



LRH-Homes

Care • Comfort • Compassion

# Southborough News

The News Letter of London Residential Healthcare.

## WHO'S WHO

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

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

**M**ay I say a big Hello to all our new residents and staff who have joined us since the last edition. As always the Home is busy with activities and preparations for the festive season. We are having such a lovely winter this year the mornings are nice, fresh and crisp!

We look forward to seeing you all at our annual Christmas Party which starts at 3pm on **Saturday 9th December**. Many more social events have been arranged for the festive season, so please keep an eye on the screen.

Remember Southborough News needs your input so if you have any comments, suggestions or articles please don't be shy, leave your articles to contribute at reception.

As always I will leave you with a thought:

*"Success is how high you jump when you hit the bottom"*

**Pam Grewal**



December 2006

# Social Activity News



As many of you are aware Kasia, our social activities organiser, who is with her family in Poland is unwell and is not expected to return until the New Year. However, she does send her best wishes to all at Southborough and hopes that the festive season is an enjoyable time for all the residents and their families.

While Kasia is away we have called on the assistance of other members of staff to organise various activities, and I would very much like to thank Michele, Diane, Juliet and John for helping out and providing some varied stimulation for the residents.

## Previous Events

Throughout the summer months we had many outings — to Painshill Park, Polesdon Lacy, Kew Gardens, Denbies Vineyard, Pub Lunches and many shopping trips.

## Forthcoming Events

We are also looking forward to a trip into London very soon to see the 'Christmas Lights' on Oxford Street and Harrods.

# Christmas Party

Our Annual Christmas Party is on **Saturday December 9th** at **3pm**, this will be a lovely afternoon with a delicious buffet and above all wonderful company. We look forward to seeing you all there. Tickets are on sale now at reception for our raffle which will be drawn during the party. Monies raised will go to the Residents Amenity Fund.

## Christmas Concerts



On **Monday 11th December** pupils from St Mary's School, Chessington will be performing a Christmas Concert in the lounge at **1.45pm**.

And on **Wednesday 13th December** pupils from St Andrews and St Marks will be performing a Christmas Concert in the lounge at **1.45pm**.

## Pantomime

There will be a pantomime at Southborough on **15th December** at **1.45pm** we have Partytime Productions coming to do the pantomime of Jack and the Beanstalk, this should be great fun - everybody is invited so we look forward to seeing you there.



## Residents Meeting

Residents, relatives and friends are all invited to come and discuss ways to improve the home in terms of nursing and social care. It is a good opportunity to meet other friends of the home. Please try to come along to the next meeting and let us know your ideas and suggestions. If you would like to raise any issues or comments but are unable to attend in person, please feel free to drop us a note and your comments will be addressed in the meeting. The next meeting will be in February, please keep an eye on the Screen for further details.

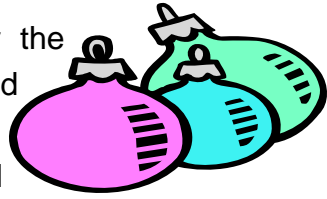
## Matron's Thoughts

We are looking forward to a busy Christmas season at Southborough and also to our Christmas Party which will be held on Saturday 9th December between 3 and 6 in the afternoon which you are all invited to attend. I would like to take this opportunity to wish the staff, residents, their family and friends a happy and peaceful Christmas and all good wishes for the New Year.

*Kathy Lister*

## Best Room Competition

We are running our usual competition for the best decorated residents room. Matron will judge and award prizes for the two best decorated rooms on the morning of the Christmas Party. If anyone requires help putting up decorations please ask.



## Residents Birthdays



On behalf of everyone at Southborough we wish the following residents in advance of their big day, a very happy birthday!

- ◆ **Ronald Cole** ~10th December
- ◆ **Susan Overy** ~ 23rd December
- ◆ **Nora Howes** ~26th December
- ◆ **Nelly Barlow** ~28th December
- ◆ **Peggy Davis** ~ 30th December
- ◆ **Camilla Rosenberg** ~30th December

## Views and Ideas

We hope that you enjoy reading Southborough news, please remember that you are more than welcome to add any articles.

On behalf of everybody at Southborough I would like to wish you all a very Merry Christmas and Prosperous New Year.



# Christmas Quiz

Test your knowledge with these Christmas questions. Answers will appear later in this edition.



## Question

1. What is the fourth Sunday before Christmas known as?
2. Which American singer and actor, is famous for the song 'White Christmas' ?
3. What were the 3 gifts given by the wise men?
4. Name the 3 wise men?
5. What were mince pies originally made of?
6. Which of Charles Dickens's novels was about Christmas?
7. Which country traditionally presents the Christmas Tree displayed in Trafalgar Square?
8. When was the first Christmas card sent in England?
9. What type of food is requested in the song 'We wish you a merry Christmas'?
10. Whose national bird is the robin?
11. What was Santa Claus's favourite reindeer according to the popular song?
12. Where does mistletoe come from?



**IMAGES OF CHRISTMAS**  
**By Christina Edwards**

Bright shining faces, eyes wide open in wonder  
A time for reflection, a time to sit down and ponder  
Frost on the windows, a warm fire in the grate  
Turkey and trimmings fill everyone's plate.

A large tree in the corner, with its lights all aglow  
Children eagerly awaiting that first fall of snow  
Gaily wrapped presents await small eager hands  
Ending weeks of shopping, cooking, secrets and plans.

Granny and Grandpa quietly recall earlier times  
Then snore gently in harmony with the mantle clock chimes.  
Carol singers come knocking, bringing songs of good cheer.  
Oh, why can't these feelings last all through the year!

Answers: 1 Advent Sunday, 2 Bing Crosby, 3 Gold, myrrh & frankincense, 4 Gaspar, Melchior, Balthazar, 5 Meat and strong spices, 6 'A Christmas Carol', 7 Norway, 8 1856 (by Prince Albert), 9 Figgy pudding, 10 England, 11 Rudolf, 12 It grows mainly on apple trees.

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