



# PRIMLEY HOUSE

Residential Care Home

## August 2019 Newsletter

As always, the newsletter starts with a mention of the weather. July has been very warm with long hot days for weeks at a time, reminding me of school holidays, which seemed endless. Day after day of sunshine, I'm sure we must have had rainy days, but they have slipped my memory. I'm hoping the lovely weather continues throughout August, September, October .....

After many months of planning, the day of the Summer Fete arrived. It was a lovely day. Great weather, lots of people. A big thank you to all who contributed, their time and effort, everyone who attended and made the day a success. We managed to raise £1853.60 so well done to everyone. Also, congratulations to Jane Collins for winning the Bake-Off Cake completion with her Lemon Victoria Sponge.

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## **Book Club**

The way the readers groups operate has changed. It's been taken over by the Devon Libraries. Which means there are more book titles to choose from in different formats. If you are interested in joining our book club let me know.

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## **Staff and Resident Profiles**

I asked a member of staff if they would do a profile for the Newsletter, unfortunately she ran out of time for this month, but said she would do it for next month. It was too short notice to ask another member of staff to do it. So, by default I will do mine!

### **Julie wrote:**

I am 57 years old, married to Paul for 34 years. I have 2 daughters, 11 Grandchildren and 2 great grandchildren. I have lived in Torquay for 13 years after moving from the Midlands where I was born. I'm always busy! I can read Tarot Cards,

(I did an eight-week course)

Two years ago, I studied and passed an NLP (Neurolinguistic Programming) and CBT (Cognitive Behaviour Therapy) Course. I have started a Therapy business called Creative Mind Matters. We help people with anxiety, sleep disorders, addiction, panic attacks and many more mental health problems.

Rich or Happy – Happy

Savoury or Sweet – Sweet

Chips or Jacket potato – Jacket

Sink or Swim – Swim

Early bird or Night owl – Night Owl

Jelly or Ice cream – Ice Cream

Naughty or Nice – Naughty

Boys or Girls – Boys

Cats or Dogs – Cats

Plane or Boat – Boat

TV or Radio - TV

Angry or Sad - Angry

Mad or Sensible – Mad  
Singing or Dancing – Singing

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**Sam Benney said:**

I am 46 years old. I have been married to Dave for 19 years. I have 2 children, 2 boys and 1 girl and I granddaughter and one on the way. I'm a big Elvis fan and would love to visit Gracelands. I like football and support Torquay United. I used to love to knit and crochet, but since having my stroke I'm unable to do this anymore. I like doing jigsaws.

Rich or Happy – Happy  
Savoury or Sweet – Sweet  
Chips or Jacket potato – Chips  
Sink or Swim – Swim  
Early bird or Night owl – Early Bird  
Jelly or Ice cream – Ice Cream  
Naughty or Nice – Naughty  
Boys or Girls – Girls

Cats or Dogs – Dogs

Plane or Boat – Plane

TV or Radio – TV

Angry or Sad – Sad

Mad or Sensible – Sensible

Singing or Dancing - Dancing

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The next two Religions this month are: -

Quaker and Rastafarianism

## **QUAKER**

The Religious Society of Friends Movement arose

In mid-17<sup>th</sup> Century. Followers call themselves Friends of Truth or simply Friends. There are no ministers or pastors. Elders or Overseers are appointed to oversee the Spiritual and Pastoral wellbeing of Quaker Meetings and its Members. In their meetings Quakers do not sing hymns or use set prayers. Quakers believe the whole of life to be sacred and the experience of God is available to everyone. They respect the creative power of God in every human being, and in the World around us. Quakerism is a group of insights, attitudes and



practices which together form a way of life rather than as dogma or creed. A Quaker may like to be visited by a Member of their own faith. There are no special rituals or practices for the dying. There are no religious objections to post-mortems or organ donations. The wishes of the deceased are respected about burial or cremation. Routine procedures are acceptable.

## **RASTAFARIANISM**

Rastafarians are followers of a movement which began in the 1930s in the West Indies mainly in Jamaica and Dominica, among the descendants of slaves who had come from Africa. Identification to Africa is central to their doctrine Ras (Prince) Tafari the Emperor of Ethiopia (Haile Selassie 1) is a divine being, the Messiah of the human race.

The old and New Testaments are still regarded as scriptures although Rastafarians do not consider themselves as Christians. Rastafarianism places emphasis on personal dignity and a deep love of God. Rastafarians will be unwilling to receive any treatment which will contaminate the body. They will prefer alternative therapies such as Herbalism

and acupuncture. All forms of pig meat are forbidden. Certain fish are regarded as unwholesome; herrings and sardines are not acceptable. Orthodox Rastafarians do not take stimulants i.e. alcohol, caffeine or tobacco. There are no rites or rituals before or after death. Routine last offices are acceptable. Burial is preferred but cremation is not forbidden. Few Rastafarians would agree to a post-mortem except where it is ordered by the Coroner.

### **Every Week Activities**

Monday – Book Club

Wednesday – Primley's Points of View

Thursday – Painting with Tracey

Please keep an eye on the notice boards in the Hall for upcoming activities and events.

### **DATES FOR THE DIARY**

6<sup>th</sup> August – Children's Superhero Party – 3pm

13<sup>th</sup> August – Communion with Val & Irene – 10.30am

Bert Miller sings .... – 3pm

26<sup>th</sup> August – Armchair Exercises - 11.15am

27<sup>th</sup> Terri-Kate sings – 3pm

**Julie Turley**  
**Activity Co-ordinator**  
**31.07.19**

