

JULY 2017 NEWSLETTER



OUR SCHOOL SUMMER HOLIDAYS

Hello and welcome to our latest newsletter which Vanessa kindly started writing for us. Vanessa recently asked some of our residents what they remembered about their school holidays and this is her account written up for our newsletter.



I have a question for you all: Do you remember your school summer holidays? Being a Londoner myself, my school holidays were spent playing around with friends, or going to aunties etc. I remember being told that the reason for the six-week holidays was to allow children to help with the harvest. Let's find out if this was true for some of our residents when I asked what they did in their school holidays:

"We used to get up early to go pea picking or bean picking. We would get quite a bit of money – so much for a bag of beans etc. Afterwards, we used to play with the bean rods and make a hut. We used to meet at the Tavern and an old trailer would come along and pick us up and take us to the farm. I also used to go to Ilford and stay with my granddad, I used to like running up and down the banks that were there."

"I used to live in Dagenham. It was lovely in those days, it was full of corn fields, then next to the corn fields over the stile were potato fields as far as you can see, then you went over the stile again and you got into Crown Street where the church was. We used to spend all day in the fields, we'd take sandwiches and bottles of lemonade or water. We'd even put tents up and 'camp'. It was lovely! The local farmer Brown had an apple orchard, and after the apples were picked, the trees were chopped down and we used to go and pick the logs up for him, he used to pay us for this. I always remember the weather being lovely in those days."

"It was war-time so what we could do was a bit restricted. I did a little bit of casual employment such as pea picking and pulling the rhubarb for the farmer. We got paid the 'childrens' rate'. Yes, I enjoyed it."

"I enjoyed my school summer holidays. I went away for 3 weeks at a time to the country, sometimes to the seaside. It was like a school holiday camp, there would be about 30 of us and we would just enjoy playing. It was paid for by a rich woman who lived nearby. I didn't do any work so I was lucky."

"We only had 4 weeks holiday. We went away for a week, sometimes to Bridlington and sometimes to Scarborough. I didn't have to work. There wasn't much traffic around in those days so we used to be able to play in the street"

“I didn’t have much time to play during the summer holidays, I was the oldest of seven children and I was always pushing the pram for mum. I remember pushing the pram up Gables Hill where I lived, to the town. We had a lovely big garden to play in, but I do remember going hop picking.”

I used to spend 5 weeks of my school holiday in Chigwall Row where my aunt owned a farm. I used to have some really lovely times there. I helped with the harvest and build the haystacks. I enjoyed playing in the haystacks as well. One year, I was playing by the nearby pond and I fell in and got absolutely covered in that green slimy stuff!!!! When I got back to my aunt, she asked “Whatever had happened to you?”. The boys on the farm just laughed!

I absolutely loved listening to your memories. Let’s move on and reflect on what’s been going on here at St. Dominics over the past month.

We welcomed back a very talented singer – Suzie M to St Dominics for an afternoon of singalong and dancing. What a lovely voice she has, and Suzie is so ‘jolly’. Suzie had our residents singing their favourite songs that we all love, and June, Dennis and Margaret B were up dancing, wearing the carpet out in the lounge! We also had a new singer called Tess, who sang beautifully, so much so we have asked her back to sing at our ‘Tea at 3’ event (details below). Richard returned to play the residents some relaxing music on his saxophone whilst the decorating in the lounge was underway.

[Trip to Maldon](#)



Our residents set off to Maldon with water, sun hats and sun cream at the ready for their fish ‘n’ chip lunch in search of a cool coastal breeze on the Prom on what was a very warm day. By all accounts, John, Helga, Cecil, Doreen, Barbara and Margaret had a grand time as our photo shows. Charlotte, Latisha and Kelly scouted a nice shaded area for lunch and then took the residents along the prom in their wheelchairs. All were then rewarded with a tasty ice cream to finish off a lovely afternoon before returning in time for afternoon tea here in the garden. Mr Banning’s grandson, Sean, was drafted in at short notice with the tempting offer of fish ‘n’ chips for lunch to help with pushing our residents. Sean was an instant hit with the residents who teased him but he enjoyed the afternoon and came back in time to water the garden. We would like to thank the family members who came to support us and the staff who made sure our residents did not want for anything.

Last month, we said farewell to our carer Aisha who, any moment now, will be having a bouncy baby girl. We hope she is enjoying putting her feet up and resting, as she will find very little time to do so after having her ‘little patter of feet’. St. Dominics wishes Aisha all the best.





St Dominics' Strawberry Fayre

We are coming up to our biggest event of the year. Yes, it is our summer fete which this year is themed 'St Dominics' Strawberry Fayre' and this is where we appeal for your help please. We raise funds via this event each year to enable us to continue to give our residents the best entertainments and outings that they deserve. So, what can you do to help us? Well, we still need lots of new items for our Tombola stall please, so if you have been given a Christmas or Birthday present that you cannot use, please bring it in to us. We are always grateful for goods that we are given for our fete. We also need good quality books, toys, costume jewellery and bric-a-brac. Just a reminder, our fete is on Saturday 12th August, and starts at 2.00pm. The theme this year is anything pink or red and strawberry related.

Decorating the Lounge and Conservatory

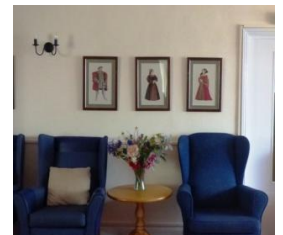


Paul, our painter, started work in the lounge on Monday 19th June. He, Kevin and Mr Banning started at 7.15am moving all the chairs into the conservatory, taking down curtains and the TV etc. All went smoothly with staff directing residents through to the conservatory for breakfast. A happy consequence was that our residents enjoyed lunch outside for a few days shaded by our gorgeous oak trees and under our gazebo.

On Friday, the carpets were cleaned, curtains collected from the dry cleaners and the room put back together. Hopefully, we will then figure out where all the TV cables go. If not, we may have to call on the experts!

The next job to be tackled was the conservatory, which we split into two jobs to ensure the least disruption to the residents. The colour for the conservatory is a lovely sunshine yellow, suggested by Mr Banning. The dining room was next on the list and the final job was to replace all the conservatory blinds which is being carried out at the moment.

Please take a look at our new Henry VIII and wives beautiful embroidered craftwork now adorning the wall in the lounge. We show three of the wives in our photo. These gorgeous pictures were donated by Peggy Hayter's family in her memory. We hope the residents have fun trying to work out who's who!



Vanessa Leaving

You may have noticed Vanessa is no longer part of the St Dominics' team. She recently approached us to reduce her hours with immediate effect to try and cope with a personal issue she was dealing with at home and we accepted this reduction to support her. Unfortunately, Vanessa found she was unable to continue even on a part-time basis. We obviously send our best regards to Vanessa and her family and wish her well in her personal endeavours.

Activities and our future programme

We have had to review our Activities programme recently to accommodate our long-standing member of staff overleaf. Tracy, our Home Manager, had already started to involve our care staff in the afternoon activities which centre on dementia clients but we are now bringing in new activities to promote our residents' health and wellbeing, such as daily morning exercises and afternoon strolls around the garden to name just two which care staff will be taking an active role in. We have enabled one of our staff, Ellie, to split her work time between activities and care and she has already had a lovely idea to keep a selfie-scrapbook of the residents' photos.



Our planned activities programme remains in place as does the entertainments and outings. However, a lot more ad hoc, individual activities will be taking place within the home and outside as well, i.e. trips to Kelvedon Library and Kelvedon Museum, in addition to those pre-planned activities. If you have any concerns or perhaps suggestions please speak to Tracy in the first instance.

Sensory Garden



Donations received last year from families of past residents have been directed to setting up our sensory garden for the residents. This was the brainchild of our Manager, Tracy, who began to formulate a plan with Mr Banning for a sensory garden and we recently had it built and planted.

For those of you who have not had a chance to view the garden, it is split into three raised beds. One for textures and fragrances, one is visual and one for home-grown vegetables. The raised beds were set at the end of the garden with additional paving to ensure the beds were easily accessible to the residents using walking aids and wheelchairs and we intend to provide seating close by to ensure the residents can sit and view the newly established gardens. Tools have been purchased and made accessible for residents to dead-head, prune and weed. The kitchen garden is proving popular with our chef who is already using the herbs and produce.

The residents have enjoyed reminiscing about how they coped in the war, growing and being self-sufficient. Several activities in and around the garden theme and have taken place within the home with residents planting seeds in pots with the intention of replanting outside. We may even be able to sell some at our forthcoming summer fete. We are finding our residents are a font of knowledge when it comes to gardening, that said, if you have any gardening knowhow which you believe would be helpful, please do come forward.



Staff Compliments Tree



You may have noticed that there is a new addition to the reception area in the form of a pretty pre-lit tree. We would like to invite you residents, their families and friends, visitors to the home and our staff to write a short message of thanks if a staff member has impressed, pleased, surprised, greeted you with a smile or simply wowed you. Our staff often give above and beyond to ensure the care provided is of the highest level for our residents and it would make their day to see their name on the tree. So, please, don't be shy and come forward to thank our staff when they have impressed you.

Life Stories with Kelly – this month, let's meet Marjorie

Marjorie, or, Madge as she likes to be known was three years old when her father built a house in Rainham for the family to move into. Madge went to school in Dagenham but when war broke out she changed and went to South Hornchurch and has fond memories of school. Madge was very close to her brother and they liked to play together in the coal shed.

Madge went to work in the office of a pharmaceutical company after leaving school and enjoyed going to dances. This is where she met her husband Geoffrey and they were later married in St Andrew's Church. They brought their first house in Elm Park where they lived for two years before moving to a larger property.

Madge gave birth to her son, Paul and two years later had a daughter, Deborah. The whole family enjoyed holidays in the U.K. together whilst Madge focused on being a housewife until the children were older when she went to work for NatWest.

Madge's daughter got married and has two daughters. Her son, Paul, also has two daughters. Madge is very proud of all their achievements.

Madge and Geoffrey moved to Upminster and were very happy but, sadly, Geoffrey passed away several years ago. Madge then moved to a retirement apartment in Witham. Earlier this year Madge came to St Dominics where she has proved that she is a whizz with a quiz!!

What's coming up in July

We look forward to welcoming new singers next month. We shall be welcoming back singer, Tess, to serenade us at the 'Tea for 3' fundraiser for Farleigh. Our residents have been invited to afternoon tea at a local school. The lovely 3's Company return and we enjoy a second trip to Maldon taking residents who were not able to go before.

Dates for your diary

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| Thursday 6 th July | 2.30 - 3.30pm | Holy Communion/Service with Ken Thom |
| Sunday 9 th July | 2.15 - 3.15pm | Saul Watts singing for us |
| Monday 10 th July | 10.30 - 11.30am | Michelle and Justine – Sing As We Go |
| Saturday 15 th July | 3.00 - 5.00pm | Tea at 3 with Tess for Farleigh Fundraiser |
| Wednesday 19 th July | PM | Tea Party Trip Out to Honeywood School |
| Thursday 20 th July | 2.30 - 3.30pm | Three's Company |
| Friday 21 st July | 11.30 am | Maldon Trip |

Birthdays in July

Thursday 6th July **Gladys** Monday 17th July **Beryl** Monday 31st July **Mick**



Garden Funnies!

"A weed is a plant that has mastered every survival skill except for how to grow in rows."

Everyone has these on their face? Answer: *Tulips*

My wife's a water sign. I'm an earth sign. Answer: *Together we make mud.*

Why do potatoes make good detectives? Answer: *Because they keep their eyes peeled.*

"The best way to garden is to put on a wide-brimmed straw hat and some old clothes. And with a hoe in one hand and a cold drink in the other, tell somebody else where to dig."