

SEPTEMBER NEWSLETTER 2025

Welcome to the September edition of our Newsletter. We are enjoying the late summer days and are welcoming the cooler weather.

Keeping Active

Despite some very warm weather during August, this hasn't stopped us keeping Active.

In fact, during our 'Kiddleydivey' Movement and Music session, Gunni (who runs the session) was amazed at how much energy everyone had despite the very warm conditions. Waving feathers and scarves were encouraged to create a breeze!



G Fitness

Dean visited twice during August, each time encouraging maximum participation from Residents. During the session, Dean encourages use of resistance bands and squeeze balls which help strengthen muscles and keep the body moving. His cheeky sense of fun and good humour gets the best out of everyone.

'Rise' Seated sports

We have held two 'Rise' Seated sports sessions recently. This is a great session where almost every resident can participate in some way. With two teams sat opposite each other, there is a good competitive spirit! All the games are designed to promote hand eye co-ordination, cognitive skills, movement and teamwork. There is always a great sense of fun in the lounges during these sessions.



‘Move it or lose it seated exercise’

Some of our Activities Team have received training in ‘Move it or Lose it’ exercises and try to incorporate these sessions after morning coffee. Again, everyone is encouraged to participate to the best of their ability.

St. Mary’s Church In-house Service

Our monthly Church service is always well attended, and many residents look forward to the opportunity to worship together.

Father Simon and Natasha (Curate) deliver a service and communion for those who want it (or a blessing for others). Sadly (for us!) Natasha is moving to London where

she will have her own Diocese in Fulham. Residents and staff presented Natasha with gifts, flowers and a good luck card and we wish her all the very best. Natasha will be missed greatly as she is such a bright, cheerful and positive person who is always happy to stay and chat with us all.



Out in the Community... Starting with Library Coffee morning

Whenever possible, we take residents to the Kelvedon Library coffee morning which is just a short walk away. We always receive a very warm welcome and enjoy chatting with local residents. This is a good way for us to engage with members of the community.

Prested Real Tennis Club visit

A group of residents enjoyed a trip to the Real Tennis Club at Prested Hall where they learnt more about the sport and had the opportunity to watch some games being played. 'Real Tennis' was originally played in France and introduced to the UK by Henry VIII. The game is played on special courts and Prested Hall are home to the only courts in Essex.



The tennis balls used during the match are made by the professional players as they cannot be purchased in the shops. During our visit, we were given a demonstration on how the balls are made by Levi (Head Pro).



Levi spoke to us about how he and his Assistant Pro played in high profile matches around the world. After watching some matches played, residents enjoyed coffee from the cafe area before heading back. After such a successful visit, we hope to be able to make a return visit another time.



Sadly, this was our last trip out on the mini-bus as it is going into retirement! We thank Andy for all the times he patiently waited for us while we got waylaid on trips out!



[Good Companions Club – Guide Dogs for the Blind talk](#)

We were invited by the Good Companions to join their group at the Kelvedon URC recently for a Talk about Guide Dogs for the Blind. Sara, who trains the puppies gave an interesting talk and was joined by an older fully trained dog and a Guide dog puppy.

The group and our residents found the talk very informative and loved seeing the dogs.

After, Residents, staff and members of the club enjoyed refreshments and a chat, and some had cuddle with the puppy!

We are very pleased to advise that Sara is coming in with one of the guide dog puppies on 30th September.



Entertainment and keeping busy...

Thankfully we are never short on entertainment at St. Dominics! This month we had two visits from Angie on the keyboard. She is such a professional and can literally play any tune. She often quizzes Residents about the tunes she plays and encourages lots of singing.



Chris Gordon provided us with a great variety of songs when he visited recently. Chris has been a singer for many years and encourages lots of audience participation. Many of our residents are always keen to dance and singalong and Chris was encouraged to sing an encore!



David's Sailing Adventures Presentation

After the success of his recent talk about his Sailing escapades, David (our resident) kindly put together another presentation for fellow residents who were all very keen to hear about his experiences. David even told us about a boat he had especially made for his intrepid adventures. We thank David for the time and effort spent in preparing this.

We have spent as much time as possible in the garden, Terri (Activity Assistant) kindly lent us two of her children for the afternoon and they kept everyone entertained! They sang, danced, played games and kept residents engaged with their chat and enthusiasm.



Aside from our planned Activities, we try to provide as many other activity sessions as possible. Many residents enjoy a morning crossword, puzzles, quizzes and games. We've also played Musical bingo, word games, quick thinking games, art, garden walks and residents' favourite, Balloon tennis! There has also been plenty of one-to-one activities and room visits.

In other news...

There has been a great deal of activity both inside and outside the home recently. The Clock being fitted outside the new home kept everyone entertained watching the workmen in the cherry picker.



Recently the staff room was given a complete refurbishment, it is now a much smarter and more comfortable place for staff to take their breaks.

A new tea urn to provide instant hot water for breaktime drinks was very well received.

Currently the bedrooms overlooking the garden are having new doors fitted. This has caused slight upheaval for residents but the results will be worth it!

Summer BBQ

What a fabulous afternoon we had for our Summer BBQ! It was wonderful to see so many residents joined by loved ones. Our catering team put on a fantastic spread and Brian Shaw, Singer, entertained everyone with a great selection of songs. The St. Dominics' Choir who had been practicing hard led everyone in a sing along and even the weather was perfect.



The total of the raffle was £312.00. Thanks to everyone who purchased tickets. You were all very generous. All proceeds will be spent on the Residents!



Thank you so much for everyone who donated or assisted in organising raffle prizes, especially Lorriane, Head of Housekeeping. Her Husband's building company kindly donated the Luxury gift basket.



Many thanks to our staff who worked tirelessly on Sunday to make the day run smoothly. Great food from Matt and his team, wonderful mixed drinks from Tracy, our Manager, who tended bar, Robyn (Activities) and Charlotte (Care) and their teams for ensuring the residents and their families were looked after superbly and finally Stuart, our Director, who was on hand to cover any other eventuality!

September Birthdays

Many happy returns to Val T, Joan W, Brian, Wendy G and Nellie (100th!) We look forward to a month of celebrations!

Employee of the Month

Our lovely Cheryl Lovelock has been nominated for August's Employee of the Month. Charlotte Thomas, our Head of Care, chose Cheryl for her tireless work and dedication in getting the St Dominics' Choir formed, practiced and performing!

Cheryl exudes confidence, kindness and inclusiveness, Cheryl's enthusiasm is infectious.

Cheryl's first experience as a Choir Master was earlier this year when she prepared the residents to sing a wartime medley to an audience as part of our VE Day Celebrations. It went down a storm and our residents and audience thoroughly enjoyed the experience.

So much so, another performance was held at St Dominics' recent Summer BBQ, with residents who do not usually venture outside of the home, congregating in the garden for the performance. This was also warmly well received by the audience of family, friends and staff.

We look forward to the next performance!

SEPTEMBER ACTIVITIES

- Wed 3rd 2.30pm In-House Harvest Service from
St. Mary's Church
- Wed 3rd Cheese & Wine Supper
- Fri 5th 10.45am Talk from Wendy Shephard 'Suffragettes'
- Wed 10th 11.00am 'Kiddleydivey' Movement & Music
- Fri 12th 2.30pm Performance from Lyn – Harpist
- Wed 17th 2.30pm Hazel *New Entertainer* singing
- Fri 19th 2.30pm Pie & Mash Lunch and 'Best of British'
Movement & Singalong with the
Fred Douglas Theatre Group
- Sat 20th 2.30pm Roy Lodge – Entertainment for
Nellie's 100th Birthday
- Mon 22nd 2.00pm Dean 'G Fitness'
- Tues 23rd 2.30pm 'Musical Wonderland' Show
from Tickled Pink Productions
- Fri 26th 2.30pm Community Afternoon Tea – Angie on Piano
- Tue 30th 11.00am Sara visiting with a puppy from the
Guide Dog Association

Daily Activities held in the lounge - *Art Club 10.30am Tuesdays*

Please note, unfortunately, Activities can be subject to change