

St Dominics Residential Home

November Newsletter

We are proud to be Key Workers



Hello and welcome to our latest Newsletter. Well, here we are in the eleventh month of the year and during this month, we will remember All Saints Day, Armistice Day, now popularly known as Remembrance Day and Bonfire Night. We have a Special Remembrance Church Service being held at St Dominics during this month, so we can remember all those who sadly lost their lives during World War I and subsequent wars. We have decorated the conservatory with poppies and we have poppy wreaths in the garden, as a tribute to all the brave men, women and children who sadly lost their lives during all wars or who have been affected by loss. Do you wear a poppy? We think the poppies are a wonderful tribute to all those who lost their lives in all wars. What are your memories of Remembrance Day?



[Looking back in History to November 1927](#)

Britain's first automatic traffic lights are deployed experimentally in Wolverhampton.



[Let us tell you what we have been doing in October](#)

Church Service - Rev Ken Thom visited the residents and conducted a service and offered communion in separate little glasses to our residents who wished to have it. He gave out 'order of services' individually so our residents could follow the service and we sang two hymns. Our residents commented afterwards how much they enjoyed seeing Ken and gained much comfort from his visit



Arts and Crafts - We had a creative afternoon in the conservatory making poppies for our forthcoming Remembrance Day Church Service. Bunty, Margaret V, Pauline and Mary all enjoyed helping to construct paper poppies for centrepieces and as bunting for our conservatory.



Film Afternoon - We had a relaxing afternoon watching the film 'Snow Dogs' in the small lounge. Helen S, Sybil, Katy, Maureen and Pauline really enjoyed the film and the cinema style experience.



Word Games on the White Board - We had a competitive afternoon on the white board, where we played 'Give me Five' each resident had a card and recorded five things beginning with a certain letter – for example think of five professions beginning with the letter 'D'. Our residents did very well and it sparked lots of conversation.



Gentle Exercise in the Lounge - We played catch the ball in the lounge. We put on Mexican fiesta music in the background. Each of our residents enjoyed throwing and catching the ball and there was lots of laughter, when we did not catch the ball. An energetic morning enjoyed by many of our residents.



Trip to the Essex Pottery Studio in Halstead - We had a creative afternoon at the Pottery Studio in Halstead. This was a trip to paint pottery that was already prepared for painting. Our



residents, Iris, Helen L, Rowena, Kathleen, Barbara R and Pauline selected items to paint, most chose trinket dishes to paint. Iris chose a delightful Dachshund Puppy. The technique required at least three layers of paint and some concentration. The ladies produced impressive designed pieces, which now have to be fired, to bring out the glaze. Collection of the pottery will be in a couple of weeks. This was a fun afternoon. Do you enjoy pottery painting?



Our 1920's Theme Day - We had a fantastic day for our roaring 1920's day.

The conservatory was decorated with black and gold décor from that era, with large feather centrepieces, with black and gold bunting. We had placemats and serviettes that resembled the 1920's style. The activities' ladies were dressed as flappers, to bring a smile to our residents faces. We played a pontoon style card game



with giant cards on the white board, each resident had a score card and we played four rounds. Kathleen won overall with a score of 80. We then gave

out printed sheets with slang terms from this period, our residents were then invited to guess what they meant, everyone tried to guess, staff included which sparked fun conversations! We played traditional Jazz from that period in the background. At lunchtime Pam served a delicious Roast Beef lunch with all the trimmings and the ladies were all dressed in beads and some even had feather boas on. In the afternoon Chris, our entertainer, one of our resident's favourite singers, came and sang familiar songs, everyone really enjoyed it and clapped along. It was a fun happy day.



A Trip to Perrywoods - We had a great morning at this lovely Garden Centre. We all enjoyed looking at the beautiful Christmas Trees that were adorned with stunning Christmas decorations and lights. We then had Coffee and Scones with jam and cream, which were delicious and enjoyed by us all! We



then browsed looking at all the nice gifts and all the plants, Katy, Joan, Bunty, Sybil and Kathleen all brought a Cyclamen Plant for their rooms. Perrywoods is so nice to visit, particularly at this time of the year. We were even lucky with the weather, it was a crisp autumnal day. Do you enjoy visiting Garden Centres? We think they are a great place to visit with so much to look at.

Meet our resident- Maureen known as Mo was born at the Royal Naval Hospital in Greenwich to parents Sally and Richard, she has one brother Ken. She attended School at Penfield Lane in Braintree; her favourite subject was cooking. After School she went straight into work and got a job at a lamp shade company – where the lamp shades were handmade, they had to be binded to the metal frame work and then the fabric could be sown onto the tapes, sometimes they would put a decorative fringe on the bottom rim. Around this time, she met Ron at the Cinema in Kelvedon. They started dating and got married at Feering Church and married life was a very happy time. They had four children together and they now have seven grandchildren. Mo is an excellent knitter and very good at Tapestry. She used to enjoy Bingo in her spare time. Ron and Mo enjoyed many holidays together, both abroad and in the UK- Italy was a favourite destination. Mo has been at St Dominics for seven months now and enjoys regular visits from her family.

Meet our staff member – Sue was born in Ilford to parents Rose and Bill and was one of three children. She later moved to Hornchurch and attended Fairlop school for girls, where she enjoyed most subjects except maths. On leaving school she went to work at Commercial Union Insurance in Gants Hill. After a few years she decided to work in London for another Insurance Company. Around this time, she met her husband Ray and after some time they were married. They had two sons and the family decided to move to Feering to be nearer to her husband's work and they felt better for their children to grow up in a village environment. Sue has been working as a carer at St Dominics for eight years, she recently moved to Layer-de-la-Haye and is enjoying living in a Bungalow and is kept very busy with working and in her spare time caring for her four grandchildren.

Lateral Flow Tests

All visitors to the home must do a Lateral Flow Test before entering the building.

If you are visiting and are able to do a test at home, just prior to your visit, you must also upload the result to the government website as follows:

<https://www.gov.uk/report-covid19-result> you can then show us the resulting confirmation on your phone.

To upload your result, you will need our Unique Organisation Number (UON) which is **10072262**.

If you can do the test but cannot upload the result, you will be asked to complete a consent form providing personal details for us to upload the test result. You must include the test number on this form.

If you have any questions or concerns regarding the above, please do not hesitate to contact us prior to visiting.

What's Coming up this Month

Friday 5th November

Church Service with Rev Simon Garwood

Wednesday 10th November

Kidley Divey

Thursday 11th November

Remembrance Service with Rev Ken Thom

Monday 22nd November

Trip to Perrywoods

November Birthdays

We would like to wish Kathleen and Sylvia a very Happy Birthday, as they are both celebrating their special day this month.



How many words can you make out of the word?

DISTINGUISHED

Please let Nicki, Helen and Nicci know.

Jokes to make you smile....

Why was the computer late to work?

Because it had a hard drive!

What did one hat say to the other?

You wait here. I'll go on a head.

I have a fear of speed bumps

But I am slowly getting over it.

I always knock on the Fridge before I open it

Just in case there's a Salad dressing



Thoughts to Read

All our dreams can come true, if we have the courage to pursue them.

Today is your opportunity to build the tomorrow you want.