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A Big Hello!

Welcome to our fourth bumper edition of the Clanfield Newsletter! Despite Spring being a fairly quiet and restful period following all our Christmas activities, we have still had plenty of fun – in fact, we have so much news we've had to increase the newsletter by another page! We hope that you enjoy our brand new Summer Edition and its celebration of all who make up our family (note, too, our plans for the coming summer period in which we hope you'll join in with us).

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or download a copy directly from our website: www.clanfieldcarehome.com

The Clanfield Family

Royal Wedding Bells Are Ringing!

Everyone at Clanfield soaked up the atmosphere whilst watching the proceedings on every TV screen round the home, followed by a wonderful cream tea. According to Doreen, the service was 'absolutely



superb' and Meghan's dress was 'very plain, but tailored and very nice'. Jean remarked it was 'elegant'. Everyone enjoyed the music, the gospel choir, and thought that all the little ones attending the bride were sweet and very well behaved.



Anniversary Wishes

During Spring we enjoyed seeing a few of our couples celebrate and remember their big days.



Stan & Mavis
67 years 24.03.18

Jack & Beryl
67 years 29.03.18

Eric & Peggy would have celebrated theirs on 14.04.18 but, due to our closure as a result of the Norovirus, they will be having a celebration later in the summer.

Swinging Sixties

A tonic was needed and on the 28th February, Leslie Ann provided just that! All staff and residents began swaying and dancing to the sounds of the Sixties. The atmosphere was described as 'electric'!

Josie, Doreen & Jean

There was so much fun and enjoyment Leslie Ann even stayed on for free! We had staff body popping, residents dancing in their chairs—Josie knew all the moves. 'I Wanna Be Bobbies Girl' became 'Stanley's Girl' & 'Bernard's Girl'. Mavis announced, 'I wish I could get up and dance' whilst Louie was shaking her hips. Kim said, 'they were all stars'. Everyone was on such a high that they spoke of it for days to follow. Jean said, 'not only did the staff need that, so did the residents'. How true, as another resident put it, 'it was medicine for all'.



Kim

The Women's League of Health & Beauty

Long before our craze for gyms, Keep Fit and Zumba, we had The League of Health & Beauty. Started by Mrs Bagot Stack back in 1930, it reached its peak in the 60s and 70s.

For Josie this was her night out every Wednesday. What was their routine? It involved synchronised exercise and dance routines, which Josie remembered being 60 minutes of warming up and basic exercises, moving onto 30 minutes of dancing with ribbons and then 30 minutes of advanced exercises. Josie admitted she had to gradually build up to achieving the stamina for all 3 sessions.

Today we enjoy Keep Fit to music and it was no different for The League, only Josie laughs, it was simply someone 'playing the piano for us'!

Josie's classes were held once a week in the Congregational Church, Kettering for around 50 ladies. When asked how she started, Josie informed me she was about 30, and was walking by when she saw some ladies performing their routines. Curiosity drew her in and from then on she was addicted for the next 38 years.





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Forces in the Forties

It's World War 2 and HMS Black Swan, a sloop (small destroyer), began making its way to Russia. On board was a young signalman, Bernard, called up at the age of 18. Based in Devon, the ship had already visited all the ports to the Far East.

Bernard's work centred on the Russian convoys and he remembers all too vividly the rough, cold weather and the long hours spent signalling others in his company with the old flashing lamps. In fact, he recalls one occasion where he had to just sit on watch on the bridge for 3-4 hours, the weather was that cold he suffered frostbite on his toes! He still remembers the aching pain now.

"Oh", he said "I wouldn't want to go back there again!". And to add to the pain, he informed me, they had to buy their uniform; the woollen socks cost 1/6, 1 shilling sixpence (that's 7½p) a pair. I think socks have gone up slightly since then.

On asking about life in general on board a HMS Navy ship, Bernard explained that there wasn't much free time to go ashore, but when the opportunity arose he would go and enjoy a drink with 2 or 3 other sailors. He described his Lieutenant Commander as very firm but fair, and very good at his job. As for the wrens, when I asked, they were not allowed on the ships— how times have changed...

Another memorable time Bernard described was when they dropped depth charges by mistake. Apparently, the ship didn't have time to get out of the way and as they blew they lifted the ship up from the water damaging all the screws. One would imagine that must have been quite frightening but Bernard simply said, "It was all over too quickly to be frightened".

During his time in the Navy, all poor Bernard would ask was "when will I get demobbed?". That didn't happen for 3 years. Although he remembers with a smile on his face the day when the Signals Officer approached him with the question, "Would you like to stay on?" and he took great joy in replying, "No, this is the day I've been waiting for!". "You see", he said to me, "I had a lovely young lady waiting for me when I get back." and his smile grew even bigger. For Bernard it truly was a case of 'Home is where the Heart is'.

When I asked what advice he would give to any young person thinking of joining the Navy today, he simply said, "Be prepared to learn quickly and meet lots of new people".



Mavis' Boiled Fruit Cake

12 oz mixed fruit
1/4 lb margarine
1/4 lb sugar
1/2 tsp mixed spice
1/4 pint water
1 egg
8 oz self raising flour

Method

1. Bring the fruit to the boil in the water, along with the margarine and sugar
2. Simmer for 20 minutes and cool
3. Stir in the egg, flour and mixed spice
4. Pour into a lined tin and bake at 150°C/gas mark 2 for 1½ hours.

Can be stored in a tin and remain at its best for more than a week!



The Magic of Harry Potter

14th May marked the start of Harry Potter week with lots of wizardly fun and spellbinding activities. Clanfield became the Hogwarts School of Witchcraft and Wizardry. The dining room was transformed into the Great Hall, where daily banquets took place. These banquets proved to be very popular amongst our resident witches/wizards, who were reported to be eating very well indeed, especially Wizard Ralph.

The week contained Levitation Lessons and Potion Classes. Witches Josie and Mavis came top of their class in not only being able to master the Levitation Spell, but for also reaching heights with the feather that no other witch/wizard could match.

Witch Louie was the most accomplished han-

lder of the magical Mandrake plant. When uprooted the screams made by its roots can be deadly, indeed our resident witches/

Sorting Hat



Gwen & Josie



Phyllis & Louie



wizards found this noise quite disturbing and tried to replant their Mandrakes as quickly as they could (none as quick as Louie, though!).

In the Potion Class, all our witches/wizards had their own recipe books to follow step-by-step. Many a potent cocktail was produced. By the end of their session of concocting, mixing and brewing, it was Witches Doreen and Jean who finally produced the most potent cocktails.

Concluding the week, our wizards/witches graduated with the Gryffindor House coming first, followed closely by Slytherin. Now fully fledged witches and wizards, just remember when you're visiting that they have the power to cast a spell or two!



Hayley & Doreen



Bernard & the Mandrake



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Cracking the Code

Training completed at Guildford, 4 to 5 young ladies embarked on a train ride from High Wycombe to Reading. They were about to join the Signal Regiment in the Army as fully-fledged members of the ATS (Auxiliary Territorial Services), Sheila recalls. Sheila was just 21 and had chosen the secretarial path over being a driver during the war.



Queen Elizabeth II was in the ATS at the same time but had chosen to be a driver. Just imagine if both ladies had taken the same route!

Based at Victoria in London,

Sheila remembers the old bank that they had commandeered – a place where she very quickly fine-tuned her skills. From there she and her new young friends would go out during their time off to just wander down the Mall to Buckingham Palace.

Sheila also visited other places during her time in the ATS and has many fond memories of Ceylon (Sri Lanka) and the lower mountain ranges of Kandy (70 miles east of Colombo). She particularly loved the climate of these areas and misses the heat and warmth to this day.

After the war during late 1956, Sheila moved to Canada where she joined the Canadian Army to continue her great work.



Sheila

The World's Your Oyster

She oozes class and you just know she has been living life to the full! You see her here at 66, as she appeared on the front cover of a Women's Magazine; Introducing Enid.

Born in Islip, Enid met her husband and married into the army life, and soon embarked upon her travels. She spent a total of 6 years in Singapore, two separate 3 year blocks, and 3 years in Gibraltar.

She was renowned for having a 'head for figures' and her daughter proudly tells of how she could add-up a restaurant bill in seconds! A model for Carol Vordaman.

Enid finally chose to end her travels and settle back in Islip in order to be close to her family and friends and is part of our Clanfield family.

Your Voice



Thank you to Maureen who wanted to share Enid's (her Mum's) story.

Bananas!

Bananas are one the most popular fruits today, but during the war they were impossible to get, and most children didn't see their first banana until after the war. However, it was during this time, on the Symington's Playing Ground, Market Harborough, a group of air force service men brought wonder to the eyes of many when they introduced the humble banana into their lives for the first time. They sold each banana for sixpence (2½p). Again inflation has been at work, here! The bananas were divided and shared so all the children could try them.

A childhood memory of Mavis.



Back in the day...

Most of our residents were either mere babes or small children during the 1930s. Today our youngsters entertain themselves with an inexhaustible range of technological wonder, but back in the day it was very different. Considerable imagination was required as wooden, fabric or cast iron toys were brought to life. There were a lot of hand-me-downs from older siblings due to the Great Depression and toy companies going out of business, as toys back then were considered very precious to their little owners.

Popular toys at the time were simply dolls, finger paints, dye-cast model cars, and very popular were pedal cars and trucks; some even had electric headlights! Board games that were new out included Monopoly, Scrabble and Sorry. If they were really lucky boys may have owned Bayko construction sets, toy trains or an air rifle; for the girls different dolls and doll houses. There were also adult like toys, such as typewriters, adding machines and medical playsets.



If you have a photo or story of your relative enjoying a favourite toy we would love to see or hear it! Send it to:

kala@clanfieldcare.plus.com

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The Power of Flowers

Flowers brought cheer to the home on 22nd May, when a group of residents turned their hand to flower arranging. For Eileen, it was like a blast from the past as she was not new to this craft. However, other arrangements were just as good, like Mavis' and Rita's. Rita joined the group later but soon excelled. Phyllis and Louie had a



brilliant, messy time. We had to giggle as the florist explained you can tell a person by their display! Eric the only male, 'conned' with cake, produced a stunning display showing a real artistic talent.

A Thought for Summer

Live by your beliefs and share them. One or two can achieve a bit, but if we work together we can achieve a lot. Don't look to others to get the job done. The key is to share. *By Ralph Eveleigh*

Jamie's Future Events

Cowboys & Indians

13th July TBC

Sports Day

18th August



Vacancies

Clanfield currently has the following job vacancy:

- Domestic Assistant

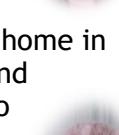
If you are interested in any vacancies, please contact us for an application form either in person, by email (office@clanfieldcare.plus.net) or download one from our website www.clanfieldcarehome.com

Hello and Goodbyes

We were delighted to welcome a number of new faces that have joined our family over the Spring period.

On the domestic team we have Sandra, who joins us from another home; on the

day care team we have Chris joining us full-time and Lissi, a university student hoping to go into midwifery; the night care team has been joined by Victoria, who brings a lot of care experience with her from another home in Cambridge; and last, but by no means least, we have 2 new faces on our maintenance team, who are already transforming our Home, Russell and Mark.



Also, joining our family are Frank, from Thrapston, and Kitty, who will now be enjoying some rest time with us. We do hope that both Frank and Kitty enjoy being a big part of our family.



Sadly, we also had to say a goodbye in this edition too. It is with sadness that we said goodbye to Sheila from the kitchen. Sheila joined the kitchen team last Autumn and, in that short period of time, proved to be a valued member of staff that was greatly liked by the residents. We wish Sheila luck in her future endeavours.



Management News

Firstly, we would like to say thank you for your cooperation and patience during our recent closure due to the Norovirus. Also, if we may, take this opportunity to remind everyone to avoid visiting if you are at all unwell or have been unwell within the last 48 hours.

On the topic of reminders please remember to sign in and out when you visit as we must legally keep an accurate register, and to keep our residents safe staff only

are to use the keypad system.

With the new partnership phasing in we are currently in the process of issuing new contracts. This is because previous con-

tracts have been with Clanfield and now need to be with the Crossley Campbell Partnership.

On the subject of paperwork thank you to all those that have returned the new data consent forms that have also recently gone out, and thank you in advance to those that are winging their way back. We do apologise for all this paperwork! Finally, we would like to say a big THANK YOU to all our staff for their hard work over the Spring period. We hope everyone has a wonderful Summer and we look forward to seeing you at Jamie's Summer events, they are guaranteed to be great days!



Wizard Bob



Hayley
'spells' magic



Kala

If you would like to contribute to the next edition of our newsletter (this could be your current experiences, a story, a treasured memory, etc.) or submit a paragraph or photograph for the 'Your Voice' section, please feel free to email Kala at: kala@clanfieldcare.plus.com or come and see us in the office. We kindly ask that you do this, however, before:

Monday 13th August 2018