

# Barrington News

The Newsletter of London Residential Healthcare.

## BIRTHDAYS

Birthdays come and go and some times they are forgotten, but never here in Barrington Lodge. We love any excuse for a party and Chef delights in making the birthday cakes.

We hope that the following residents enjoyed their special day in February:

Mabel Vince  
Rose Ravenhill  
George Grisedale  
Carl Tull  
Barbara Moore



In March we so far have had three birthdays to celebrate for **Emily Cocklin**, **Jane Woolgar** and on the 26<sup>th</sup> March **Doris Jones** will celebrate her 100<sup>th</sup> birthday. We will be looking out for that special birthday greeting from H.M. The Queen! In April there is only one birthday and that is for **Mary McNulty**. Happy birthday to you all, we hope you enjoyed your birthday flowers and special birthday cake.

## EASTER RAFFLE

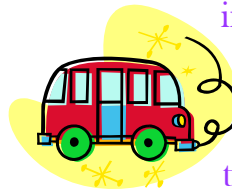
The tickets for our Easter Raffle are now on sale and can be purchased from Tracey, Ann on the front desk or ask any member of staff. The lucky tickets will be drawn on **Good Friday 10<sup>th</sup> April**. Please support our Residents Amenity Fund.



## Forthcoming Events

### Summer Outings

The trips in the minibus to local places of interest will commence as soon as the weather improves. If any resident has somewhere they would especially like to visit then please let Tracey know and she will try to arrange this.



### Note for your diary

The Summer Party will be held on **Sunday 12<sup>th</sup> July 2009**. All family and friends of our residents are welcome.

We will have our usual delicious buffet and special entertainment. We are hoping for sunshine so that we can all sit out in the garden.



## CHRISTMAS RAFFLE WINNERS

The lucky winners of our raffle were:

Chef Mo Reynolds	Hamper
Bet Gillam	M&S Vouchers
David Benham	Fruit Hamper



Thank you to everyone who supported us. We raised a total of **£500.00** for the Residents Amenity Fund.

## Christmas Party

Our residents' Christmas party was well attended on 14 December. Everyone agreed that the buffet, prepared by our Chef and her staff, was delicious. Thank you to all our staff for making the afternoon so enjoyable.

## FRIENDS MEETING

The next meeting will be held on **Thursday 4th June 2009** commencing at **6pm**. All relatives and friends of our residents are welcome. Please come to support us. Our meetings usually last for about one hour when we discuss any topic which can affect the lives of our residents.



## BONUS BALL

We have a weekly bonus ball lottery to raise money for the Residents Amenity Fund. The tickets cost £1.00 for each number. You can choose your lucky number and keep it each week. The winner takes half of the weekly amount raised and the other half goes to the residents' fund.



## CONGRATULATIONS FOR LONG SERVICE

We have to give a special mention for **Yvonne DeCosta** one of our night care assistants, who took up employment in Barrington Lodge in February 1984. Thank you to Yvonne for her loyal service to the nursing home and our residents over the past **25 years**.

## NEW ARRIVAL

Congratulations to Alla and Nilton our Physiotherapist on the birth of their first beautiful baby girl. Luara was born in Mayday Hospital on the 3<sup>rd</sup> February and weighed in at 6 ½ lbs. Mother and baby are both very well.



## WHAT KIND OF TATER ARE YOU!

Some people are very bossy and like to tell others what to do, but don't want to soil their own hands. They are called 'Dick Taters'



Some people never seem motivated to participate, but are just content to watch while others do the work. They are called 'Speck Taters'.

Some people never do anything to help, but are gifted at finding fault with the way others do the work. They are called 'Comment Taters'

There are those who say they will help, but somehow just never get around to actually giving the promised help. They are called 'Hezza Taters'

Then there are those who love and do what they say they will. They are always prepared to stop whatever they are doing and lend a helping hand. They bring real sunshine into the lives of others. They are called 'Sweet Taters'



## FOSSIL TREE AT CHISWICK

Two pieces of fossilised tree trunk has been discovered by chance at Syon Park which is in Chiswick, London. The trunks of an extinct conifer were brought to the garden as Portland Roach stone used to build the rock garden on the banks around the great conservatory. This tree which has been dated as 146 million years old, grew in forests in the Jurassic era in Portland, Dorset, when the climate was semi-arid. The smaller piece of trunk is on display in the West Wing Fern House of the Great Conservatory.



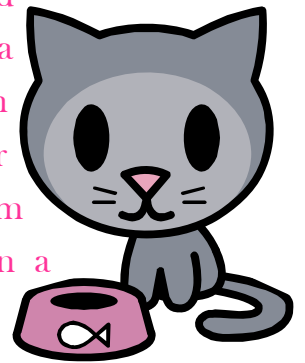
**Syon Park Gardens** are open every day from 10am to 5.30pm. There is plenty of car parking space, there is good wheelchair access and toilets for the disabled. The gardens, which are extensive and beautiful have a lake with ducks, a great conservatory built in 1847 by Hugh Percy, 3<sup>rd</sup> Duke of Northumberland and a place to have a cup of tea. There is also a garden centre (to be avoided if you are a plant a holic!) and a historic house which may not be suitable for wheelchairs. It takes under one hour to drive by car from Croydon.

## THE SENSORY WORLD OF CATS

Did you know that cats can hear sounds that we cannot hear, see things we cannot see and smell things that we cannot smell and they feel the world around us in ways that we can never imagine. For instance, what we

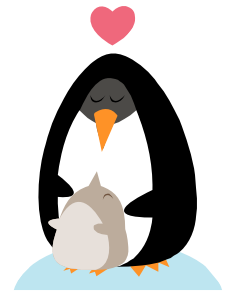
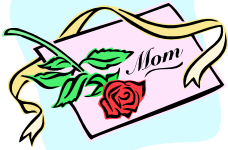
consider hidden away in the dark, can be easily visible to the feline eye. What seems to be slightly scented may be overwhelmingly pungent for the cat's nose. Many people say cats have an extrasensory perception. Have you ever sat with a cat that suddenly raises her hackles and shoots off in a quiet empty house? This is because she may have picked up a draught, smelt another animal or some tasty food. Her senses are much more finely tuned than ours, so it is possible that she has felt, seen, smelt or heard something interesting that you have not noticed.

Cats rely heavily on their sense of smell. A cat will always sniff its food before eating. Cats have a special sense organ located in the roof of their mouth which enables them to make a judgement on a particular smell. Cats tend to be fussy eaters, but as pure carnivores why should they be? It is because they use their sense of taste to distinguish between protein and fat, and which food they like and what is good for them. Research has shown that cats have an aversion to sweetness. Cats definitely prefer savoury! As with humans, a cat's sense of taste fades with age.



Cats like being stroked because it reminds them of their mother's affectionate touch. Kittens are repeatedly licked by their mothers during their earliest days and the action of human stroking causes the same sensation on their fur as feline licking.

# My Miracle Mother



Mom, I look at you  
and see a walking miracle.  
Your unfailing love without limit,  
your ability to soothe my every hurt,  
the way you are on duty, unselfishly,  
every hour, every day,  
makes me so grateful  
that I am yours, and you are mine.  
With open arms and open heart,  
with enduring patience and inner strength,  
you gave so much for me,  
sometimes at your expense.  
You are my teacher,  
my comforter, my encourager,  
appreciating all, forgiving all.  
Sometimes I took you for granted, Mom,  
but I don't now, and I never will again.  
I know that everything I am today  
relates to you and your loving care.  
I gaze in wonder  
as I watch you being you  
my miracle, my mother.

*By Joanna Fuchs*



Barrington Lodge Nursing Home  
9-15 Morland Road  
Croydon  
Surrey CR0 6HA  
Tel: 020 8654 9136  
Fax: 020 8662 0060  
Website: [www.lrh-homes.com](http://www.lrh-homes.com)  
E Mail: [barrington@lrh-homes.com](mailto:barrington@lrh-homes.com)



**LRH-Homes**  
Care • Comfort • Compassion