

CHESHIRE HOME SUMMERSTRAND

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CHESHIRE HOME SUMMERSTRAND (like us on Facebook)



INSIDE THIS EDITION:

- FROM THE MANAGER'S DESK
- CHS ANNUAL FETE 2023

FROM THE MANAGER'S DESK

**World Kindness Day** is the perfect opportunity to pause and reflect on the 'kindness' deed. This small, simple word that we all know and use without thinking, has such a profound and significant meaning. And yet, how often do we really stop to consider what we are really talking about when we use it? What is it? Who does it apply to? How do we know when we, or someone else, has been 'kind'?

Kindness is not something that demands hard work. It originates from the simple act of **doing no harm to others**. Kindness is fundamental to the human existence. It often takes a back seat to selfies, self-interest in this fast-paced instant gratification world of today. It involves judging less, however compelled you might be to do so. The ego is quick to judge when it is victimised and hurt, so it retaliates in revenge. Kindness, however, bites its tongue. It does not seek to be right but to **preserve peace of mind**.

Kindness has many health benefits such as increased **happiness and a healthy heart**. The aging process is slowed, and an improvement in relationships and connections, which all have indirect health benefits. Kindness is a symbol of respect for the receiver. The giver is impacted more than the receiver, and has correlations with **enhanced mental, emotional and physical well-being**.

People believe kindness signifies weakness and being taken advantage of. It is important to differentiate between kindness and being a doormat to others. You can be kind and assertive when others attempt to profit from your kindness. **Never undermine your self-worth** at the expense of others, but simply practice kindness while upholding your integrity.

An important lesson in kindness involves asking yourself: 'How would I handle being the recipient of this?' If it doesn't feel good avoid the behaviour. There is no better feeling of being the giver, and of course the receiver – that **warm and fuzzy pleasurable feeling** which is so similar to enjoying your favourite pastime or meal. That act that boosts the dopamine in the brain and has a **positive and optimistic** effect on your surroundings. Being **unconditionally kind** means offering kindness without conditions or expectation of reward. The real reward for a kindness is in the **inner positivity**, rather than any external reward or recognition.

**"Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world." — Desmond Tutu**

To all the wonderful people who attended and supported our "**Khaya Coming Home**" dinner at Remo's – thank you for your kindness. Thank you to Megan Stow and Hilary Bolton for your passion for this project.

To all of the beautiful kind people out there – **our FABULOUS FETE is on 3 June**. Thank you for being kind to us, in donating time and product and service so that we can provide care and love for our residents of Cheshire.

Much love always.  
**DEIDRE BURGER**

## FUNDRAISING REPORT (MARCH 2023)

### FUNDRAISING:

COLOUR RUN	R 950
DAY CARE FEES	R 570
GUEST ROOM	R 70
NAPPY FUND	R 90
OLD COINS DONATION	R 620
300 CLUB	R 565
BOOK BARN	R 2 874
COFFEE SHOP	R 785
CLOTHING SHOP	R 20 379
WOT NOT SHOP	R 26 597
FRIENDS OF CHESHIRE	R 1 650
VALENTINE'S HAMPER	R 6 951
TROLLEY DASH	R 1 419
MARCH LUNCHEON	R 5 130
KHAYA DINNER	R 16 250
MY SCHOOL CARD	R 683

### DONATIONS:

AMANDA BARCLAY	R 200
ETM VAN DER VYVER	R 200
K DE ROER	R 500
HILARY PRITCHARD	R 10 000
GFM STUDIOS	R 5 000
BARBARA MACKAY	R 350
BOB AND LIZ BULLOCK	R 500
EP CATERERS	R 5 000
BEV KOUTSOUDIS	R 150
PEROLD (TOILETRIES)	R 100

## 300 CLUB 2023

Our 300 Club fees for 2023 are a once-off payment of **R150 per year**. This is such an easy fundraiser for our home, and you benefit as well.

To date (3 May) we have **101 members!**

There are monthly draws of R300 (1<sup>st</sup>), R150 (2<sup>nd</sup>), and R75 (3<sup>rd</sup>) for members, and at the end of each year one lucky member stand the chance **of winning R1 000!**

**Forms for 2023 attached** or available from the office...subscribe now!

### APRIL WINNERS:

1. LINDSEY HEYDENRYCH (38)
2. PEGGY PITTAWAY (100)
3. DYLAN GRIFFITHS (13)

## MAY BIRTHDAYS

12 <sup>th</sup>	<b>Shane Louw</b>
15 <sup>th</sup>	Doris Bruintjies (Staff Nurse)
16 <sup>th</sup>	Rhonwyn Campbell (Engoza)
20 <sup>th</sup>	<b>Heidi Humpel</b>
21 <sup>st</sup>	Deidre Burger
25 <sup>th</sup>	<b>Verne Mare</b>
26 <sup>th</sup>	Rose Tandani (Care Worker)

### THOUGHT OF THE MONTH:

"Every time you smile at someone, it is an action of love, a gift to that person, a beautiful thing."

~Mother Teresa of Calcutta~

## RESIDENTS' ACTIVITIES (MARCH/APRIL 2023) INCLUDED:

- \* **Cheshire Band** practise on Monday mornings.
- \* **Water colour painting lessons** with Ian Shaw and Liz Glass on Tuesday mornings.
- \* **Hairdressing** with Pearl Lombard and Gina de Wet on Tuesday mornings **(volunteers to assist always needed)**.
- \* **Bible study** with Gill on Wednesday mornings.
- \* **Wiele Sanggroep** visited on 8 April.
- \* **Cotswold Evangelie Singers** visited on 12 April.
- \* **Top Dog Therapy Dogs** visited on 27 April.
- \* **Dolphin Gavel Club** meeting held on 27 April.

## DONATIONS (MARCH/APRIL 2023):

- \* NUMEROUS DONATIONS OF "**GIFTS IN KIND**" FROM **VARIOUS DONORS** FOR THE RESIDENTS AND CHARITY SHOPS
- \* **DIESEL** FROM **SASOL SUMMERSTRAND**
- \* **PERISHABLE FOOD** FROM **COMMUNITY CHEST PE**
- \* **BIRD SEED** FROM **CAMPBELL FEED & SEED**
- \* **VARIOUS GOODS** FOR **WOT NOT SHOP** FROM **CHECKERS GREENACRES**
- \* **PERISHABLE FOOD AND VARIOUS GROCERY ITEMS** FROM **CHECKERS BOARDWALK**
- \* **LABOURNET PE** FOR **SERVICES RENDERED RE HEALTH & SAFETY COMPLIANCE**

## VOLUNTEERS NEEDED

PLEASE LET US KNOW IF YOU ARE ABLE TO ASSIST AT OUR FETE ON 3 JUNE. CONTACT US ON 041 583 2183 FOR MORE INFO ON HOW TO GET INVOLVED!

## THIS & THAT

- \* The Home is currently providing **experiential training** to nursing students from **Nightingale Trust**.
- \* Staff members on **leave** this month: **Doris Bruintjies** (Staff Nurse) and **Theodora Dundu** (Care Worker). We wish them both a well-deserved holiday.
- \* **FAREWELL:** A farewell tea was held for Care Worker, **Josephine Smokey**, on 26 April who will be returning home to Zambia in May. We thanked her for her four years of service to the Home and wished her well in her future endeavours!
- \* We are very excited to introduce the **Photography Club** to the residents! Generous donations of cameras had been received, and we now **need volunteers** to introduce projects and activities.
- \* Please follow us on **Instagram...Cheshire Home Summerstrand!!!**
- \* **WELCOME:** We would like to welcome **Lauren Lawack (Care Worker)** and **George Marriott (Resident)** to our **Cheshire Family**. We wish them both a long and happy journey with us at Cheshire Home Summerstrand.
- \* **EASTER AT THE HOME:** We would like to thank **St Dominic's Priory, Boardwalk Mall, Ada and Dusty Lavin, Deidre Burger** and **Mike Fowler** who all so generously donated Easter treats (hot cross buns, marshmallow eggs, etc.) for our residents!
- \* Together with Cheshire Village, **Amy Bell Charities** and our residents, a **Clean Up of Gomery Avenue** was held on 18 April. This venture was in line with our Mayor Retief Odendaal's "clean your neighbourhood" initiative. Well done to everyone who participated!
- \* **CONDOLENCES:** Resident **Jason Nel** (43) sadly passed away peacefully on Sunday (30 April) morning due to various ongoing health issues. He has been a part of our Cheshire Home Summerstrand family for nearly 16 years and leaves us with fond "back in the day" memories. Our sincere condolences to his family and friends. His presence at the Home will be sorely missed. RIP dear Jason. A memorial service will be held on Wednesday 10 May at the Home at 10:30.

### WELCOME TO OUR CHARITY SHOPS:

**WEDNESDAY – FRIDAY**  
**10 – 2PM**

- \* **CLOTHES GALORE**
- \* **BOOK BARN**
- \* **WOT NOT SHOP**  
(CASH OR CARD)

We gladly accept donations of unwanted items, pre-loved clothes, linen & any household items and will collect!

CONTACT THE HOME on  
**041 583 2183** for more info!

## STAND A CHANCE TO WIN A

30 June 2023

# TROLLEY DASH!



#### How to enter:

Buy a ticket of R20 and stand the chance to win 2x1 minute trolley dashes at **Summerbreezz Superspar**.  
Time: To be Confirmed

The draw for the finalists will take place on the 29th of June and winners must be available on the 30th of June to participate.

Terms and Conditions apply



**SUPERSPAR**

Summerbreezz  
SUPERSPAR

0835000818/0415832183

www.cheshirehomes.co.za  
managerchs@cheshirehomes.co.za

## BIRD AVIARY

A few years ago, we built an aviary on our property which the residents enjoy maintaining. This gives them such enjoyment, and not only have they learnt about birds, and bird species, it has also taught them about the responsibility in looking after the birds and keeping the aviary clean. Volunteer Steve Howard kindly upgraded the structure in September 2021, as it was due for some much-needed TLC, and now our beloved aviary is again in need of some touch ups here and there...**wire mesh, wood pieces etc.** Please share with your family and friends in the handyman / construction business or those busy with home renovations...any support will be greatly appreciated!

**CHESHIRE HOME SUMMERSTRAND'S  
ANNUAL FETE  
SATURDAY 3 JUNE 2023  
AT 7 GOMERY AVE, SUMMERSTRAND @ 08H30**

Please support us - items for the Fete e.g. baking, jams, plants, food ingredients, records, CD's/ DVD's, books, items for the White Elephant, furniture, clothes, fresh produce, absolutely anything. **We will collect!** Please attend our Fete and tell your friends and neighbours about it.

**OUR STALLS:**

**Various Food Stalls, Fresh Produce (meat, vegetables, breads), Wot Not Shop, Book Barn, Clothes Galore, Furniture, White Elephant, Garage Stall, Jewellery, Art, Music, Plants, Crockery, Raffles and much more!**

**Top Dogs @ 10**

**Auction @ 11**

**Beer Tent and Tea Garden and Kiddies Activities**

**A morning of fellowship, fun and enjoyment! Credit card facilities available!  
Contact Deidre/Maxine/Silest for more info on 041 583 2183 or 083 5000 818**



Cheshire Home Summerstrand



@cheshirehomesummerstrand

**CHESHIRE HOME SUMMERSTRAND**

**Annual Fete 2023**

**Leonard Cheshire Disability**  
summerstrand  
cheshire home

**Fresh Produce**  
(meat, veg, breads)

**Various Food Stalls**

**Book Barn**  
**Clothes Galore**  
**Wot Not Shop**

**Plants**

**Art**  
**Jewellery**  
**Music**

**Tea Garden**

**Kiddies Activities**

**7 Gomery Avenue, Summerstrand**  
**Auction @ 11**

**Facebook** Cheshire Home Summerstrand  
**Instagram** @cheshirehomesummerstrand

**Contact 041 583 2183 or 083 5000 818**  
**for more info!**

**Top Dogs @ 10** **Beer Tent 10-3pm**

**Furniture**  
**White Elephant**

**Crockery**  
**Garage Stall**

**Raffles**

**Credit Card Facilities**

**CHESHIRE HOME SUMMERSTRAND ANNUAL FETE - SATURDAY 3 JUNE 2023  
CRAFT STALL / FOOD TRUCK INVITATION**

We invite you to participate in this exciting fundraising event through having a stall / food truck on the day!  
We have space for a **variety of 30 stalls** to set up in our parking lot (paved area). Participation can be confirmed through **completing the attached application form.**