

WYGGESTONS NEWSLETTER

OCTOBER 2021

INSIDE THIS ISSUE

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Meet the Govenors – Get to know another Wyggeston's Governor!

PG. 11

Pangnirtung – Are you sitting comfortably? Then we'll begin...

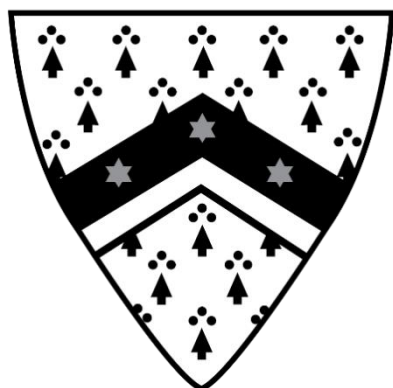
PG. 12

Macmillian – Have a look at some photos from the coffee morning.



PG.9

Harvest Celebration – Have a look at how the chapel was decorated



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If you have anything you would like to add or see featured in the next newsletter then please let us know!

Welcome

Welcome to the October edition of the Wygggestons Newsletter.

It has been a very eventful month with the commencement of our partnership with Trinity Hospital Almshouses, extensive works to the boiler system and the beginning of getting back to normal with our social events recommencing.

We have a short message in this issue from our Chairman welcoming the residents of Trinity Hospital Almshouses and we hope they will enjoy being part of the Wygggestons family, joining in with our many and varied activities and celebrations. We extend the offer of contributions to all our residents and hope they can share their stories and ideas for the newsletter.

The works to the boiler system at William House are now completed and we hope we see the benefits of the much improved heating system as the weather turns colder.

Social events have begun to re-introduced with the music afternoon and coffee mornings and we feature articles and photos from these very successful events. We are limiting the capacity of the boardroom at present to ensure we keep the community safe until the pandemic passes so please be aware that some events will be reduced in attendees or we may make more use of the Chapel in the short term until Lancaster House is opened.

I am very pleased that one of our longest serving Governors, Sandra Hubner, has shared her story with us this month which is a real testament to our dedicated as a volunteer with the Charity for 38 years. We have also recently been joined by two new Governors, Mr Bill Wright and Cllr Les Phillimore. As circumstances improve we hope to welcome back the Governors to the site on a more regular basis.

The new buildings continue apace with the Cottages nearing completion and the fitting out of Lancaster House commencing in the next few weeks There will be lots of activity with the external areas of the site being created, new paths, roadways and landscaping this month so apologies in advance for any disruption.

A big Thank you to everyone who was involved in raising the fantastic sum of over £600 at the Wygggestons MacMillan Coffee event last week and especially all the staff at Agnes House. We hope you enjoy the photos!! It was really pleasing to see so many residents, families and staff involved in such a successful event.

As always – Please remember that as this newsletter is as much about residents as the Charity news, we are always looking for new features and content – if you have any idea or a story you would be willing to share please let Melissa or Hetty know.

Chris

**PLEASE NOTE THE FINANCE OFFICE WILL
BE OPEN TO RECEIVE PAYMENTS ON
TUESDAY 26th OCTOBER 2021**



For those residents who have birthdays in October,
we would like to wish you a very Happy Birthday!

William House

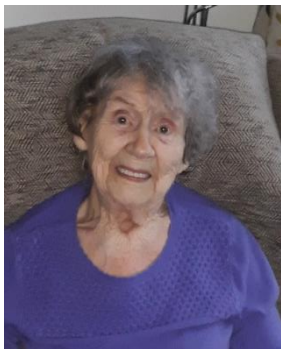
Barbara Ashman	3 rd October
Michael Brown	8 th October
Clive Austen	10 th October
Brian Taylor	17 th October
Muriel Miller	23 rd October
Jim Perks	25 th October

Agnes House

Paul Hamilton	9 th October
Leila Briars	3 rd October



Sadly, we have a death to record in this edition.



Mrs Margery Titterington, Room 15 Agnes House, and former William House resident, who passed away peacefully on Saturday 4th September.

Our thoughts and prayers are with her family and friends





Congratulations to WH resident Caroline McDermott who has just produced her 2010th Morsbag!

What an achievement!!



HOME GROUP

I am pleased to announce that the Home Group will be meeting again in the Boardroom on the **second** and **fourth** Tuesdays of the month. So in October this will be the 12th and 26th at 10:00am.

For those who are new or forgotten what the Home Group is, we meet to look, very informally, at a Bible passage and discuss what it means to you. The group is non-denominational, a social group and I underline that it is very informal and everyone is welcome. We meet for approximately an hour.

Do come along and give it a try. You will be warmly welcomed.

Sue Hulatt (flat 11)

Congratulations to WH Resident Heather Leader and her partner Brian who recently got engaged! We all wish you a





lifetime of happiness together!!

Why not give these simple recipes a try?

Cottage Pie

Ingredients (serves 4)

- 1tbsp sunflower oil
- 1 medium onion, peeled and chopped
- 2 carrots, peeled and diced
- 500g minced beef
- 250g mushrooms, sliced
- 2 level tbsp plain flour
- 400g can chopped tomatoes
- 1 beef stock cube
- Salt and freshly ground black pepper
- 450g mashed potato
- Knob of butter



Method

Heat the oil in a sauté pan or large frying pan, add the onion and carrots and cook over medium heat for about 5 mins, stirring occasionally, until the vegetables have started to soften. Add the beef to the pan and cook for about 5-10 mins, stirring to break up the meat, until it browns. Once the meat is crumbly, stir occasionally to prevent it from sticking and burning, but don't keep stirring it, otherwise, it just cools the mixture, rather than letting the meat brown. Add the mushrooms to the pan and cook for a few mins. Sprinkle over the flour, then mix it in well and heat for 3-4 mins to cook the flour. The flour will absorb the fat that comes out of the meat, which will then thicken the sauce. Pour in the can of tomatoes, sprinkle in the stock cube, and bring the mixture to the boil, stirring continually, then reduce the heat and simmer for about 10 mins, until it thickens slightly and the vegetables are tender. If the sauce seems very thick, just add a little boiling water. Set oven to 200°C/400°F/Gas Mark 6. Then spoon mince into a dish and level the surface. Beat the potato to soften it and spread over the mince. Score the surface with a fork and put butter on top. Bake in the centre of the oven for about 20-30 mins, or until the pie is golden and the filling is bubbling. For a crisp, golden finish, sprinkle your cottage pie with lashings of cheddar cheese and pop under the grill for a few minutes longer. Serve straight from the oven.

Sticky pear and toffee microwave puddings

Ingredients (serves 4)

- 100g unsalted butter, softened
- 120g light brown soft sugar
- 2 pears, peeled, cored and finely chopped
- 1 medium egg lightly beaten
- 60g self-raising flour
- 2 tsp icing sugar (for dusting)

Method

Mix together 40g butter and 60g brown sugar, then split between 4 ramekins and top with the pears. Beat together the remaining butter and sugar in a bowl, until the mixture is fluffy and pale, add in the egg mix and combine, sift in the flour until you have a smooth pudding batter. Spoon the batter into the ramekins and cook in the microwave for 2 1/2 minutes, until risen and cooked through. Set aside for 1 minute to cool through, Dust the puddings with icing sugar and serve.



Meet your Governors

If you have any recipes to share then please let us know!

We have asked some of Governors to introduce

and tell us a bit about themselves.....

Introducing: Sandra Hubner

My childhood was spent in Rickmansworth, Hertfordshire and I attended Northwood College girls' school. I loved all sports and eventually became a good athlete joining Ruislip Northwood athletics club and specialised in 400 metres. After A levels I attended Cripplegate secretarial college in the Barbican and worked in a London firm for a year. I hated office work and made a decision to choose a career rather than try to break through into international athletics.



I started training as a nurse at Great Ormond Street hospital. My interview was with Matron, Miss Kirby, who I discovered later was an aunt of Graham Moore, our formal legal advisor at Wyggestions. She was formidable, upright stance with her lace bonnet tied under the chin in a bow. Somehow I got through the barrage of questions and began a four year integrated course. After nursing children and babies for two years I went to nurse adults at the Hammersmith hospital. On the cardiac ward I met my future husband Peter who was a junior doctor. He asked me out for a first date over a patient in the coronary care unit. Just a special side room off the main ward in those days! The next morning the patient winked and asked me if I had a good evening! Our romance mirrored Holby City or Emergency Ward 10 in those days.

Eventually we moved to Leicester when Peter started a cardiac consultant position at Groby Road Hospital. We had three children and now I have eight grandchildren. So far one has started medical training which would make her Papa (Grandpa) very proud.

My association with Wyggestions started in 1983 when I joined the Board as a 'lady visitor' with Mrs Chapel as my monitor. We visited prospective applicants for William House. A few years later the then chairman of the House Committee had a road traffic accident and was unable to continue with her governorship. Harold Heard, the chairman and Graham Moore, the legal advisor suggested I take over as House Committee Chairman.

Believe it or not four Masters and five Board Chairmen later I am still a trustee and have certainly experienced a few changes at Wygggestons. There was the demolition of the bedsits and the building of Agnes House. Lots of refurbishment and now the imminent opening of Lancaster House and new cottages. I have so enjoyed my involvement with Wygggestons, particularly seeing how happy the residents are and the wonderful atmosphere and friendship it encourages.

I have had many other interests. Obviously bringing up three children and working part time for my husband kept me busy. I also joined Leicester City Bench and served as a magistrate for over twenty seven years particularly finding the childrens court interesting and worthwhile, Bill Ginns and I often sat together as we were both Thursday court people. I love playing tennis, gardening and reading. I enjoy walking especially with my cocker spaniel Megan and also cooking for friends and family sometimes helped by my enthusiastic grandchildren.



I have always had a close association with Kirby Muxloe parish church. I am so pleased that John Seymour, our past rector and Margaret his wife have enjoyed their retirement years in William House and Basil and Shirley Scott, who took over from John and Margaret, will be moving into a new Wygggestons cottage.

I intend to carry on my Wygggestons involvement working with a dedicated and focused board of trustees and wonderfully caring staff.



HARVEST FESTIVAL

Thank you to Pauline, Gabrielle, Eve, Heather, Marjorie and Mary, who all helped with decorating the Chapel for the Harvest Celebration.





MICK'S MUSIC AFTERNOON



It had been a long wait. For a few years Mick had prepared and presented regular programmes of popular music to a good sized audience. And then his programme planned for March 2020 had to be put on "hold".

So at last we were there looking forward to music from the 1940 – 1990, before a record audience of 29!

The period of WW2 was represented by A Nightingale Sang in Berkeley Square (Vera Lynn) The Trolley Song (Judy Garland) Chatta Nooga Choo Choo (Glen Miller).

The 1950's provided Gene Vincent, Connie Francis, Bill Haley, Buddy Holly and Marilyn Munroe (I Wanna be Loved by You)

From the 1960's we heard Love Letters in the Sand (Pat Boone) and Get Back (The Beatles)

From the 1970's came Rocking All Over The World (Status Quo) Under The Moon Of Love (Showaddywaddy) and tracks by Chas and Dave and David Essex

As ever Mick has researched and provided facts and information about every item!

Did you recognise most of these songs and do they bring back memories for you??

Thank you to Mick and Patricia for a lovely afternoon.

Geoffrey Clarke.

Pangnirtung - Part 3

During the formation of the country called Canada, Queen Victoria made several important and far reaching suggestions.

Because of that she is held in high regard and her birth date 24th May is held as a Bank Holiday.

In 1999, Margaret and I were in Pangnirtung on the 24th and invited by Roy and Annie Bowket to journey across frozen sea to a tiny island. Annie drove the snow mobile, Margaret and I were in an qamutik (pictured)



Sea freezes from below the surface of the water in small waves, which when frozen lead to a rather uncomfortable ride.

At first I tried to stand but soon found myself on my knees

For the journey back we lay down alongside each other which led Annie to say that we looked like a honeymoon couple. Our reply was that we felt like effigy's!

In future newsletters I will tell of eight memorable weeks which we spent in South Africa in 1995 which was the year that Nelson Mandela was elected president.



Thank you to everyone who participated in the Macmillian coffee morning on Friday, we managed to raise over £600!!



**A BIG
THANK YOU**



WORLD'S BIGGEST
COFFEE 
MORNING

COFFEE
MORNING
2021



QUIZ TIME

1. What is the second most populous city in Spain?
2. What was the maiden name of the Duchess of Cambridge?
3. What is the next Prime Number after 73?
4. Who is the lead singer of the rock group Elbow?
5. In which decade did the Charleston become a popular dance?
6. In a game of pool, what colour is the Eight Ball?
7. Which sign of the zodiac is represented by a goat?
8. Which US State is designated by the abbreviation MO?
9. What was the name of the bear in TV's "Rainbow"?
10. In chemistry what compound is represented by the formula O₃?
11. Lemon, Mustard and Citrine are all shades of which colour?
12. Which two countries border Nicaragua?
13. What do the Americans call the season Autumn?
14. Which two utilities feature on the standard UK Monopoly board?
15. Which musical was based on the HG Wells novel "Kipps"?
16. What name is given to the English Channel by the French?
17. Who was the author of the novel "Brighton Rock"?
18. Which was the first US city to host the Winter Olympics?
19. What name is given to the first day of Lent?
20. In The Lion King, what type of animal was Timon?

Answers in the next newsletter

Answers: 1. Andy and Jamie. 2. Eyes. 3. 1965 4. Jarvis Cocker. 5. Munich. 6. Kings Cross. 7. Central Perk. 8. Nottinghamshire. 9. Bizet. 10. Hyde Park. 11. David Niven. 12. Melanie. 13. Glycemic Index. 14. Argos. 15. Egyptians. 16. G Gabon. 17. Good Intentions. 18. Laughing Gas. 19. David Coleman. 20. Salvation Army.

♥ happy retirement ♥

After being at Wygggestons for the past 17 years, Lesley has decided to retire and her last day here will be Tuesday 19th October. A big thank you to her for her work over the past years, we wish her all the very best and a very happy retirement!



From the Chairman, Sandra Powell

Dear readers,

I would like to take this opportunity to welcome the residents of Trinity to the Wygggeston family.

We are looking forward to getting to know you all and hope that, when our new building is completed later in the year, we will be able to invite you to come up to Wygggestons to view our new development and meet our residents.

We have a very full social calendar at Wygggestons and a very warm welcome is extended to you to join in any of the activities. With this in mind we will circulate our 'What's On' newsletter which is issued weekly and if you wish to take the opportunity of joining in please let Tracey know and she will make sure that Sharon our Lead Warden is informed and you will be welcomed in the usual Wygggeston manner.

I and my fellow Governors and staff hope that you will both enjoy and benefit from being part of the Wygggeston family.

Kindest regards,

Sandra Powell.

Chairman of Wygggeston and Trinity Hospitals.

