



ST DOMINICS
RESIDENTIAL HOME

OCTOBER NEWSLETTER 2023

Welcome to the October edition of our Newsletter.

A heatwave wasn't quite how we were expecting to start the month but we managed to keep cool with extra of drinks and ice lollies. Plus, the new conservatory roof was put to the test and thankfully this kept us much cooler. We've also enjoyed plenty of sunny afternoons in the gardens using various shaded areas, making the most of the late summer weather.



Community Afternoon Tea..

Our monthly Community Afternoon Tea sessions continue to prove to be very popular and apparently word is getting around the village about how enjoyable these events are! Integrating our residents and local-residents is proving very rewarding for all.

We are planning on holding a small raffle at these monthly sessions. Should you be able to provide any raffle items, a collection box is in the foyer area. We thank you for your support.

In the Community – ‘Goldies Sing & Smile’ Singalong Session

We took two ladies (Mary D and Joyce D) in to the village to try out the ‘Goldies Sing and Smile’ Singalong session that had been advertised locally. The Golden-Oldies ‘Goldies’ Charity was created to bring people together and enjoy the positive social effects of singing in a group. We received a very warm welcome and enjoyed an hour’s singalong with the Group Leader Rob. Afterwards, we stopped for refreshments and a chat. Further sessions are planned in the village and we hope to take more residents. We are also organising for Rob to come and host one big ‘Goldies Singalong’ at St. Dominics.

Live Entertainment

Joanna Lee – singer

What an amazing afternoon we had with Joanna! It was the first time she had performed for us and despite the incredible heat, her music and enthusiasm had everybody joining in with singing and there was a great deal of dancing! Residents, staff and visitors had a wonderful afternoon and there was a great atmosphere.

We look forward to Joanna’s next visit in November.



Photos of us enjoying Joanna Lee entertaining and interacting with us!



Lunch time Piano performance

Angela visits us on a regular basis, performing during lunch playing an exceptionally varied range of tunes rarely needing any music. Angela ends the session with a sing-along which is always good fun. In the new year, Angie is trialing a new session of 'Hymns and uplifting music' on a Sunday morning which we look forward to participating in.

Lynne – Harpist

Lynne is an extremely talented harpist and played some beautiful music during her recent visit. Some residents found the sounds very soothing and relaxed during her performance, others swayed in their chairs. There were a great deal of questions about the instrument which Lynne was happy to answer.

Kiddleydivey 'Movement & Music'

Our monthly visit from 'Kiddleydivey' is always a highlight on the Activities Programme. Gunni never fails to bring energy and enthusiasm to her sessions; ensuring residents participate in exercises using a variety of props and singing along to the music.

FaNs 'Walk & Talk' trip to Bocking Public Gardens

We were very happy to be invited to take a group of Residents on the FaNs 'Walk & Talk' Session at Bocking Public Gardens.



FaNs (Friends & Neighbours Charity) raises money to promote wellbeing for Care Home Residents and arranges lots of events and 'experiences' for older adults.



During our walk we were joined by a local Nursery Group and some community Police Officers. We were very lucky with the weather and the sun shone while we sat in the garden for refreshments.



HARVEST CELEBRATIONS

Harvest Festival - Church service with Kelvedon St. Mary's Church

As always, we appreciate Father Simon and Natasha (Curate) visiting us. This month's service was Harvest related and we enjoyed singing harvest hymns, along with readings and prayer. Natasha had been via the bakery to bring fresh bread as a prop for her sermon! We often have visitors join us for our services which is always encouraged.



A few residents were taken to St. Mary's for the Harvest Festival Service at the Church which was decorated beautifully for Harvest.



Visit from Local Rainbows & Harvest Supper

After the success of their last visit, we were excited to see our young friends from the local villages again. The girls were very enthusiastic and came armed with craft materials to work on a project with our residents. The girls and residents chatted together at the table while creating 'peg butterflies'. It was clear to see both the younger and slightly older generation enjoying each other's company and we look forward to their next visit in November.



Harvest Supper



with the Local
Rainbows



Granting wishes...

This month we were able to grant not one but three wishes! Three of our residents, Val D, Gwen and Kathleen had requested a shopping trip and we arranged a mini-bus to take the ladies for a visit to Marks & Spencer's. Staff and Sally (a resident friend) were taken to the new store in Tollgate for some retail therapy. All enjoyed a morning of shopping and a trip to the café. Look out for the ladies modelling their new clothing from the M&S Autumn collection!



Art in Care Home – Art Project with ‘Creative Mojo’

We have been taking part the in ‘Art in Care Homes’ project which started with a visit from ‘Creative Mojo’ a craft provider. A large group got involved in the ‘Aboriginal Art’ project, painting, decorating and designing a selection of sea creatures. These have been displayed on a pre-prepared frieze as part of the ‘Four Corners of the World’ project. When asked for feedback, residents said they found the session very hands on and would like for Creative Mojo to visit again.



In another session, residents were asked to 'Draw their memories' and with a little encouragement (and some assistance) we drew ballroom dancing, beach scenes and pictures of beloved pets.



Vaccine update

In preparation for the winter months, last week, all our residents received the Flu and COVID Vaccines at St Dominics and the majority of our staff received the COVID Vaccine and we are encouraging staff to get the Flu jab also.

Seen from the window...

The building work is now well underway and there is activity everywhere including a great deal of machinery and men in holes! The brickwork has started and things are really starting to take shape.

Getting to know a 'staff' member...

Jenny W, our Hairdresser, celebrates being part of the St. Dominic's Family for 24 years on 3rd October!

Born in Billericay in the 60s, she moved with her family to Colchester at the age of 2 and is one of 14 children (she is number 10!) 9 boys and 5 girls. Originally from Dublin, her father was in the war and posted to London where her parents met. After the war, (and after a brief stint back in Ireland) they returned to England where her father worked on the building sites and her mother raised the family.

Jenny had a very happy childhood, enjoying playing in the local woods and picking lots of fruit which her Mum made into tasty desserts. After attending local schools, Jenny started a weekend and holiday job at John Cornell's Hair salon where she completed all her training.

Jenny went on to work at her mother-in-law's salon in Marks Tey, eventually becoming self-employed.

Jenny's claim to fame is cutting Dermot O'Leary's hair (and his family's) for a number of years!

Jenny has been married to Neil for 43 years after meeting in a club in Colchester. They are settled in Wivenhoe where they live with their two cats.

With 40 Nieces and Nephews and 30 Great Nieces and Nephews there is often a family occasion to celebrate!

Jenny and her husband also enjoy socialising with friends and neighbours.

Getting to know a Resident:

Sybil was born in London in 1930 and often visited her Grandparents in Suffolk.

Married to Frank, they settled in Kelvedon. Frank was a very keen rose grower especially if they had a nice scent. Sybil has always been very keen on animals and has given many pets a home where they have been exceptionally well looked after! In fact, when she still lived with her parents, Sybil and her brother, Ron, (10 years her junior) 'rescued' an Alsatian puppy which they took home on a London bus! Their father was happy about the arrangement but their mother took a little more persuading.

Previously working in Accounts, when moving to Kelvedon Sybil joined the local school for Autistic children where she was fondly known as 'Scribble'. Her work included, cooking, making the tea and looking after the children.

A very keen theatre goer, Sybil enjoyed many shows including Starlight Express, Aspects of Love, Some Like it Hot and many others.

As money was tight when Sybil was growing up, she always made her own clothes and was also a keen knitter. However, in later life she embraced 'retail therapy' and enjoyed treating herself to clothes she didn't have to make herself!

Sybil has always enjoyed village life where she has many friends.

OCTOBER EVENTS

Tuesday 3 rd		'Wishes' Trip to Maldon
Wednesday 4 th	2.30pm	In- House Church Service Father Simon & Natasha
	<i>and</i> 6.15pm	Visit from Kelvedon Brownies staging 'Upcycled' fashion show
Friday 6 th	12.45pm	Performance from Angie Pianist
Monday 9 th	2.00pm	'ELVIS' Tribute Act
Wednesday 11 th	11.00am	'Kiddleydivey' Movement Music
Thursday 12 th	10.45am	'Nora's Wish' Local History Talk from Anne Townley
Friday 13 th	2.30pm	'Feering Singers' Performance
Wednesday 18 th	2.30pm	'Mostly Musicals' - Lorraine Ely coming to sing for us
Wednesday 25 th	2.30pm	Tiptree U3A Choir perform
Friday 27 th	2.30pm	'Community Afternoon Tea' with Lillian Lace performing her 'Old Time Music Show'
Saturday 28 th	2.00pm	Theatre Trip 'Crazy for you' Matinee Performance Witham Public Hall (limited spaces)

OCTOBER BIRTHDAYS

Many happy returns to Nora, and Pat S who celebrate their birthdays this month