

ABBNEYFIELD SOCIETY



FRIARS MEAD



NEWSLETTER



JUNE 2015

WELCOME TO OUR JUNE 2015 NEWSLETTER

Love's Green Garden

*Seasons pass in Love's green garden
And the years their changes bring,
But beneath the fallen blossoms
Hope takes root and new joys spring.*

By Patience Strong



Married in the month of roses – June
Life will be one long honeymoon

'A calm June puts the farmer in tune'

BIRTHDAYS AT FRIARS MEAD

Residents: June 20th June

Staff: Jim 10th June

Tina 14th June

Beverley 17th June



HAPPY BIRTHDAY TO YOU ALL!

Birthstone: Agate – Pearl – Moonstone

Flower: Rose

Who comes with summer to this earth
And owes to June her day of birth
With ring of agate on her hand,
Can health, wealth and long life command.

Anon

IN HOUSE NEWS

RESIDENTS

We continue to welcome our respite residents on an as and when required basis. Last month we were delighted to welcome Elsie and Jessie.

STAFF

We said good bye to Beth last month. Beth has secured a position with the Hospice of St Francis in Berkhamsted where she can further her training and widen her horizons. Beth has been with us over the past couple of years and has made lots of friends, we wish her well in her new position.

We also saw a lot less of Alexis last month who was suffering a little with her pregnancy. However, she has now started her annual leave which will run nicely into her maternity leave. Unfortunately we didn't get a chance to have a little do for her but I'm sure she will keep in touch and we all wait to hear the happy news of the safe delivery of her little boy!

Our Amy has had to dramatically reduce her hours as childcare for baby Oscar was proving a little difficult, but I'm pleased to say that she will be keeping her weekend shifts on.

Last but no least we welcome back Karoline after her wedding and extended annual leave last month. Karoline now stress free from organising the fantastic wedding, that both her and Tony hosted for family and friends, and well rested after her honeymoon in Cape Verdi. Will now take back the reins from Tracey and Sharon who have been doing a sterling job in holding the fort, together with a fantastic team supporting them all the way. Well done team!

IN HOUSE NEWS Cont/d...

ABBNEYFIELD

Abbeyfield Week 8th – 14th June

Each year Abbeyfield hold a week long campaign to highlight the work our organisation does.

It is hoped that houses across the country/world will embrace with their local community with an open door policy, whereby people feel able to pop in and see how the work we do and the much need care we provide, is a project worth getting involved in. There will be lots of events and activities going on throughout the Abbeyfield organisation in a common cause of raising awareness and bringing the Abbeyfield Houses and their local communities together.

This may be the perfect opportunity to remind everyone that we at Friars Mead are always looking for willing volunteers.

We would desperately like to have our Trolley Shop up and running again this is an activity that has been sorely missed. Or maybe hold a coffee morning once a month, or a couple of hours spent just having a bit of a chat, sometimes having a friendly face to talk to is just what the doctor ordered. This time of the year is the perfect time to spend tending the garden planting up containers or working in the green house. Tina who organises our outings and events could always do with a hand. I'm sure whatever the interest we could do with the help. So if you have a friend or family member that could spare some time, point them in our direction, we would love to meet them.

IN HOUSE NEWS Cont/d...

ABBNEYFIELD

A couple of nice articles on the Abbeyfield website this month; A project in Tiverton, in Devon, saw Abbeyfield join forces with several other charities, including the Tiverton Almshouse Trust. The Almshouse Trust is providing a site and disused building, and it is hoped that an extra care facility can be built for the use of the local community.

Plans for the £10 million project, which aims to provide a mixture of one and two bedroom flats that will allow its residents to live independently but will also give them access to twenty four hour care and support if and when the time comes. We wish them every success.

The second article was about the Abbeyfield residents across the country getting together to knit a blanket for the new royal baby, Princess Charlotte.

The idea was born at their ‘knit and Natter’ clubs, before the arrival of the new baby. Squares in the Abbeyfield pastel colours, light blue, green, yellow, light orange, pink and white, are to be joined together to make a beautiful blanket, and will soon be forwarded on to Kate and William the proud parents. (Hopefully they have now received it.)

‘Knit and natter’ clubs have really taken off around the country and for many Abbeyfield residents, it has given them a welcome distraction, whilst making new friends. It sounds like a good idea - maybe it is something we could think about?

THE ABBEYFIELD STORY

Abbeyfield was born from one man’s vision for care of the elderly.

In 1956 whilst going about his business Richard Carr-Gomm became very aware of the loneliness that some of the elderly in his community were suffering. So concerned, he resigned his commission in the Cold Stream Guards left his Chelsea Barracks and moved into a bed sit in Abbeyfield Road, and became Britain’s first male ‘home help’.

He brought a house, with his army gratuity and invited four older people to join him, which officially made him, the first Abbeyfield Housekeeper.

With the help of likeminded volunteers, (one of whom later was to become Mrs Carr-Gomm) Richard was able to

provide the support needed to improve the lives of the lonely older people in his neighbouring community. Soon people were fund raising and making donations which enabled Richard and his team to continue their work and within two years they went from one house to six houses, providing accommodation and support for 26 residents.

By the end of 1960 Richard Carr-Gomm had helped to create eight new societies across London and another fifteen outside of London. One of the most important factors of The Abbeyfield movement, then and now, is to encourage support and help from volunteers, within the local community.

THE ABBEYFIELD STORY Cont/d...

Today the Society has grown beyond all expectations, and has 600 societies throughout the UK, accommodating over 8,500 residents, involving somewhere in the region of 15,000 volunteers.

In more recent years we have seen the development of Abbeyfield UK, an umbrella for those societies which found they could no longer or did not wish to continue running independently. Abbeyfield UK provides the much need legal and administrative support, to help in this ever changing world.

‘Abbeyfield is dedicated to making the lives of older people easier and more fulfilling’. A philosophy that remains at the heart of our organisation today. Richard’s vision has become an international movement.

We at Friars Mead are very proud to be part of this organisation and are extremely fortunate, that over the years we have had support of some wonderful volunteers. We must not under estimate the hard work and commitment it takes to help keep Friars Mead, running as an independent home.

So I would like to take this opportunity to thank all our volunteers past and present for their support – it does not go unnoticed and is very much appreciated.

(Information for this article has been collected from various sources including Abbeyfield Berkhamsted and Hemel Hempstead and Abbeyfield.c



JIM COMEDY CORNER!

(Aided and abetted by Lyn)

My wife sat down next to me as I was flipping channels. She asked “What’s on TV?” - I said “Dust”

Wife: “When I married you I didn’t think you were a coward. I thought you were a brave man.”

Husband: “And so did everybody else!”



A Prayer –

Dear Lord, I pray for Wisdom to understand my man,
Love to forgive him; and patience for his moods;
Because Lord, if I pray for Strength, I will beat him to death,
Because I don’t know how to crochet.

A CATCH UP WITH HOW THINGS WENT IN MAY

Now I haven't heard anything about the events we had planned for May. Our residents outing to the Garden Centre and afternoon tea. The trip to Kings Langley Village to have a mooch around the shops or the entertainment booked for Leslie's birthday on the 20th May.

Now I'm presuming some or all of these went ahead, but please let me know. I hope Leslie had a lovely birthday, I'm sure she did?

*Happiness is when, what you think,
What you say,
And what you do
Are in harmony*

Mahatma Gandhi

From a Railway Carriage

*Faster than fairies, faster than witches,
Bridges and houses, hedges and ditches;
And charging along like troops in a battle,
All through the meadows the horses and cattle
All of the sights of the hill and the plain
Fly as thick as driving rain;
And ever again, in the wink of an eye,
Painted stations whistle by.
Here is a child who clambers and scrambles,
All by himself and gathering brambles;
Here is a tramp who stands and gazes;
And there is the green for stringing the daisies!
Here is a cart run away in the road*

*Lumping along with man and load;
And here is a mill, and there is a river:
Each a glimpse and gone forever!*

Robert Louis Stevenson

Something to make you Smile: -

Two old ladies overheard on a bus –

“Do you think she’s wearing a wig?”

“Yes definitely, but it’s a very good one. You’d never guess.”

Age is a question of mind over matter.

If you don’t mind, age doesn’t matter.



JUNE ANNIVERSARIES

- 2nd 1953 - Coronation of Queen Elizabeth II
- 6th 1944 - 70th Anniversary of the D Day landings
Operation Overload – Allied forces invaded the west coast
of France in their campaign to liberate Eastern Europe
- 10th 1829 - First Oxford Cambridge Boat Race
(Oxford won)
- 12th 1942 - Anne Frank was given a diary for her 13th
birthday – it was published in 1947
- 13th June 2015 – Queens Official Birthday
Trooping the Colour

18th 1965 - Drink Drive limit was introduced and in
1967 Barbara Castle introduced the Breathalyser

19th 1829 - Robert Peel formed the Police Force
based at Scotland Yard in London
(Where they remain to this day)

21st June Longest Day

21st 1982 - The late Princess Diana gave birth to a
baby boy weighing 7 ½ lbs, second in line to the throne
Prince William (now all grown up with a baby of his own)

22nd June – Feast of St Alban the first British Martyr

THINGS TO LOOK OUT FOR IN JUNE

Tuesday 9th - Methodist Church Service
With Derek

Wednesday 10th - Trip to Garden Centre and
Afternoon Tea

Friday 12th - Residents meeting with our manager
Karoline

Saturday 13th - Trooping the Colour
Queens's official Birthday Celebration



Sunday 14th - Afternoon Entertainment
Provided by the Flamenco Dancers

Sunday 21st - Father's Day

Wednesday 24th - Pub Lunch

Tuesday 30th - Holy Communion with Jean Osborn

AFTERNOON ACTIVITIES EVERY DAY 3 PM
Everyone is welcome – give it a try – we do have fun!

16th to 20th Royal Ascot (get your hats out ladies)

**Wimbledon will start on the
22nd June and runs to the 5th July**

I haven't got dates for Ray our gardening man or exercise
classes – but look out on the white board

A Few Great Moments in Court: -

Q: What was the first thing your husband said to you when
he woke up that morning?

A: He said “Where am I, Cathy?”

Q: And why did that upset you?

A: My name is Susan

Q: Now doctor isn't it true that when a person dies in his
sleep, he doesn't know about it until the morning.

Q: Can you describe the individual?

A: He was about medium height and had a

Q: Was this a male, or a female?

Q: Are you qualified to give a urine sample?!!



The Weather!



We're happy when the days are fine
And free from any rain,
But when the ground becomes too dry
The gardeners all complain.
Then when it rains, you'll hear folk groan
When they meet and come together.
But what would we all talk about
If it wasn't for the weather?

If you have anything you would like to contribute to our newsletter – just let me know – until next month – Claire x