

## October Newsletter 2020



*We have been awarded  
"Good" by the Quality Care  
Commission. August 2019*

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Picture: Kitty potting up some  
hyacinths

# What's Happening

The Locavore project has started with a raised beds going in and a bird feeder being put up. They have also very kindly donated a cake and bottle of gin to us.

We will be having a Halloween party, with Fancy Dress , Pumpkin Carving, Guess what's in the box and some ghoulish Gins.

## Popular Quiz Afternoons

Individual Choice of activities on a one to one basis available, could be a drive , chat, board game or pamper.

Our Gin bar is proving popular, with a wide range of Gins including Blackberry, Lemon Sorbet, Orange, Rhubarb & Ginger, Sloe, Bombay Sapphire, and Cherry.

Bi-Weekly Bingo Via Zoom done by professional callers with inhouse prizes

Monthly Church Service with Hymns from Holy Trinity Church Via Video link

Arts and Crafts Projects

Reminiscence sessions

Pet Therapy Guinea Pigs Visit



## BIRTHDAY WISHES



Elizabeth- 7<sup>th</sup> November

Jack- 8<sup>th</sup> November

Sheila- 19<sup>th</sup> November

Sheena- 27<sup>th</sup> November



# Pictures of September



**June and Elsie enjoyed making the Thank you plates for the staff this month.**



**Ted and Jean enjoying National Milkshake Day**





**Elsie, June and Jean enjoyed making lavender bags.**



**Jean & Kitty potting up some hyacinths.**



**Maureen enjoyed her Birthday Zoom call with her family (Left)**

**Michelle received a Bottle of Gin from the Locavores (Right)**



# GETTING TO KNOW YOU

*This months getting to know is on Lorna our Activity Coordinator. This Article has been purloined by Sidney our own resident journalist. With some help from his daughter Nicola.*

The name “Lorna” was first penned by Richard Blackmore in his novel Lorna Doone- where he fashioned his heroines name from the English word for forsaken or lonely- but our Lorna certainly isn’t either of those. Ever romantic, she has been married and engaged and is now being courted by a Man of letters- we hope very much that he will deliver all of her dreams.

Lorna was born in the Southend and remained an Essex Girl until arriving in Kent on the cusp of the Millennium in 1999. She studied Sports Therapy at South East Kent College and then did office work for Eurostar and local companies before taking a 2 months sabbatical to Australia, where upon her return she worked as a freelance Pilates instructor and personal trainer. Finally, she found her way to Brampton Lodge in 2015. Sid says it was a pleasure to meet her when he arrived two months later in August and it has continued to be so

from that day forward. Since her arrival she has been of immense service to all of the residents, often going above and beyond the call of duty to assist those who are particularly needful.

Lorna is a great dreamer- one of her favourites is to become a millionaire so that she can buy Brampton Lodge and turn it into a holistic residential home, complete with complementary therapies and homeopathy, offering a safe and welcoming haven for all those who are in most need.

So get on with it Girl its a job for Ms Hope & Happiness.





## STORY OF THE MONTH



This month's story is from Roy.

Roy was a Chartered Structural Engineer in his professional life. "Knows everything but can do nothing" is what Roy says.

One of Roy's achievements was the raising of the Mary Rose from the Solent in Portsmouth in 1982.

Roy spent 5 years on the project and numerous cups of tea and headache bills. He was working out the ways and means on how to do it. The main problem was how they were going to get hold of it and pick it up. Imagine you have an egg that you're trying to pick up, which is very easily crushed. So we decided we would build a

frame for it to sit in. The frame was made by the people who made the power station free of charge. When it was picked up we wanted to get it in its frame. The Navy dived down and took out some of the wooden pegs and replaced them with metal shackles which we connected to cables on the crane. We used the Togmore floating crane which can lift a thousand tons which was loaned by the USA. There was a partial collapse of the frame whilst the ship was being lifted. Also Roy remembers getting a phone call whilst in office watching the lift on the TV, which said the Togmore was saying a weight of 760 tons, which would have sunk the barges which were to carry the ship to dry dock. But there was a fault in the equipment which read the weight wrong. Through all the challenges they succeeded, and Roy felt he had also had a great weight lifted off his shoulders too.

The frame was made so that conservators can get access by removing sections at a time, it is now in a museum in Portsmouth where it is constantly sprayed with water to stop it from degrading. The chief archaeologist was a lady named Dame Margaret Rule who wanted the artifacts and bones to see how life was back then, which is of great benefit to us all. Some of the artifacts that were found are amazing. They lived in hammocks between the cannons it must have been a hard life for the seamen.

We were learning so much all the time and that's why there was so much interest. HRH The Duke of Cornwall was the patron of the project and dived down onto the wreck before it was raised. HRH The Duke of Cornwall presented everyone who was on the project with a glass model of the Mary Rose which Roy is pictured with.

I hope you have enjoyed this newsletter, *Best Wishes, Lorna*