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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.

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)

# Rockdale

Pictures kindly provided by our 'roving reporter', Head Gardener, Annette! Can you spot some of these flowers around the gardens?







These beautiful bears have been made for Rockdale House, representing carers, housekeepers and activity co-ordinators during the crisis. Made by the mother of two of the carers in the House. We think they are gorgeous!



Can you guess what this creature is?  
(Answer on back page)

For information: The Open Day planned for 22nd June 2020, has been cancelled.

Waitrose's wonderful and kind shopping offer has now come to an end. Please see the information below, which may be of help to you going forward.

### Sevenoaks District Council

If you're a resident with a request for practical assistance such as shopping, posting letters, a friendly chat or picking up prescriptions visit [sevenoaks.gov.uk/requesthelp](http://sevenoaks.gov.uk/requesthelp) or call Sevenoaks District Council 01732 227000 .All volunteers will be easily identifiable and will have a community volunteer identity lanyards issued by SDC.

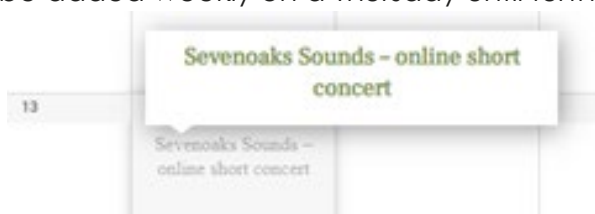
In case you haven't already found it, our Rockdale Facebook page is at [www.facebook.com/RHASevenoaks](https://www.facebook.com/RHASevenoaks)

This is a great platform for sharing our news to the wider community.



### Sevenoaks Sounds

A few musical students from Sevenoaks School will kindly be providing an online concert each week! If you would like to see these, they will be added to our What's On page on our website ([www.rockdale.org.uk](http://www.rockdale.org.uk)). Go to the 'What's On' page and click on 'Sevenoaks Sounds – online short concert'. It will take you directly to their event. These will be added weekly on a Thursday until further notice.



## Residents contributions

How well do you know your cheeses? Here's a bit of fun  
How do you approach an enraged cheese? - Caerphilly!  
What cheese would you use to coax a bear from the woods? - Camembert!  
Why did the cheese lose a fight with a stone? - because the Roquefort back !

Barbara



### Seine

Visit Paris when Spring is here!

When Chestnut trees bloom and skies are clear,

And the river Seine sparkles as boats pass by,

On the embankment book sellers with stalls filled high,

Students and readers browse as they meander around,

Until second-hand books of their choice they have found.

Lovers pass by with favourite poetry to share,

And collectors rejoice in volumes quite rare.

These are delights to explore at leisure,

With memories of Paris and the bouquinistes to treasure.

*June, Constant Meadow*



### THE RHYMER'S LAMENT

I know I get terrible quakes dear  
Though I give it whatever it takes here,  
To compete with the bard is so terribly hard  
I'm afraid I won't ever be Shakespeare.

### Birthday Dance

The Booms-a-daisy was a popular dance  
When Grannie and Grandpa met by chance.  
They tried the steps, they were such fun  
That a lifetime together had now begun.

Many years later with a 90th party in swing  
They once more were urged to give it a fling.  
Two family guitarists with great skills and wit  
Had practiced the tune until it was fit.

Then family couples took to the floor  
With such laughter and fun and dancing galore  
A Birthday party to surpass any other  
With love of family so happy together.

*June, Constant Meadow*



### DESERT ISOLATION DISCS

"This week's castaway is: A Musical Rockdale Resident, who's choices are: "

Somewhere Over the Rainbow (The Wizard of Oz)

You'll Never Walk Alone (The Sound of Music)

Me, Myself and I (Beyonce)

A Little on the Lonely Side (Joe Loss/Harry Kaye)

We'll Meet Again (Vera Lynn)

Alone Again, Naturally (Gilbert O'Sullivan)

Are You Lonesome Tonight? (Elvis Presley)

Look for the Silver Lining (Judy Garland)

And If you could take only one? The last.

## Cryptic Towns Quiz

- |                             |  |
|-----------------------------|--|
| 1. Tub full of water        | 11. Store fortified wine                       |
| 2. Has a letter to spare    | 12. Carry on teasing                           |
| 3. A person who is leaving  | 13. Destroys the pigs meat                     |
| 4. Peoples Rock             | 14. Arran or Holy, in the middle of ones wages |
| 5. Tend fire                | 15. Where the bovines crossed the river        |
| 6. Mothers garden entrance  | 16. Is this Piggotts town ?                    |
| 7. Witches attempt to meet! | 17. Religious Skull                            |
| 8. Mat insect               | 18. A chocolate bar, without for instance      |
| 9. Join to the next one     | 19. Half a score is alongside                  |
| 10. Wet vegetable           | 20. Professor of rollers                       |

Quiz by Sybil

(Answers in next week's newsletter)

## The answers to the Waterways Quiz from Issue 8

- |                    |                    |
|--------------------|--------------------|
| 1. Mersey          | 11. Thames         |
| 2. Pacific         | 12. Severn         |
| 3. Avon            | 13. Red Sea        |
| 4. Erie            | 14. Victoria Falls |
| 5. Atlantic        | 15. Danube         |
| 6. Sea of Galilee  | 16. Cam            |
| 7. Wye             | 17. Tweed          |
| 8. Loch Ness       | 18. Mediterranean  |
| 9. English Channel | 19. Dead Sea       |
| 10. Panama Canal   | 20. Nile           |



Answer: A ladybird larvae!

### Rockdale photography competition!

During the month of June, take some great shots in and around Rockdale with your phone or camera and send them to [denise.tucker@rockdale.org.uk](mailto:denise.tucker@rockdale.org.uk) to be entered for our photography competition!

### Winner receives £20 voucher for Waitrose.

At the end of June the shortlisted shots will be printed in the newsletter for residents to vote for the winning shot.

Happy snapping!

We look forward to seeing your wonderful pictures.



### "The Rockdale Wave" MONDAYS AT 2pm.

Wave with your Neighbour! Stand at your window, stand at your door.

Give a big wave to your neighbours and Staff!

### You can pay online

If residents would like to pay online any sundry invoices they receive from Rockdale (eg. for home help), please use the details below with reference, 'home help', etc.

Account Name: Rockdale Housing Association Ltd.

Account Number: 25848488

Sort Code: 60-19-02

## Cheer for the NHS

Show your support for everything they are doing to keep this country as safe as possible. **Every Thursday evening at 8pm. Clap your hands or beat your pans!**



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