



LRH-Homes

Care • Comfort • Compassion

Southborough News

The News Letter of London Residential Healthcare.

WHO'S WHO

Director	Jag Grewal	<i>Office Staff:</i>	
Director	Pam Grewal	Personnel Manager	Mary Anne
Matron	Kathy Litster	Accountant	Su
Social Activities	Kasia	Training & Development	Ron
Reception	Norman, Rebecca & Juliet	Office Support	Jim
Gardening	Noel & Richard	Accounts Assistant	Tasha
Maintenance	Isac	Personnel Assistant	Bex
Hairdressing	Diane		
Nurses Include	Valda, Maria, Beda, Anabelle, Raichel, Sheeba, Jaya, Bindu- to name a few!		
Healthcare Assistants	Brenda, Mary, Cynthia, Michelle, - to name a few!		
Catering	Chef's Martin & Seamus assisted by Issac, Elizabeth, Suthakarn & Eloy		
Housekeeping	Michelle assisted by Maria, Pauline, Will, Sun and Aruna for Laundry		

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 say a big warm hello and welcome to all our readers, old and new, who I am sure have been eagerly anticipating this edition of Southborough News. As always a lot has been happening at Southborough over the summer since the last edition. We will give you a full update later in this edition.

The summer season has arrived and thankfully the sun has been shining bright. Have we all enjoyed fresh strawberries while watching Wimbledon this year? The men's final I found particularly exciting this year. On the subject of sport, commiserations to our England football team that didn't manage to live up to the nation's expectations.



What a fun day we had this year at our annual garden party. Everyone had a good time in the garden, enjoying the live music whilst the children made the most of the bouncy castle. Thanks to all.

Remember Southborough News needs your input so please don't be shy and leave your articles to contribute at reception.

As always I will leave you with a thought:

"We cannot direct the wind but we can adjust the sails"

Pam Grewal

July 2006

Social Activities

By Kasia

Previous events

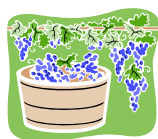
Summer Festive

On the 8th July we had our annual garden party with a barbecue served by our chef Seamus assisted by Jim as well as drinks and live entertainment. As ever, we had a bouncy castle for the kiddies and a raffle. This year the superb first prize of a DVD player went to Mr. Shears. Well done Tom! Thanks to good weather and support from our lovely residents, relatives and friends we had a marvellous time. Thank you all for making our summer event such a success.



Summer Outings

This year we organised outings in co-operation with our other two homes (Hamilton and Bourne Home). We went to places such as Garsons Farm, Denbies Vineyard, Richmond Park, Claremont Garden, Polesden Lacey, Painshill and Kew Gardens to name just a few. We also went to London twice - first on a fantastic cruise to Greenwich and the second time to go on the London Eye. All our outings were very successful. I just want to add that relatives/friends are most welcome to assist their loved ones on a trip.



Interactive music workshop

Southborough nursing home is having a monthly interactive music workshop, which helps to relax and improve well-being. We had great fun playing different types of instruments, dancing, singing along and doing musical quizzes. It's such great fun.



Forthcoming Events

(Please keep an eye on the screen for information about forthcoming events!)

- ♣ **17th July (2-3pm)** – Music Workshop
- ♣ **18th July (3.30-4.30)** – **Classical concert by London Mozart players**
- ♣ **11th September (2-3pm)** - Music Workshop
- ♣ **17th October (4.15-5.15)** - Concert (cabaret & ballads) by Peter Valentino

If any resident, family member or a friend has another suggestion for an outing or social activity, or knows some good entertainers, please feel free to talk to Kasia. I would love to hear your ideas!

Birthdays

The following Residents will be celebrating their birthdays in the coming months:

- | | |
|-------------------|--------|
| • Maureen Carroll | 20 Jul |
| • Eva Pavli | 25 Jul |
| • Dorothy Moore | 01 Aug |
| • Alice Morris | 02 Aug |
| • Eva Lee | 11 Aug |
| • Geoffrey Field | 11 Aug |
| • Roy Chasteau | 12 Aug |
| • Sybil Durrand | 18 Aug |
| • Irena Gregory | 29 Aug |
| • Dudley Monkcom | 05 Sep |
| • Mary Wijesinghe | 06 Sep |
| • Olive Sayers | 10 Sep |
| • Liz Clowes | 14 Sep |



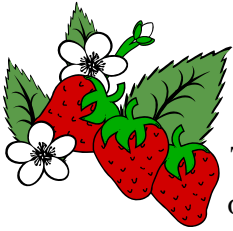
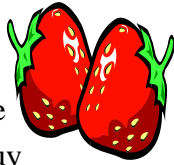
We would like to convey our warmest wishes and congratulations on the occasion of their birthdays!!

Residents' Committee

The next Residents' and Relatives' meeting will be held on Wednesday **2nd Aug at 7pm** in the dining room. All family members and friends of our residents are very welcome. Please come with your ideas and join our discussion. Light refreshments on arrival.

GROWING STRAWBERRIES

Succulent, ripe strawberries are one of the tastiest and most popular fruit that can be grown in England. The plants are easy to grow, cheap to buy and produce home-grown, fresh picked strawberries that taste so much better than those bought from the supermarket. Strawberry plants generally last for three to four years after which they should be discarded as the yield can fall rapidly due to a range of pests and diseases.



Strawberries prefer a sunny site away from harsh winds. They will grow on a wide range of free draining and fertile soils.

They can also be planted in growing bags, and although you may not get so many strawberries, this will cut down on weeding and the fruit should stay cleaner. The growing bags can be raised above the ground to help minimise slug damage. The strawberries can be ripened around two weeks early by placing clothes over the bags. The plants need regular feeding and watering daily in hot weather. When the fruit has turned completely red, pick the strawberries, wash them well, add fresh cream or ice cream and then eat them! If you want to keep the strawberries for a couple of days after picking, you can place them in your fridge, but ensure the stalk is retained on the strawberry and this will keep the fruit fresh.

Matron's thoughts

I would like to thank all the residents, relatives and visitors for their continuing support, which makes Southborough a *Home* and remember my door is always open. I wish to say a big thank you to all the staff for their hard work and effort in maintaining high standards.

Views and Ideas



We hope you enjoyed reading this edition of Southborough News. Please don't be shy to get involved. We are always interested in articles to add so please feel free to contribute and we will endeavour to include your items in our next edition. Until then, please do take care.

Music Quiz

Questions (answers p.4)

1. Which famous singer and songwriter was married to Yoko Ono?
2. Which singer had wartime hits with 'We'll Meet Again' and 'The White Cliffs of Dover'?
3. What kind of music did Ella Fitzgerald become famous for singing?
4. Which jazz trumpeter and singer had hits with 'Hello Dolly' and 'What a Wonderful World'?
5. Who composed 'Swan Lake'?
6. Which great composer had the middle name Amadeus?
7. Which child star of the 1930s sang about the 'Good Ship Lollipop'?
8. Who sang the song 'Over the Rainbow' in the film 'The Wizard of Oz'?
9. In which of the arts did Maria Callas become famous?
10. Which French singer was known as 'the little sparrow'?

Scent of Summer

Smell of hot concrete, metal and tar
hint of fresh mowed grass
perfume of rain, sunshine and roses
- is the scent of summer.

Stepping one foot within each square
of narrow hand-poured walks
leaving wet barefoot impressions
- is the image of summer.

Warbles and chirps, twitters and caws
wafting from leafy boughs
the barking of squirrels at prowling cats
- is the music of summer.

Warm sudden wind of approaching thunder
electricity charging the air
caress of cool rain refreshing the earth
- is the touch of summer.

Through all my senses runs a thread of time
tinged with the memory
of summer.



1. John Lennon 2. Vera Lynn 3. Jazz 4. Louis Armstrong 5. Tchaikovsky 6. Wolfgang Amadeus Mozart 7. Shirley Temple 8. Judy Garland 9. Opera 10. Edith Piaf

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