



LRH-Homes

Care • Comfort • Compassion

Southborough News

The News Letter of London Residential Healthcare.

WHO'S WHO

Director	Jag Grewal
Director	Pam Grewal
Operations Manager	Ron
Matron	Kathy Litster
Social Activities	Liz
Reception	Norman, Lindsay & Juliet
Nurses Include	Valda, Maria, Beda, Anabelle, Raichel, Sheeba, Jaya, Tinimol, and Seema
Healthcare Assistants	Brenda, Mary, Rupinder, Raj - to name a few!
Catering	Chef's Martin & Seamus assisted by Issac, Seelan and Wilder
Housekeeping	Pauline, Patricja, Vijitha, Michelle, Stasha
Laundry	Aruna
Hairdressing	Diane
Gardening	Noel & Richard
Maintenance	Isac

These are just a few of our valued members of staff who will work together to make Southborough a *home!*



Welcome



Firstly I would like to extend a warm welcome to all our existing residents and all our new residents, who have joined us since the last publication of Southborough News. We hope all the new residents and staff enjoy their time in our home.

The summer season has arrived and thankfully the sun has been shining bright. We will be continuing to have a joyful summer season and looking at the diary, we have got many events organised.

I would like to remind everyone that the main purpose of Southborough News is to keep you informed of what's going on at Southborough and at the same time giving you the opportunity to air your views and any suggestions you may have for improving the service that we deliver. So please send in your ideas.

As always, I will now leave you with something to think about:

"The Secret to a long life is good food and LOVE"

Pam Grewal

BIRTHDAY

During the next few months we will be celebrating the Birthdays of the following residents:

David Wheatley	25 th May
Muriel Adam	28 th May
Ann Deasy	4 th June
Evelyn Naylor	5 th June
Freda Simmonds	19 th June
Pauline Smith	25 th June
Agnes Weaver	15 th July
Eva Pavli	25 th July
Eva Lee (Josie)	11 th August
Sybil Durand	18 th August



We wish all these residents a very happy birthday. Please remember if there is anything that the staff here at Southborough can do to make the residents' birthday that extra bit special, just ask and we will do our best to oblige!

As Emma has left, we have recruited a receptionist, Lindsay, for the afternoons, and we wish her a long and happy association with Southborough.

Our warm welcome to our new residents Daisy, Ron, Andy, Ernest & Violet, and we wish them all the very best.

SOCIAL ACTIVITIES

'DEBBIES FASHIONS' 14th MARCH

Debbie brought a great collection for us...It was great to see our residents choosing & buying their own clothes...look out for the next show in August...



St PATRICKS DAY 17th MARCH



Irish stew for lunch, Guinness & Barm Brack went down well with a good old sing-a-long to some well known Irish songs...Great fun!!

EASTER CELEBRATIONS

We had a wonderful 'High Tea' on Good Friday followed by a raffle for an Easter bunny... Which Solomon won! Easter eggs were in abundance..followed by a traditional lunch...

MUSIC FROM THE SHOWS'!! 10th APRIL



A wonderful show brought to us by two ladies 'Jean & Mo'. They sang all the well known songs from the west end shows...along with some good old favourites which we all joined in with. This was followed by a special tea...a lovely afternoon.

St GEORGES DAY 23rd APRIL

A wonderful day of celebrations, a traditional lunch, then an afternoon show called 'Nostalgia ain't

what it used to be' which involved our residents singing along & reminiscing. Great fun!!



'MID MAY TEA DANCE' 15th MAY

'Jericho' a professional dance duo performed the Rumba, Salsa, Samba, Jive & traditional ballroom. Our residents & staff joined in singing along, clapping, foot tapping & a few even got up for a dance lesson! This was followed by a traditional cream tea...a lovely afternoon.

Forthcoming events:

Every Friday & Saturday throughout June & July we will be having our annual summer outings. These will include trips to Wisley, Painshill, Denbies Vineyard, Claremont Gardens, & The Isabella Plantation...to name but a few! We welcome relatives & friends who may want to be an escort to their family member (this will include pushing your relative in a wheelchair). The list of dates & times are available at reception & any queries ask Matron or Liz.



Hedley Kay entertains 19th June, 3rd & 17th July Summer Party...Saturday 12th July 3-6pm, Zoo Lab Animal show Thursday 7th August.

There is now a revised activity schedule in the Activity manual in reception.

Diana continues to do Hairdressing on a Wednesday. Aromatherapy with Lizzie continues Monday, Tuesday, and Thursday

The next church service with Rev Simon is on 10th June at 11am.

If any relatives or friends have any suggestions for activities please feel free to discuss these with Liz.

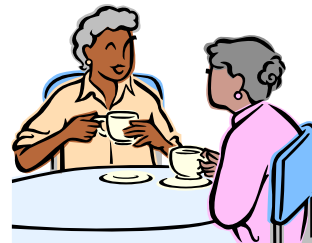
I would like to thank everyone for their kind support which makes Southborough a Home and remember my door is always open. I wish you all a lovely summer.

Kathy Litster

Matron

FRIENDS MEETING

We will be holding the next meeting on 30th July 2008 at 7.30 pm. I do hope you can come along. Residents, relatives and friends are invited to come and discuss ways to improve the home. It is a good opportunity to meet other friends of the home.



VIEWS AND IDEAS

Thank you all for your continuing support, and we hope you enjoy reading this copy of Southborough News. We at Southborough look forward to the next edition, which will be equally enjoyable but with more articles from our readers, so please write in, so until we meet again do take care.

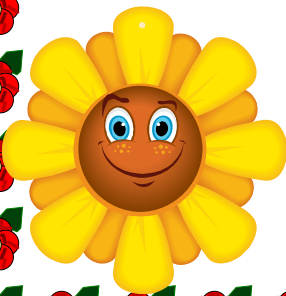




A Mother

A mother is like a summer sky
in the many things she does;
The sunshine is her smile,
as she looks at those she loves.
The touch of moonglow in her hair,
stars shining in her eyes,
Her velvet skin and tender touch
and scent you recognize
Are all a part of mother - as she
croons a lullabye
Or kisses away her children's tears,
to comfort when they cry.
A radiant angel - arms open wide -
is all that could compare
To mother; when we need her love
There's more than enough to spare.

Joan Adams Burchell



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