

In August Tenants and their families were invited to the Dunstan Court Carnival. It was held to raise funds for a communal vegetable patch and to purchase more supplies for the daycentre service.



Donations were received from local companies for the raffle and tombola and staff put together some games for entertainment and of course there was a fabulous bake sale stall.



Everybody had a great time, and many tenants commented that it was lovely to be together again.

A big well done to everyone at Dunstan Court, they managed to raise £352.00!!

The new supplies purchased from the successful Carnival are being enjoyed now the Dunstan Court Day Centre is fully operational again.



## Manager's Bulletin

The Summer finally arrived in late June, seeing the sun and feelings it's warmth definitely made everyone much happier. That combined with the eventual relaxing of restrictions made a very enjoyable summer. What a treat it was to enjoy those beautiful summer afternoons sitting outside in the gardens, meeting friends and family or just enjoying the peace and quiet.

The gardens at each scheme were wonderful this year and gave us all a beautiful display. Our gardener Steve worked so hard over the course of the year and we saw all his efforts come to fruition.

How lucky we are to have such nice areas to use. It would be lovely to see everyone taking advantage of the various seating areas we have outside before the warm weather gives way to the cooler autumn temperatures. The fresh air and sunshine is so beneficial to us all.

I know I'll be doing my best to enjoy my breaks outside for as long as I can.

Denise Taylor  
Extra Care Manager

# A lifetime in Melbourn.

## Doug Winter



Doug a Moorlands Court tenants was born and bred the village and his family ties have been in Melbourn as far back as 1870 when his Grandfather was born.

He showed me some amazing photos of the village from years gone by and had

images of the little cottage he was born in which was opposite the old "Red Cow" pub in the High Street. He recalls happy times as a child in the village with his 2 brothers and sister. Their Grandfather used to cut the grass on the village green with a scythe and the siblings would follow after him collecting the grass cuttings to take home and feed to the family's pigs.

In those days it was normal to leave school at 14 and Doug was no exception. Just after the start of the war in 1939, Doug left school and went to work at the local CO-OP as a delivery boy. He was a familiar sight cycling around the village on his trike delivering groceries and bread to the locals.

As most young men of the time, Doug wanted to enlist in the Army, but he failed the medical due to an issue with his hearing. The advice from his Doctor was to find employment in the open air and so he went to work at Palmers, a fruit growing company in Melbourn. Doug told me about some of the amazing harvests he saw during his time with the company and gesticulated about the size of the huge apple crop one Autumn. After a few years at Palmers, Doug moved on to work for one of the biggest landowners in the area – Thriplow Farms. He worked in the grain store and was also responsible for looking after the various animals, and the general running of the estate. He was an invaluable member of staff and enjoyed the outdoor life. Doug recalls some of his memories from that time and told me how exciting it was when electricity was first installed in the village. He said he was a quick learner and could turn his hand to most things and

even helped install electricity to some of the homes in the village.

At the same time, the farm began to install electricity to the barns and pig pens which Doug also had a hand in installing.

He met his wife Rosamund in 1946, while working at Thriplow Farms. She was a local girl from Thriplow village, and they were soon married. By 1949 their first son Stephen was born, shortly followed in 1953 by another son, Barry. Family life and bringing up their family kept the couple busy, but Doug continued to be a valuable member of the local community and was the Secretary on the Parish Council at Triplow. Their sons both went to the Village College and Doug also enlisted on numerous evening classes there too, where his interest in electronics was expanded.

In 1965 Doug was offered a job at the College of Estate Management in Surrey where he took on the role of Groundsman at the University of Reading. He recalls happy times in Surrey but by 1976 the family moved back to Cambridgeshire when Doug took up the position of Groundsman at the Police Headquarters in Huntingdon.

He told me about the workshop he had in the garden at the family home in Harston where he would spend time repairing various electrical items and enjoyed tinkering on countless jobs in there. He would often travel to Hitchin market to source the spares needed for his repair jobs.

Doug remained at the Police Headquarters until his retirement in 1989 and continued to live in Harston with Rosamund until she sadly passed away 5 years ago. In 2020, he decided to make the decision to have some additional help and moved to Moorlands Court. He told me he is happy here and especially enjoys the view from his flat overlooking the Village College.

I thoroughly enjoyed chatting with Doug and it was lovely to hear stories of his life and the local area from times past. Thank you Doug

# RECENT EXTRA CARE PHOTOS

## Extra Care Gardens



Dunstan Court Carnival



National Photo Day



From the kitchen



From the kitchen



Long service



Long service



Carers Week



World cup fever



National Fish & Chip Day

# What's been happening?

Each tenant was given an Iris bulb back in March to plant and mark the National Day of Reflection - (a day to remember the first National lockdown and for those who have passed due to Covid).

What a beautiful display those bulbs have given us. The flowers have certainly enhanced the Moorlands Court garden.



Celebrating World Chocolate Day in Housing with Care

World Chocolate Day, sometimes referred to as International Chocolate Day, is an annual celebration of chocolate, occurring globally on July 7. The observance of World Chocolate Day date back to 2009, and some suggest July 7 in particular celebrates the introduction of chocolate to Europe in 1550.

## Our featured Service

Our Restaurants continue to serve up a selection of culinary delights for tenants and visitors.

Please book in with our Restaurant if you would like to join us for lunch, we would be happy to see you.

Alternatively, if you have family visiting later and would like an afternoon tea for your flat, let us know and we can discuss your requirements.



# Lifestyle.

Getting bored of the same old supper ideas?

Why not give a Salmon BLT a try.

The addition of Salmon dials down the sodium and fat —and gives a hit of heart-healthy omega-3 fatty acids.



## Ingredients

8 bacon slices  
1/2 c. low-fat Greek yogurt  
1/2 c. fresh dill, roughly chopped  
1 scallion, finely chopped  
1 lb. skinless salmon fillet  
Salt  
Pepper  
1 tbsp. oil  
4 thick slices toasted bread  
Lettuce  
Tomato  
Cucumber salad, if desired

## Directions

1. Cook bacon until crisp.
2. Combine low-fat Greek yogurt, fresh dill, scallion, and 1/4 teaspoon each salt and pepper.
3. Cut salmon fillet into 4 thin pieces, season with 1/4 teaspoon each salt and pepper and cook on medium in oil until opaque throughout, 1 to 2 minutes per side.
4. Spread yogurt mixture over 4 thick slices toasted bread and top with lettuce, sliced tomato, salmon, crisp bacon, and 4 more slices toasted bread. Serve with cucumber salad if desired.

**Nutritional Information (per serving):** About 525 calories, 14 g fat (4 g saturated), 42 g protein, 1,070 mg sodium, 53 g carb, 3 g fibre

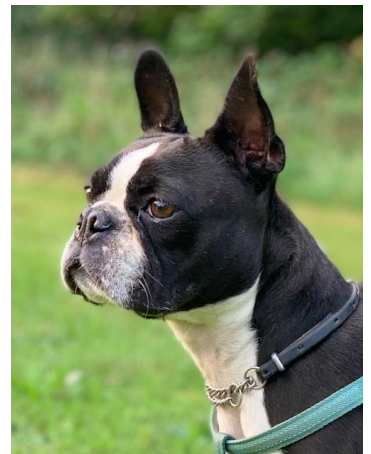
## Pets Corner

**Name:** Nancy

**Age:** 5 years

**Breed:** Boston Terrier

Nancy belongs to Carol – the Administrator at Moorlands Court. Carol said “Nancy had a very successful show career when she was younger and even strutted her little paws on the famous green carpet at Crufts, although these days she’s more than happy to be snuggled up at the bottom of the bed”



If you would like to see your pet featured in the next newsletter please let one of the team know.

# Staying Safe

## Five key points about scams

- 53% of people aged 65+ have been targeted by scams and criminals.
- Scams cost the UK £5-10 billion each year.
- Anyone can be a scam victim, regardless of age, gender, education or economic background.
- Scam victims might not always admit (or be aware) that they are a victim of a scam. Only 5% of victims report the crime.
- Scams are the product of organised, predatory criminals who gain trust to exploit and steal money.



#FriendsAgainstScams

NATIONAL  
TRADING  
STANDARDS  
Scams Team

## Promoting Independence.

Tap turners – fit cross-head taps. Plastic, lever handles which pivot up when not in use to facilitate access to sink or bath; colour coded according to water temperature.

Usually priced from around £10.00.



## Top Tips - what can you do to protect yourself and/or others?



- 1 Never disclose security details
- 2 Don't assume everyone is genuine
- 3 Don't be rushed
- 4 Listen to your instincts
- 5 Stay in control



#FriendsAgainstScams

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## Useful Numbers

NRS 0300 123456  
District Nurse 01223 456789  
Money Matters 01223 713456  
Benefits advice 0800 987654  
Taxi 01223 713713



# Additional services

There are a number of additional services offered throughout the 3 Extra Care schemes. Some of which are listed below. If you would like to discuss any of the services listed please come and have a chat and we can discuss your needs.

## Housekeeping:

Tenants - £14.20 per hour

Community - £14.75 per hour

## Laundry service – in flats

### 1 load per week

Wash & dry - £14.00

Wash, dry & iron - £18.50

### 2-3 loads per week

Wash & dry - £28.00

Wash, dry & iron - £36.00

### 4+ loads per week

Wash & dry – 42.00

Wash, dry & iron - £58.00

## Laundry service in laundrette

Wash, dry & iron - £18.50

Wash & dry - £15.50

## Laundrette – self service

Washing machine - £2.50 including detergent

Tumble dryer - £2.00

## Carpet Cleaning

£16.00 per hour

## Private Care

Day rate - £18.75 per hour

## Night rate

Waking night - £20.00 per hour

Sleep in night - £65.00 per hour

## Day Centre

### Private clients

£16.00 per day

Price includes:

- Attendance fee
- Transport
- Lunch
- Drinks & refreshments

## Guest Room

We have a guest room available for tenants friends and family, the price includes:

Tea & Coffee

Double bed

En-suite shower

**£20.00 per night**

## Restaurant price list – Visitors (adult)

Starter - £2.00

Main meal - £5.00

Dessert - £3.00

Sunday Roast - £7.00

Sandwich - £3.50

Jacket potato with filling - £4.50

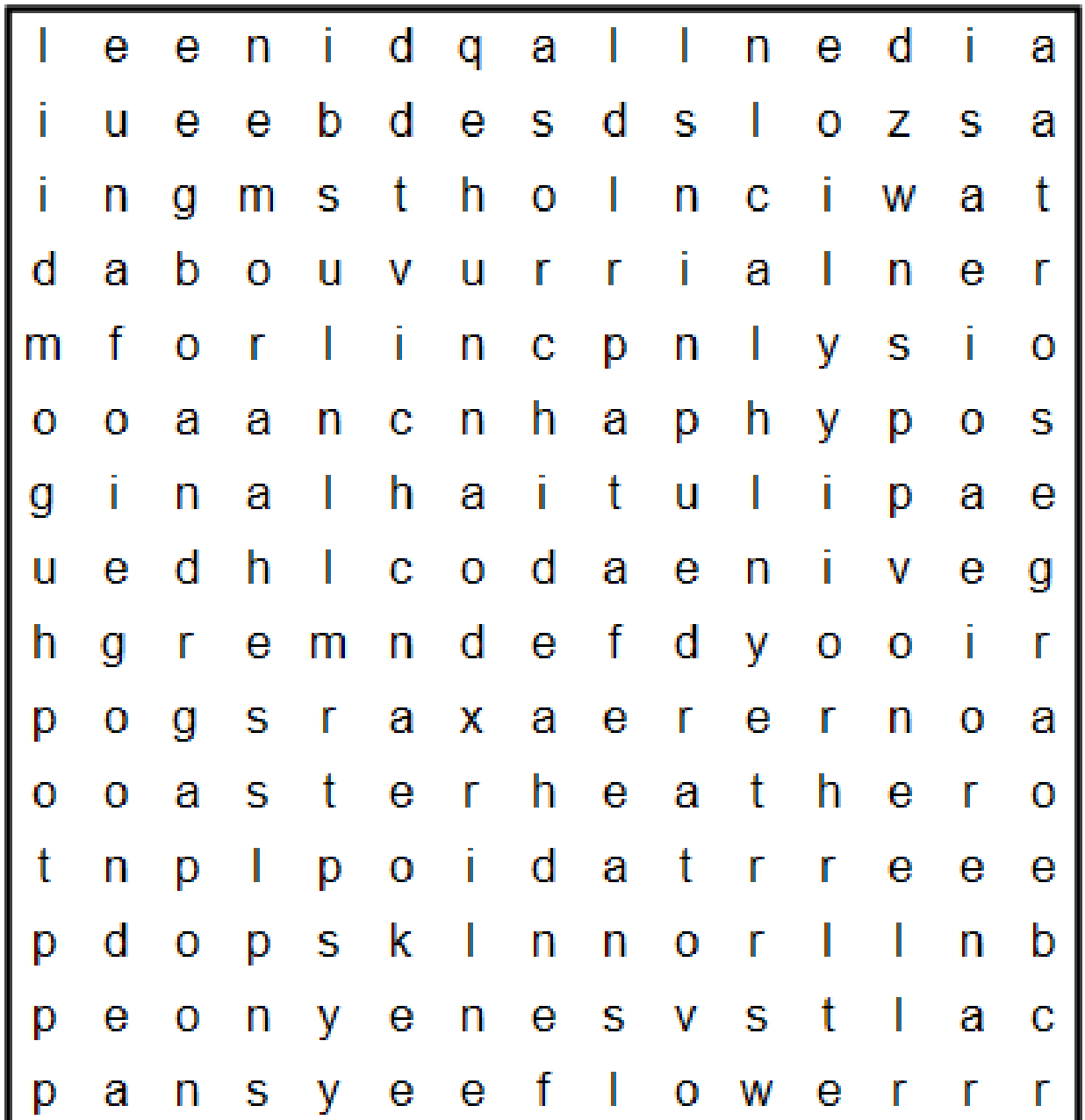
Salad - £3.25

Children's meal inc dessert - £5.00

# Competitions

Why not have a go at the word search below. The theme is flowers.

**Aster, Flower, Heather, Lily, Orchid, Pansy, Peony, Poppy, Rose, Tulip**



Can you find the little Robin hidden within this edition of the Newsletter? If you find him, let me know where he was hiding and all the correct answers will receive a little prize.