



News from No. 84

The newsletter for The Royal Cambridge Home

The Halloween Edition - October 2024

*A great place to live, work and visit...
Celebrating inclusiveness in all that we do*



Welcome

Hello folks! We cannot believe that we have been in our lovely new building for over a month! It feels like home and yet, it also still has that shiny new feeling. We still get the “wow factor” upon walking through the doors and the comments we receive from visitors are wonderful to hear.

The portrait on the left is HRH Adolphus Frederick (Commander of the Home Forces), Duke of Cambridge, a son of George III and grandfather of Queen Mary who died in 1850. The original home was called “The Cambridge Asylum for Widows of Non-Commissioned Officers and Privates of Her Majesty’s Land Forces” and was founded in 1851 in memory of The Duke of Cambridge.

His portrait was hung in the corner of the main entrance of our old building and had become quite dark with age and a little out of the way to be seen. However, following a well-deserved makeover, organised by Robert, our Chairman, he is now back with us and looking absolutely fabulous; a real show stopper in our beautiful new reception area of No. 84.

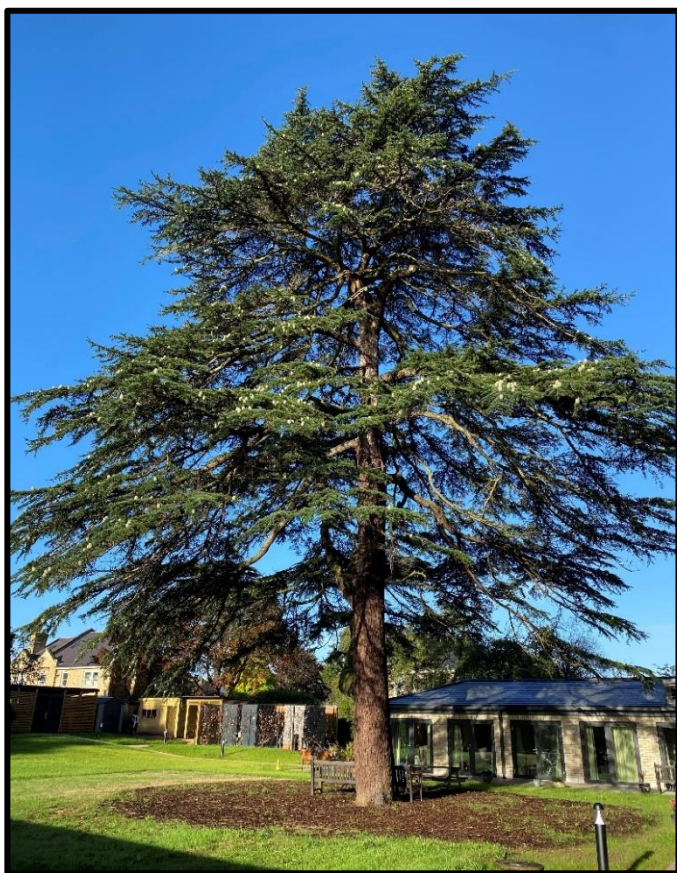
Shane, in our Maintenance Department, has been very busy behind the scenes. He is currently making his way round each of our residents’ rooms putting up photos and pictures on walls. If he hasn’t got to you yet, he will be with you soon.

Please also do not forget if you notice anything that needs to be added to our snagging list do let the main office know; we are lucky that we have our original builders on site next door for Phase II and they have been extremely helpful, especially during this settling in period.



The much-loved pom pom exercise class

Our Cedar Tree



Another big (enormous) surprise has been our stunning cedar tree in the back garden. As some of you may remember from our previous building, we were all used to seeing it in the back garden of our old building and a bit like the Duke of Cambridge portrait, it had become part of the furniture and possibly a little taken for granted and in the shadows.

Many of us wondered how it would look in our new back garden, but again, WOW it is magnificent and as if it had been waiting for a new stage to perform on.

Following the completion of our new building and opening up the back garden, it has been lit up as if someone turned the lights on and many of us feel as though it has stretched out its branches and has finally breathed a sigh of relief that it is on show and the centre piece of our south facing back garden. It has been waiting for this moment all its life...but how old is it?

It will offer shade to us in the summer months and a beautiful view from each of the back rooms as you go up on the floors. On reaching the top floor it still towers above us!

Currently it is sporting some green cones on its branches which we suspect will turn brown as the winter months approach.

A few years ago it rented out a branch to a particularly hungry huge bird of prey which the pigeon community were not fond of! Watch this space folks as we are sure there will be plenty of wildlife using it as a home in the coming years.

And did you know...

Cedar is native to Lebanon and the eastern coast of the Mediterranean and Asia. It is particularly well adapted to mountainous climates (handy in East Molesey) where they receive winter precipitation. In the UK you'll find it planted in parks and gardens at large estates.

Cedar trees provide habitats for invertebrates and other animals. As the trees age, cracks and crevices develop within their trunks and branches, providing nesting places for species such as tawny owls and roosts for bats.



Cedar was thought to represent purification and protection and represents incorruptibility and eternal life.

So now all we have to do is sit back and admire it, which he deserves and ponder what it may have seen over many decades on Planet Earth. Magical.



Mary

Resident Birthdays

This month we will be celebrating:

Saturday 5th October – Mary

Thursday 24th October – Irene

Enjoy ladies.



One of our advanced pom pom class attendees
- Peter

Staff News

We welcome onboard the following staff:

- Nadiia – Team Leader (Care)
- Naomi – Care Assistant
- Shama – Cleaner

Nadia has successfully joined us and we await start dates for both Naomi and Sharma. A big welcome to everyone.

What's coming up?

Please do check the main diary at the back of the newsletter. Key highlights to mark are as follows:

- **MacMillan Party Morning** – Thursday 3rd October
- **Residents' Meeting** – Tuesday 8th October at 11.00am
- **Linnie's Fashion** – Tuesday 8th October at 2.00pm
- **Lady Eleanor Holles School - Coffee Morning** – Wednesday 9th October (depart at 10.00am)
- **Tony the accordion player** – Monday 14th October at 2.00pm
- **Eleanor Holles School - Mini Tea Party** – Wednesday 16th October – 3.45pm
- **Zoolab (Halloween theme)** – Monday 21st October at 11.00am
- **Liam professional singer** – Thursday 31st October at 11.00am

Social Media

Follow us on Instagram for all the latest photos and news as well as our website www.royalcambridgehome.org

Useful Telephone Contacts

We are a proud equal opportunities employer and Living Wage Employer. We value and respect every single member of our team and equally we expect that in return. Thank you.

Welcoming everyone, regardless of disability, pregnancy, age, sex, gender reassignment, marital status, race, sexual orientation or religion

LGBTQ+ (Lesbians, Gays, Bisexuals, Transgender, Queer (or sometimes questioning) and others) **Switchboard** – 0300 330 0630

Citizens Advice Bureau – 01932 248660

Alzheimer's Society – 01372 729988

Safeguarding Advisor – 07968 834157

Mental Health Services – 01372 203400

A more extensive list of our local advocacy services is in the hallway and main office should you need them.



The Birthday Girls! Vidya & Maggie



Joyce



Janet & Merrill enjoying cake and tea at Squires



Team Patricia & Wanpen

Song of the Witches: “Double, double toil and trouble”

By William Shakespeare
(from Macbeth)

Double, double toil and trouble;
Fire burn and caldron bubble.
Fillet of a fenny snake,
In the caldron boil and bake;
Eye of newt and toe of frog,
Wool of bat and tongue of dog,
Adder's fork and blind-worm's sting,
Lizard's leg and howlet's wing,
For a charm of powerful trouble,
Like a hell-broth boil and bubble.

Double, double toil and trouble;
Fire burn and caldron bubble.
Cool it with a baboon's blood,
Then the charm is firm and good.



October 2024 Diary

October	Morning	Afternoon
Tuesday 1	11.00am – Keep Fit	2.00pm – Games
Wednesday 2	11.00am – Minibus Trip	2.00pm – Dawn, G Fitness
Thursday 3	11.00am – MacMillan Party	2.00pm – Flower Crafting
Friday 4	Grace, the hairdresser	2.00pm – Residents' Choice
Saturday 5		
Sunday 6		
Monday 7	11.00am – Minibus Trip	2.00pm – Poetry
Tuesday 8	11.00am – Residents' Meeting	2.00pm – Linnies Fashion
Wednesday 9	AM – Lady Eleanor Holles School (tea & cake)	2.00pm – Dawn, G Fitness
Thursday 10	11.00am – Knitting Club	2.00pm – Cake Making
Friday 11	Grace, the hairdresser	
Saturday 12		
Sunday 13		
Monday 14	11.00am – Keep Fit	2.00pm – Tony the accordion player
Tuesday 15	11.00am - Bingo	2.00pm – Flower Crafting
Wednesday 16	11.00am – Games	2.00pm – Dawn, G Fitness 3.45-5.15pm – Lady Eleanor Holles School – tea party
Thursday 17	11.00am – Keep Fit	2.00pm – Board Games
Friday 18	Grace, the hairdresser	2.00pm – Residents' Choice
Saturday 19		
Sunday 20		
Monday 21	11.00am – Zoolab (Halloween theme)	2.00pm – Residents' Choice
Tuesday 22	11.00am – Keep Fit	2.00pm – Word Games
Wednesday 23	11.00am – Minibus Trip Out	2.00pm – Dawn, G Fitness
Thursday 24	11.00am – Bingo	2.00pm – One-to-Ones
Friday 25	Grace, the hairdresser	2.00pm – Residents' Choice
Saturday 26		
Sunday 27		
Monday 28	11.00am – Bingo	2.00pm – Card Games
Tuesday 29	11.00am – Keep Fit	2.00pm - Baking
Wednesday 30	11.00am – Pumpkin Carving	2.00pm – Dawn, G Fitness
Halloween	11.00am – Liam, professional singer	2.00pm – Spooky Bingo

Please note, all activities may be subject to last minute changes and the great British weather. If you would like anything added or suggestions for forthcoming activities, please do let us know and we will see what we can do!