



### IN MEMORY

Before we begin this month's news, we want to pause for a moment to remember Jean H and May, who have sadly passed away. We'll miss them and have the fondest of memories of them both. We're sending our best wishes, love and thoughts to their families and friends.

## WELCOME to “FLAMING JUNE”, did you know...

...that this painting is the original ‘Flaming June’. It is by a famous Victorian artist, Frederic Lord Leighton and was completed in 1895.



Over time, people adopted the name of the painting, to describe their expectation of the weather in June. And this folklore remains to this day.

In fact, late Spring in the UK is usually sunnier, warmer and drier than June. In late Spring, the prevalent moisture-laden westerly winds that sweep across the UK take a break.

However, the beginning of June sees the ‘return of the Westerlies’ and they cause the ‘June monsoon’. All this means that June is usually cooler and



wetter than May. This weather change was first noted by the renowned Climatologist Professor Hubert Lamb in his book ‘The English Climate’ (1964). So no wonder we can often feel exasperated when our expectations have been set for a ‘Flaming June’!

If, on the other hand, you were born in June, you may find you have an instinctive love of rain - the sound, the smell of wet stone, soil and grass, the droplets of water on leaves, the fun of splashing in puddles. We know this rings true for one of our June Babies.

Whatever you personally think of rain, our plants and vegetables are loving some much-needed showers – a time to grow without a daily scorching.

This brings us to another huge thank you to all of you who have continued to donate plants to us. You really have been so generous and made such a

difference to what we've been able to do. All the plants are now happily in their beds and planters, bathing in the rain! **We think we're about full for now.** We couldn't have done this without you.

## CONGRATULATIONS!



### WEDDING BELLS

Ron and Christine, their lovely dog Rosie and all of us, celebrated their **44<sup>th</sup> Wedding Anniversary** on **May 29<sup>th</sup>**.



### WHO'S FOR SOME BIRTHDAY CAKE?

### Many Happy Returns to our June-Babies

- ❖ Jean B
- ❖ Jean L
- ❖ Pauline
- ❖ Molly
- ❖ Len H

And to Happy Birthday to our Carers, Sammy, Taylor and Cheryl.

So let's see what the world has offered up in June through the years.

It seems that for centuries, Royalty have been very busy bees in June...

Henry VIII began creating his long list of wives by **marrying Catherine of Aragon** (mother of Mary Queen of Scots) on 11<sup>th</sup> June 1509, 24 years later abandoning (and executing) her for Anne Boleyn (Mother of Queen Elizabeth I). Catherine was fortunate in Henry's grand scheme, in that she came away with her life (divorced). Anne was not so fortunate as one of his two wives to be beheaded. As the rhyme goes: 'Divorced, beheaded, died; divorced, beheaded, survived.'

Stay in touch. Keep connected. Appreciate the small things.

Queen Victoria's coronation was on 28<sup>th</sup> June 1838 and Queen Elizabeth II was crowned on 2<sup>nd</sup> June 1953. Queen Elizabeth's coronation day was 'like a November day', cold and cloudy with showers (that's June for you). In fact, it was several degrees cooler than on her November Wedding Day six years earlier!

The 30<sup>th</sup> June 1894 saw another significant royal event when HRH Prince of Wales officially opened London's Tower Bridge. Heir to King George V, this Prince of Wales had one of the longest names in Christendom – 'Edward Albert Christian George Andrew Patrick David'. Bet that didn't fit too easily monogrammed on his shirt pocket!

### Musically Nat King Cole helped make history in June...

In 1946, in the heat and humidity of a New York City June, The Nat King Cole Trio made their first recording of the 'Christmas Song' (Chestnuts roasting on an open fire...Jack Frost nipping at your nose – yes that one!). He was the first African American ever to record a Christmas song.

Much more aptly, on 30<sup>th</sup> June 1963, Nat King Cole released the LP, 'Those 'Lazy-Hazy-Crazy Days of Summer'. Spot that old-fashioned Beach Ball!



June's also awash with famous writers and poets...to name but a few, Thomas Hardy, WB Yeats, George Orwell and Dorothy Sayers were all born in June.

Here's a little story about Thomas Hardy...if you're feeling squeamish, look away now and jump to page five!

Hardy had asked that when he died, he should be laid to rest near to his home in Dorchester, in the churchyard at Stinsford. However, by the time he died (1928), the Nation had become so enthralled by his poetry and books, that the powers that be decided his ashes should instead be interred in 'Poet's Corner' in Westminster Abbey. So far so good you may think.

His widow agreed, but with one compromise – that his heart should be removed and buried in Stinsford to honour his wishes. Yes really! And then...

...during the procedure to remove his heart, the mortician briefly left the room and came back to find his cat doing what cats can't help but do with a nice bit of offal – tucking into Hardy's heart. Euwwwww! Unfortunately, so strong was his wife's wish to inter his heart, that the cat was killed so that 'all of his heart' could be laid to rest in the churchyard at Stinsford in Dorset. Well whatever takes your fancy!

## NEW FACES

**No-one has joined our staff Team this month.** Everyone's working together to **keep things nice and steady**, continuing to protect our residents and each other from the Coronavirus pandemic. This stability is giving us a unique opportunity to build on the work that gave us our 'Outstanding' rating, awarded to us by the Care Quality Commission (CQC) (the UK Regulator) in February this year. And we thank our staff for this. **We're happy to report that we continue to remain Covid-free.**

## HOT OFF THE PRESS!

The **Exmouth Journal** wrote a lovely article about us all (residents and staff together), congratulating us on achieving the award of '**Outstanding**' from the **CQC**. It features some fantastic photos, so if you haven't yet seen it, give us a shout and we'll show you!

We had a **celebration party** in Exmouth House – lovely food, a glass of wine or two, singing and dancing the afternoon away, entertained by Claire who sang to us from the garden (safe distancing).

## Talking of hot off the press...WE'D LIKE YOUR REVIEWS

Having a CQC Outstanding rating is wonderful. **Bringing that rating to life as a lived experience** for people who are searching for the right place for themselves or a relative or someone in their care, **is quite another. To do this, we need your help.** As you all know, when you're embarking on entrusting the care of your loved one in part to others, **it's really important to hear the voices of people experiencing the home as it is today, right now.**

This is why **reviews and recommendations** are so important. **It's about helping people to decide if this is the right place for them and their families. We want people to have the confidence and comfort that can only come from you.**

So, to **bring the information about Exmouth House up to date** for those seeking a service like ours, **we would like them to hear from you!**

- **If you're a resident**, please can you ask Anne for a pen and paper to write down a comment about your experience of coming here and living here, passing it back to Anne.
- **If you're a family member or friend**, please can you
  - either collect a card from Alison's Office and return it to her once completed
  - or fill in the online review form at [www.carehome.co.uk](http://www.carehome.co.uk)
  - or if 'online' isn't your thing, ring carehome.co.uk direct on 01488 684321 and give your comments to them.

We know the **reviews** you provide **will be very much appreciated** by **everyone going through the difficult process of searching for the right supported living** for their loved ones. Many thanks in advance.

## OUR MARKET STALL



Our stall is open every **Monday and Wednesday** (changed from Thursday) at **2.30pm**. And it's proving very popular!

**Don't forget, if there's something you'd like, that you don't see, tell us!** We will then do our best to include this in our stock.

## JUNE EVENTS

### NATIONAL CARERS WEEK 8<sup>th</sup> – 14<sup>th</sup> JUNE



This week we have been celebrating all of our staff here in Exmouth House. Residents planted sunflower seeds so that all members of staff could take on home to plant in their gardens or on their

balconies.

We know that many of you reading this have at some time and may be even now, been carers for others of all ages. So, we're confident that you know what it takes – the emotional commitment, the boundless energy, the good times, the sad or difficult times, the focus on the person in need above and beyond yourself. **We would love to receive messages for our staff and/or residents thanking them for the caring they do and have done.** We will be keeping these messages in a **Memory Book**, making them **available for everyone to read.**



### AN ICE-CREAM AFTERNOON – Wednesday 10<sup>th</sup> June

At 3.00 pm on Wednesday, we gathered together in the lounge to be served some all-time favourites from a range of ice-creams – Oyster Wafer Cones, Banana Splits, 99's with a flake, Neapolitan (strawberry, vanilla and

chocolate). There was something for everyone from **our lovely ice-cream ladies Elaine and Anne**. And of course, for residents who preferred a quieter time, those lovely ladies brought residents' ice-creams to their rooms.



## FATHER'S DAY – Sunday 21<sup>st</sup> June

**Celebrating all the Dads at Exmouth House**, we have a special dinner planned. We will be serving a traditional roast dinner with a glass or two of wine to say “Cheers!”, or to the Welsh contingent, “Lechyd da!” (pronounced ‘yachidah’ – get practising!).

On the menu is:

- ❖ Roast beef or lamb with red or white wine
- ❖ Syrup Sponge Pudding & Custard or Rice Pudding & Jam
- ❖ After-dinner Mints with tea or coffee.

All followed by a well-earned after-dinner nap!



## AND RELAX... – Tuesday 23<sup>rd</sup> June

Guys and gals, it's time to relax and **let us pamper you**. On offer are **neck, shoulder, head or hand massages, manicures, face packs** – and if that doesn't suit you, tell us what else you would like and we'll see what we can do. Just come along to the Conservatory any time on this day and relax!



## HAPPY HEART HUGS DAY – Tuesday 30<sup>th</sup> June

This is the day, each year, when we're thinking of all those people in our lives who we love or who we think could do with a little more love or recognition. Especially the people dearest to us who we may not see as often as we would like. It's a proven fact that hugs and kind thoughts

communicated make people feel emotionally and physically better. So get ready to exercise your thoughts and arms!

Here in Exmouth House, **we will be putting pen to paper and writing messages to our families, friends, staff and fellow residents.** It might be a “Thank you for being there for me.”, or a “We miss you!” or “I loved it when we/you did XYZ together.”...whatever you want to say that you think will cheer the other person’s day and **give them a hug with words.** It can be just **a few words or a poem, or a quote from your favourite author or song.** We will make sure that your thoughts are sent to the people that you’ve written them for.

Of course, **family and friends can participate too.** Just send in your notes **by post or email or the Relatives Gateway.** We’ll make sure we get your ‘virtual hugs’ to the right people!



**IF YOU GO DOWN TO THE WOODS TODAY...**

If we’re not hampered by the weather (ta-da!), we’re planning to have a **picnic in the garden later in June.** This will be a chance for us all to get some fresh air in the warm sunshine, eating outside like a good old-fashioned picnic.

## **THANK YOUs!**

We’d like to say a **special thanks to our Makers** this month – the dedicated knitters and sewers in our midst. **Jeanne,** thank you for the **rainbows** you’ve been knitting using the pattern we included in last month’s Newsletter. **Has anyone else had a go among families and friends?** We’d **love to hear** – send us a photo whether it’s work-in-progress or otherwise!

Thanks also to **Christine, Ron’s wife,** who’s been knitting **blanket squares** for us and to **Ron** himself for **sewing them all together.** Now that’s teamwork!

AND NOW, PLEASE TURN OVER for the dates for your diaries

## DATES FOR YOUR DARIES

Although family, friends and volunteers can't generally join in right now, we're hoping you'll enjoy reading what we're up to. In June we'd especially like you to take part in our Happy Heart Hugs Day on 30<sup>th</sup> June!

Date	Time	Event	Families & Friends
Friday 10 <sup>th</sup> June	3.00 pm	<b>Ice-cream Day</b> Take your pick of some old favourites, served by our resident ice-cream ladies Elaine & Anne	Residents only.
Sunday 21 <sup>st</sup> June	All day	<b>Fathers' Day</b> A special dinner menu with wine.	Residents only, though of course anything you send will reach your Dad!
Tuesday 23 <sup>rd</sup> June	All day long	<b>Let it Go Day!</b> Guys and gals, enjoy some grooming and pampering. Hand, face and shoulder massages, face packs, spa treatments – just come along to the Conservatory and ask.	Residents only.
Tuesday 30 <sup>th</sup> June	All day	<b>Happy Heart Hugs Day</b> Putting pen to paper to write messages to those we want to give a hug &/or could do with a hug right now.	Families & friends we would love to receive messages from you too, so please do join in by post, email or the Relative Gateway.
TBA	<b>Afternoon</b>	<b>Garden Picnic</b>	
Monday's	10.30 pm to 12.30 pm &	<b>One-2-One Pamper Time</b>	Residents only.

Date	Time	Event	Families & Friends
	2.30 pm to 4.30 pm	For ladies and gentlemen alike. Fancy a -hand massage -manicure -foot spa or -hair-wash? Please ask Anne if something appeals.	
	2.30 pm to 4.00 pm	<b>Market Stall open</b>	Residents & staff only.
Tuesday's	10.30 am to 12.30 pm	<b>Creative Crafts</b> with Anne. Don't be shy if you're a beginner or think you've lost the skill – come along anyway!	Residents only.
	3.30 pm to 4.00 pm	<b>Singalong</b> with Alison and Anne.	Residents only.
Wednesday's		<b>Residents Choice of Activities</b> See Anne with any requests.	Residents only.
	2.30 pm to 4.00 pm	<b>Market Stall open</b>	Residents & staff only.
Thursday's	10.30 am to 12.30 pm	<b>Creative Crafts</b> Anne. Don't be afraid to join in and turn your hand to something new. No previous crafts experience required!	Residents only.
	3.30 pm to 4.00 pm	<b>Singalong</b> with Alison and Anne.	Residents only.
Friday's	10.00 am – 12.30 pm	<b>One-2-One</b> with the Caring Team, some quiet time specific to individual's	Residents only.

Date	Time	Event	Families & Friends
		wants/needs on the day.	
Saturday's	On request - ask our Carers on any day	<b>Board Games.</b> Take a trip down memory lane and have some fun!	Residents only.
	2.30 pm to 4.30 pm	<b>Me &amp; My Key Worker</b> Personal time.	Residents only.
Sunday's	2.30 pm to 4.30 pm	<b>Me &amp; My Key Worker</b> Personal time.	Residents only.