

September Newsletter

It appears the month of August has flown by.

As in the blink of an eye. We have long hot summer days, too hot sometimes, and warm humid nights,

I have noticed a coolness in the breeze indicating the start of Autumn.

I'm looking forward to seeing the changes Autumn brings.

It has a beauty unique to this time of year.

Continuing our series of articles on different faiths.

The next two are Sikh and Spiritualist

Sikh Sikhism was developed in the 16th Century in Punjab, India. Sikhs believe in one God and many cycles of rebirth. They request equality of all people regardless of Caste, colour, creed or sex. Sikhs do not have a specific holy day. British Sikhs have adopted Sunday as their holy day.

Prayers are said three times a day, before dawn, after the days work

and before sleeping. As a sign of faith Sikhs wear a Kesh (long hair kept under a turban) To indicate equality all men are given the name Singh (Lion) and women Kaur (Princess) Some Sikhs prefer to use this religious title rather than their family name.

Wherever possible female patients prefer to be seen by female doctors.

The 5 'Ks' worn by Sikh men Kesh (long hair) Kangha (small comb in the hair) Kacha (a special type of underwear) Kara (a steel bracelet or ring worn on the right wrist) Kirpaan (a sword symbolically worn by baptised Sikhs) should not be removed. If this is needed it must be carefully explained to the patient and the spiritual leader contacted if there are no relatives.

Sikhs are basically lacto-vegetarians. Beef and pork are not normally eaten. Many will not accept fish, eggs and meat.

At death routine procedures may be performed. The five 'Ks' must not be removed. There are no objections on religious grounds to blood transfusions or organ donation/transplant.

Sikhs are always cremated.

Sikh custom is that comfort given to the bereaved should be by those of the same sex.

SPIRITUALIST Spiritualism began on March 31st 1848 when the Fox sisters produced spirit rappings in their home in New York. Spiritualism is a rational religion based on the proven knowledge that man's spirit survives physical death. Spiritualist philosophy contains neither dogma or creed and is discussed rather than preached.

Spiritualist members may request a Healer for treatment along side medical treatment, This involves the laying on of hands, an act which can be performed quietly and with discretion.

No specific dietary requirements have been identified.

They believe that those in the spirit world will come and meet and welcome them on death.

Routine last offices are important.

There are no objections on religious grounds to organ donation or transplantation or Post Mortems.

Here is a little about our next two willing volunteers

Angela Jones – Care Assistant wrote:-

I am 50 years old, been with my partner Kev for 4 years. I have a 17 year old daughter, and 2 dogs called Lucy and Finley.

I am passionate about music, mainly Reggae, Ska, Blues and Rap.

Dancing is my way of relaxing. Originally from Anglesey, North Wales,

I speak Welsh and proud of my roots.

I like to upcycle furniture (Time allowing) and generally socializing when I can.

Rich or Happy

Happy

Savoury or Sweet

Savoury

Chips or Jacket Potato

Jacket Potato

Sink or Swim

Swim

Earlybird or Nightowl

Night owl

Jelly or Ice cream

Ice cream

Naughty or Nice

Naughty

Boys or Girls

Boys

Cats or Dogs

Dogs

Plane or Boat

Plane

TV or Radio

Radio

Angry or Sad

Angry

Mad or Sensible

Mad

Singing or Dancing

Dancing

Jenny Hardy

I was born in March 1950. I'm a pisces.

I have been blind since birth, but hasn't stopped me. I believe in Christian values, but unsure about religion. I haven't been at Primley very long but love the House and the people in it. I like being sociable, love people, hate arguments. My luxuries are perfume, shoes and handbags. I like to help fundraise for worthy causes, which I think is a good way of spending time in my retirement.

Look out for my next fundraising activity.

Think Pink!!!

Rich or Happy

Happy

Savoury or Sweet

Savoury

Chips or Jacket Potato

Jacket Potato

Sink or Swim

Swim

Earlybird or Night Owl

Earlybird

Jelly or Ice cream

Jelly

Naughty or Nice

BOTH

Boys or Girls

Boys

Cats or Dogs

Cats

Plane or Boat

Boat

TV or Radio

Radio

Angry or Sad

Sad

Mad or Sensible

BOTH

Singing or Dancing

Singing

School summer holidays are almost over. That means Roseland's

Nursery will be returning to Primley on Monday 9th September (?)

If this date changes I will let you know.

Weekly events Book Club Monday Afternoons

Hairdresser Wednesday Mornings

Painting with Tracey Thursday Mornings

Dates for the Diary

6th September

Art Works Exhibition

11am – 3pm

9 th September	Roseland's Nursery	10.30am
	The Animal Man	2.00pm
10 th September	Communion with Val	10.30am
17 th September	Harp Concert	3.00pm
19 th September	Caribbean Theme Day	10.30am
	Quiz and Cocktail Making	
	Derek James sings.....	3.00pm
23 rd September	Armchair Exercises	11.15am
25 th September	MacMillan Coffee Morning	11.00am

If you have anything you would like to put into the monthly newsletter,
funny stories, jokes etc. give them to me by the 3rd week of the month.

