calm feeling in the lounge and a great deal of participation. In fact, it appeared so popular and Sarah was so impressed with the level of involvement that she intends to do more in the next session. Expect to see some very 'Zen' residents and staff when you visit next!



## Active Motivation with Jo from 'Community 360'

Jo's visits always have us admiring her funky workout leggings, the latest being peacock print! Jo leads us in a fun-filled 45 minutes of movement, dancing (some seated) and a singalong – we usually choose music during the session which makes for an interesting selection.

## Entertainment...

### 'The Searchlight Re-enactors – 1940s Promenaders/Dancers'

Having seen the dancers perform at the British Legion 1940's Afternoon Tea in March, we were delighted to welcome them to perform for us. We were taken back to the 40's for an hour with some very nostalgic music and dancing.



There was a great deal of singing, toe-tapping and armchair dancing – Robyn, Kay and Clint were volunteered to take part in a dance which was very entertaining! Shortly after, Joy W thanked the Activities team saying what a fabulous afternoon it was, and how it took her back to the war days and the dances she had enjoyed so much.



### Angie – Keyboard

Angie joined us on a Sunday morning for a session of 'Hymns and Uplifting Music' on the Keyboard in the lounge. It was a lovely sunny morning and we had lots of visitors who enjoyed joining their loved ones for a musical morning. Angie's playing is effortless and she engages well with her audience.

## Alex Southgate – Singer/Musician

Alex is always a welcome visitor to St. Dominics, he sings a wide variety of songs and always manages to get the audience going! He has a great sense of fun and is guaranteed to get the audience singing and dancing. During his visit he took time to give an 'exclusive' performance to Eileen B who was celebrating her birthday but unable to attend the performance in the lounge.



## 'Miss Grace' Musical Theatre/Music from the Musicals

'Miss Grace' is a very vibrant performer, her Musical Theatre training really shows, she is very bubbly and fun and ensures she gets maximum audience participation during her set. Everyone was singing and really appeared to enjoy themselves (staff and residents alike)



Miss Grace interacting with the residents ...



### **Reminiscence with M&S Memory Box 'What we wore'**

This was a very interesting session with a selection of clothes, old money and accessories loaned from the Marks & Spencer's Archive based in Leeds. With items dating from 1949 up to the 1990s residents discussed when they thought the item was in stores, the materials they were made from and how much they might of cost. Comparing prices of items from the past and today was very intriguing (If you are interested, a copy of the 'How much did it cost?' sheet from the Archive is in our Nostalgia Library)

Joy W looking at some old coins from the M&S Archive



## Community Engagement...

### Visit from 'St Mary's Primary School Gardening Club'

After the success of the previous visits from the children, the 'Gardening Club' were invited to join us for some 'Inter-generational' gardening. Eleven very enthusiastic children along with the Head Teacher, Teachers and Assistants joined us for a productive morning. Sadly, the weather had taken a turn on the day of the visit which meant that Resident participation was limited, however Pat S and Sally rolled their sleeves up and got stuck in!





Some residents preferred to observe and were very happy watching the group working. Luckily the majority of the weeding, planting and re-potting was done before the rain set in. The children and adults enjoyed chatting to our residents when they came in for refreshments and there was a really happy atmosphere.



Some of our staff had either attended St Mary's themselves or had children that attended so it was a great opportunity to reminisce and catch up.





Reminiscing – Matt (Chef) with Mr Taylor his former Teacher (now Head Master)

### Visit from St Mary's Church Choir 'Songs of Praise'

We were really excited to be visited by the Choir from St. Mary's Church, Kelvedon. Earlier in the month, we asked our residents to name their favourite hymns and we passed the information on to the choir so they came prepared!

Accompanied by a Pianist, the choir sang some beautiful hymns and our residents joined in enthusiastically. Many of the hymns sang held special meaning or memories to our residents. After all the singing, the choir stayed and chatted with residents, staff and visitors over tea and cake.



We are hoping a return visit from St Mary's Church Choir will take place later in the year.

## Visit from 'Cheeky Childminding'

A visit from our young friends is always guaranteed to make residents smile and their energy and sense of fun is infectious. During their recent visit the children played a number of games including skittles, hoops and balls which the residents enjoyed taking part in. Even those who preferred to observe appeared to find the visit uplifting.



Aside from all the previous stories, residents have been engaged in a variety of activities including word games, quizzes, puzzles, arts and crafts, garden walks and games and room visits and one-to-ones. Our 'Knit & Natter' session remains popular and a group of residents were kept very busy with a 'Peg dolly' making session. This evoked memories of childhood and was exceptionally 'hands-on', some of the finished articles were really creative.



In other news...

## STAMP COLLECTION

Thank you to everyone who has been donating stamps. We are pleased to have been able to support Parkinson's UK Charity this month.

We have just sent off our latest batch of stamps to the Charity, Parkinson's UK. They are working to find a cure and improve life for the Parkinson's community.

Parkinson's UK advise that they are close to major breakthroughs. Funding the right research into the most promising treatments and are closer to a cure every day.

**PARKINSON'S<sup>UK</sup>**  
CHANGE ATTITUDES. FIND A CURE. JOIN US.

Until then, Parkinson's UK are here for everyone affected by Parkinson's, fighting for fair treatment and better services. Parkinson's UK are working side by side with scientists and supporters, fundraisers and families, carers and clinicians. They are impatient for change, but are taking a stand, speaking out, chipping in, and playing their part in the race for a cure. Thank you for supporting this recycling initiative.

### **VIEW FROM THE WINDOW**

The building works are progressing nicely.

We now have a bungalow show home for viewings. The bungalows are listed with Haarts or you can contact us directly and we will arrange a viewing.

### **EMPLOYEE OF THE MONTH**

The employee of the month will be announced in our next newsletter. Please keep your nominations for staff, going above and beyond, coming in! Nomination slips are in the foyer and completed forms can be placed in the metal, white post box on the wall in reception.

### **JUNE BIRTHDAYS...**

Very many happy returns to Betty, Mary D and Sally who are all celebrating birthdays this month. We look forward to celebrating with them.

## JUNE 2024 EVENTS

<b>MONDAY 3<sup>rd</sup></b>	<b>10.00AM</b>	G-FITNESS – SEATED ARMCHAIR EXERCISES & ‘THAI CHI’ WITH SARAH
<b>TUESDAY 4<sup>th</sup></b>	<b>10.15AM Approx</b>	VISIT TO ‘ALPACA ACRES FARM’ – GREAT TEY (WEATHER PERMITTING)
<b>WEDNESDAY 5<sup>th</sup></b>	<b>2.30PM</b>	ST. MARY’S CHURCH SERVICE (IN-HOUSE) D-DAY 80 <sup>TH</sup> ANNIVERSARY SERVICE
	<b>6.10PM</b>	‘BINGO’ WITH KELVEDON BROWNIES
<b>THURSDAY 6<sup>th</sup></b>		80 <sup>TH</sup> ANNIVERSARY OF D-DAY
	<b>2.30PM</b>	PERFORMANCE FROM JOANNA LEE – SINGER
<b>SATURDAY 8<sup>th</sup> JUNE</b>		‘FAMILY FUN DAY’ AT KELVEDON RECREATIONAL GROUND
<b>WEDNESDAY 12<sup>th</sup></b>	<b>11.00AM</b>	‘KIDDLEYDIVEY’ MOVEMENT & MUSIC
<b>THURSDAY 13<sup>th</sup></b>	<b>11.00AM</b>	ACTIVE MOTIVATION WITH JO
<b>FRIDAY 14<sup>th</sup></b>	<b>12.45PM</b>	LUNCHTIME PERFORMANCE FROM ANGIE - PIANIST
<b>WEDNESDAY 19<sup>th</sup></b>	<b>2.30PM</b>	‘GOLDEN OLDIES’ SINGALONG AT ST DOMINICS
<b>THURSDAY 20<sup>th</sup></b>	<b>4.00PM</b>	‘LADIES DAY’ AFTERNOON TEA & FIZZ. HATS COMPULSERY!
<b>TUESDAY 25<sup>th</sup></b>	<b>11.00AM</b>	VISIT FROM CHEEKY CHILDMINDING
<b>FRIDAY 28<sup>th</sup></b>	<b>2.30PM</b>	COMMUNITY AFTERNOON TEA WITH ENTERTAINMENT FROM ANDY FARROW - SINGER
<b>SUNDAY 30<sup>th</sup></b>	<b>11.00AM</b>	UPLIFTING HYMNS & MUSIC IN LOUNGE WITH ANGIE ON KEYBOARD

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