

# Barrington News



LRH-Homes

Care • Comfort • Compassion

The News Letter of London Residential Healthcare.

15th year of Publication

## Dear Everyone,



We are well into the New Year now and Valentines Day is here. I always think that day is a colourful break in February with the Valentine cards, which are mostly red and cheerful looking, it is a reminder that Spring is not so far off. The daffodils are starting to bloom already and lots of snowdrops can be seen in little groups. It is marvellous how those delicate flowers can push their way through rock hard earth, when I cannot get the garden fork in it!

We celebrated quite a few birthdays since Christmas, everyone is special to us and we hope each one of you enjoyed your own day with flowers and birthday cake. We must mention **Mrs Cowin**, who reached **103 years** at the beginning of January. The staff and her family sang 'happy birthday' around her bedside and were rewarded by a lovely smile from our Marjorie.



One of our Carers (Sheela) is leaving us soon to go on maternity leave, her baby is due in March. We all wish her well and look forward to seeing them both around April time. Enjoy your short rest Sheela, you will be very busy after your baby arrives!



Staff Nurse Uzma has gone home for a month to Pakistan. She has been looking forward to seeing her family for a long time. We also welcome back from Sr. Lanka Marie Joseph, who has been home to see her family. Nilton our physiotherapist will be off soon to Brazil to visit his family, so there have been several comings and goings within our community here at Barrington Lodge.



It must be quite difficult at times for those whose families live so far away and they have to travel half way around the world to see them. We do think of you while you are away and look forward to your return.

As for me, no holiday plans just yet, it is a bit too early to decide, but I am going to see the **Opera Aida** and am really looking forward to that. Over Christmas I was lucky to get seats for the Russian Ballet performing 'The Nutcracker' a most enjoyable evening. Also I have two Mozart concerts booked, which are always a great treat to go and listen to.



It is really nice to see so many visitors in Barrington Lodge, especially those who come every day, so to all our residents and friends I wish you all a rather belated Happy New year.

With Love,  
*Sister Peggy*



## BIRTHDAY CELEBRATIONS



We have a lot of birthdays to mention since the last Newsletter, so belatedly we send happy birthday wishes to:

**Wilfred Elliot, Frank Dore** and **Maisie Khan** who all had birthdays in November.



Also **Avis Beckford, Joanna Duligall, Ruby Hyde-Gomez, Eileen Aldridge** and **Eileen Evans** who all had birthdays in December.

In January we had three birthday girls; **Marjorie Cowin, Ivy West** and **Rona Birrell**

In February we will be celebrating **Brenda Biggins** birthday on the 8<sup>th</sup> and **Rose Ravenhill** on the 13<sup>th</sup>.

We hope that you all enjoyed your special day with lots of cards, flowers and a special cake made especially for you by our Chef Mo.

## CHRISTMAS PARTY

The residents Christmas Party was held on Sunday 10<sup>th</sup> December. The event was well attended and included a visit by **The Mayor of Croydon** who stayed for quite some time. Father Christmas also popped in to wish everyone a happy Christmas. It was 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 for our residents and their families.



## CHRISTMAS RAFFLE

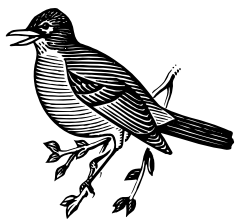
The sale of tickets for the Christmas raffle raised a very respectable **£343.00**. The lucky winner of the first prize of a Christmas hamper was **Mrs Judy Malec** the daughter of **Mrs Emily Cocklin**. Thank you to everyone who support our raffles, all the monies raised goes into the **Residents Amenity Fund** to help pay for their entertainment and outings.



## RESIDENT GARY COOPER

Christmas Day also had a sad note for Barrington Lodge when Gary died on Christmas Day. He came to the home in **January 1998** after being involved in a road accident in Oxford. It is believed that he had been a gentleman of the road and after the accident had no memory of his name or where he came from, but from his accent, he appeared to be of Scottish origin. No family member has been traced or any information found. When he was first taken into hospital the nurses gave him the name of Gary Cooper.





## OUR GARDEN BIRDS

In Barrington Lodge we see many wild birds in our garden and these are frequently more varied in January and February than in other months as lack of natural food compels them to go farther a field.



Once they have discovered a regular supply of food, they will return to it day after day. Any food that is put out for birds should be rich in carbohydrates to give them energy and warmth.

Suet, dough and table scraps are suitable and should be put on a bird table or on a path or paved area rather than amongst grass.



Monkey nuts or a half coconut can be strung and suspended from a branch as they are particular favourites with the smaller birds such as blue tits. Once birds have been attracted into the garden, they will stay if not frightened and if the food supply is maintained. As winter wears on, they will lose much of their shyness.

## R.N.I.B RECYCLING APPEAL



The Royal National Institute for the Blind helps anyone with a sight problem. They need assistance with their fund raising campaign

to help pay for their work which covers many important services such as the talking books, training the guide dogs and other services or products for the blind.

The RNIB are asking for your used printer cartridges and old mobile phones. The RNIB can receive up to £5.00 for every printer cartridge and up to £10.00 for every mobile phone that is sent to them. They cannot re-cycle Epsom cartridges, ribbon cartridges or any broken/ damaged cartridge.



If you can help then please give your **cartridges or old mobile phones** to Ann in Reception. Thank you



## SPRING CLEANING *Reminiscing*

When March appeared with the first primroses, spring cleaning started. The winter fires were over and it was time to clean the house of dust and soot that had accumulated over the winter. Wet tea leaves were sprinkled on mats and carpets, and then swept up with a dust pan and brush or carpets were rolled up and taken outside to be beaten. Walls and paintwork were washed down with soda and soapy water and floors were scrubbed with carbolic disinfectant. Curtains were washed, starched and ironed and mattresses turned. Drawers were washed out with vinegar and water, clean lining papers were put in and furniture was polished.

While all this was going on, the man of the house might be out in the garden planting new seeds for the vegetables, digging, raking, hoeing, or maybe just relaxing in the pub!



## ROOM OF MEMORIES

By Iris Hesselden



My room is filled with memories  
So many things to treasure,  
And albums filled with photographs  
To give me endless pleasure  
The music which we loved and shared,  
And pictures on the wall,  
The faces smiling from the past  
And places I recall.  
The voices that I knew and loved  
Will stay with me forever,  
The love and laughter forge a bond  
That nothing here can sever.  
The world outside can't understand  
Things aren't the way they seem,  
My memories are filled with life  
And warm each waking dream.

### ARTICLES FOR THE NEWSLETTER



Do you have any news that would be of interest to our residents or their families? Perhaps you can write about your summer holiday or a place of interest that you have visited and is not too far away which would be suitable for our residents to visit (must be wheelchair friendly). If you have any suggestions or articles please speak to Ann in Reception or Tracey our Activities Organizer.

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