



St Dominics Residential Home

May Newsletter



May is one of the busiest and flower grower. Even us can be spurred into weather. Now is a good planting by digging them compost. It is a good time perennial flowers, which



months for the vegetable the non gardeners among action by a spell of sunny time to prepare beds for over, weeding and adding to consider planting some come back year after year.

Doesn't our garden look lovely. Kevin and David have worked tirelessly and Mr Banning has helped the staff keep it well watered. All the flower beds have been weeded and turned over and the flower pots are looking so nice with an array of flowers , all the edging to the lawn has been cut square again.

All the benches have been repainted and the patio has been jet washed. We have raised beds outside in the garden and we will be planting herbs and vegetables in one and, in the other, one of our Residents ,Ishbel, will be helping Hayley plant flowers. Ishbel is a keen gardener and she will be instructing Hayley on what to do .



If any of our other Residents or family members want to help in the garden, they are more than welcome. Ishbel has recently brought her own bird feeder and we do have several in the garden. Kate and the other activities staff makes sure these are topped up with nuts regularly for all the wild life in the garden



[Celebrating May Day](#) - Maypole dancing usually takes place on May 1st and May Day is celebrated as a public holiday on the first Monday in May each year. This year it will be on Monday 6th May. We have some May Day fun activities sheets for you to try. It is an ancient northern hemisphere spring festival and a traditional spring holiday in many cultures. You will often see Morris Dancers too at the celebrations.

How many of us remember dancing round a maypole when we were children, being taken to the local festival by our parents, or maybe you took your children? Who can remember how much fun a large wooden pole and yards of brightly coloured ribbon can be?

Let us tell you what we have been doing in April ...

A Visit to The Good Companions Club at the Labour Club in Kelvedon Village. –

Kate and Nicki took Geraldine and Joan to the club and we all had a great time. They had a speaker there talking about musicals through the decades and it was very interesting to listen to and lots of pictures to look at, of the various musicals which took us all back. We enjoyed tea and biscuits and we were lucky and won the raffle three times!! It was lovely to chat to everyone there and, as always, we were made to feel very welcome.

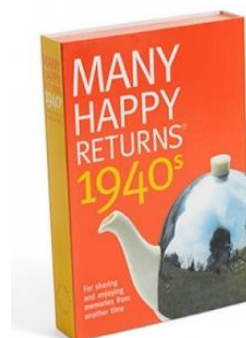
Nail and Pampering Afternoon- Some of our Residents had a nice pamper



afternoon getting their nails done by Ellie. Jean L, Jean W, Sybil, Joyce E, Joyce C and Joan P all enjoyed having this extra bit of attention and showing off their nails and comparing the different colours they had.

We now have a little room near the hair salon, where we have set up our nail bar. We have lots of nail varnishes to choose from, so we look forward to seeing lots of ladies coming in and, of course, men too, can enjoy a manicure.

Reminiscence Afternoon – We enjoyed chatting and reminiscing with Joan, Madge, Kathleen, Joyce E and Pam all chatting to Nicki and telling us about their younger years. We looked at old newspapers from the 1940's and discussed how very different life was back then. We looked at cookery books from that era and discussed different recipes from that time. We also discussed how Mondays was wash day and it really was 'all day' and for tea, generally people had cold meat and mash. We also looked at memorabilia from that era. We had a great afternoon and it was very interesting for activities staff to listen and learn about life back then.



Holy Communion – Thursday 4th April- with Rev Ken Thom



Hand Chime Ringers – Once again, we welcomed the chime Ringers. We enjoyed listening to these volunteers. It was nice to hear so many Residents singing along to the music. St Dominics was pleased to make a donation to their preferred charity for entertaining us.

Paul S J Fashion- Paul came and brought a selection of spring and summer clothes for the Residents to browse and buy if they wish.



Arts and Crafts for Easter We enjoyed doing Easter Crafts. Jean L and Ellie made an Easter tree and Jean painted the sticks . Ishbel , Doris and Mary drew Rabbits and we cut them out as bunting for Easter . The bunting brightened up the conservatory over the Easter Break and looked very professional! Do you enjoy arts and crafts?



Grand National -We did a sweep stake and the Residents who wanted to had a flutter of only £1 and we had three people who won first prize; Kathleen, Doreen and John C as Tiger Roll came in first, followed by Magic of Light , but nobody had placed a bet on him , Rathvinden came in third and we had joint winners for this horse ,Jean B and John C . It was fun and the Residents enjoyed the race and the winnings!

Gunni - Kiddley Divey We had so much fun with Gunni from, Kiddley Divey. She brings balls, hoops and encourages the residents to take part in gentle exercise to music. It is lovely to hear so much laughter coming from the lounge.

Word Games – We had a competitive afternoon which was fun playing Hangman and doing the anagram. Everyone really enjoyed it and we made some impressive words.



Play your Cards Right – We had a fun morning playing , play your cards right. We had two teams -A and B team and both teams did really well, but B team won just..... It was a great morning and nice to see so many Residents joining in.



Mens Club – A relaxing afternoon chatting with Kate and playing Dominoes , nice for the men to get together and have a catch up over a drink.

Easter Egg Hunt - We were so lucky with the weather the sun was out and the children enjoyed finding all those Easter Eggs! The children took part in the egg and spoon race and pin the tail on the rabbit and our Residents adored watching all the fun.

The children were so well behaved and loved eating all those chocolate eggs and sat together on the grass and ate the hard-boiled eggs that we had made for the egg and spoon race. Just goes to show that although they loved the chocolate eggs, they also love a hard-boiled egg too!



Easter Sunday - Nicki took Geraldine, Ishbel and Gladys to the catholic church service and Ellie and Hollie took Margaret and Joan P to the Church of England church service in Kelvedon. Everyone enjoyed the Easter Church Service and we were all made to feel very welcome. We also had our manager Tracy and two of her grandchildren Little Jamie- Lee and April accompany us to the church with the girls looking pretty in their Easter dresses.

Easter Church Service for All the Residents – Rev Simon Garwood came to the home and conducted a church service with hymns and offered Holy Communion to those who wanted it.

Easter Monday – We had a nice day and in the morning Ellie and Nicki took Helga and Rosemary for a lovely walk around Kelvedon. On our return the residents completed an Easter Quiz and Tracy then had the very hard Job of picking the winning Easter Bonnet, which must have been so difficult as all the Bonnets that the Residents made looked fantastic.



Gladys Bonnet won and we gave her an assortment of chocolate. Well done to Gladys and to all our Residents who made Bonnets for our Easter Competition.



Richard Catchpole celebrated St Georges Day – It was so nice listening to Richard play patriotic songs on the Clarinet and Saxophone and lovely to see so many Residents Singing along, Clapping and toe tapping to the music a very enjoyable afternoon.



An afternoon at the Angel Pub – So lovely having a pub close by. Nicki and Rosemary were able to pop over to our local pub and enjoyed a pleasant chat over a glass of wine, for Rosemary, and a nice cup of tea, for Nicki. Such a beautiful sunny day and they both loved being outside in the sunshine.

Kiddley Divey – We had a very uplifting and fun morning with Gunni who brought garlands and tambourines. Some of the residents were playing the drums that she brought with her and it was lovely to see so many people joining in and great to hear so much singing and laughter coming from the lounge!



What's on This Month

Holy Communion - Second Thursday in the month

Friday 3rd May – We are having a Winston Churchill themed day, followed by a street party style lunch.

Tuesday 7th May – Tanya Honey will be singing at 2.30pm.

Thursday 23rd May – We have a trip out with any Residents who would like to come to Marks Hall from 11am - 3pm. This will include a home-made packed lunch.

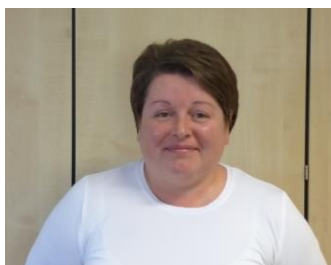
Friday 24th May – We have Gunni from Kiddley Divey here at 10am, she will be doing gentle armchair exercises to music.

Birthdays in May *A very Happy Birthday to our Residents*

Barbara, Nana and Ishbel



Meet our staff member- Gill



Gill was born in Wanstead, she and her family moved to Epping when she was four years old. She attended Epping primary school and then at age eleven she attended St Johns Secondary School in Epping. Gills favourite lesson at School was Religious Education. She met her husband Alan at school and on leaving School they dated and a few years later they got married and then welcomed three sons, Daryl, Steven and Ben. Gill worked part time then at the Co-op, working evenings and weekends. As a family they enjoyed days out at the seaside and going to the zoo. Gill has worked at St Dominics for six months and enjoys her care role here and working as Team leader.

Meet our Resident - Ralph

Ralph was born and lived in Spurgeon Street in the Hythe in Colchester in 1923. He attended Wilson Marriage School and left at 14 years old and went into engineering and worked at Paxmans and did an apprenticeship as a Turner. In 1946 he was called up by Royal Army Service Corp as a vehicle mechanic. Upon leaving the R.A.S.C after two years, Ralph returned to Paxmans. He married Kathleen in 1947, one week after the Queen got married. They had two children, Christopher and Elizabeth. The family moved to Layer-de-la-Haye in 1950 and the children attended the local School. Ralph and Kathleen ran a smallholding with many chickens and a few pigs! In 1952 Ralph was called up for National Service- Serving his time in Newcastle. Ralph returned to Paxmans and enjoyed his work there. After many years he got a job at the Colchester lathe company as a foreman inspector and enjoyed his time there. Before retiring Ralph worked at the Colchester Mercury Theatre as head doorman and in charge of the cleaners, he liked his job there and has lots of interesting stories of his time there- like the time a chap in the audience watching a show fell asleep and started to snore, so Ralph had to gently wake him up as he was disturbing the audience, but the problem was he kept falling back to sleep and snoring! Ralph enjoyed his time there though and was laughing as he was telling me some of his memories of his time there. In retirement, Ralph and Kathleen started travelling and visited, Malta, Russia, Italy, Spain France and Yugoslavia. Sadly, he lost his wife in 2002. He has been at St Dominics for a few years now and enjoys being here. His family visit regularly.

Dementia Training

You may remember in one of our previous Newsletters we reported that Tracy, Charlotte and Hayley attended a Dementia Conference in London in March. Tracy and Hayley also attended a three-day Dementia, Train-the-Trainer course in Chelmsford, so they are now able to train other staff in the skills required to enhance the lives of those living at St Dominics with Dementia.

Nicki, Kate and Ellie received this training from Hayley, who was our trainer, and who presented the course very informatively. We all felt we had learnt a great deal of knowledge and widened our understanding to help support our Residents, who are living with dementia within our home. Hayley will be training all staff across all departments, on this course. So, all staff at St Dominics will have this training, which will help us all and improve our skills with looking after our Residents and supporting them and their families. Later in the year, we shall be inviting residents' families to take part in Dementia training within the home.

Can you name the following film stars?

