

Welcome to our newsletter.

We hope that you find the articles of interest. Our next issue will be due out in the Spring.

Entertainment & Activity News

A very warm welcome to our new residents and their families. We hope that you enjoy this edition of our newsletter. We have had a busy summer, making the most of the lovely warm weather, enjoying the sunshine and the gardens. Flower arranging and the visiting pottery class have been popular activities with our residents.

Thank you to St Barnabas Church for a lovely Harvest Festival service, which was well attended and a big thank you to those who supported our small coffee / cake mornings for the Macmillan cancer charity. We are very pleased to announce that £126 was donated and sent to the charity, who will make extremely good use of the money.

Life Histories



Life histories are an important part of promoting a person's well being and individuality.

During one of our informal coffee mornings, we were treated to a talk by our resident, Mrs Charge, who shared her love of amateur dramatics whilst she was a member of the Boxmoor Playhouse. Her experience spanned many years as an 'am-dram' artist, from production, to acting and making costumes for many of the performances. She also related the story of how she became a 'May Queen' as a small girl and displayed her costume and a photo of the event.

Garden Club

In the spring we started preparing for the growing season by planting vegetables in our raised beds.

Lettuce, pak-choi, peas and runner-beans were chosen, as well as carrots and tomatoes. A very good crop was lovingly tended to by our garden club members and the produce was



used by our chef when she cooked, which were enjoyed by everyone. It was lovely to see our residents enjoying the success of their labours!

Summer Party

Our Garden Party this year was themed 'Country & Western' with music supplied by Dave Brierley, one of our regular entertainers. Residents enjoyed a foot-tapping 'hoe-down' and enjoyed a feast of hot-dogs and ice cream for lunch. We definitely had the best day weather-wise and the residents certainly let their hair down!

The London Children's Ballet

Always a popular choice of entertainment, the London Children's Ballet are annual performers at Cherry Tree Manor. We really appreciate the time they take to stay after performing so they can chat to the residents.



'Small hands, big cuddles'

We have introduced a new and very different activity for our residents recently. 'Small hands, big cuddles' are mums and their toddlers who visit the Home and reintroduce our residents to old nursery rhymes and songs with instruments. This has been wonderful for both the toddlers and residents, who join in the fun. It also brings back memories of their own childhood as well as their later family life.



Royal Wedding



Another highlight of the year was our celebration of the royal wedding for Prince Harry and Meghan Markle.

There was a lovely atmosphere in the Home with a pre-wedding lunch and a delightful buffet prepared by our chef. Food was served with a glass of bubbly which went down very well! Residents were able to watch the ceremony in the communal lounges or in their own rooms. There was much talk afterwards about how lovely the couple looked. There was also a chance to reminisce about past royal weddings and look forward to Princess Eugenie's wedding in October.

VISITS GALORE

We have been very fortunate to have such a variety of visits from within the community this year. Hobletts Manor infant school visited to entertain the residents with their own concert and costumes. There was a lot of interactive singing which went down very well. Our thanks to Mrs Hull, Head Teacher for making the visit possible. We were also very lucky to have the Chiltern Ladies Choir visit again this year as well as a variety of regular entertainers. SG Productions thrilled us with their fast costume changes and songs from years gone by.



RESOURCES

We are always grateful for small donations of unwanted, suitable items such as toiletries, hand creams etc. which can be used as prizes for our bingo and games sessions. Sensory and tactile items and picture collages are also very welcome in our reminiscence activities and help bring back so many memories for our residents.



PET THERAPY DOG

We have at last been able to make arrangements for a therapy dog to visit us. Rufus will be coming fortnightly with his owner, Rowena, who kindly gives up her time. Residents are able to stroke Rufus, if they choose, and talk to Rowena about pets they have owned in the past. These type of therapies are proven to have a very positive and calming effect on residents.



POETS' CORNER

Make a rainbow

If your world looks gloomy and you're feeling grim and glum,
Make a rainbow for yourself, don't wait for one to come.
Don't sit watching at the window for the clouds to part,
There'll soon be a rainbow if you start one in your heart.

Take some lovely thought out of a poem or a prayer.
Turn it over in your mind and let it linger there.
Keep out every memory that dims the light within,
And hold on to the magic word that lets the brightness in.

Work your own small miracle and make the dull days glow.
Put some sunshine into life and let the glory show.
Make a rainbow for yourself with colours brave and gay,
And underneath its golden arch your cares will fade away!

Patience Strong