



SEPTEMBER 2024 NEWSLETTER

Welcome to the September edition of our monthly Newsletter.

'Rise' Seated Sports Session

With the Olympics in full force, our first 'Rise' Seated sports session really got us in the mood for being active.

This was a trial session which proved to be a real success. Owen, who led the activity provided a wide range of equipment all suitable for our residents and even though it was a very warm afternoon, everyone joined in. With opposing teams, there was some healthy competition (and possibly a few rules broken!)



It was great to see so many residents enjoying the afternoon whilst moving and exercising. Further visits have been booked up until the end of the year.



Harpist

After the excitement of our 'Rise' session, a visit from Lynne the Harpist was far more gentle! Again, it was an incredibly warm afternoon, so Lynne performed some beautiful calming and well-loved tunes. Lynne is incredibly talented and her love for music really shows, in fact, when asked to play her favourite piece of music she found it almost impossible to choose!

We are hosting another '**WEAR IT PINK**' Coffee morning this year on **FRIDAY 18th OCTOBER at 11.00am**. We are pleased that Lynne will be playing for us during the morning. Please do come and join us to help raise funds for this great charity.

Jean's Wish – *'To visit somewhere interesting'*

When asked what wish we could grant for Jean, her answer was to visit somewhere interesting.

After some consideration, we suggested a visit to 'Paycockes' National Trust Property in Coggeshall. In order to make Jean's visit extra special, a personal Tour Guide was arranged and Jean really enjoyed learning all about the history of the property and some of its inhabitants. After, Jean had lunch in the beautiful gardens and thoroughly enjoyed her trip out.



In the Community

'Pet Service' at St Mary's Church



Eileen W and Sally participated in a recent 'Pet Service' held at St. Mary's Church. The congregation were encouraged to bring their pets along and the church yard was full with a selection of animals including a tortoise, guinea pigs and lots of dogs. Apparently, all were very well behaved!

As well as Residents attending St. Mary's Church, Father Simon joined us for our monthly Communion Service which is always very well attended. After the service, Simon spoke to the residents about the Pet Service at St Mary's Church, showing lots of photographs and keeping everyone amused.

Good Companions at Kelvedon Labour Club

We were very pleased to be invited as Guests of the Good Companions Group held monthly at the Labour Club. The club was very well attended, and we received a warm welcome. Many club members come to our Community Afternoon Tea so we really did feel amongst friends.

Entertainment was provided by Nadine Sommers, she has a fabulous voice and has a great rapport with her audience. Everyone really enjoyed the afternoon.



‘Sporting Memories’ Group – Fusion Lifestyle Witham

Two residents joined our Activities’ members on a trip to the ‘Sporting Memories’ Group held at the Leisure centre recently.

The Sporting Memories group were very friendly and before long, David was playing table tennis and pool, and Joy was chatting and taking part in the 'Aqua Aerobics' session from the comfort of an armchair! Having received such a friendly welcome, we hope to be able to return soon.



'Beach Theme Day'

Our garden was decorated with all things 'Beach themed' for the day and the BBQ was fired up ready to go. Typically, the weather decided to take a turn, and it became incredibly windy but some of our hardier residents stayed outside!



At the Beach Theme Day, we were joined by some of our young 'Grandfriends' from Cheeky Childminding who played happily and residents clearly enjoyed watching them using their imagination. After a delicious BBQ lunch, Joe Whippy paid us a visit and everybody enjoyed a '99' either in a tub or cone. To finish the day we held a 'Summer singalong' with performer Sue.



Family BBQ

What a great day we had at our Family BBQ. For once the weather was on our side and it was wonderful to see so many residents joined by friends and relatives. We also welcomed some of our local friends.



A huge 'Thank You' to the Catering Team for organising such a feast and to every department who works so hard to make these events happen. We would also like to thank our families and volunteers who are always keen to help out where needed. It makes a huge difference!



Vocalist, Joanne Lee provided some excellent entertainment which really added to the party atmosphere.

Thank you to everyone that attended and for purchasing raffle tickets and raising £181.00 for our Residents' fund.



Our family BBQ in full swing



‘Miss Grace’ Music from the Musicals

Entertainment always brightens our day and the recent performance from Miss Grace was excellent. Having trained in Musical Theatre, Miss Grace not only sang but used her theatre training to make the session more fun.



Miss Grace encouraged lots of participation and residents were encouraged to find their 'Inner Cockney' for songs from Oliver Twist which was very entertaining.



Nellie & Pat cutting some shapes!

Keeping Busy & Active

While 'Kiddleydivey' took a well-earned rest this month, we welcomed the 'Fred Douglas Theatre Group' for a Musical Movement Special. Mark led the residents in lots of seated exercises to a variety of up-beat music using some great props, as usual there was a lot of participation and laughter.

Our new Activities Team Member, Cheryl, has been keeping residents particularly busy since joining just over 3 months ago. She is never far from a white board and is the Queen of Word games!

Even on days when there are no 'fixed activities' there will almost always be something happening. This may be a quiz, word games, games, art therapy, 'Knit & Natter', puzzles, nail therapy, reminisce, a walk around the garden, gardening or a trip to the village. For those who prefer one-to-ones, regular room visits also take place.

In other news...

Staff Party

St. Dominic's staff enjoyed a 'Team Building BBQ & Games afternoon' recently. The event was well attended by staff, their partners and some family members and it proved to be a really fun event. After plenty of sustenance including some delicious BBQ food, Joe Whippy came to sell his wares! Once all the food was digested a lively game of rounders took place. Those who chose not to play made terrific Cheerleaders!

Many thanks to Matt (Head of Catering) and Charlotte (Head of Care) who helped organise such a great afternoon and to Angie & Nicole's (Admin Team) Husbands who manned the BBQ for the afternoon.



Employee of the Month

Jade Mitchell, our Head of Nights, was chosen as our Employee of the Month for August. Jade volunteered to cover a late shift and arranged for other night staff to cover alongside her, to allow day staff to attend a 'team building' BBQ. Several staff nominated Jade as they were appreciative of her actions enabling them to attend the 'team building' exercise.

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.

Scrap Book...

Please help us compile a 'Reminiscence Scrap book' for the International Day of Older Adults. We would love to hear memories of Favourite holidays, Special day trips, special memories and even special photographs. Please see our Activities Team who are working on putting this together.

September Birthdays...

Many happy returns to Nellie and Brian who celebrate birthdays this month.

SEPTEMBER 2024 EVENTS

TUES 3 rd	2.30PM	'RISE' SEATED SPORTS SESSION
WEDS 4 th	2.30PM	IN-HOUSE CHURCH SERVICE WITH FATHER SIMON
FRIDAY 6 th	2.30PM	'SEARCHLIGHT RE-ANACTORS' 1940s DANCE TROUPE
SUN 8 th	2.00PM ONWARDS	'ALPACA ACRES' VISITING WITH ANIMALS - ALL WELCOME!
WEDS 11 th	11.00AM	'KIDDLEYDIVEY' MUSIC THERAPY
FRI 13 th	3.00PM	'LAST NIGHT OF THE PROMS' THEMED MUSIC & MOVEMENT SESSION LED BY FRED DOUGLAS THEATRE GROUP <i>Followed by a BUFFET SUPPER</i>
TUES 17 th	1.30PM	* TEA DANCE WITH JEFF SHORT BAND * WITHAM PUBLIC HALL
WEDS 18 th	2.30PM	'GOLDIES SINGALONG' WITH ROB
THUR 19 th	11.00AM	JO 'ACTIVE MOTIVATION' & 'CHEEKY CHILDMINDING'
SUN 22 nd	11.00AM	HYMNS & UPLIFTING MUSIC, ANGIE ON KEYBOARD
THURS 26 th	10.45AM	LOCAL HISTORY TALK WITH ANNE TOWNLEY
FRI 27 th	2.30PM	COMMUNITY TEA PARTY WITH ENTERTAINMENT FROM ALEX SOUTHGATE

COME & JOIN US FOR MORNING COFFEE & DAILY ACTIVITIES IN THE LOUNGE

ACTIVITIES MAY BE SUBJECT TO CHANGE