

March / April 2009

# HOLLYMAN HOMES

## NEWSLETTER

Great Yarmouth Outer Harbour  
and again

Taken in August '07



Taken in Feb '09



**Hi everyone. Yet again I am apologising for the delay in completing the newsletter. This issue is an abbreviated version. As some of you aware we have finally moved into the new extension at Broadlands Park. This has meant I was assigned other duties on a temporary basis. Back to normality now.**

**I thought you would like to see pictures of our new outer harbour at Great Yarmouth. As you can see its progressing well.**

**"In the spring I have counted one hundred and thirty-six different kinds of weather inside of four and twenty hours."**

- Mark Twain

**If you would like to add any items or information to our newsletter please contact me. I can be reached by e-mail [broadlandspark@tiscali.co.uk](mailto:broadlandspark@tiscali.co.uk) or by telephone 01493 751521, if I am not there on that day a message can be left and I will contact you as soon as possible. Please could you give us feedback on the Newsletter, this is really needed to help us to improve. If you have anything you wish to add in the newsletter please let me know as soon as possible.**

**Elaine.**

# **SUE SAYS**

Welcome to the Spring Newsletter, so much has happened in the last few weeks.

In February Dawn at Broadland House sat her 'Fit Person' interview with the Commission for Social Care Inspection she passed & is now the Registered Manager. We did not have any doubt that she would succeed, she has worked hard learning relevant dates of Laws & Acts, familiarising herself with all the standards, so she really deserved to pass.

Dawn & Claire at Broadland House had their annual inspection, a lot of hard work paid off & their quality rating went up to a two star good service. The inspection report can be viewed on line at [www.csci.org.uk](http://www.csci.org.uk).

Seventeen clients at Broadlands Park moved into their new bedrooms & although we all took a week or two to acclimatise & orientate ourselves – staff & clients have now settled into their new environment. The benefits are huge – no more stairs, narrow doorways & dark areas. Broadlands Park also had their long awaited inspection. It went very well & although we do not yet know the outcome the feedback we received from the Inspector was very positive. She was also very impressed with the 'wish list' that has enabled a client to visit the Houses of Parliament, the theatre etc. She was also interested in the activities on offer; the visit from the Falconer, RSPB & Corn Dolly lady to name a few.

The garden at Martham Lodge is being overhauled with plants being moved & the raised bed re-planted. Once the sun came out Eric was out mowing the lawns, the garden is a lovely tranquil area where clients can enjoy the flowers & seating areas safely.

Any more news I will add to the websites. Broadland House now has a new website [www.broadlandhouse.com](http://www.broadlandhouse.com).

I hope you enjoy this newsletter any feedback would be appreciated.

Thank you

*Sue.*

## **Useless Information - Facts, Customs and Traditions about March**

**Gemstone– Bloodstone**

**Flower – Jonquil**

**March used to be the first month of the year**

March was the beginning of our calendar year. We changed to the 'New Style' or 'Gregorian calendar' in 1752, and it is only since then when the year began on 1<sup>st</sup> January.

**Another name for March**

The Anglo-Saxons called the month Hlyd monath which means Story month, or Hraed monath which means Rugged month.

**Traditional games played in March**

All through Lent the traditional games played are marbles and skipping. The games were stopped on the stroke of twelve noon on Good Friday, which in some places was called Marble Day or Long Rope Day. The game of marbles has been played for hundreds of years and some historians say that it might have been started by rolling eggs. In the past, round stones, hazelnuts, round balls of baked clay and even cherry stones have been used.

**Superstition**

If Easter should fall on Lady Day (March 25) then some disaster will shortly follow:

'When my Lord falls in my Lady's lap,                      England beware of some mishap.'

**Lent Lily**

One of the flowers most associated with March is the narcissus (wild daffodil). Named after the boy in Greek mythology, who was changed into a flower. Narcissus is also known as Lent Lily because it blooms in early spring and blooms usually dropping before Easter. It is the main daffodil species of Britain. The daffodil became a popular Welsh symbol in the 19<sup>th</sup> Century. Lloyd George used it to symbolise Wales at the 1911 Investiture and in official publications.

**Weather-lore, beliefs and sayings**

Like most months, March weather lore has many old sayings to guide us:

'When March comes in like a lion it goes out like a lamb.'

'A dry March and a wet May    Fill barns and bays with corn and hay.'

'As it rains in March so it rains in June.'

'March winds and April showers    Bring forth May flowers.'

**Oranges and Lemons**

In the days when the River Thames at London was wider than it is now, barges carrying oranges and lemons landed just below the churchyard of St. Clements Dane. On the last day of March, local primary school children gather at the church to attend a service. They recite the famous nursery rhyme and, on occasions, play the tune on hand bells. At the end of the service, the children are presented with an orange and a lemon from a table outside the church.

The nursery rhyme, which begins with the lines: 'Oranges and lemons    Say the bells of St Clements'

**Anniversaries**

3<sup>rd</sup>    Alexander Bell, inventor of the telephone was born in 1847

15<sup>th</sup>    Julius Caesar was murdered on this date in 44 BC.

18<sup>th</sup>    30 mile an hour speed limit imposed on built up areas in 1935.

22<sup>nd</sup>    English football league formed in 1888

23<sup>rd</sup>    In 1891 goal nets were used for the first time in English football.

25<sup>th</sup>    Heathrow Airport opened in 1948.

26<sup>th</sup>    Anniversary of the first daily weather forecast.

29<sup>th</sup>    Coca-Cola was introduced on this date in 1886.

31<sup>st</sup>    The Eiffel Tower in Paris was officially opened in 1889.

# ***Useless Information - Facts, Customs and Traditions about April***

***Gemstone- Diamond***

***Flower – Sweet Pea***

***Where does the word April originate from?***

*No one knows for certain how April got its name, but it may have come from the Latin word ‘aperire’ which means ‘to open’. April is, after all, the month when in the northern hemisphere buds begin to open and things start to grow again after the winter. Eostre monath or Eastre monath was the Anglo-Saxon name for the month. The name of the Christian Festival of Easter comes from this Anglo-Saxon word.*

***April Fools Day***

*April begins with a day of fun and jokes – April Fool’s Day. No one really knows when this custom began but it has been kept for hundreds of years. April fooling became popular in England and Scotland during the 1700s. April Fool Jokes usually involve persuading someone to do something silly, like looking for hen’s teeth, striped paint, a long weight, a left-handed screwdriver or some other non-existent thing.*

***The Cuckoo***

*The arrival of the cuckoo is the signal that spring has come. Various April dates are called ‘Cuckoo Day’ in different parts of the country.*

***St. Tiburtius’ Day***

*The cuckoo sings from St. Tiburtius’ Day to St. John’s Day (14<sup>th</sup> April to 24<sup>th</sup> June).*

***Superstitions***

*If you hear the cuckoo sing on St. Tiburtius’ Day, you should turn over all the money in your pockets, spit and not look at the ground! If you do this and are standing on soft ground when you do it, you will have lots of luck. However if you are standing on hard ground – the cuckoo’s call means bad luck.*

*There is also a saying that when you hear the first cuckoo of the year, whatever you are doing at that time, you will be doing for the rest of the year.*

***Weather - lore***

*April showers bring May flowers.*

*If early April is foggy*

*Rain in June*

*Will make lanes boggy,*

*When April blows its horn*

*‘Tis good for hay and corn.*

*Till April’s dead, change not a thread.*

*April wet – good wheat.*

***Anniversaries***

*April 1969 Concorde’s maiden flight*

*1<sup>st</sup> VAT (Value Added Tax) was introduced in Britain.*

*2<sup>nd</sup> 1805 Hans Christian Andersen was born in Denmark. He wrote poetry and fables but is famous, Mostly, for his fairy tales. He died in 1875.*

*2<sup>nd</sup> April to 14<sup>th</sup> June 1982 The Falklands War.*

*15<sup>th</sup> 1912 HMS Titanic struck an iceberg and sank.*

*14<sup>th</sup> 1931 Highway Code first issued.*

*18<sup>th</sup> 1934 First launderette opened*

*21<sup>st</sup> Queen Elizabeth II was born*

*23<sup>rd</sup> William Shakespeare was born in 1584 he died the same date in 1613*

*24<sup>th</sup> 1949 Sweet rationing ended in England*

*25<sup>th</sup> 1953 DNA, the building blocks of all life forms, was discovered by James Watson and Francis Crick. Their achievement was recognised in 1962 when they received the Nobel Prize for Physiology.*

*Dear all,*

*Thought I would just write you a letter. I haven't heard from you in a while. It is with reference to:*

*“What Senior Citizens are Worth”*

*Did you know we old folk are worth a fortune?*

*We have silver in our hair; Gold in our teeth;*

*Stones in our kidneys; Lead in our feet and gas in our stomachs:*

*I have become older since I last saw you and a few changes have come into my life. Frankly. I have become a frivolous old woman!!!*

*I am seeing six gentlemen every day!*

*As soon as I wake up **Will Power** helps me out of bed, then I go to see **Jimmy Riddle** after which it is time for breakfast with **Mr Kellogg**, followed closely by the refreshing company of **MR Tetley** or my other friend who I only know by his initials - **PG!!***

*Then comes someone I don't like at all - **Arthur Itis** he knows he is not welcome but he insists on being here, and what is more, he stays for the rest of the day. Even then he does not like to stay in one place, so he takes me from joint to joint.*

*After such a hectic day I m glad to go to bed – and with **Johnny Walker too!!!** What a hectic life I have. Oh yes, I am now flirting with **Al Zheimer!***

*The vicar came to call the other day and said that at my age I should be thinking of the hereafter. So I told him I did all the time. For no matter where I am, the bedroom, the sitting room or the garden, I ask myself, now what am I here after.*

*Well I will close now and hope that **Will Power** is your constant companion too, but do make sure that his friend **Emma Royd** does not creep up on you from behind!!!*

*Oh and one last thing watch out for that crafty one - **Gerry Atric.***

*Love me. Xx*

# **STAFF NEWS**

## **BROADLANDS PARK**

**Welcome to Liam who has joined our team as a Housekeeper. Hope you enjoy working with us.**

## **MARTHAM LODGE**

**If anyone has a couple of comfy armchairs they no longer want, please would you think of us. We are still on the lookout for 2 to go in our staff room. Thank you.**

## **BROADLAND HOUSE**

**Welcome to Sue and Stan. Sue is our cook and Stan works night shifts. Hope you enjoy working with us.**

# BROADLANDS PARK

## Residents News

### STRICTLY STRAUSS. THEATRE ROYAL. 1<sup>ST</sup> FEBRUARY '09

*The above date saw us arriving at the Theatre Royal in Norwich. We went to see that undoubted Master of the Waltz Daniel Rowland. He conducts while holding his violin. When sadly, the performance came to an end we returned home with our minds full of music and laughter and a feeling of well-being. We are indeed fortunate to be able to enjoy such talent! The show was aptly named: STRICTLY STRAUSS.*

### Activities

*January brought us a visit from Mark Christian, a Falconer, and his Birds of Prey. (Look on Broadlands site for pictures) Everyone got to hold or touch the owls, the feedback from our residents was amazing. We will be repeating this in the summer. You are all welcome to attend. I will post the date nearer the time.*

*Still in January, Eileen who was a land army girl during the second world war, had never received recognition in the form of a medal. So the 16<sup>th</sup> January saw Eileen's family, friends, residents and staff all gathered at Broadlands Park watching Eileen receive her medal from Mr Keith Simpson MP for Norfolk. The local Newspaper 'Evening News' put in a report and Eileen had her few minutes of fame on the local television station. Eileen was very surprised as this had been kept a secret from her.*

## Activities and Entertainment 2009

### March

18 <sup>th</sup>	14:30 – 15:30	Graham Johns	Singer
26 <sup>th</sup>	14:30 - 15:30	Steve Lovell	R.S.P.B. Talk and Slide show.
30 <sup>th</sup>	14:00 - 15:00	Keith Thomas	Sing-a-long

### April

13 <sup>th</sup> - 16 <sup>th</sup>	14:30 - 16:30	Round the World Trip - Malta
17 <sup>th</sup>	17:00	Theatre Trip to see "Joseph and the Amazing Technicolor Dreamcoat"
19 <sup>th</sup>	19:30	Theatre Trip to see "The Music of Andrew Lloyd Webber"
29 <sup>th</sup>	14:30	Theatre Trip to see "Jolson & Co"
30 <sup>th</sup>	14:30 – 15:30	Bob Warnes - A Norfolk Childhood

*Everyone welcome to come to any of the in-house activities and entertainment.*

<b>CHIROPODIST:</b>	<i>Richard Hall attends every 6 weeks</i>
<b>HAIRDRESSER:</b>	<i>Debbie is in every Tuesday morning</i>
<b>MASSAGE:</b>	<i>Beth is here every Wednesday morning</i>
<b>NAILS:</b>	<i>Pat and Fudge are here every Tuesday and Friday</i>

## **Broadlands Park Fund Raising News**

**So far this year we have not had the time to hold a meeting, everyone has been busy.**

**We are holding an Easter Raffle, so have tickets for sale.**

**This year we are thinking of going to Amber Lodge in the summer for a B-B-Q and once again we will hold a raffle.**

**The last Saturday in August will see us at our annual Companion Dog Show and Fete, we will be selling stalls, if anyone wants to take us up on them. Put this one in your diary.**

**We are still selling squares for the Bonus Ball at £1 a go, if we can fill all the squares the prize will be £30 with £19 going into the residents funds. If we have empty squares then the prize money will be half of what has been sold. Please have a go.**

**The funds will be used through-out the year to pay for extra activities and entertainment such as the R.S.P.B. and the Falconer.**

**During the summer months we will be taking the residents out for activities and entertainment as building work will begin in the main house. So could be more theatre trips, boat trips, coastal drives etc.**

**We would love to hear your opinions on the activities and entertainment we arranged for last year and what we have on offer for this year. Any suggestions would be gratefully received.**

**Elaine.**

# MARTHAM LODGE

## Activities and Entertainment for 2009

### March

11<sup>th</sup> Graham Johns      singer      14:30 - 15:30

### April

15<sup>th</sup> Brian Day      singer      14:30 - 15:30

Every week clients are offered various activities, such as reminiscence, ball games and board games.

**Chiropodist:**      Richard Hall will be in every six weeks

**Hairdresser:**      Alison is here Wednesday afternoons

**Massage:**      Gillian massages every Tuesday

**Nails:**      Valerie cuts and paints nails every Tuesday and Thursday

# BROADLAND HOUSE

## Residents News

We had a visit from Mark Christian, Falconer, with a selection of his Birds of Prey including a quick showing of one of his new birds, a European Eagle Owl, he is a beauty. All residents and a couple of family members had the chance to hold or touch the birds as Mark went round with them. He told us a lot about the different species he has. A very enjoyable afternoon. Mark will be back in the summer again. Looking forward to it.

*(pictures will be on the website as soon as possible! Sue )*

## Activities and Entertainment for 2009

### March

12 <sup>th</sup>	14:30 - 15:30	Graham Johns	Singer
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### April

1st	10:30 - 16:00	4 clients to go for a drive around the coast.	
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16 <sup>th</sup>	14:30 - 16:30	Brian Day	Singer
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19 <sup>th</sup>	19:30	Theatre trip "The music of Andrew Lloyd Webber"	
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## **BROADLAND HOUSE FUND RAISING COMMITTEE**

**We have started a bonus ball. You can buy a number or a few for £1 each. If your number is the Saturday bonus ball then you will win. If all numbers are filled in you will receive £30 with the rest going to our funds, if some squares are left empty then the winner will receive half of the money received. The board will be left in the entrance hall near to where you sign in. Money can be left with any staff member to pass on to Teresa. Thank you. We are not doing very well with this at the moment, please support us, if staff do not ask you then please feel free to mention it to them. We really need your help.**

**An Easter Raffle will be held, please could we have donations of Easter Eggs, or perhaps you would like to purchase tickets. All money to help with activities and entertainment.**

