

The Newsletter of London Residential Healthcare.

## WELCOME



We extend a warm welcome to Fred who came to live with us in February and Leslie who joined us on the 11<sup>th</sup> March. We hope that you have both settled into your new home and have got to know some of our other residents and the staff who care for you.

## BIRTHDAY CONGRATULATIONS

Happy birthday greetings to :

**Sam** who has a birthday on 30<sup>th</sup> March.

**Leslie** who has a birthday on the 10<sup>th</sup> April.

**Doreen** who has a birthday on the 15<sup>th</sup> April.

**Agnes** whose birthday is on the 30<sup>th</sup> April

**Pat** who will have her birthday on the 22<sup>nd</sup> May.



We wish you all a happy day and hope you enjoy the flowers and the cake made especially for you by chef.

## EASTER RAFFLE

We will be having an Easter Raffle as part of our celebrations for Easter. Raffle tickets are now on sale and can be purchased from Gay or any member of staff. The lucky tickets will be drawn on

Maundy Thursday (Holy Thursday) afternoon the 1<sup>st</sup> April. All monies raised will go to the Residents Amenity Fund to help pay for their entertainment and outings.

## SUMMER PARTY

We are planning to have our Strawberry Tea and Garden Party on **Sunday 18<sup>th</sup> July 2010**. All our residents, their family and friends are invited. There will be our usual delicious buffet and entertainment, so please join us for a lovely afternoon.

## GOLD STANDARDS FRAMEWORK IN CARE HOMES

We are pleased to advise that we have been awarded a 'Commend' Accreditation by the National Gold Standards Framework. This covers a two years programme attending workshops and training events to discuss how to improve the care for our residents and sharing good practice with other homes. We were assessed to ensure we had reached the agreed standard before becoming an accredited GSF Care Home. The Gold Standards Framework is a framework to help deliver a 'gold standard of care' for people as they near the end of their lives. We say thank you to all our staff for helping Acacia Lodge to achieve this award and wish to give a particular mention to Sr. Manon who acted as Co-ordinator for our team.

## ENTERTAINMENT AND ACTIVITIES FOR THE SPRING

Friday 12 <sup>th</sup> March 2.15pm	Kieran will sing
Monday 29 <sup>th</sup> March 2.15pm	Holy Communion for Easter
Thursday 1 <sup>st</sup> April 2.15pm	Easter Raffle Draw
Friday 2 <sup>nd</sup> April 2.15pm	Nathan will sing
Friday 9 <sup>th</sup> April 2.15pm	Eileen will sing
Monday 26 <sup>th</sup> April 2.15pm	Musical Memories
Every Fortnight	Pet Therapy. Deborah with her dog
Tuesday Every fortnight	Keep fit to music with Emma

### FRIENDS MEETING

We are planning to have a Friends Meeting in April sometime after Easter. Please watch the notice board for the exact date. All family members and friends are welcome to attend our meetings at which we discuss any subject that may affect the lives of our residents. If any family member would like to attend our meeting and has a time of day which is particularly convenient, please speak to Sr. Ellen as the attendance at previous Friends Meetings has been a little disappointing. We are trying to find a time of day which would be acceptable to more people.

### NEW ARRIVALS

Congratulations to Martha and her husband on the birth of their second daughter who was born on Friday 14<sup>th</sup> March. Baby came into the world weighing 10 lbs. Mother and

daughter are both well.

Congratulations also to Kadian on the birth of her son who was born in Mayday Hospital on Sunday 21<sup>st</sup> March. He weight in at 8 lbs.

### THE NINE COMMANDMENTS

For relatives, friends and those caring for hearing impaired people.

1. Hard of hearing people need to see you clearly.
2. Face the light and the person at all times.
3. Include hard of hearing people in your conversation, let them know what you are talking about.
4. Do not hide your mouth e.g. behind a newspaper.
5. Talk directly to hard of hearing people.
6. Speak clearly, not too fast and repeat if necessary.
7. Do not shout into the ear or hearing aid.
8. If you are in a group, tell hard of hearing people what you are laughing about. Avoid unnecessary noise, get their attention before speaking.

### PARK HILL PARK

It is hard to believe that Park Hill, which is a short walk from Croydon's town centre, was once a deer park where the Archbishops of Canterbury hunted when they visited their summer home the Old Palace. By the early 19<sup>th</sup> century, the use of the parkland for deer had declined and the land began to be used for farming and racing. A race track is thought to have existed on the site occupied by Chichester and Selbourne Roads from about 1860 until the course was moved to Woodside,

Croydon. Further development followed and the area became popular with wealthy businessmen who moved into large and impressive houses. No 1 Park Hill Rise was one of the first houses to be built in the Rise in 1868. It was reported that you could hear the nightingale singing and partridges could be found in the garden.

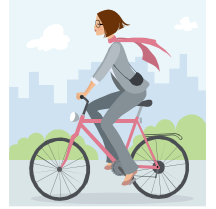
A park where the public could walk began to develop in around 1850, the local board of health surveyed the land to see if it would be a suitable location for a reservoir and a year later an acre of land was bought for the sum of £100.00. In 1867 the water tower was built in order to improve the water supply for the higher areas of Croydon. It was designed by Baldwin Latham in a brick Norman style and the impressive 75ft diameter structure was built to contain 950,000 gallons of water. Although these



developments helped to open up public access to the land, it was not popular with everyone. The Croydon Advertiser reported in 1880 that 'The reservoir is a pretty walk for whispering lovers and children of older growth, but for boys who play cricket the Reservoir Hill affords no attractions'. Therefore the Park Hill Recreation Ground was formally opened in July 1888 by the Mayor of Croydon. The Council had paid £4,000 for the land and a further £2,000 was spent in laying out the paths, grass and trees.

Unfortunately, the quick growth in the number of houses in the Park Hill area caused difficulties over the water supply in the neighbourhood and a new reservoir was built on higher land at

Addington Hills and the central site was abandoned in 1922. However the water supply did prove useful during World War II as a source for fire-fighters. The tower and reservoir finally ceased to hold water in the 1960s.



Today Park Hill is a well used recreation area containing such facilities as ornamental gardens, tennis and netball courts and a children's playground. The water tower continues to dominate as a landmark and can be seen from our home - Acacia Lodge. Access to the park can be gain via our back garden gate straight into the park. There is no road to cross and is therefore safe for residents and their families to go into the park.



## KEEP SMILING

Smiling is infectious; you catch it like the 'flu'.

When someone smiled at me to-day I started smiling too.

Someone saw my grin, when he smiled back at me I realized

I'd passed it on to him.

I thought about that smile, then realized its worth.

A single smile just like mine could travel round the earth.

So if you feel a smile begin, don't leave it undetected

Lets start an epidemic and get the world infected.

Keep everyone smiling.





## SPRING, THE SWEET SPRING



Spring, the sweet spring, is the year's pleasant King,  
Then blooms each thing, then maids dance in a ring,  
Cold doth not sting, the pretty birds do sing:  
Cuckoo, jug-jug, pu-we, to-witta-woo!

The palm and may make country houses gay,  
Lambs frisk and play, the shepherds pipe all day,  
And we hear aye birds tune this merry lay:  
Cuckoo, jug-jug, pu-we, to-writta-woo!

The fields breathe sweet, the daisies kiss our feet,  
Young lovers meet, old wives a-sunning sit,  
In every street these tunes our ears do greet:  
Cuckoo, jug-jug, pu-we, to-writta-woo!

*Summer's Last Will and Testament by Thomas Nashe(1600)*

## LITTLE SEEDS

Little seeds we sow in spring  
growing while the robins sing,  
give us carrots, peas and beans,  
tomatoes, pumpkins, squash and greens.

And we pick them,  
one and all,  
through the summer,  
through the fall,  
Winter comes, then spring, and then  
little seeds we sow again.

*by Else Holmelund Minarik*



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