



**ST DOMINICS**  
RESIDENTIAL HOME

## MAY 2024 NEWSLETTER

Welcome to our May Newsletter, we finished March enjoying the Easter weekend and the beautiful weather. Good Friday was celebrated with hot cross buns and later in the day we held our Community Tea Party. Entertainment was provided by Lynn the Harpist, and we had a record number of attendants, clearly the spring weather brought everyone out!



We were even joined by Scout the therapy dog who behaved impeccably throughout the afternoon and has excellent table manners!

Over the Easter weekend residents were kept occupied with Easter Trivia, crosswords, games and word games. Our kitchen staff made a delicious Easter lunch and residents had an easter egg delivered to their room. The Easter bunny was very busy!

Father Simon from St Mary's Church visited for a Communion Service with assistance from George and Gwen (on the piano) continuing with the Easter story, the service contained readings and some well-known hymns. Many of our residents have been lifelong church goers.

After all the Easter treats, a visit from Jo at 'Active Motivation' was just what we needed. There was a real party atmosphere during her visit with singing, dancing (some armchair dancing!) musical instruments and even a beach ball. Some of the staff showed off their dance moves for added entertainment! Jo will be joining us twice next month which we look forward to.



Continuing with our exercise and movement theme, Gunni from 'Kiddleydivey' put everyone through their paces with a workout to music.

Gunni ensures that every session is filled with fun and entertainment, providing a wide range of props and enjoyable ways to keep us moving. Despite Gunni having been visiting St. Dominics for a number of years, we never tire of her enthusiasm and her sessions are always full to capacity.

In mid-May, we are trailing 'Armchair Thai Chi' with Sarah of G Fitness. This will be early on a Monday morning and held in the quiet lounge for those who would like to participate. Details at the back of the newsletter or the Activities board.

## **OUTDOOR GARDENING**

After the success of our indoor gardening and the plants and vegetables growing so well, some of our seedlings needed bigger pots before being planted outside. A group of green fingered ladies spent an afternoon in the sunshine, chatting together while they worked and enjoying tea and cake after.

In May, we are going to be joined by St. Mary's Primary School 'Gardening Club' who are looking forward to getting green fingered with us.



## **'BLUEBELLES HAND BELL RINGERS'**

We were very pleased to welcome the Bluebelles to St. Dominics. The group played some beautiful tunes using a selection of handbells – some of the ladies had been members of the group for well over twenty years so they knew their stuff!

After, residents were very keen to have a closer look at the bells and to chat with some of the members. This was of particular interest to Christine S as she had been a member of the group. The performers were rewarded for their efforts with a cup of tea and some homemade cake.



## **ANGIE PIANIST**

Angie plays for us on a regular basis but no two visits are ever the same! During her most recent performance she set a 'Musicals Quiz' for us, asking residents to name the tunes from well-known musicals. This was a great session with lots of interaction and some healthy competition.



## TIPTREE JAM FACTORY TRIP

A small group of residents enjoyed a trip to the Tiptree Jam Factory recently. The ladies sampled some jam with a fresh scone and a cup of tea. After, they enjoyed looking around the Museum, followed by a bit of 'retail therapy' in the shop. There was even time to sit in the sunshine while waiting for the minibus to arrive which was a treat.



## ST. GEORGE'S DAY

To help celebrate St George's Day, we were visited by our young friends from Cheeky Childminding. Our planned 'inter-generational' activity was icing biscuits with the St George's flag. However, there appeared to be a lot of biscuits and icing eaten way before the activity began. There was a great deal of fun and laughter in the room and once everyone had cleaned their rather sticky hands (both children and adults!) the session was finished with a sing along and some themed colouring.



We always enjoy these visits and look forward to the next.



Continuing our St George's Day themed celebrations, our kitchen team made a good English feast of an 'All day breakfast' which included bubble and squeak. After lunch, residents took part in a quiz session followed by a sing-along of some well-known patriotic tunes.

The following day, we had entertainment from the 'Fred Douglas Theatre Group'. Debbie led us in a 'St George's Day theme' session with a trip down memory lane playing some fun songs. Exercises and props were incorporated which made for a fun afternoon. As always, we finished with tea and cake – how quintessentially English!



## COMMUNITY TEA PARTY

Our tea party at the end of the April was once again very well attended. Entertainment was provided by 'Chris sings Swing' which was well received and there was a great atmosphere in the dining room. We now have a dedicated following from members in the community and our residents really look forward to seeing their friends. Thanks go to the Kitchen team for providing such a good selection of homemade cakes for this event. A raffle always raises the excitement in the room and this month we were pleased to be able to raise £47.50 to go towards Alfie's trip (see details below)



### ALFIE'S TRIP TO ATTEND GHANA TRIP WITH ESSEX SCOUTS & AFRICAN ADVENTURES

Alfie is the son of Zoe, one of our Night Team Leaders. Aged just 16, he is a young leader at 1<sup>st</sup> Coggeshall and an Explorer at Silver

Arrows in Silver End and has been scouting for 10 years. He has also been volunteering as a Young Leader at the Beaver Section for 3 years and Scouts for 2 years – what a busy lad!

Alfie has been selected to go on a Trip to Ghana in 2025 and we are trying to help him raise money so he can take part.

We are hoping to support Alfie by organising a Car washing event and future raffles (and anything else we can think of!) Please see the Activities boards for Fundraising information, if you are able to provide a raffle prize or would like to give a donation towards the fund, please speak with our Activities Team who are organising the events.



## **IN OTHER NEWS ....**

Recently, Kevin had the job of clearing the blanket weed from the pond as this had become quite overgrown. The pond cleaner used, although completely harmless turned the fish blue which was quite a shock! Thankfully they all appear to be back to their normal condition now.

## **NEW GARDEN FURNITURE & THE 'CHATTER CABIN'**

In anticipation of the good weather new furniture has been purchased and placed in the newly named 'Chatter Cabin' in the garden. When the sun finally does come back this will be the perfect spot to enjoy afternoon tea and relaxation. The Chatter Cabin has been lovingly decorated by our Manager, Tracy.



## **REDUCE, REUSE, RECYCLE UPDATE**

Thank you to those of you who have been saving your used stamps, crisp packets and using the battery recycling facilities. We are committed to recycling wherever possible and are very happy to be able to help charities and worthy causes whilst doing so.

## **STAMP COLLECTION**

Thank you to everyone who has been donating stamps. We are pleased to have been able to support the 'War Paws' charity which looks after dogs who have come from war torn countries.



*This is story is taken from their website:*

**LUCKY** was rescued as a young, scared pup in Southern Iraq by a British Contractor. Her rescuer contacted us and asked for help to get her home to the UK in September 2018. We made arrangements to have Lucky moved to our kennels in Northern Iraq and from there she was moved to Jordan where she remained for several months whilst she underwent blood tests required for UK entry. Finally in March 2019 after several long months Lucky was reunited with her rescuer dad and is now learning the good life in the UK with her dad and new canine brother.



Our shredded paper is collected by a local lady who uses it for her Chickens – as you can see, they look very happy!



## **EMPLOYEE OF THE MONTH**

Have you witnessed a staff member go above and beyond in their work? Has colleague done something remarkable? If so, please fill out a nomination form available in Reception in put it in the box on the wall to get the individual the recognition they deserve.

We had several nominations this month, but the employee receiving most nominations was Lia Kettle. Lia was promoted to Team Leader as we recognised the great skillset she was creating and among the compliments from her colleagues were comments such as “nothing is too much trouble” and that “Lia supports her colleagues inside and out of work”.

## **A BIG BIRTHDAY ....**

Many congratulations to Sylvia N who celebrated her 100<sup>th</sup> birthday this month. Sylvia received lots of attention and after celebrating with us she was fortunate enough to spend the day with her family at her daughter’s home.



## **MAY BIRTHDAYS...**

Many happy returns to Ann, Eileen B, Eileen W and Christine B who all celebrate their birthdays this month.



## MAY 2024 EVENTS

WEDNESDAY 1 <sup>st</sup>	2.30PM	COMMUNION SERVICE – FATHER SIMON – FROM ST. MARY’S CHURCH
THURSDAY 2 <sup>nd</sup>	10.30AM	SHOPPING TRIP TO TOLLGATE, STANWAY
FRIDAY 3 <sup>rd</sup>	1.00PM	PERFORMANCE FROM ANGIE - PIANIST
WEDNESDAY 8 <sup>th</sup>	11.00AM	‘KIDDLEYDIVEY’ MOVEMENT & MUSIC
THURSDAY 9 <sup>th</sup>	11.00AM	‘ACTIVE MOTIVATION’ WITH JO – COMMUNITY 360
MONDAY 13 <sup>th</sup>	10.00AM	‘ARMCHAIR THIA CHI’ WITH SARAH – G FITNESS (QUIET LOUNGE)
TUESDAY 14 <sup>th</sup>	2.30PM	PERFORMANCE FROM THE SEARCHLIGHT RE-ENACTORS 1940’S DANCE TROUPE
WEDNESDAY 15 <sup>th</sup>	2.30PM	ALEX SOUTHGATE – SINGER/MUSICIAN
SUNDAY 19 <sup>th</sup>	11.00AM	UPLIFTING HYMNS & MUSIC WITH ANGIE ON KEYBOARD
TUESDAY 21 <sup>st</sup>	10.30AM	OUTDOOR GARDENING WITH ST.MARY’S PRIMARY SCHOOL – GARDENING CLUB’
WEDNESDAY 22 <sup>nd</sup>	2.30PM	MUSIC FROM THE MUSICALS WITH ‘MISS GRACE’ SINGER
THURSDAY 23 <sup>rd</sup>	AM & PM	‘WHAT WE WORE’ REMINISCENCE BOX FROM MARKS & SPENCER
SATURDAY 25 <sup>th</sup>	2.00PM	‘SONGS OF PRAISE’ WITH ST MARY’S CHURCH CHOIR IN CONSERVATORY
TUESDAY 28 <sup>th</sup>	11.00AM	ACTIVITIES WITH CHEEKY CHILDMINDING
THURSDAY 30 <sup>th</sup>	11.00AM	‘ACTIVE MOTIVATION’ WITH JO – COMMUNITY 360
FRIDAY 31 <sup>st</sup>	2.30PM	COMMUNITY TEA PARTY WITH SINGER ‘NADINE’ ENTERTAINING

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