



ST DOMINICS
RESIDENTIAL HOME

NOVEMBER NEWSLETTER 2023

Welcome to the November edition of our Newsletter.

Again, we enjoyed some very good weather early in the month which allowed us to make the most of our gardens and still enjoy the pots which were planted up in April and are still going strong!



Community Afternoon Tea

Looking back over the past month or so, September finished on a high note with our Community Afternoon Tea with a wonderful performance from Alex Southgate. Alex is a talented musician and entertained playing a range of instruments including the piano. Finishing the afternoon with the Hokey Cokey and the YMCA was really good fun.

Community afternoon tea is proving a great success allowing local residents to interact with our residents enjoying a chat, cuppa, glorious cakes and great entertainment!



Granting 'Wishes'...

We have continued to wave our 'magic wand' and grant more wishes... A very popular wish was to visit Maldon (and eat Fish & Chips!) Although rather breezy, the sun shone for us and Janet, Pat S and Joyce D enjoyed a trip to the 'Petting Zoo' where they saw a variety of animals. Pat was particularly interested in the Alpacas and appeared to be a bit of an animal whisperer! We also had the opportunity to see some of the more unusual animals including a 'Brown skunk!'.



After a walk in the sunshine, we sat outside the Queen's Head for a nice pub lunch, watching the world go by.



Nora's 'Wish' was to hear a local history talk. After a few phone calls and e-mails, a local Historian, Anne, came and we spent a very interesting morning learning about the area. The initial idea of a 'small group' went by the wayside as a large number of residents were very interested in joining. Anne talked us through a wide range of local history using a print out, finishing off with the history of the site where St Dominics now stands.

As the session was so successful, Anne is keen to visit again. We are also planning a trip to the Kelvedon Museum to see some of the exhibits discussed during the talk.



Church Service

This month's visit from Kelvedon St. Mary's Church was extra special as Natasha (former Curate) had been 'Priested' the previous weekend. Residents were keen to give their best wishes and we presented Natasha with a congratulations card and some beautiful flowers.

Natasha performed our communion service almost effortlessly with Father Simon on hand if needed. This is always a well-attended session and we welcome friends and family to join us.



Intergenerational visits

After the very successful visit from the local Rainbows recently, we were very excited to invite the Kelvedon Brownies to see us. The girls designed T-shirts (and decorated some headbands for some of our ladies) whilst chatting with the residents, finishing off with a fashion show.



The session ended with the girls and leaders performing some 'Camp fire' songs which were highly entertaining. The session was very lively with a great deal of chatter and laughter, conversation lasted well after the girls had left.



National Poetry Day – October 5th

Residents were asked if they had any favourite poems or poets in advance and, during this session, a number of poems were read out. Many residents were able to recite (or join in with) well known poems and rhymes, some of which were quite entertaining especially Pam Ayres!

In the Community

For a small village, Kelvedon has quite a lot to offer. Where possible we like to integrate with the locals and our regular trips to the URC Coffee morning are always a highlight as we are given such a warm welcome. It is even nicer when friends and family join us.



‘Goldies Singalong’

This group was first trailed in Kelvedon last month and we were keen to go again. Three residents who wished to attend, joined villagers and the organisers for a rousing ‘Singalong’ with a real variety of songs finished off with a cup of tea and a chat.

The 'Goldies' charity was founded by Sir Cliff Richard and funding is in place for more sessions well into next year, which we aim to attend (weather permitting).

Even more exciting – we have managed to organise for the 'Choir' Leader, Rob, to host quarterly 'Goldies Singalongs' at St Dominics starting this December.



Residents joining the Goldies sing-along.

'Mostly Musicals' with Lorraine Ely

A very seasoned performer, Lorraine treated residents to a fun packed hour of entertainment. Aside from singing tunes from some very well-known musicals (and some slightly more obscure) Lorraine also recited poetry, engaging well with her audience. Her silver shoes were a real talking point!

We look forward to welcoming Lorraine back to sing for us in the New Year.

'Wear it Pink' Coffee Morning

Our dining room was transformed with all things pink for our 'Wear it pink' fundraising Coffee morning. Residents, staff and visitors wore their best pink outfits and enjoyed chatting together over coffee and pink cakes.



Thank you to everyone that took part in the 'Wear it Pink' experience and for raising £45.50 for this great charity.



Tiptree U3A Choir

Back by popular demand, residents (and visitors) enjoyed an hour's sing-along with the choir. The members were very keen to stay after their performance and chat with everyone which made for a very lively atmosphere.



The Tiptree U3A Choir are booked to visit again in December for a Christmas performance.



‘Crazy for you’ Witham Public Hall Trip

A group of residents, staff and a volunteer/family member joined us for an afternoon’s entertainment for the performance of ‘Crazy for you’ at the Witham Public Hall. The musical was performed by the cast of WAOS, with music, singing, dancing and some amazing costume changes it really was a great show.



Sue's Retirement



We were all very sad to say goodbye to Sue our Cook after nearly five years of looking after us and keeping us very well fed. Her recent cooking sessions with the residents were a great success.

Sue is packing up and going to live near the coast in Lowestoft. We wish her every happiness and she (and her wonderful cooking and baking) will be missed greatly.

October's Community Afternoon Tea

It appears the last Friday of the month comes round very quickly! Our Community Afternoon Tea event is now one of our monthly highlights.

Each month more local residents come to join us, friendships are forming and there is a wonderful atmosphere.



At the Community Afternoon Tea we aim to provide a variety of entertainment to keep the event fresh. This month 'Lillian Lace' performed her 'Old Time Music Hall' routine and finished with a 50's and 60's Singalong.



Quizzes, Knitting, Games and everything in between!

Aside from planned activities and entertainment, we do like to keep ourselves busy. We endeavour to keep sessions varied and just this month alone we have enjoyed crosswords, word games, games sessions, quizzes, armchair exercises, garden walks, 'Knit & Natter', arts and crafts, pampering, rooms visits, one to ones, trips around the village, attending the church on Sunday morning, gardening, reminiscence and a good old fashioned 'cup of tea and chat'

Getting to know a staff member...

Sophie (Team Leader) was born in Watford in 1982, with one older and one younger sister.

Sophie's Mother was horse mad and the family moved out to Essex (Blackmore End) when Sophie she was just 3 years old so her mother could keep horses.

Attending the village primary school in Wethersfield, Sophie went on to Sible Hedingham Secondary.

Being brought up with horses from an early age, Sophie's first job after school was working at Rayne Riding School, after a year there Sophie sadly lost the love of horses and went on to try a variety of jobs until going on to have her family.

Raising two daughters kept Sophie very busy. When she finally returned to work, Sophie initially worked as a carer with adults with learning difficulties, a very demanding role. Four years ago, Sophie found her true vocation, working in care with older adults (initially Care in the Community) then in a care home setting.

Having had her children young, Sophie now enjoys more freedom and socialising, she is still a keen animal lover and loves to walk her Cockerpoo 'Buster'.

Getting to know a Resident...

Christine S was born in the Midlands in 1940 where she has fond memories of helping her father who was a very well accomplished gardener. Settling in Essex with her husband Bill, Christine has been a very well known member of the Feering and Kelvedon Community for well over 50 years. Raising three daughters kept Christine very busy and she became involved in a number of groups within the area.

Girl Guiding was a large part of Christine's life and she was very involved in the organising of the activities for the girls (and is still highly regarded within the Girlguiding Community).

Dressmaking has been one of Christine's main pleasures and hobbies, creating pieces for herself and then for her children. Christine went on to take a Dressmaking and Tailoring class and passed on her skills to teach other women to sew.

Aside from being a well-known Leader of the Girl guides, Christine was also involved in the Kelvedon Players and has been a keen churchgoer since arriving in the village.

Christine has a growing family who live in this country and abroad, and she loves to keep up with their news.

Seen from the window...

Building works are coming along at a pace. The bungalows have had the roofs pitched, the foundations of the new care home have been booked, and the foundation brickwork will follow soon.

Despite the wet weather, work is progressing well, as is usual everybody would like to work on a building site in the summer sunshine but not in the cold wet winters!

NOVEMBER BIRTHDAYS

Many happy returns to Kathleen B and Sylvia H who celebrate their birthdays

NOVEMBER EVENTS

Wednesday 1 st	11.00am	Fun & Games with 'Cheeky Childminding'
	2.30pm	Church Service (All Saints Day)
Thursday 2 nd	10.00am	Remembrance Craft project with 'Creative Mojo'
	2.30pm	Visit from Essex Therapy Dog 'Bella'
Friday 3 rd	12.45pm	Lunchtime pianist Angela
Wednesday 8 th	11.00am	Kiddleydivey – Movement & Music
	2.00pm	Visit from Danaher Animal Shelter
Friday 10 th	2.30pm	Church Service Act of Remembrance
Sunday 12 th	2.00pm	Performance from Angela – Pianist for Remembrance Sunday
Monday 13 th	4.45pm approx	Rainbows visit – Christmas craft joint 'Christmas Tree Festival' entry
Wednesday 15 th	2.30pm	Joanna Lee – Singer entertains
Friday 17 th	10.00am-12.00am	GOOD COMPANIONS Christmas Bazaar at Labour Club
Tuesday 21 st	2.00pm	Clay/Pottery Demonstration workshop with Shaun Hall making Christmas Decorations
Friday 24 th	2.30pm	Community Afternoon Tea with entertainment from Lynn – Harpist
Wednesday 29 th	2.30pm	Entertainment from 'Miss Grace'

Mary's Wish' Shopping Trip – Details TBA

Residents are welcome to join us in the lounge for daily activities
and morning and afternoon tea/coffee