

St Dominics Residential Home

June 2019 Newsletter



Did you know that the flower for the month for June is a Rose? Roses are undoubtedly the most all, and there are so your garden such as Climbers, Shrub Roses, Fashioned Shrub Roses, roses means purity. We garden and some wonderful donated climber roses which are up to 20 feet already! Some of our residents have a great view of this rose wall.



popular and favourite flower of many to choose from to suit Climbers, Ramblers, Patio Modern Shrub Roses, Old English Roses etc and white have several rose bushes in the

June is the sixth month of the year, according to the Julian and Gregorian calendars. The name of the month comes from the Roman goddess Juno, who was the wife of Jupiter. She was the goddess of marriage. This month is special because it has the longest day hours in the Northern Hemisphere and the longest night hours in the Southern Hemisphere. Another special thing about this month is that no month starts on the same day of the week, in common or leap years.



June is also the month we celebrate Fathers Day in the UK, which is on the third Sunday in June . This year it will be celebrated on Sunday 16th June. It is a day where we honour our father or father figure.

We are sure the Duke of Sussex will enjoy Father's Day, as it was announced recently that he and his wife -Duchess of Sussex have become proud parents to their first child a baby boy- Archie Harrison Mount batten Windsor.



So, we hope that all fathers and father figures have a wonderful Day celebrating and enjoy being with their families. Dennis, John, Harry and Ralph are especially in our thoughts.

Let's look back.....

We thought we would put some historical facts for you to enjoy reading about the month of the newsletter we are in and, in this month, we are putting facts about the driving test. We hope you enjoy reading about years gone by...

Looking back in history on the 1st June 1935

1935 - England Compulsory Driving Test

Driving on or after April 1st 1934, A voluntary test was introduced by the Road Traffic Act in 1934 and the first person in Britain to take the test and pass his driving test is Mr R.E.L.BEERE. The test took place on the 16th March 1935. The son of Mr R.E.L.BEERE. still has the certificate 00001 signed in behalf of the (then) Minister of Transport. All drivers buying a temporary driving license must now put 'L' plates on the car and take a driving test to get their full license. 1935 : Compulsory Driving Test is introduced for all drivers in England who started on or after the 1st April 1934.

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

Wild Science. – We had a great afternoon when we were visited by some furry friends and some not so furry.... We had a snake, who was very popular with all the residents, taking turns to hold it. We also had a chinchilla and a rabbit visit. It was an enjoyable time and of course any resident that did not want to take part and see these animals we kept the animals away from them.



Weekly Bingo- We had a fun morning doing Bingo. This is always popular and our Residents enthusiastically take part. We did three games and our winners enjoyed the chocolate prizes!



Sir Winston Churchill Themed Day - We had a very informative day,

where we learnt all about our former Prime Minister. We had a talk all about his life, famous speeches that inspired a generation. Hannah our cook cooked a very British themed lunch, chicken and vegetable pie or fish. We had music during lunch from the 1940s. During the afternoon we had a quiz all about Sir Winston Churchill and for afternoon tea, we served Victoria sandwich or scones with jam and clotted cream. We had decorated the Conservatory with union jack flags and pictures of the former prime minister. The residents thoroughly enjoyed this theme day and continued to discuss their memories of that time.



Tanya Honey Singing – Tanya returned to entertain us with her wonderful singing voice. She had many of the residents join her in singing along, some on her mike. Many of our residents were happy to sing along, no need for song sheets as they remembered all the lyrics!



Gentle Exercise to Music – We had an active morning doing gentle armchair exercise to music and it was good to see so many people joining in. We then did a singalong with almost all residents taking part. It was lovely to hear so much singing and we certainly had some fun.

Holy Communion – Thursday 9th May- with Rev Simon Garwood

Cinema Club - We have started up our cinema club again! This will be on a Friday afternoon, posters will be up advertising what film we will be playing. This week it was the classic Film Annie, and we can report our residents do not have ‘a hard knock life’ as they were enjoying this with popcorn and wine. Kathleen, Sylvia, Gladys and Mary H were all singing along. One of our residents, started watching the film but decided once the popcorn was finished, she would join the group of residents who were baking cakes and sample some of those.

Reminiscence Afternoon – We had an afternoon where several of our residents sat and chatted between themselves about life of years gone by and relayed some amusing stories to our activities staff which we shall share with you.



One resident laughingly reported that as a child on a Friday evening she and her sisters all had a spoonful of syrup of figs! She was laughing at the memory. Another told me that he grew his own vegetables and got into trouble with the local greengrocer as he was selling all his home-grown vegetables so he said to keep the peace he stopped. We said what a shame as home grown vegetables are lovely. Another resident was telling us that she used to catch the train to school and didn't like getting up in the morning and her mother used to say to her, 'you must get up, you're going to miss your train', she said somehow she always used to make the train, she lived very near so that helped and she said she had to wave her white hanky outside the train window so her mother knew she was on it. All the ladies said they used to enjoy knitting and making their own clothes. The residents had a great afternoon and the activity staff so enjoyed hearing them reminisce.

An Afternoon Exploring Kelvedon – The activities staff took a few residents for a nice wander around Kelvedon. It is a very pretty village and it was lovely for everyone to see all the flowers in pots that they passed as they walked along. The residents had a look at the various shops, and the churches on their way. The residents commented that it was lovely to be out and about in the sunshine.

A relaxing Afternoon in the Garden – One of our activities staff sat and chatted to one of our dementia residents in the garden. In this relaxed atmosphere this resident was able to remember back to when she was a state enrolled nurse, that she trained and worked in Cambridge and said she loved being a nurse. It was very interesting to hear about her working life and to learn more about this resident in younger times. Knowledge such as this is helpful to staff to understand the resident more and aid their care needs.

Morning Trip to Witham Shopping– Our activities staff took a couple of our residents on the bus to do some shopping in Witham. They went into the mobility shop and one of our residents bought some shoes, they went into Clarks, Peacocks and stopped off at Greggs and had tea and cake. Everyone really enjoyed having some retail therapy!



Gunni - Kiddley Divey – Another popular activity/entertainer returned in the form of 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 regularly have the residents taking part in word games. They particularly enjoy hangman which is often quite competitive or work through an anagram. Just the other day we must congratulate the residents who managed a very impressive 200+ words from Disproportionately. The activities staff are often amazed by the residents' vast vocabulary and quick-fire answers.



Vegetable planting in the Garden – Hayley, one of our carers, with the help of residents, Ishbel and Mairwen, planted carrots, corgettes, spring onions and beetroot in the raised bed in the garden. We look forward to enjoying the 'fruits' of their labour in a couple of months time!



[Trip out to Marks Hall in Coggeshall](#) – We had an adventurous day out to Marks Hall Nature Reserve. Our activities staff, carers and residents namely, Nicki, Ellie, Helen, Carol, Jean L, Doreen, Joan, Gladys, Sophie and Geraldine enjoyed a leisurely walk in the sunshine up to the coach house and, on the way, they saw geese and a peacock.



All then enjoyed a picnic lunch by the pond. Hannah, our cook, had kindly prepared sandwiches, fruit, cake, crisps and an assortment of cold drinks. One of our residents on the trip told the activities staff that years ago her husband, Cecil, who was a butcher, used to deliver meat to Marks Hall. The party then went into the tea rooms and had afternoon tea and cake. Everyone enjoyed being outside in the fresh air. It was a lovely sunny day and so relaxing in the gardens was very therapeutic.

[Morning Coffee at the Café in Kelvedon Village](#) – The activities staff took Sylvia and Kathleen to the café in Kelvedon, another beautiful day with the sun shining. They had coffee and cake too.



[An afternoon doing Board Games and Painting](#) - Joyce and Sybil enjoyed playing board games with Hayley. Doris and Jean L enjoyed being creative and painting bird houses, they are both very creative and the bird houses look lovely.

[Baking Afternoon](#) – Doris and Jean W made some tasty brownies and flapjacks, They really got involved mixing and pouring the ingredients. Rosemary was happy to observe and gave us lots of advice and commentry.



[Afternoon Visit by St Marys School Children in Kelvedon](#)

We had an educational afternoon with the children from St Mary's Primary School, they taught us all about Africa as this was what they were learning at school. The children did lots of arts and crafts with the residents and two children even went and read to Dennis. It was an enjoyable afternoon.

[Coffee Morning at The Labour Club in Kelvedon Village](#) – The activities staff took Geraldine and Mary to the coffee morning at the labour Hall. They were made to feel very welcome and enjoyed coffee and cake. The residents enjoyed chatting to the people there and they saw lots of familiar faces. Mary felt so relaxed that she started to sing, she has a lovely voice so everyone enjoyed listening to her. The weather was kind to them, and although it was not sunny, it was pleasant so they enjoyed a leisurely stroll walking up there and back, looking at all the pretty flowers on the way.

[Meet our staff member- Helen](#) – Welcome to Helen who has joined the



activities team. She has lots of experience doing activities and worked with Nicki previously. She is looking forward to getting to know you all. Helen was born in Hatfield Peverel to parents, Jill and Paul, and has four brothers and two sisters. She went to the local primary school and then to the John Bramston School in Witham, her favourite subjects were English, Geography and she loved sports, especially netball, her position was goal attack. She left school at 15 years old and went into office work and eventually became a transport manager for about 25 years. Helen has two grown up children, Thomas and Anna, and 8 grandchildren. She has travelled widely to Africa, America and Europe. Her favourite time is spent with her family enjoying quality time with her grandchildren.

[Meet our Resident – Kathleen](#)

Kathleen was born in Little Totham to parents Clara and George, she was the eldest of four children – two sisters and one brother. She attended the local primary school and at age eleven she passed the eleven plus exam and went to Maldon grammar school, where she enjoyed English and arithmetic. On leaving school, she attended a teacher training college in Bishops Stortford for two years, at the end she obtained her Teachers Degree. On leaving there she got a job in Colchester as a teacher in a primary school. She was there for a few years and then was promoted to headmistress in a local school. She enjoyed her role as headmistress and had many happy years there. Kathleen particularly enjoys visits from school children who visit the home regularly. In her spare time, she liked holidaying abroad and enjoyed travelling with her friend. Kathleen has been a resident at St Dominics for a couple of years and enjoys regular visits from her family and friends.

What's on This Month

Holy Communion – On the first Thursday in the month

Non-Uniform Week for Staff – We are holding a non-uniform week for all our staff here at St Dominics to raise money for our Activities Fund for our residents. It should be a fun week, obviously safety is paramount so all footwear must be a closed shoe and a sensible heel to walk in. No Jewellery except a wedding ring. No shorts above the knee. The dates are 3rd June-9th June. £1 per day.

Monday 3rd June – We shall be exploring Kelvedon today weather permitting.

Tuesday 4th June – Our weekly men's club will take place today - a great afternoon where the men can get together and enjoy a drink and a chat around some board games.

Friday 7th June– Jeff will be returning with his selection of Ladies and Men's clothes for our Residents to browse and buy if they wish.

Friday 14th June – We look forward to welcoming Bernard, the story teller, here telling interesting and visual stories. Always an enjoyable and popular morning.

Saturday 15th June - Andrea and her dancers from Kelvedon Dance School will be here demonstrating some of their small numbers from their recent production entitled 'Once upon a time'. Their dance style is a mixture of classical, ballet, modern, tap and jazz.

Thursday 20th June – We will be having a 1950's themed day, where we will be learning lots of interesting things from that era. We will be having a lunch 1950's style and enjoying milkshakes too. We will be doing a quiz from that decade and we will set the scene too with visual props from that era.

Friday 21st June - Richard Catchpole returns to play his Clarinet and Saxophone.

Thursday 27th June – We will be having a strawberry tea afternoon with Lyn playing the harp in the background.

Friday 28th June – Gunni from Kiddley Divey will be here doing gentle exercise to music, always a fun filled morning as she brings tambourines, hoops and always gets us all motivated with armchair exercises, we are certainly ready for lunch afterwards!

Sunday 30th June – A trip for the Men! Going to the Vintage Fair at Cressing Temple Barns for a day filled with live music, dancing, food, classic cars and vintage stalls.

Birthdays in June



Doris shall be celebrating her birthday on 3rd June.

Our Team leader Hayley has undergone training to become a staff trainer and she has included in our newsletter for this month some information for you to read.

St Dominics introduces their Dementia Champion

Becoming a Dementia Champion for St Dominics and what it means to me by Hayley Warnaar. I am very excited to be able to support our residents living here at St Dominics. I am very much looking forward to sharing my knowledge in training sessions with our staff team. So, if you hear a noisy session of training in our Quiet Lounge, please don't be alarmed, we may be going through scenarios so that the staff can experience some of the issues our residents living with dementia have to deal with.

Being able to benefit our residents in their day to day lives by giving them confidence to make decisions and have the confidence to speak out about their care.

Being able to encourage staff to make a difference to our residents, for example, starting our 'new life history book' to find out about residents' past history and all about their present-day life. Finding out about what hobbies they enjoy and where possible putting them into place, whether this may be something from the past or something they currently enjoy.

I am very pleased to be given this job role and to be able to improve my skills and knowledge especially in dementia. I am enjoying disseminating knowledge through training sessions to staff and we shall be rolling out inclusive training to families later this year. Ultimately, of course, I am supporting our residents and their families to live with dementia.

Looking Ahead

We are holding our annual summer fete on Saturday 17th August and you will see posters displaying this on our notice boards in the home. We are kindly asking for any donations of Raffle Prizes, Bric a Brac and Tombola for our fete. Thanking you in advance and please give any donations to the activities team.

How many words can you make from our word scrambler?

A C D E I O U P R L J Y