

OCTOBER 2015 NEWSLETTER



Edited by Vanessa Avery – Activities Co-Ordinator

Hello and welcome to my latest newsletter. A question for our ladies of St. Dominics: Around this time of the year, did you get your knitting needles and wool ready to knit your family's warm jumpers, scarves, balaclavas, even socks for the on-coming winter months? Where did you learn your knitting skills? Was it your mother or grandmother who taught you? I was reminiscing the other day with the ladies in the lounge and said that I remember having to sit in front of my mother holding up both my hands whilst she put a 'hank' of wool on my hands then starting to roll the yarn into a ball, and it seemed that I wasn't the only one who remembers 'hanks' of wool. Those days are long gone, or are they? I have yet to see a 'hank' of wool nowadays, but if anybody has seen one recently, please do tell me. I also remember the times when my mother used to 'unpick' the knitwear to use the wool again and I wondered of you did this as well. Did you know it is 'National Knitting Week' this month (5th to 11th



October)? We shall be talking about knitting and crocheting, and looking at patterns such as this beautiful bow-laced jumper on the left, and if you are up to it – we will be having a 'knitting knatter' week where we can try our hands at this wonder hobby once again, and at the same time have a chinwag – men included!!

Let's reflect on last months' activities

We started off last month looking at 'back to school' memories and surprising how much we can remember about our time at school. As soon as I showed our residents a picture of a pair of big navy blue P.E. knickers that us girls had to wear (I didn't have a real pair to show!), there was a roar of laughter and many of our residents said "Yes, I remember those, mine had a big pocket in where I put my hanky!!" There was also much laughter at the antics we got up to at School, which I don't think we would get away with now such as putting glue on the teachers' chair. And our resident Jean told us how the girls (including herself) in her class never got much work done because they were 'drooling' over the male teachers! We even did our times table, and our resident Joan Beck Perry really did well and put me to shame as I couldn't remember my seven times table! Our community visitor Sarah and Nuffy came in and together, we did another of our 'Japanese Memory Group' tasks where we started off singing 'Land of Hope and Glory'. Sarah also went round the lounge, trying to catch the residents out with a spelling test – Sarah was very disappointed when she found our residents got the better of her spelling test! I wonder what our residents would think about how our schools are run nowadays - *no flying rulers, no one glued to their chair, no washing or ironing, no one standing in the corner, children mostly arriving by car, not on foot. A truly different world. Better? Maybe, but who knows.*



Entertainment

WOW! What can I say about our entertainer Robert Jerome? Robert is only 25 years old but he had us all swooning to his lovely clear voice. Robert started off singing Frank Sinatra's song 'Fly me to the moon' and many other Sinatra hits. Robert has a great voice and it is sometimes hard to know whether you are listening to the original singer such as Nat King Cole or Andy Williams, he is that good. Robert was an absolute joy to listen to and to watch. He leaves us all smiling and gob-smacked how somebody so young could give us such a superb performance. Robert actually appeared on television a few weeks ago and he said it was a wonderful experience.



HARVEST FESTIVAL

Our conservatory was packed when we had our own Harvest Festival celebration last month, and what a service it was! The service was led by our wonderful volunteer Alberto. Alberto was dressed as a 'farmer' ready to plough and sow his harvest and our residents were surprised to find that they had to join him! A dining table was beautifully decorated with hay, and lots of different fruit and vegetables. After we sang a couple of our well-known and favourite harvest hymns such as 'We plough the Fields and Scatter', and listened to lovely words and prayers said by Alberto, he then said "Are we now ready to plant our seeds?" A good friend of Alberto (who is a member of the Salvation Army) went round with the 'seeds' and a bowl of earth and a trowel, and each of our residents sowed a few seeds and then was given an envelope. We then sang the rest of our hymns as we 'waited' for our seeds to grow! Alberto then said "Let us see what we have all grown". We all got excited (including me!) and opened our envelopes. Inside each of our envelopes was a card displaying a name of a fruit or vegetable, and we were each given that particular fruit or vegetable from the table that we had 'sown'. It was an inspirational and wonderful idea of Alberto's, and Kelly, Margaret and I cannot thank him enough for the pleasure and laughs we had that morning. Of course, we must also thank our pianist Pauline. I just cannot wait until next Harvest Festival!

Each year, Kelvedon St Mary's C of E Primary School invites our residents to their Harvest Festival performance. This is a wonderful chance for both young and old to come together and for the children to hear stories of what school was like for our residents (and visa versa!) Our residents are also served with delicious cakes and lots of cups of tea. What more could we ask for?



Brownie Evening

We will be having more connections with children this month as we have the 3rd Kelvedon Brownies group coming along on Wednesday 14th October at 6.30pm. I am sure you will make these lovely children very welcome and enjoy listening to their challenges to gain their badges.

Cockney lunch

Back in January, St. Dominics held a fantastic Burns Party 'street-party' style with Pipe Major Paul Young playing the bagpipes. We all had such a wonderful time that Mr. Banning, Mr. Warwick, Margaret and myself suggested a 'Cockney' theme lunch of fish and chips for our residents and invited Paul back to provide the music (he is also a very talented keyboard player). This will be held on Monday 19th October.

Breast Cancer Campaign



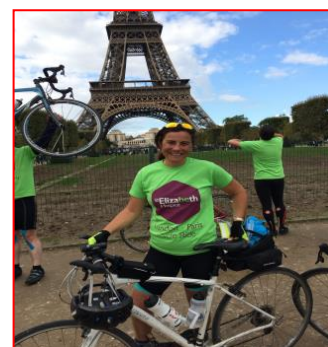
As always, St. Dominics will be supporting the Breast Cancer Campaign this month. We will be asking all our residents to wear **PINK** on Friday 23rd October and our staff can also wear **PINK** instead of their uniform but will be asked to pay £1 for the privilege! It will be a very special day with **PINK** activities going on throughout the day and I hope that you will join us, have lots of fun, and help us raise money for the Breast Cancer Campaign.



Family connections show caring approach to life!

Last month, I mentioned in my newsletter that St. Dominics sponsored our proprietors' grandson Harrison to climb Mount Kilimanjaro, help build a school and go on treks with Masai tribesman. This month, St. Dominics have sponsored Mr. Banning's daughter Joanne to raise money for the St. Elizabeth

Hospice in Ipswich. Joanne (pictured with two of her friends) were part of a group of 50 who all cycled approximately 350 miles from London to Paris in four days. Joanne said that the first three days they cycled in the pouring rain! Well done to Joanne and the cyclists. I hope that Mr. Banning will let us know soon how much the group has raised altogether for this worthy cause. What is the longest distance you ever cycled?



MacMillan Coffee Morning

We would like to say a big thank you to everyone from St Dominics who supported our annual coffee morning at the Labour Club on Friday 25th September. This year we raised £1,825 for Macmillan Cancer Support. The 'two Joyce's' each won a raffle prize. Joyce Clancy won a bottle of Champagne and Joyce Eady won a bottle of Whisky, so if the night staff hear noisy behaviour coming from their corridor, I apologise now! Thank you all.

Margaret

Welcome

St. Dominics would like to welcome Charlie Newman and Ken Cowlin to our home. We hope Charlie and Ken settles down well, and in time make lots of friends amongst our residents and staff.

CQC Inspection

We are pleased to advise that CQC carried out an unannounced inspection on the Home on 28 September 2015. It was a very full day with a team of three arriving at 10.30am with the Lead Inspector not leaving until 10.00pm that evening.

During the course of the inspection feedback was received from the Expert by Experience who gave truly wonderful feedback of what she had witnessed and observed. She had no negative comments to make and completed her feedback by saying that if her mother was still alive she would have no hesitation in placing her at St Dominics. The second Inspector who was looking at care, medication and talking to our staff also had nothing but good comments to feedback. She was particularly impressed by how our staff worked as a team across all departments to ensure residents were their priority. We now await a draft report from the Lead Inspector.

Sad Loss

It was with great sadness that our resident Ruth Massey passed away last month. Ruth was a warm, kind and gentle lady who had such a lovely smile for you. Ruth loved our little chats on my rounds and absolutely adored Anne and her PAT dog Lily as Ruth always spoke of her pet dog. Ruth enjoyed reading her Daily Mail each day and always did the crosswords until she became unable to see very well. Ruth will be sadly missed by our staff and residents, and our sincere condolences to our Ruth's family at this very sad time.

Our resident D. C. (Doris) also passed away last month. D.C. (as she preferred to be called) was an absolute gem of a lady – always smiling, loved chatting away, and had a wonderful, sometimes wicked, sense of humour. D.C. was once a member of the Operatic Society, loved singing and would sing along with our entertainers that come in to St. Dominics, especially Martyn Allen. D.C. was still singing right up to her last moments! D.C. will be so sadly missed by our staff and residents, and our condolences go to D.C.'s family at this very sad time.

Life stories – this month, let's meet.....Jean Warner

Jean was born in a village called Bealings near Woodbridge in Suffolk on 19th January 1922. Her father was an engineer and her mother was a housewife. Jean enjoyed school, but was more interested in sports than arithmetic.

Jean left school and went to work for Lloyds bank in Pall Mall London. This branch of Lloyds dealt with paying the salaries of forces personnel and Jean worked there for about 5 years.

On the 18th June 1947 Jean married Peter, who was a Scot and in the army. They began their married life living in Streatham in London. They then moved to Bexley in Kent and had 2 daughters, Bridget and Alison. Jean has 3 grandchildren, 2 boys and 1 girl, James, the eldest, Robin and Caroline.

Unfortunately Jean's daughters both died young followed by the death of Peter her husband. This was the time that Jean moved to Suffolk.

After being a widow for some 15 years Jean met her second husband, Bill who she met at the Golf Club. Bill was in the Kenya Police Force. When he retired he became a Game Warden in Kenya. Jean says:

“The biggest thrill at the time when Bill became a Game Warden was knowing that I am going on a plane and getting excited about living in Africa. I was worried a bit though, I kept saying to myself: Do I go? Would the people like me or take to me? I needn't



have worried as the people were very easy to get on with, and I made lots of friends. I played golf a lot out there, and just 'chilled out', which was lovely. The only thing that I couldn't get used to was the children begging for money whenever we went out. I was told not to give them anything, which was hard for me. The only time I saw the wild animals was when Bill and I went on safari. You can't imagine how big the giraffes are – they were so big all over!! I loved the climate over there in Africa and the people, but I couldn't go back there now, it wouldn't be the same without Bill. I still keep in touch with friends in Africa.”

Jean and Bill travelled between the UK and Kenya as Jean kept her bungalow here in the UK.

Eventually they settled in Tiptree, and after Bill's death Jean decided to come into St. Dominic's in August 2011. Jean enjoys her time here. She likes reading, joining in our quizzes and loves a dance when we have entertainments.

What's coming in this month?

We have lots of entertainments this month with our favourite entertainers Martyn Allen, Tania Honey and Three's Company so have your voices ready and polish up your dancing shoes! Get ready to 'roll out the barrel' at our 'Cockney' theme lunch party on Monday 19th. Oh, and don't forget to wear **Pink** on Friday 23rd.

Dates for your diary:

Thursday 1 st October	2.30 – 3.30	Holy Communion with Ken Thom
Monday 5 th October	2.30 – 3.30	The Knightingales entertain
Sunday 11 th October	2.30 – 3.30	Tanya Honey entertains
Wednesday 14 th October	6.30 – 7.30	Brownies Visit St. Dominics
Monday 19 th October	12.30	Cockney Theme Lunch
Thursday 22 nd October	2.30 – 3.30	Three's Company entertains
Friday 23rd October	All Day	Wear It Pink Day for Breast Cancer
Tuesday 27 th October	2.15 – 3.15	Martyn Allen entertains

Birthdays in October

Thursday 1 st October	Joyce E	Wednesday 14 th October	Katie
Sunday 4 th October	Lee	Friday 16 th October	Joan B P
Monday 5 th October	Hilda	Sunday 18 th October	Amy (Volunteer)
Friday 9 th October	Ron		

Quiz: Did you know that the famous people below were also born in October? Can you remember their names, and what they were famous for?

