

THE AUGUST DOWER HOUSE NEWSLETTER

AN ABUNDANCE OF SWEET PEAS



We are all used to the vagaries of the British climate.

But this year nature has confounded us with the excessive heatwave.

Neither the plants nor ourselves are used to this climate, we are all suffering the consequences of the heat. We have got in extra fans, but it is very hard for the nurses, wearing their masks in this heat. The plants are really suffering, and they require watering daily. So,

Ben and Terry are extra busy. We have erected an awning on the lawn, to give extra shade for the residents to take tea under, or to enjoy extra activities in the garden.

The boat trip on the Solent was well attended, and I hear a great success.

I believe the next boat trip will include a visit to the boat show by water. You will be able to see some of the most amazing modern yachts, as well as some nice traditional sailing

boats.



Sweet peas



Blue salvia & red leafed sorbis

I shall be thinking of you all in the heat and hoping there will be some nice cool breezes, to make it more bearable.

Best wishes, Mrs Lywood

Micki A. Lywood

GARDENING NEWS FROM BEN



The long warm days of August are now with us. The garden will need plenty of watering to keep it at its best, we can encourage the plants to produce more flowers by frequent dead heading or cutting to have indoors to enjoy. The standard roses (Lady Emma Hamilton) in physio borders on the drive, are beautiful in a vase, there are also some perennial sweet peas to cut and enjoy.

Over the last month Terry and I have almost finished a lap of the garden, the borders are full and very dry due to the hot spell we have had. However, the garden is full of bloom and there are some shady places to enjoy it from.

I have a few hot spots of interest in the garden that are worth a look.

1. The wildflower boarder is in full bloom and full of hoverflies
2. The pond water lilies and dragon flies
3. The roses and dahlias, roses on the drive, dahlias in the shrubbery and by the barn.



The wildflower boarder

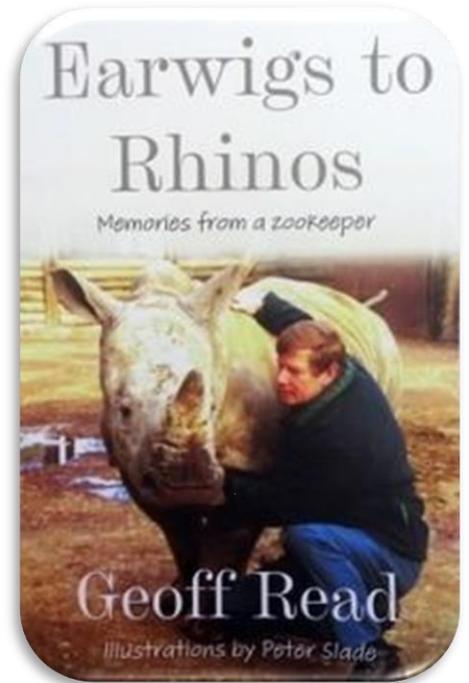
4. Keeping it watered and tidy, please come and enjoy the plants and nature in the shade from a tree.



Lavender

HERE IS A TASTE OF OUR EVENTS DURING JULY AT THE DOWER HOUSE

SPEAKER GEOFF READ EX ZOOKEEPER AT MARWELL COLDEN COMMON



BEING bitten by a Black Widow Spider, threatened by a two-metre-tall kangaroo, wounded by a cassowary and handling bluebottles for a TV drama were all in a day's work for Geoff Read.

Geoff entertained us with his funny, and sometimes heart-breaking stories of his career as a Zookeeper. Geoff spoke about behind the scenes of life at London Zoo during the sixties and then when he left to work at Marwell in Colden Common, which opened in 1972.

As a young boy living in austere, post-war London, Geoff Read had little opportunity to enjoy his passion: a fascination for insects.

He followed his dream which took him from collecting earwigs in an old teapot to working closely with some of the most endangered species on earth, including rhinos, in two of the most famous zoos in Britain. Lockdown presented Geoff with the opportunity to record his fascinating life-story. His book brings the reader the joys and sorrows, the hilarious and the very unexpected and takes us with him as he moves from inexperienced under-age beginner to Head Keeper over a period of fifty years.

Sandra was the girl next door and elated when Geoff asked her out. Wondering where their first date would be little did she know she would be teetering down rubbly paths in her highest heels, to a privet hedge to look at insects!

Geoff & Sandra now living in Kings Worthy, described his home life and how working with animals is not something left behind at the end of the day.

Geoff donated one of his books to the home and we will be selling it for our charity Julia's House.

Geoff will return with his tracheolar once his skin has shed and is felling a better mood!!!

TRIP TO THE MARY ROSE

During the end of July, we met our residents request to visit the Mary Rose at Portsmouth docks. Picnic in hand and wonderful weather we visited. Lunch was spent overlooking the harbour whilst enjoying the view of 2 naval ships which provided much conversation. Then off to see the Mary Rose, everyone enjoyed their time reading and seeing the Mary Rose and all the artefacts that are so well preserved.

Carers, Doreen & Carol with
over 55 years' service at The
Dower House



The Mary Rose was the flagship of Henry VIII that served in his fleet for 34 years before sinking during the Battle of the Solent in 1545, with the king watching from nearby Southsea Castle. Her remains were raised in 1982 and are now on display along with thousands of the original objects recovered alongside the ship, giving a unique and moving insight into life in Tudor England. She is the only ship of her kind on display anywhere in the world Tudor England. She is the only ship of her kind on display anywhere in the world.



SPEAKER FREDA BATES ON TALES OF THE TUBE



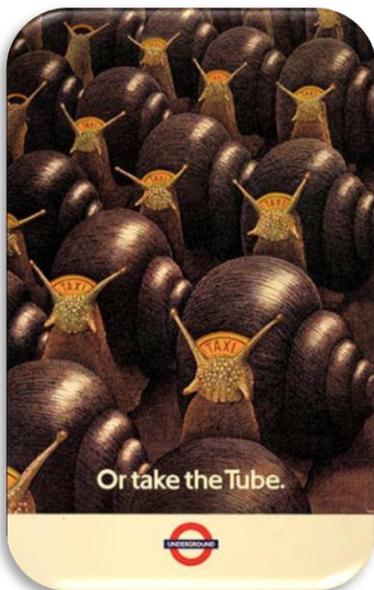
Something a little different from Freda's usual talks.

Freda's took a quirky look at some of the unusual things associated with the London Underground – from the different styles of station to the delightful decoration of the platforms and the often-witty posters. We learnt so much from her talk.

The station is named after the nearby Finsbury Park, one of the oldest of London's Victorian parks. It is also used by many Arsenal supporters on matchdays, as the club's ground is just a short walk away.



When the Victoria Line was built in the 1960s, the walls in Finsbury Park station were decorated with mosaics of hot air balloons and duelling pistols, which can still be seen.



This was based on a mistaken identification of Finsbury Park with Finsbury Fields, which was used by Londoners since medieval times for archery and sports, and also associated with 18th century duels and one of the first hot air balloon flights. However, Finsbury Fields actually occupied a location close to the present-day Finsbury Square.

GENTLEMANS CLUB

New for July, our Gentleman's Club.

As our male residents increase it seemed a great idea to set up a morning men's club. Our first session was well advertised, thinking we had selected the idea craft that made use of our hands by building, sanding and readings instructions whilst building a woodcraft Messerschmitt we were joined by LADIES! Not a man in sight!

Working as a team we created this lovely plane (pictured right). Propeller turning, wheels in motion and no missing parts.... didn't we do well!!

We learnt a few tips that we could pass on to the men, if we want too.

So come on men show us what you can do.....There is a PRIZE for the best finished plane.



*Date for our next club is
FRIDAY 12TH AUGUST*

HERE ARE A FEW THOUGHTS FOR THE FUTURE,
WHAT IDEA DO YOU HAVE, PLEASE SHARE THEM.



KNIT AND NATTER



Each week we are joined by Sybil, Margaret and Joy who kindly visit The Dower House on a Monday morning chatting and assisting our residents with their knitting. They have some fabulous creative ideas to help us in raising money for our charity. During November we hope to invite the public to purchase some of our produce.

During the past residents have knitted squares and created this wonderful coat that we sold in aid of charity.

If you have any creative ideas in helping us with making items for our Christmas fayre, please do contact Christine.

Knitting as you can imagine is a fun and a therapeutic way of making items for friends and family, while socialising with others.

The earliest use of the word "knit" noted in the Oxford English Dictionary dates back to the 15th century.



It originated from the Old English word *cnyttan*, which means to tie with a knot. The legendary origin of the art of knitting has still been a question to many. No one has ever known the exact date of when the first production of a knitted item occurred. However, knitting is said to originate in the Middle East, and is recognized as the youngest craft among spinning and weaving.

The ancient, knitted garments were made of natural fibres like cotton, wool, and silk. Such materials decompose easily, which made it even harder to trace the time when this activity existed.



MINIBUS TRIP TO THE LONG BARN, ALRESFORD



Early July with many residents we took a trip out to the Long Barn near Alresford.



The café has a natural homely feel that our residents thoroughly enjoyed. They have a host of inspiring blended teas and homemade cakes on offer. Prior to visiting the café, we looked around the garden centre and viewed the large lavender field before making our purchases in the shop.



The Barn is situated on a site, which, since the Middle Ages, was used to pen herds of sheep for the Alresford Sheep Fair, hence 'The Old Sheep Fair' address. There is lavender now grows where once as many as 16,000 sheep huddled

The Long Barn started with a local man and his love of lavender and desire to create a range of products that do justice to this wonderful plant.

SPEAKER FROM JULIA'S HOUSE

Amanda spoke about how Julia's House came about and the services that they provide today.

Covid had hit funding and supporting child who are terminally ill, they were closed for accepting children into the hospital, however they continued to provide support to children and their families outside.

Julia's House not only support children & young adults but greatly provide Family support service organises social activities that enable families to spend quality time together, forming friendships with others in similar circumstances.

Amanda went onto speak about how siblings can feel left out, and what Julia's House have succeed in by setting up a sibling group that helps brothers and sisters build resilience and confidence in a fun, friendly environment.

In May 2017 Julia's House set up another hospice in Devizes, the first children's hospice in Wiltshire.

How lovely to hear about celebrities like Martin Clunes, Guy Ritchie greatly support Julia's House.



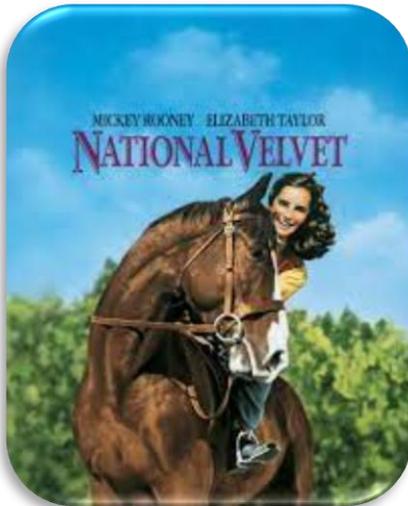
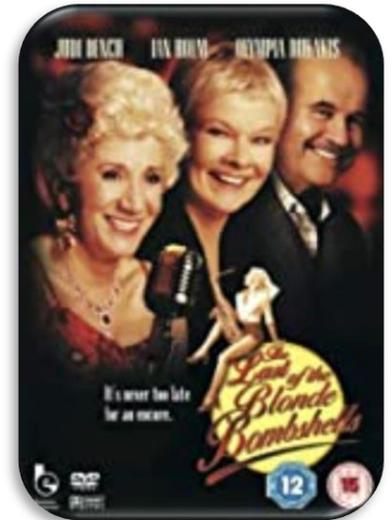
Harry Redknapp is one of the longest-standing Patrons of Julia's House.



FILM CLUB

The last of the blonde bomb shells

The Last of the Blonde Bombshells is a 2000 British-American television film directed by Gillies MacKinnon. The script by Alan Plater focuses on the efforts of a recently widowed woman to re-unite the members of the World War II-era swing band with which she played saxophone.



National velvet

The story that Mi (played by Mickey Rooney) tells Donald Brown (played by Jackie 'Butch' Jenkins) about a shipwrecked horse is based on a true story about a New Zealand-bred thoroughbred named "Moiffa" who did in fact survive his ordeal and went on to win the Grand National the following year.

Witness

An 8-year-old Amish boy and his mother are traveling to Philadelphia, on their way to visit the mother's sister. While waiting at the train station, the young boy witnesses a brutal murder inside one of the bathroom stalls. Police detective John Book is assigned to investigate the murder of the man.



For Freedom

In pre-war Britain, newsreel chief Will Ferguson and his son Steve plan to make a documentary celebrating human achievement – but the events in Europe sour their plans. Hitler's Third Reich is on the march and has just invaded Czechoslovakia. Europe is in flames and instead they make a documentary fiercely condemning the rise of fascism.

CAROL CELEBRATES 30 YEARS AT THE DOWER HOUSE



Congratulations to Carol who joined The Dower House Care Team in 1992. Mrs Lywood attended the home on the anniversary, her speech she gave to Carol was heartfelt she spoke on the times Carol has residents on holidays, days out and walks to the farm shop.

All the staff gathered in the courtyard where Carol was presented with flowers made by Cobbs and a delicious chocolate cake made by our cooks.

Carol was truly taken by surprise and thanked everyone for their kindness!!



*(Above)
Mrs Lywood, Carol & Meryl*

*(Left)
Some of our wonderful staff*



WHAT'S ON IN AUGUST

Every Monday at 10.30 Knit & Natter

Every Tuesday morning Keep Fit with Lorraine

Every other Wednesday Hextor Pat Dog & Film Club as listed

Monday 1st August 3pm Craft - Needle Felt Making

Tuesday 2nd 3pm Colin Sutherland here with his Owls

Wednesday 3rd 11am What the Papers say and Money Ball

3pm Speaker John Salvat 'History of Bath'

Thursday 4th 11am Word Game

3pm The Price is Right

Friday 5th 11am Gardening Club

3pm Brian Budden pianist

Tuesday 9th 3pm Alla playing the piano

Wednesday 10th 11am Word Game

3pm Art with Sara

Thursday 11am Money Ball Game

Minibus trip on the Alison McGregor

Friday 12th Gentleman's Club - Model planes

3pm Film Club – For Freedom

Monday 15th 3pm Painting Cards for our charity to sell

Tuesday 16th Art with Doreen, making roses

Wednesday 17th 11am Coffee time chats & Word Game

3pm Film Club 'Last of the Blonde Bomb Shells'

Thursday 18th 10.30 xxxx

12.30 Minibus trip on 'The Watercress Line'

Friday 19th Gentle Exercise & Games of Legs

3pm Pod Cast on David Attenborough

Monday 22nd Art with Christine

Tuesday 23rd Film Club 'Witness'

Wednesday 24th 11am Holy Communion

12.45 Minibus trip on the Alison McGregor – not confirmed by driver

Thursday 25th 11am What the papers say

Minibus trip to Longstock Water Gardens

Friday 26th 11am Gentle Exercises & The Word Game

2.45 Jackie Drew playing the Violin

Monday 29th 3pm Film Club 'National Velvet'

Tuesday 30th 3pm All playing the piano

Wednesday 31st 11am Coffee Time Chats

3pm Helen here from 'The painted Dragonfly'