

- Rockdale comm's
- Beautiful art
- Mayor's letter
- Messages for Val
- Activities

### Have a chat

If you are feeling a bit lonely and want to have a chat, please use the **Tunstall call system** and we will arrange for someone to call you back.

The person who calls you back, may be a member of staff or a fellow resident.

**Thank you for your lovely emails about this newsletter and your contributions.**

A weekly newsletter to bring our community together during these challenging times. Please send anything for this newsletter to [denise.tucker@rockdale.org.uk](mailto:denise.tucker@rockdale.org.uk) or post to The Lodge, labelled 'For Newsletter'.

# Rockdale

## Would you like to get involved in our communications?

Your Annual Residents' Report summarises and highlights the information relevant to you, mostly taken and summarised from the formal annual report and accounts.

We are soon to produce this year's report and we are keen for the report to include what matters to you, the residents of Rockdale. Should it include anything else? Would you like to include a summary about living at Rockdale?

### Residents' Annual Report



SENIOR LIVING  
**ROCKDALE**  
at the heart of Sevenoaks  
For the year ended 31 December 2018

Last year's **Annual Report and Accounts** can be found on our website ([www.rockdale.org.uk](http://www.rockdale.org.uk)) under 'About us'.

Last year's in-house **Residents' Annual Report** can also be found under 'About us' on our website. You will be asked for a password to open the Residents' Report. The password is **2018**

We would very much like you to have a look at both of these documents and tell us what information is important to you. Your help to ensure you get the information you would like to know about, will be very much appreciated.

### Tell us by emailing

- [Denise.tucker@rockdale.org.uk](mailto:Denise.tucker@rockdale.org.uk)
- Telephone Anita Cleugh, CEO at The Lodge,
- Drop a note in to us at The Lodge, addressed to Anita Cleugh

The deadline for your suggestions relating to the Residents' Report is the end of June please, when we need to start working up the document.

**We are also keen to hear of any suggestions from you, to improve our communications overall. Thank you.**

## Rockdale House Care Home

Your neighbours living at Rockdale House have been well looked after. They are still in full lockdown, but have many activities they are enjoying, whilst keeping in touch with family, using Facetime, videos and chatting on the phone. The beautiful terrace has been much appreciated during the lovely weather too.



## Seaside painting by Judith

I painted this scene of the seaside and hope it won't be too long before we are able to visit the coast again. Judith



We love this painting. Do please share your artwork with us, it is so lovely to see and inspires those around you.



**We received a lovely long letter from The Mayor of Sevenoaks, Councillor Nick Busvine, OBE at the end of May, wishing you all well.**

Nick encourages everyone to decorate their windows with peace doves for the 75th anniversary of VJ day on 15 August and he included a poem, **'Leisure' by William Henry Davies** who lived for a time in Weald. *If you would like Nick's full letter, please ask someone at The Lodge for a copy.*

### **Leisure**

What is this life if, full of care,  
We have no time to stand and stare.

No time to stand beneath the boughs  
And stare as long as sheep or cows.

No time to see, when woods we pass,  
Where squirrels hide their nuts in grass.

No time to see, in broad daylight,  
Streams full of stars, like skies at night.

No time to turn at Beauty's glance,  
And watch her feet, how they can dance.

No time to wait till her mouth can Enrich that smile her eyes began.  
A poor life this is if, full of care,

We have no time to stand and stare.

### **Message from Anna, student coordinator for 'Sevenoaks Sounds', Sevenoaks School:**

I hope you are well. I am writing to pass on the link to the fourth (and sadly final) concert for Sevenoaks Sounds. As I mentioned, this is the final concert. I am extremely sad about this but have thought about this thoroughly with my teachers and have reached this conclusion. However, all the concerts are available to watch whenever would suit you, so please do so! For easier accessibility, here are the links to all the concerts *(these can be found on Rockdale's website in News and also via the online WhatsOn)*.

I have really enjoyed working with you and sharing these concerts to everyone at Rockdale! If you or any resident has any feedback, I would greatly appreciate it!  
Thank you so much!

### **Rockdale photography competition!**

We are receiving some great shots for the photography competition.  
2 weeks to go!



### **Val Riches**

As you all know, soon we will be saying a fond farewell to Val after 20 + years. **If you would like to write a message for Val, please do so and post it to The Lodge addressed to Denise and we will include it in a 'memories' book to give to Val.**



### **Kay Kelly is leaving**

We will be wishing Kay our best wishes as she begins a new chapter in her life soon.

Kay will be leaving Rockdale on 2<sup>nd</sup> July. We will miss her smiley face around Rockdale.



## FIN or FIR Quiz

1. What FIN is not the first
2. What FIN is feathered
3. What FIR is a flying insect
4. What FIR is an inlet
5. What FIN is a showy dress or decoration
6. What FIN is one of five or ten?
7. What FIN is childishly picky
8. What FIN gets sunshine all night in summer
9. What FIR is made with coal
10. What FIR is before everyone else
11. What FIR is a small barrel
12. What FIR is a banger
13. What FIR is a weapon
14. What FIR is in the heavens
15. What FIN is a musical ending
16. What FIN is limited
17. What FIR is a business
18. What FIR is emergency help (2)
19. What FIR is an outside staircase (2)
20. What FIN is money resources

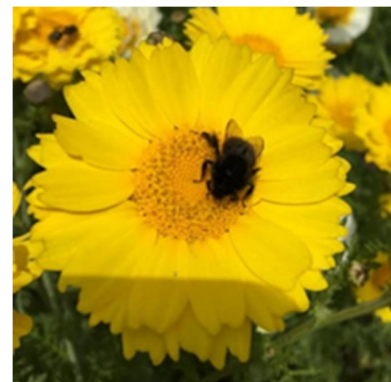
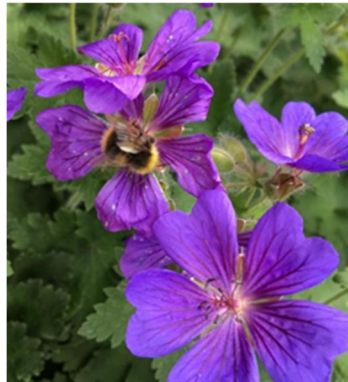
Quiz by Sybil

Answers in next week's newsletter

## The answers to the Cryptic TV Programme Titles Quiz from Issue 11

- |                       |                        |
|-----------------------|------------------------|
| 1. Antiques Road Show | 11. QI                 |
| 2. The News           | 12. Songs of Praise    |
| 3. Eggheads           | 13. A touch of Frost   |
| 4. Top Gear           | 14. Location, Location |
| 5. Watchdog           | 15. Weakest Link       |
| 6. Eastenders         | 16. Cash in the Attic  |
| 7. Not Going Out      | 17. Family Fortunes    |
| 8. Countdown          | 18. Neighbours         |
| 9. Panorama           | 19. Ready steady Cook  |
| 10. Gardeners World   | 20. Deal or no Deal    |

**Can you name these beautiful flowers? All pictures taken in Rockdale's gardens by Annette.**



### 4 easy meals from one pan:

One of our residents enjoys cooking and suggests making a big batch of mince to use as a base for a shepherd's pie, chilli con carne or Spaghetti Bolognese. He divides the prepared mince into 4 containers and freezes them to use later.

He uses:

500g mince, 1 large onion, 1 red pepper, 2 garlic cloves, 1 tablespoon of oil. Any herbs or spices such as paprika, cumin, marjoram, thyme (1 teaspoon of each), 1 beef stock cube, 400g tin chopped tomatoes

### Method:

Chop the onion, garlic and pepper, then heat the oil in a large pan, add chopped veg and cook till soft. Add the herbs and spices, stir and leave for 5 mins.

Add the mince to the pan and brown it slowly. Crumble the stock cube in 300ml hot water, mix well and add to the mince. Add the chopped tomatoes, and simmer gently. Bring to the boil, stir well put a lid on the pan. Turn down the heat so it is gently bubbling and leave for 20 mins. When cool, divide into 4 containers and freeze!

**Do you have any great recipes you can share with Rockdale residents?**

6	5	9	3	1	4	2	8	7
1	8	7	6	5	2	4	3	9
2	3	4	8	9	7	5	1	6
4	2	6	1	3	5	9	7	8
8	7	1	9	4	6	3	5	2
5	9	3	2	7	8	6	4	1
3	1	2	5	8	9	7	6	4
7	6	5	4	2	1	8	9	3
9	4	8	7	6	3	1	2	5

Answers to last week's sudoku



This newsletter was designed and produced by Charlotte Tucker, GCSE student