



## OCTOBER 2024 NEWSLETTER

Welcome to the October edition of our Monthly Newsletter. We say goodbye to Summer and start looking forward to Autumn.

### **'Teddy Bears Picnic'**

Enjoying some of the last days of summer, we welcomed our 'Grandfriends' from Cheeky Childminding for a teddy bears picnic. The little ones came with their favourite bears and enjoyed story time, a picnic-style lunch and an afternoon of chatter and play.



Residents were engaged and encouraged to make teddy bears with home-made play dough (great exercise for the hands!), clearly enjoying watching and interacting with the children. We look forward to the next visit.



### Community Tea Party

This event appears to go from strength to strength and we enjoy welcoming local friends from the village to join us. 'Mick the Music Man' provided music and entertainment, playing the guitar, uke and chatting and engaging with his audience (including flirting with some of the ladies!) Playing some good sing-along tunes provided a good fun atmosphere. We continue to hold a monthly raffle and any monies collected will be shared out between Alfie (fund raising for a Scout trip to Africa) and local groups at the end of the year.

Raffle prizes are always welcome, if you have anything you wish to donate we would be very grateful (donations can be given to the Activities Team. Thank you)

## Interacting with the local community ...



'Mick the Music Man' charming the ladies!!

## 'Rise' Seated Sports

Having enjoyed the trial session so much last month, there was much excitement about this visit and Owen did not disappoint.



Arriving with bags of equipment and a great deal of enthusiasm, Owen put the residents through their paces encouraging a great deal of participation. The room was filled with laughter and a fair bit of mayhem! We look forward to next month's session.



### Kelvedon St Mary's Church Service



Father Simon and Natasha (Priest) were joined by George on the piano to deliver the monthly communion service. As always, the service was made very engaging and Father Simon included hand puppets during his sermon which kept residents amused.

### 'Searchlight Re-enactors' 1940's Dancers Troupe

Having enjoyed the dancers' performance so much earlier in the year, we looked forward to welcoming them back. Although not professionals, the group put on a great show with some fantastic costumes. Audience participation is encouraged and Gwen and Robyn (Activities Lead) volunteered to join in.

Despite being very busy attending many vintage events, fairs and themed days, the group have asked if they can come back again. A date is in the diary for January and they look forward to practising some new routines ready for the new year...



### Alpaca Acres' Animal Visit

Due to the weather being a little unsettled, this activity came indoors!



Our dining room was packed with residents and visitors and the animals received a lot of attention. Pygmy goats, guinea pigs and 'Handsome' the rabbit were fussed, fed and stroked and sat on lots of laps! We really had the best afternoon.



### 'Kiddleydivey'

Having not seen Gunni since July, residents were really keen to take part in the 'Kiddleydivey' session which was as uplifting as ever. Gunni's enthusiasm is infectious, and she has the ability to get residents moving using a variety of equipment.



After a morning of movement and music with Kiddlydivey and a large roast dinner it was very quiet in the lounge after lunch!



## Reminiscence

We were recently gifted some newspapers dating back from 1932, and this led to a very interesting reminiscence session. Most of the papers related to Royal events and residents found it very interesting to look at the photos and articles, sparking lots of memories and conversation. Reading the property and jobs pages was fascinating, as was looking at some of the old adverts (especially those companies who are still in existence today).

## Out in the Community

Coffee morning at Kelvedon Library

Taking advantage of a bright morning, four residents were encouraged to attend the coffee morning. Library staff and volunteers greeted us and we were soon chatting over tea and biscuits.



Residents also enjoyed the opportunity of being in a smaller group and finding out about each other's lives, there was lots of happy faces and laughter.



### **Afternoon Tea with our local Friends**

One of our local friends was keen to invite some residents to her home for afternoon tea, unfortunately the logistics of this proved difficult so an 'informal' afternoon tea was arranged. Armed with plenty of cakes our ladies joined residents, friends and family in the garden to enjoy some late summer sun. There was lots of chat and laughter and clearly everyone enjoyed getting together.



Tea, cakes and lots of chat in the sunshine!



## Last Night of the Proms Theme Session with Fred Douglas Theatre Group

What a whirlwind this session was! Mark from the Theatre Group really kept us on our toes during his visit. We sang, danced, waved poms poms, flags, played instruments and generally enjoyed all things British during a fun-filled afternoon. Mark left everyone feeling on a real high.



## Granting a Wish

*Afternoon Tea Dance Featuring Jeff Short & His Musicians  
(Witham Public Hall)*

Joan's Wish was to 'See some Ballroom dancing' and we were delighted to be able to take her along to the Tea Dance along with some resident friends and a family member/volunteer.

Joan clearly enjoyed watching the dancing and was keen to get on the dance floor herself, partnered by Kay, then Robyn (Activities).

All residents really enjoyed listening to the live band and vocalist and, those who wanted to, enjoyed a dance. The organisers were very attentive and we were provided with tea and cake all afternoon!



## Goldies Sing-a-long

Rob who facilitates the Sing-a-long Session joined us with his usual sense of fun and cheekiness. Residents enjoyed choosing a variety of tunes to sing along to and Rob ensured plenty of audience participation. The charity promotes the motto 'Sing and smile' and this really is apparent during the session.



## Music...

Angie, our very talented Pianist is also a whizz on the keyboard. A Sunday morning visit kept residents entertained with a real mix of classic and uplifting tunes which had the audience singing and dancing.



## History of Toys talk

Anne, a local Historian provided us with an interesting talk about the History of toys, many of which are on display at the Kelvedon Museum based at the Library. During her talk, Anne passed around sheets displaying items which are at the Museum, one of the oldest dating back to Roman times! The end of the talk finished with playing with Yo-Yos (which were first in existence in 400 BC) which provided some fun.

## Keeping Busy & Active

Aside from a full activities programme, we endeavour to provide daily activity sessions. These can be anything from crosswords, quizzes, games, word games, one to one sessions, crafts, reminiscence, crafts etc. One of the most popular games introduced recently has been 'Shut the box'. One of our residents, Margaret, has become especially keen on this game and she has spent many afternoons teaching the rules to resident friends!

## In other news...

### Employee of the Month

Please keep your nominations of staff, going above and beyond, coming in! Nomination slips are in the foyer and completed forms can be placed in the metal box on the wall.

This month's nomination goes to Angie Clarke, who works in the Administration Department dealing with all the recruitment paperwork for new starters and current staff. Angie had a particularly busy time before her annual leave and went above and beyond to ensure all the paperwork in regards to current and new staff was up to date and to ensure the Home was compliant. The staff would like her to know that they appreciate her for her dedication to the role and that it is much appreciated.

### **October Birthdays...**

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

# OCTOBER 2024 EVENTS

TUES 1 <sup>st</sup>	10.30AM	CELEBRATING INTERNATIONAL DAY OF OLDER ADULTS
WEDS 2 <sup>nd</sup>	2.30PM	'HARVEST FESTIVAL CHURCH SERVICE' FROM ST. MARY'S CHURCH & HARVEST SUPPER
FRI 4 <sup>th</sup>	2.30PM	COCKNEY DAY! 'THE GOLD OLD DAYS' PERFORMANCE FROM FRED DOUGLAS THEATRE GROUP * PIE & MASH LUNCH FROM POLLY'S OF WITHAM *
SUN 6 <sup>th</sup>	11.00AM	ANGIE ON KEYBOARD – HYMNS & UPLIFTING SONGS
MON 7 <sup>th</sup>	4.40PM	VISIT FROM 'KELVEDON RAINBOWS' AUTUMN/HARVEST CRAFTS
WED 9 <sup>th</sup>	11.00AM	'KIDDLEYDIVEY' MOVEMENT & MUSIC
THUR 10 <sup>th</sup>	2.30PM	ENTERTAINMENT FROM VOCALIST CHRIS
FRI 11 <sup>th</sup>	2.30PM	'RISE' SEATED EXERCISE AND FUN
TUES 15 <sup>th</sup>	10.30AM	*SHOPPING TRIP* TO TOLLGATE
FRI 18 <sup>th</sup>	11.00AM	'WEAR IT PINK' FUND RAISING COFFEE MORNING WITH ENTERTAINMENT FROM LYNN - HARPIST
THURS 24 <sup>th</sup>	2.30PM	PERFORMANCE FROM TIPTREE U3A CHOIR
FRI 25 <sup>th</sup>	2.30PM	COMMUNITY AFTERNOON PARTY WITH ENTERTAINMENT FROM JOANNE LEE
SAT 26 <sup>th</sup>		THEATRE TRIP TO WITHAM PUBLIC HALL 'SALAD DAYS'
THUR 31 <sup>st</sup>	2.30PM	'HALLOWEEN PARTY' FUN & GAMES WITH CHEEKY CHILDMINDING

**COME & JOIN US FOR MORNING COFFEE & DAILY ACTIVITIES IN THE LOUNGE**  
**ACTIVITIES MAY BE SUBJECT TO CHANGE**