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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.

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 or post to The Lodge, labelled 'For Newsletter'.

Rockdale



Mrs Woodhouse has painted the beautiful Peony in bloom, on the corner of The Pleasance. Absolutely stunning!



Pictures of the beautiful flowers in the garden taken by Annette. The bees are loving our gardens.

Val Riches retires from Rockdale on Friday, 3rd July 2020

If you would like to write a message for Val, please do, and post it to The Lodge addressed to Denise and we will include it in a 'memories' book to give to Val.



More fantastic art by our talented Rockdale residents

Please keep your art coming – they are wonderful pieces and a real treat to see and share



Painting during 'lockdown'. 'The view from No 7', by Wendy.



Painting of a Church to celebrate the opening of Churches for private prayer, by Judith.

Photography competition – one week to go!

Next week, we will include all the entries in our newsletter for residents to pick their winner. Thank you for all the entries to date!



Hi everyone,

I hope you are keeping well at Rockdale and managing to get out a bit now to see those close to you.

I have been spending the time, when I would have been taking my GCSEs, to concentrate on craft. Recently, I have been making cards with a group of friends to raise funds for those struggling in Yemen. I bought a lino cutting art kit from Amazon and it has been great for making the lino art at home and then printing on to blank cards to sell – I recommend it. I have also been baking a lot, although Mum has asked me to slow down as she is putting on weight!

I am still enjoying helping with this weekly newsletter and if you have anything to share with each other, please let me know and I will include it (email denise.tucker@rockdale.org.uk).

It is so good to see the shops opening again and to be able to go out and meet my friends now.

A few pictures showing what I have been up to below.

Poem, by Mrs Fisher

LOCKDOWN

We're all shut up in our Houses.
We're not allowed out at all.
Indeed it's very difficult, yes/yes for one and all.
We try some of this, we try some of that.
We telephone people just for a chat.
We say to each other "Oh my Hat"
When all this is over, we'll write it all down.
It's quite an experience, all over town.
You'll never believe, what things we achieve.
When we're SHUT SHUT SHUT in our Houses.
A paint brush here, an exercise there.
We try something new, whatever we do.
We've got to keep going, our Spirit is SLOWING
We have to make sure, Giving Up isn't SHOWING
But, oh dear me, it's easy to see.
That - shut in our Houses, is NOT GOOD TO BE



The Roulade was a Mary Berry recipe. I found it quite easy to do and would recommend.
<http://www.maryberry.co.uk/recipes/desserts/strawberry-meringue-roulade>

Take care, **Charlotte**

FIN or FIR Quiz

- | | |
|--|---|
| 1. The Capsicums are filled to overflowing.(2) | 11. Roobarb's cat holds the answer. |
| 2. A droop in a narrow road | 12. A rascal joins me for this one. |
| 3. Citrus light rain on a baked item.(3) | 13. Sounds as if these bones are surplus.(2) |
| 4. Named after a Ballerina | 14. Very warm angry little cakes.(3) |
| 5. Amphibian within a cavity.(4) | 15. Is this the location? |
| 6. Clothing on a tuber.(2) | 16. Cook this tart nicely. |
| 7. Our canine friend is rather warm!(2) | 17. A sheep minders dish.(2) |
| 8. Does the Bachelor of Arts swindle us? | 18. Cold place seems to rotate. (2) |
| 9. The girls group makes these!! | 19. Appears that I am surrounded by cross insects |
| 10. The kernel got exposed to a great heat.(2) | 20. An ape gets tangled up in tights. |

Quiz by Sybil

Answers in next week's newsletter

The answers to the FIN or FIR Quiz from Issue 12

- | | |
|------------|-----------------|
| 1. Final | 11. Firkin |
| 2. Finch | 12. Firework |
| 3. Firefly | 13. Firearm |
| 4. Firth | 14. Firmament |
| 5. Finery | 15. Finale |
| 6. Finger | 16. Finite |
| 7. Finicky | 17. Firm |
| 8. Finland | 18. First Aid |
| 9. Fire | 19. Fire escape |
| 10. First | 20. Finance |

VJ Day – 15th August

Following the letter shared last week from our Sevenoaks Mayor, Nick, encouraging everyone to decorate their windows with peace doves for the 75th anniversary of VJ day on 15 August.

You can use the drawing of the dove to cut out the shape on cardboard, old milk bottle or other white recyclable material. Hole punch a hole for the eye and another one for ribbon or string. Paint it **white** to help protect against the weather.

If you wish, you could write 'In Memory of...'



Residents' Annual Report



ROCKDALE
for the year ended 31 December 2019

Please remember to let us know if you have any suggestions for this year's residents' annual report. You can send these through to Denise.tucker@rockdale.org.uk, telephone Anita Cleugh, CEO at The Lodge or drop a note in to The Lodge, addressed to Anita Cleugh

SENIOR LIVING
ROCKDALE
at the heart of Sevenoaks

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