



LRH-Homes

Care • Comfort • Compassion

# Southborough News

The Newsletter of London Residential Healthcare.

## WHO'S WHO

Director	Jag Grewal
Operations Manager	Ron
Home Manager	Kathy
Social Activities	Liz
Reception	Norman, Lindsay & Juliet
Nurses Include	Valda, Maria, Beda, Anabelle, Raichel, Sheeba, Tinimol, Najma, Susan, and Yasmin
Healthcare Assistants	Sheenamol, Elezabeth, Gulzar, Nadiya, Naresh, Shalla, Reethamma, Sheena, Linto, Aneesh, Brenda, Feleciana, Jessyamma, Baljinder, Minimol, Jomcy, Shalla, Boban, Raj, Sukhwinder, Naresh, Laju, Smitha, Surya, Subha, Tupsy, Mary, Soniya and Mylene.
Catering	Chef's Martin & Lito assisted by Issac, Seelan and Arun
Housekeeping	Michelle, Pauline, Patricja, Vijitha, Stasha and Maria
Laundry	Aruna
Hairdressing	Diana
Gardening	Noel, Richard and Scott
Maintenance	Isac

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



# Welcome



Watch and welcome the sunrise. Amid confusion and uncertainty, it reminds you that darkness does turn to light and that a loving force is in charge of the universe.

Be open to the newness and significance of each moment. Within it lies the chance to experience the richness of emotion, the freedom of spontaneity the depth of the human spirit.

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

*“A ruffled mind makes a restless pillow”*

## RESIDENTS BIRTHDAYS

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

### August

Ralph Stevens	1 <sup>st</sup>
Josie Lee	11 <sup>th</sup>
Alice Higgins	14 <sup>th</sup>
Rene Nassel	22 <sup>nd</sup>



### September

Sally McDougall	8 <sup>th</sup>
Mary Thorn	10 <sup>th</sup>
Liz Clowes	14 <sup>th</sup>
Glen Mason	16 <sup>th</sup>
Ethel Evans	23 <sup>rd</sup>

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!



## NEW RESIDENTS

We welcome our new residents; Fred Stocker, Ronald Cook-Selwood, Fred Wells, Sarah McDougall, John Cross, Hilda Budden, Winifred Miller and Hilda Button. We hope you are all settling well in your new home.

## SOCIAL ACTIVITIES

### Easter Party 16th April 2009

The party was great fun with music, singing and dancing from Mr. Entertainment himself... 'Dave Mac'.



This was followed by a lovely tea of Hot Cross Buns and cakes, all rounded off with a raffle for the Easter bunny which Celia Neale won!!



Celia Neale with her prize

### 'The Clothes Show' from Neil Chapman.

Coming up to Summer another chance for our ladies and gents to browse and buy their own clothes in the comfort of their home...

### Summer Outings!!

We have started our programme of summer outings and they are going wonderfully!!...



'RHS Wisley'



'Isabella Plantation'



'Garsons Farm'



'Sunbury Embroidery'

## Summer Party 4th July 2009

What a great success...we had wonderful support from our residents, their families, friends and the staff at Southborough. The sun was shining!!...the B-B-Q sizzled!!...Pimms was flowing and Brian Short provided the entertainment!! We had a grand raffle which raised over £140 for our residents amenity fund...the star prize of M & S vouchers was won by Sally, Mary Scott's daughter. Lots of others won great prizes too!! Guess the name of the bear was won by our resident Edith Norvell who successfully picked the name 'Freckles'!! A big thank you goes out to all who helped make our party the great success it was!!



## Aromatherapy

Aromatherapy with Lizzie continues on Mondays, Tuesdays and Wednesdays. Lizzie is also available for one-to-one sessions on request. Diana continues to visit every Wednesday for Ladies & Gents hairdressing. The Eucharistic Minister from St.Raphael's R.C. Church continues to bring Holy Communion every Wednesday for those that wish to receive. Our home 'Buddy' scheme is thriving with our two Buddies Rose & Roger visiting a great deal of our residents on Tuesdays & Thursdays. Kingston Library Services continue to visit us regularly providing our residents with a personal mobile library service. This includes books, large normal print and spoken word tapes too.



## FORTHCOMING EVENTS

### July

Wednesday 22nd.....Trip to 'Isabella Plantation' 1.30pm  
Thursday 23rd .....Trip to 'Claremont Gardens' 1.30pm  
Thursday 23rd ..... 'Hedley Kay' entertains 3.15pm  
Thursday 30th.....Trip to 'Denbies Vineyard' 1.30pm  
Friday 31st.....Trip to 'Buckingham Palace'

### August

Tuesday 4th.....Trip to 'Buckingham Palace'  
Wednesday 5th..... 'Picnic in the Park' 12pm  
Thursday 6th..... 'Trip to Harts Boatyard' 2pm  
Thursday 13th..... 'Hedley Kay' entertains 3.15pm  
Monday 17th..... 'Tina music for health' 2pm

### September

Tuesday 1st.....Relatives and residents meeting 7pm  
Thursday 3rd..... 'Hedley Kay' entertains  
Tuesday 15th..... 'Tina music for health' 2pm  
Thursday 22nd..... 'Hedley Kay' entertains'



## CHIROPODY

Due to the infrequency of visits from the local Podiatry Dept. Please speak to Matron regarding possible private Podiatry care.

## RELATIVES AND RESIDENTS MEETING

A really good meeting with great attendance from both relatives and residents alike. All who came gave great input which resulted in a very successful meeting. Our next meeting is on **Monday 17th August 2009 at 7pm.**

Please do try to attend as these meetings, they are quite informal and are a great chance for the residents, their families and the staff to exchange views and information together.



## SUMMER IS COMING!

Now summer is almost here, the green fingered among us are out in force digging, weeding and planting and complaining of aching muscles where we did not know we had muscle. The garden centres are busier than supermarkets with folk fighting over the last tray of Bizzie Lizzies and stocking up on canes, compost and clematis. Most gardens are beginning to take shape, the bedding plants are blooming as the soft rain freshens up the grass and overhanging shrubs. The hanging baskets with their trailing foliage of Verbena, Petunias and Begonias all require daily attention for watering and general feeding, but the glory of the flowers make it all worth it. We look forward to balmy summer evenings resting on the lounge with the delicate perfumes from the Jasmine and freshly mown lawns, while ice clink in the glasses of our long cool drinks and a neighbouring barbecue wafts its delicious aromas across the hedges. Ah bliss, tranquility, ah summer!



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