



ST DOMINICS
RESIDENTIAL HOME

MARCH 2024 NEWSLETTER

Welcome to our March Newsletter, February may be the shortest month but it's certainly been one of the busiest! Aside from our larger events, residents have enjoyed being engaged in a wide range of activities, including quizzes, crafts, baking, reminiscence, armchair exercise, word games, singalongs, 'Knit & Natter' and one to one sessions

COMMUNITY AFTERNOON TEA PARTIES

Our first Community Afternoon Tea of the year took place at the end of January and coincided with Australia day, for a bit of fun, we incorporated the theme with decorations, a Quiz and Angie, the pianist played 'Waltzing Matilda'. It was great to see some of our friends and neighbours and Father Simon also came to join us, a true 'Community' event.





One of our regular visitors of the Community Afternoon Tea, Sheila, has been crocheting blankets which she kindly donates to the residents of St. Dominics. We are grateful for her thoughtfulness and have sent her away with more wool so another project can be completed!

Sheila (local resident) modelling one of her crotched blankets...



Another very nimble fingered local resident, Carol, very kindly knitted this beautiful jacket for our baby doll! She is now knitting some matching trousers.



February's afternoon tea was also very lively as we had entertainment from 'Miss Grace' she performed Songs from the Musicals which had everyone joining in with enthusiasm. It is always nice to see our guests enjoy themselves as much as our residents.



BINGO, FISH & CHIPS and A VISIT FROM ST. MARY'S PRIMARY SCHOOL

While we were waiting for a delivery of Fish & Chips and an early afternoon visit from St. Mary's School, we took advantage of everyone being in the dining room and played a large group game of Bingo. This was great fun with lots of participation by staff and residents. Jean was our winner, sadly the 'Round the world Cruise' did not materialise but Jean was happy with toiletries!



Eyes down for Bingo!!

After a tasty lunch, we re-organised the Conservatory and made room for 40 children from years 4&5 to perform their production of 'Pirates Vs Mermaids'. The children only began rehearsing in January but their performance was faultless



with singing, poetry and musical instruments played residents were lucky to see the production before the children's parents and guardians.



ANDY'S VOCALS

Andy's first performance at St. Dominic's made a great impression! He was very relaxed, friendly and enjoyed banter with residents, visitors and staff alike. He sang a wide range of songs which everyone really appeared to enjoy. We look forward to Andy performing at our Community Afternoon Tea later in the year.



IN THE COMMUNITY – PANTO TRIP

A small group of residents and a volunteer family member enjoyed a trip to the Village panto. The Kelvedon Players put on a great production. Mother Goose had everything, goodies, baddies, some great songs and audience participation. We had such an enjoyable time and were given a warm welcome by community members.



CHINESE NEW YEAR ART PROJECT – CHINESE DRAGON

In anticipation of Chinese New Year, the Activities Department purchased a 'Readymade' craft box which included templates to create a Chinese Dragon along with all the materials required.



Each resident was given a project and when every template was painted and decorated, it was put together to create the dragon. This was a great team effort and everyone involved was fascinated to see the end result.



COMMUNITY ENGAGEMENT

CANDLEMAS CHURCH SERVICE

We welcomed Father David and Natasha from St. Mary's Church for their monthly Communion Service, the theme of this visit being Candlemas. Residents listened to the readings with interest, enjoying singing hymns and praying together.

VISIT FROM CHEEKY CHILDMINDING – KELVEDON

After quite a long break, we were pleased to see some of our young friends again. They joined in with lots of games including balloon tennis and skittles which was very entertaining for all. After using up lots of energy, the children sat and did jigsaws and colouring with some of our residents. These 'intergenerational' visits are beneficial to all.



‘ACTIVE MOTIVATION’ via COMMUNITY 360 CHARITY

Jo from Community 360 managed to brighten a very dreary February day with her enthusiasm during her ‘Active Motivation’ session. Using musical instruments and a range of party tunes, residents moved, danced and sang and Jo left us all feeling bright and motivated. Jo has asked residents to compile a list of their favourite songs and music ready for her next visit.



COLCHESTER HISTORY TALK

Through the FaNs Charity (Friends and Neighbours) we were pleased to welcome Di Bignall who gave us a very interesting ‘Tour around Colchester’. Di gives walking Tours around Colchester and is a guide at the Castle, she is very knowledgeable about the history of the City and it’s buildings and inhabitants.

We look forward to joining FaNs for a ‘Walk and Talk’ visit to Colchester Castle soon where we will see history brought to life.



Di, pictured, giving her talk and Mary S looking at a handout during the session.

‘TRAVELS AROUND SCOTLAND’ TALK

Barbara Mills, a professional photographer kindly took the time to come and share with us some amazing photographs she took during her recent trip to Scotland. Mainly, wildlife photographs, Babs had caught some amazing images of Red Deer, Otters, White Hares and some fascinating birds as well as some amazing images of the ever-changing scenery due to the weather!



KIDDLEYDIVEY

Our monthly visit from Gunni of Kiddleydivey is always very well attended. This month, love was in the air and Gunni's movement and music themed session had residents using a variety of props. The giant heart filled balloons, roses and bubbles made the session really enjoyable and there were a great deal of happy faces in the room.



FEERING SINGERS

We welcomed a visit from a local Choir, the Feering Singers. They performed a selection of wellknown songs from The Carpenters and ABBA which livened up residents and visitors and gave us a really enjoyable afternoon.



REDUCE, REUSE, RECYCLE UPDATE

Stamp recycling for charity - thanks to donations from Residents and family members, an entire box of stamps has already been collected and these will be sent to the RNIB.

Recycling crisp bags - Staff and residents have enjoyed eating crisps for a good cause, the empty packets will be sent off to be converted to blankets for the homeless.

Battery Recycling - The facility for recycling batteries is in the foyer near the double doors. These will be collected and recycled to avoid being sent to landfill.

DEFIBRILLATOR

We recently had a defibrillator fitted in our reception area (positioned under the white letterbox) This is something that Tracy, the Home Manager, has wanted to arrange for some time since our nearest Defib Machine in the village is at the Co-op and obviously, time is of the essence. Unlike the Co-op, our Defib Machine is solely for the use of residents/visitors and staff of St Dominics and is rented on that basis. Our Management, Team Leaders, Department Heads and some care staff have received training in its use. If anyone has any questions regarding the Defib Machine can they please address them to Tracy.

BIRTHDAY CELEBRATIONS!

Many happy returns to Angie (from our wonderful Admin Team) who celebrates her 60th birthday this month. Angie came in to find the office in darkness with a group of colleagues waiting to surprise her on her special day. Angie is off on an exotic cruise to celebrate (we are not at all envious!)



ST. DOMINICS' SHOP

St. Dominics' Shop has gone mobile. Our shop trolley has been well stocked with a variety of sweets, toiletries, greeting cards etc and will be taken to residents on a weekly basis. If there is anything required any other time, please speak with a member of the Activities Team. Any purchases will be receipted for the Admin office to process (unless cash paid)



EMPLOYEE OF THE MONTH

We are pleased to announce our employee of the month for February is Anjali Satheesan. Anjali is one of our night carers.

Anjali has been nominated for assisting a new Night Team Leader who was left feeling very supported by Anjali's efforts in taking on tasks to ensure the smooth running of the home, whilst this Team Leader was dealing with paramedics for a poorly resident. Anjali was also working with a new member of staff and showed great teamwork.

It is lovely to hear that staff are nominating their colleagues for supporting them and showing kindness.

Getting to know a staff member...

Lorraine (Head of Housekeeping) was born in the late '60s on St. David's Day! First living in Barking, she moved to Chigwell with her parents and two sisters. Her Father was a builder and her Mother a housewife.

Completing her schooling in Chigwell, Lorraine went on to attend Beauty School.

Lorraine met her Husband to be at school at the age of 14 and they married at 22. Settling in Maldon, she set up her own Beauty Salon when her youngest son was just 18 months old and the oldest had started school. As you can imagine, life was very busy! Unfortunately the path of true love doesn't always run smooth and Lorraine and her Builder Husband Matt divorced after 20 years together. However they remained very close during their divorce and remarried 10 years later! (they have been remarried 9 years)

They have settled in Tiptree renovating an old property, with her Husband a Builder and Lorraine keen on interior design, they are both very invested in the project.

Although still doing some beauty work, Lorraine's career change came about when her Husband started a cleaning company which Lorraine began running, this led to her joining St Dominics as Head of Housekeeping, a job she loves!

When not at work Lorraine likes to spend time with her family, her two sons, two Grandchildren (and one due in the summer) Lorraine also loves a sun-filled holiday which is the only time she truly relaxes!

Getting to know a resident...

Mary D was born in Glasgow, growing up with two Sisters and two Brothers. Mary's family were brought up by their Father as their Mother sadly died young.

When she became old enough, Mary travelled to England to live with her Sister in Dagenham. She received a job offer for a company on the Isle of Dogs and this is where she met 'Her Harry' who was to become her Husband.

Mary and Harry enjoyed a short courtship, marrying in 1952 on Christmas Day. They set up home on the Isle of Dogs and went on to have two Sons, Gary and Terry.

Harry's Brother married Joyce and the Sister-in-laws became very close, enjoying lots of happy times together in each other's company.

Mary loved to cook and Harry enjoyed Barbequing so between them they were great hosts. The family have very fond memories of time spent together, especially when the Grandchildren were born.

Mary was also a very talented knitter and made some amazing knitted dolls. These are still cherished by her growing family (Three grandchildren and Six Great Grandchildren)

Mary also loves music and singing and often has a twinkle in her eye!

Seen from the Window...

The building team were put through their paces digging this huge hole which is for Surface Water Drainage. This was put to the test a few days after when we had torrential rain.



Main brickwork for the St Dominics' Annex will be starting early march.

MARCH BIRTHDAYS

We look forward to celebrating with Gwen, Joyce W'rod, Christine S and Jean who all have birthdays this month.

MARCH 2024 EVENTS

Friday 1 st March		St David's Day theme activities
Saturday 2 nd	1.00pm-4.00pm	British Legion 1940s Afternoon Tea at Labour Club
Wednesday 6 th	2.30pm	In-house Church Service
Friday 8 th	10.45am	International Woman's Day Performance from Joanne Lee
Sunday 10 th March		Mother's Day
Monday 11 th -Sunday 17 th		Nutrition & Hydration Week
Wednesday 13 th	11.00am	'Kiddleydivey' Movement & Music
Thursday 14 th	2.00pm	'Gemini Fashion' Mobile clothes
Friday 15 th	2.30pm	Performance from Alex Southgate
Sunday 17 th March		St Patrick's Day
Tuesday 19 th	2.00pm	Easter Bonnet decorating with pupils from St Mary's School
Wednesday 20 th	2.30pm	'Goldies Singalong' at St. Dominics
Thursday 21 st	11.00am	Jo 'Active Motivation'
Friday 22 nd	2.00pm	Angie – Pianist to play during lunch
Thursday 26 th	10.30am	Trip to Poplars Garden Centre – choosing plants for Sensory Garden
Wednesday 27 th	2.30pm	In-house Easter Church Service
Friday 29 th	2.30pm	Good Friday - Community Afternoon Tea with Lyn, Harpist
Sunday 31 st March		Easter Sunday

COME & JOIN US FOR MORNING COFFEE AND DAILY ACTIVITIES

ACTIVITIES CAN BE SUBJECT TO CHANGE