

Page 3,4, & 5 – Vicky Chats Vegetables

Team members Celebrating their length of Service this Summer

1 year

Lucy Beresford
Shanice Stocks
Bridie Moffat

2 years

Hannah Jeffreys
Annemarie Newey
Abigail Travis

4 Years

Jayne Elliott

6 years

Lindsay Hirst

7 years

Emma Webb

Team Shout Outs!

Over the past three months, a lot of our team members have passed their probations and celebrated anniversaries with Anderby Care. Congratulations!



Page 5, 6 & 7 – National Armed Forces Day

Inspected and rated

Good



Page 9,10 & 11 – Happy Fathers Day!

Anderby's Monthly Catch Up – Page 2



The Kimberworth Run were treated to furry friends, Vicky decided that a knitted woodland creature was just the thing to keep the people she supports company.



Cards for Sale

50p - £2

All Cards Handmade by Denise

All Proceeds go to cancer research
and Alzheimer's Society

Denise's homemade cards are now available to purchase from the office, all proceeds go towards Cancer research and Alzheimer's Society

Coming up this summer – Page 2

June

1st – 30th – Pride Month

5th of June – National thank you day

8th of June - World ocean day

14th June - Blood Donor Day

15th of June – Fathers Day

From the 25th June – Children's Art week

27th June - Deaf and blind day

28th of June - Armed Forces Day

July

2nd of July - Wrong Trousers Day

6th of July - Snail Racing Championship

6th July - Kissing Day

17th – Happy 8 years Anderby Care

August

13th August - Left Handers Day

11th – 17th August - Afternoon Tea Week

12th 18th August - Allotment Week





Vicky and Ebrima

Summer brings National Allotment week from the 12th until 18th of August people celebrate all things vegetables. One lady who is very dedicated to her garden/allotment is someone many of you will recognise. Vicky, best known for supporting the Kimberworth run knows all things from spring beans to cabbage. With all this knowledge we asked Vicky to share her hints and tips.

What made you start your own allotment? "Well, it was my husband, he always had his own in Gambia, where he is from, and he wanted to have his own at home in England, we got a green house, I showed him the difference from his to our culture and the environment. We make a great team together, I complete the green house, and he completes the garden, we have now had three years success with everything we have grown."

For someone who was thinking of creating their own allotment how would you advise them to start? It is very easy, anyone with any size garden or allotment can do it, even a patio, we use an allotment book for beginners, it's a great book that shows you all the different things to do

through the seasons, when to sow, what to do with it, it covers everything.

What do you believe your biggest allotment success has been? "It has been sharing time with my husband, the joy of doing it, eating your own produce and being able to take a bowl down and shop from your own garden."

Family coming over and asking if they can go down and get things for their teas, when you see their faces, such as when my granddaughter gets to see strawberries growing and we will just pick them for her to enjoy. The little girl next door will come to the fence and ask for broccoli for her tea, and we will cut it for her to take home, we share with all our neighbours as well."

Have you had any allotment failures? *The first year it was trial and error, a lot failed but a lot came, different things what we didn't know about such as soil and rotation, it's all learning. Last year I thought I had bought cabbage but instead I had bought Pac chow which is a Chinese cabbage, grew lovely in the end. Then we planted again in time for Christmas, my family when they visit will look at the veg in the garden, get a tag with their name and leave it on that vegetable for Christmas dinner."*

With your allotment is there any tips you would give people? "Don't plant out until May, until the last frost, as we are in our own garden and don't have to abide by rules of allotment committees, we cover everything to prevent from the animals and bugs. We cover with mesh on the sides and plastic on the top, so it still allows the rain to get in but protects the vegetables."



Vicky and Ebrima's Garden allotment

How much produce would you say you get to enjoy? *Well live off a lot of the food all year round, pick it, we grow it, then blanch the veg and then freeze.*

What do you believe is the benefits of home grown veg? *"The freshness of it, may not always be the cheapest, but what you get out of it is enjoyment, freshness and sweetness.*

What has been some of the best meals you've been able to make from your garden? *"Cauliflower cheese, Sunday dinners, curries, stir fry's, we incorporate it all. Last year I took part in a garlic challenge which runs, you plant the garlic on the shortest day and pick it on the longest day."*

What sort of things do you get from your garden? *"Potato's, new potato's and mashing potato's, onions, spring onions, herbs, peppers, salad peppers, cherry tomatoes, normal tomatoes, this year we will make a pasta sauce with the tomato and garlic. Beetroot, hard to grow but taste amazing, cauliflower, broccoli, sprouts, Carrots, French beans, peas and I grow a range of flowers. My flowers go in my garden, mums, both gardens are 90ft long. We don't let anything goes to waste, we use everything, even the sprout leaves."*

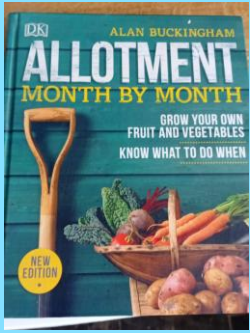
If anyone was thinking of starting to grown their own produce, what would you say?

"Do it, start off on a windowsill south facing, keep them warm, once ready, put them into any pot to let them grow."

Finally, you are a very dedicated longstanding member of the team, what do you enjoy most about being part of the Anderby Team? *"Everything about it, the office staff, the way everyone interacts, the communication with team members, the way we all support each other, we are one big happy family, and I just love my job."*



National Allotment Day – Page 5



Step one:
Plan out your patch



Step Two:
Plant your seeds



Step four:
Create covers to protect your growing vegetables



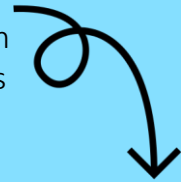
Step Three:
Create your planting beds



Step five:
Pick your home-grown vegetables



Step six:
Soak and blanch your vegetables



Step eight:
Enjoy fresh home-grown vegetables all year round.



Step seven:
Portion your vegetables ready for freezing



National Forces Day – Page 5



Graham

One thing we love about our newsletter is being able to tell peoples stories. When Care Coordinator Toni mentioned National Armed forces day to Graham he shared some of his story as a Pilot in the RAF.

How many years service did you do? "4 years"

What rank where you? "Senior aircraft, third promotion."

Did you do any tours? "Yes, Germany."

What did you do after working in the RAF? "I worked in the police force for 12 years as a police man. I was then a licensee for a pub for many years, at least 10 or 12 years."

Out of three jobs what was your favourite? "Being a publican, great memories."



Mavis

On June the 28th, we celebrate National Armed forces day, as time moves on the memories of the war become distant, but we know one lady who remembers it like it was yesterday.

We visited Mavis to ask her to share her father's past of being in the armed forces, we got more information that we could have wished for, read on to find out what it was like to become a teenager during times of war and how Brussel sprouts became a secret code of hope.

Hello Mavis, could you tell us about your Dad and some of his experience while serving in World War Two?

"Yes, he was in the royal engineers, He maintained equipment, such as the tanks and vehicles, halfway through the war my dad got his call up papers and was sent to Chester, then moved to Hampshire.

We didn't know where he was at one time and he came home on vacation leave and apparently, he said to mum that he was worried he would be sent to Burma, luckily, he didn't get sent.

There was times we didn't know where he was, my mum could only write to a box number, then we had a letter from my Dad, of course all stamped and censored. My dad used to grow vegetables, and in his letter he wrote "I hope the vegetables are growing well in the garden, onions, carrots and sprouts" and my mum through, 'we don't have any sprouts in the garden' and that's when she believed he must have made it to Brussels in Belgium. It turned out Mum was right; he

had purposely sent her a private message to tell her where he was. I call that my mum and dads amateur Bletchley park job. He should have been in the intelligence.

It turned out when it was D-day my dad went across to France, about two weeks after D day, through to Hamburg and then he was relieved and came home by boat as the war was over.

My Mum's brother who I never knew, he was in the first world war, he was only 19 when he died at war, which must have been very worrying for my mum when dad got called up as so many men didn't make it home. But luckily my dad did."

What type of dad was he? *"He was a lovely dad, he could tell you off, he was firm but fair, he was lovely. I used to follow him around the garden and green house; he would show me how to create the seedlings. I think that's why gardening rubbed off on me. I used to love gardening, I feel like that's some thing my dad taught me.*

When we moved here, I started a compost bin and from that compost I grew kidney beans in pots. My dad had a very large garden with a vegetable patch, green house and garden. They taste a lot better when they are home grown.

I always think of gardening as a therapy."
During the war did you and your mum remain in Sheffield? *"yes, we remained in our home, my mum worked in the school canteen. She used to cook all our meals."*

What was having rations like? *"I remember rations well, if there was anything left over from a previous meal mum would make bubble and squeak. We used to use ration coupons for butter and sugar; I don't remember vegetables being rationed.*

The ticket wasn't payment you still paid for the food and used your ration booklet for the amount that you would be able to buy. I used to use the coupons for sweets.

We appreciated everything we had."

What did your dad do before the war? *"He worked at the Sheffield telegraph maintaining all the printing machines, he went back there after the war."*

How did your dad cope with being in the war? *"I don't think he struggled going back to normal life, I think he was glad to go back to his life and back to*



Mavis and Alan, on their honeymoon

telegraph building where my dad worked. There was sadly a pub on the corner that got a direct hit, and I believe a lot of people died.”

“I was in the last year of infants at the age of seven and then went into juniors, I remember the school air raid shelters to disguise them they had grass on the top and were just one long corridor with seats on either side we had to do practice runs and it was very dark, I remember going down the steps thinking I don’t like this. Thankfully we never had to use them for real, only for the practice run.”

What did you and your family do to celebrate the ending of the war? “Well, we had semi detached houses and we put a flag up between both homes, we had a celebration party, it was just such a relief to know that it was over. To know we wouldn’t have to see the blitz again.”

After the war did you find love and happiness? “Yes, I met Alan at the embassy ball room in Sheffield, he asked me to dance, we were in our twenties, and we were married at 28. Alan was born on the 14th of May as my birthday is in August.

That’s how we ended coming to Rotherham as it was in between his family home and mine. I wish he was still here. If he was still here, we would be able to help one and another, look after each other. This is the home we shared from 1961. It worked as I worked in Sheffield as a shorthand and typist for a solicitors.”

Did you watch anything about VE 80-year celebrations? “Yes, I did watch it on the TV. However, I can remember the second world war quite plainly. All I want to do is live in a peaceful world.”

his job at the Sheffield telegraph. He continued to work as an engineer there until he retired.”

Did he have a happy long life? “Yes, he was 83 when he died, sadly mum died at 62, so dad still had to work after mums passing, they didn’t get any retirement together. I used to go up and do his washing and cleaning and help look after him every week. Dad would then drive his car and come over here for his dinner.”

What was it like knowing that the war had ended? “It was wonderful, such a great relief, I was seven when the war started and thirteen when it ended, I remember the Sheffield blitz quite plainly, that was just before my dad went into the forces and we were in the air raid shelter at the top of the garden that my dad had built, we were there all night.

We lived at Frecheville over by Gleadless, we heard the German planes come in and we heard a bomb dropped on a neighbour’s house, luckily the owners were not harmed. I can remember all the moor in Sheffield flattened, in Highstreet, there was the





Toni

The 14th of June is national blood donor day, giving blood isn't always the most talked about subject so to shine a light on the process we asked Toni to tell us what it is like to be a donor and save a life.

Why did you decided to give blood? *"I signed up in 2005, but I didn't give blood until 2009, not sure if I was to scare, I have no idea. However, when my grandad had to go into hospital and required a blood transfusion which saved his life. After that I decided to give it a go, I think it was because I saw how it saved the life of someone who was so close to me."*

For someone who is thinking of applying to give blood how would you tell them to do it? *"Just go online or ring up, it's so easy to apply, you go to a health screening session, before every donation you must complete a health questionnaire. You can read up before hand if anything may affect you giving a donation such as medication or if you have recently been abroad."*

When you first apply, they will do a mini blood session to see if you are suitable to donate."

Amazing, how many times have you donated? *"19 currently, my 20th donation will be on the 9th of June."*

Can you take me through the steps of what it is like to give blood? *"Yeah, so you get sent a health questionnaire In the post to do before you go. They will give you a fresh one at your donation if you have forgot to bring it with you."*

Before your Donation they will tell you to sit down and have a drink, make sure you eat and drink well the day of giving blood, I had a break of three years and that's because I did faint after a donation due to not eating well enough before."

Once you go through to give your donation, they will ask you some health questions if they need

to, from there an iron prick on your finger and a pulse check.

Once a chair is available you will go in, check your name, the donation is around 30 minutes from them taking the donation and a five-minute recovery time, once in recovery you will get a snack and drink."

What do you mean by eating well before your donation? *"Something fatty like a good breakfast, they recommend good sugar and fat intake, a lot of fluids."*

What does it feel like once you have given blood? *"I would say you feel wavy, I drive after mine, so it is safe, maybe it's more subconsciously that you feel slightly wavy."*

Do you ever get to find out where your blood goes? *"Yes, so when your blood has been taken, they will send you a text message to let you know where your blood has been sent, My first blood donation in Yorkshire got sent back to my hometown of Plymouth."*

Do they let you know what people you have helped? *"Yes, this is an amazing part, for me and because of my blood type it is sent to the baby units, from one of my donations three babies will be donated to."*

You can also donate plasma and platelets, once I have done 6 more donations, I will get a silver award as I will have donated 25 times."

Once you have done so many you also get invited to the annual ceremony which is held every year"

If someone was thinking of donating, what would you say to them? *"Just do it, even if you only do it once you still save a life, you get snacks and a drink, a good conversation, the nurses are lovely."*

What did the transfusion do for your Grandad? *"without it he would have died on the operating table, it's a small thing you can do which is vital to saving peoples lives."*



Poppins and Toni

Ian and Rex



As Fathers day visits us again, we knew we had to sit down with the Father and Son duo Ian and Rex. Rex of 95 years joined us over four years ago and one thing that has never changed is the support he gets from his dedicated son, like so many of our lovely service users family means everything.

Thank you both for sitting down with me today, so Rex, have you always lived in the village of Hooton Robberts? IP "Yes, all my life."

RP: "Yes, the house in the school yard, that's where I was born, the tennis court is next to it, and it has all the fields behind it."

So, you had to live next to your school? No cheeky days off? IP "No cheeky days off, he had to live in the school yard, plus his dad was the school caretaker so defiantly no days off."

RP "I had a lot of friends at school though, I tried to spend time away from house, so I didn't have to play in the school yard"

Did you get the house because your dad was the caretaker? IP: *"His mum lived in that house with her mum and dad, they might have been care-takers for the school I'm not quite sure, there has now been a Plowright living in this village for over 100 years."*

After living in the school yard how did you make it to this house? RP: *"It's a long time since, ill let Ian answer that."*

IP: *"Because his sister should have had this house, our house was a one up and one down, the toilet was 30 yards away, because his sister was going to move in here but decided to move to Swinton my mum and dad put in for it and got it."*

So, where you born in this house Ian? IP: *"No, I was born at the top of the street, in the one up and one down"*

What did you do for a living Rex? IP: *"Dad had one job as a lorry driver, he left school, went to learn how to butcher, did his national service, then became a lorry driver and did that all his life. He drove for Sidwood down Parkgate. He delivered long haulage, furniture and buses, at one point Dad's boss became rotherham football chairman."*

Where did you have to do your national service?

IP: *"Dad's never really talked about it, but he said it was in the desert just outside of Benidorm. It was when everyone had to enrol"*

Is it nice to have a son that lives so close to you?

RP: *"Yes, he always looks after me, good to me"*

IP: *"it is, I wish I was right on the doorstep, but yeah, I see my dad a lot. Its good because dad's siblings are far away, his brother in western Supermare and one of his sisters is in Australia."*

Where did you end up moving to Ian?

IP: *"I ended up in Bramley, so not far away and then I come and see dad numerus times a week."*

Does your son live local Ian?

IP: *"He still lives with me, prefers it at home, 31 and I can't get rid of him. I was the same, I moved out in my 30's used to love it, didn't see mum and dad a lot but great upbringing"*

What do you like doing in your spare time?

IP: *"Dad likes to have the tele on, do his word search puzzles"*

How will you be celebrating fathers' day? IP: *"My son will be working; he lived in Australian for 6 years so at least I will see him now. I'll pop and see Dad."*



Tim and Mick

In the February of 2018 Melanie, Anderby's creator met a lady that as all others will be remembered in Anderby Care history, her name was Audrey, she was part of a very loving family. Many memories were made and a true respect on both formed. A family grateful for the care they received, for Anderby thanks that a family believe in them during the first fledgling 7-months of being open. After Audrey joined the stars, we were still lucky enough to see the Steel family, able to receive Christmas cards and well wishes over the years. Then one day we got a call, the family wanted us back, this time to support Dad Tim, you can imagine our answer. It only seemed fitting that on this edition to Join Dad Tim and Son Mick on how they will celebrate Father's Day this year.

What was younger Mick Like? TS: "Dad was a great dare devil when he was younger, lovable rogue, he almost blinded himself once when Uncle Gordon worked on the railway and brought fog detonators home, my dad and his friends thought it would be funny to set them off. Dad then tried to tamper with

them with a pen nigh, rammed the pen knife into it, this thing exploded, a piece of metal came off and hit my dad in the head and the flash it created almost blinded him he was wrapped up for 3 months before they knew he would be able to see again, still has a scar now.

At the old Woolworths, on the top of the roof with his friends, dad went bird nesting, and he fell off the roof."

MS: "Once I hung myself on a washing line and almost hung myself"

TS: "I don't know how he survived, must have created so much trauma for his mum."

Where you in the army? MS: "Yes, I was, for two years in Nottingham at the age of 18. I got two stripes in the army as I was a Corporal. In charge of a few men.

Everyone had to enrol, it was great, great parties, I played in the band, I played kettle drum went all over Nottingham playing. When my dad came out of the war he created his own bag pipe band.

Your Dad had to survive two wars? TS: "yes, his dad survived both wars, was stationed in France for both, must have liked it there. He had a lot of success with the bag pipe band, got hired for services and funerals while going back to his day job as a painter and decorator"

Have you always lived in Mexbrough and Wath? MS:

"Yes, I was born at the top of green hill in Mexbrough and then my wife's dad owned all these houses in Wath, he lived in top one, had a betting office next door and then sold one to me and his daughter.

As a child we lived up the top of green hill in Mexbrough I used to love sledging down there, good hills, my sledge had two ice skates on it, it was amazing. I had nicked my ice skates off my brother's skates."

When did you come to Wath? MS: "After I came out of the army, we got the shop in Wath, and me and Audrey ran it."

TS: "yes and Dad was a printer in between, worked for south Yorkshire times as an apprentice for the weekly paper, when he worked there that's when he met my mum, my mum worked in the bakery he walked past every day, he always wanted to speak to her, always looked in on her, eventually one day he asked her out and then they were married happily for 59 years until mum passed, Dad help look after mum."



Mick

What's the secret to 59 years of marriage? MS: "It was a good marriage"

TS: "yes, it was lovely, they always spoke to each other, always talked. When dad was in the army he wrote to mum everyday, when he got home, they got married at Wath Parish Church."

Did you raise Tim here? TS: "No I was born where they had the shop at sandy mount before they moved here, then when I grew up and met my wife, we moved to Mexbrough. Then moved back to Wath"

What's it like to be an only child in such a loving family? TS: "well it was just me; I have two daughters and now we also have a granddaughter."

Did you have a happy place as a family? TS: "Yes, a static caravan at Mablethorpe, probably one of my earliest memories, before they had the caravan they went and stayed in chalets there, I even met my wife there, she only lived in Mexbrough, but we met 80 miles away at Mablethorpe. Must have been fate, my daughters still go there, it's a special place for all our family. Its lovely, you'll be walking on the beach and memories from over the years will come flooding back."

Did you have happy upbringing with Mick as a Dad? TS "yes so lovely, first few years of my life up until I was around seven, they had the shop which for a small

kid was a dream. Kids paradise gave me little job of filling up the sweets, one for me one for the jar. Family was close as my grandpa and Grandma on mum's side lived really close, dads' side only in Mexbrough, I had aunties around."

What will you be doing to celebrate Fathers day? TS

"we will be having dad round for dinner, will get him something, the girls will pop in as well to come and see dad, then they will come and see me."

We are a really close family, both daughters live five minutes away in one direction, both such caring girls, Becky working with women who have been victims of abuse and Hannah children's services. We also have an amazing granddaughter in Poppy."

Obviously, you are very supportive of dad? TS: "Yes, we do try to do as much as we can. We also don't like to cross a certain line as we don't want to overwhelm dad and step on his toes so to speak, we want him to still feel as independent as he can."

It can be hard, it was same with mum, she wanted to help the carers when they came to visit her, she would try to get up to help them."

What's it like to be able to look after Dad? "It's a privilege and so lovely to give something back after everything they have done for me, we worry about him, which other people will know you can't help, but we are a close family and you naturally want to care about each other, the same with our daughters when they go away. We always want to make sure everyone is okay, and they don't want for anything, the girls love to fuss over grandad. No matter what we are doing we will check in, speak daily."

Enjoyed the Summer edition of the Newsletter?

Want to be featured in the next one?

Call 01709 763 245
and speak with Emma

We want to hear your stories!



Summer Word Search



SUMMER	G	A	R	D	E	N	Y	S	M	B	M	T	O	L	S
SUNSHINE	N	I	A	R	M	E	L	E	S	E	E	R	W	O	U
SWIM	U	C	I	N	C	I	P	E	A	S	I	A	M	S	N
BOAT	L	M	L	I	N	O	I	T	A	C	A	V	R	P	S
CAMP	P	O	P	S	I	C	L	E	Q	L	D	E	K	I	H
HIKE	U	I	P	E	C	A	M	P	I	O	O	L	F	C	I
GARDEN	Y	T	N	S	R	E	T	L	M	D	N	T	R	E	N
PLAY	P	W	N	S	O	E	P	A	T	G	N	E	D	X	E
BEACH	A	U	G	R	I	A	D	Y	B	O	A	Y	A	T	E
JULY	R	L	J	U	L	Y	G	R	S	A	S	O	U	P	A
AUGUST	K	E	F	G	L	C	E	A	T	H	I	R	G	A	S
PARK	B	A	L	Y	P	A	E	N	O	C	R	E	U	R	D
PICNIC	S	H	O	R	T	S	O	O	H	A	E	H	S	H	R
POPSICLE	U	Y	P	E	M	N	O	S	A	E	S	S	T	D	E
ICE CREAM	C	H	E	T	A	M	C	L	Y	B	G	M	R	E	S
SHORTS	X	L	A	O	V	Z	R	C	O	J	B	R	I	N	S
DRESS	F	O	S	E	M	A	E	R	C	E	C	I	O	W	L
TRAVEL	B	L	O	S	S	U	M	M	E	R	W	B	M	O	S
VACATION															
SEASON															