

Dear friends

Welcome to the last newsletter of 2011. November was a month of remembering, with fun and fireworks, then later with poppies for those who lost their lives in conflicts both recent and the distant past.

December brings joy as we celebrate during the darkest days of the year, the coming of the Saviour, who said, *"I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life."* (John 8:12)

We are grateful to all who have supported the work here at Quebec Hall through prayer, practical help and contributions to the spiritual welfare of our residents. We do hope to see some of you at our carol service on December 15.

Good to see our new website is now up and working – read on to see more.

God's rich blessing on you all.

Stephen Read, Trustee



Celebrating the Lord's harvest

At Quebec Hall, we are well aware that all we have is a gift from God, from our salvation to the provision at our table.

We give thanks to God for all that He provides for us. One of our staff, Margaret Seekings, made this Harvest Thanksgiving display which we put in the front entrance of the Hall. The words on the plate say: *'Give us this day, our daily bread.'* Praise God that He does!

Open Gardens Day

The weather was kind to us on August 14th when we held an Open Gardens afternoon in aid of the Dereham Baptist Church Redevelopment fund.

As Quebec Hall has some beautiful, almost "secret" gardens unseen by most visitors, Soili – who does most of the gardening, was kept very busy taking people on guided tours.

With Wendy greeting over 40 visitors and explaining the "programme", and Eileen's daughter Christine and friend



Carol in the kitchen at no. 20 (interrupted by tours of the bungalow), it all worked like clockwork – we even had time to chat!

We would like to thank all who came and helped us raise £50 while giving us an opportunity to enjoy a really lovely afternoon.

(A big thank you to bungalow residents Wendy Nash, Eileen Parfitt and Soili Clay for organising this for us – Ed)

Harry Squirrell – an Autobiography

"About me? Nothing much, being an ordinary man."

On leaving school I attended the Art School in Ipswich where I had been born and educated but did not pursue it. Instead, I trained as Composer in the printing trade. When that skill was no longer required, I changed to various clerical posts still within the printing trade, finishing as Paper Buyer.

I was married to Betty for 52 years, she passed away in 2006. We had four sons, but one died aged about 3 years.

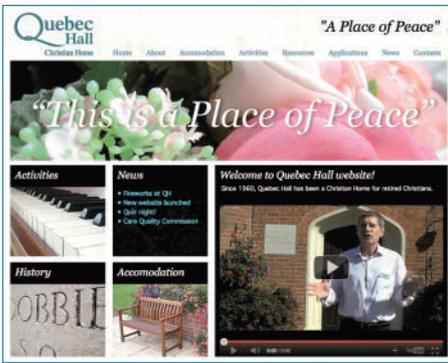
I became a Christian in my teens and have been involved in several evangelical activities since, which include:

- Billy Graham relays
- Good News Tent, committee and work
- Betty and I both helped at Young People's Bible Camps on the Norfolk coast, mainly Betty in the kitchen for a few years
- We were both involved in the Sizewell Hall Over 50's week organised by Meadow Way Chapel



- We were both involved in Open Air Sketch board preaching
- Gospel preaching from time to time as opportunity offers.

Since I've become a resident at Quebec Hall, Margaret, a carer, has encouraged me to start drawing and painting again."



New website launched

Quebec Hall launched its new website on 24th October. You can have a look yourself at www.quebechall.co.uk

There you can keep up to date with what is happening at the Hall as well as view pictures of the Hall, bungalows and past events. There is an archive section giving pictures of the Hall. Past editions of the Newsletter are also available.

A Royal occasion

Bungalow resident, Bert Youngman, recently spent a weekend at the Headquarters of the SAS to celebrate the 70th Anniversary of the formation of the Regiment.

Bert tells us : 'A special service was held on the Saturday at our memorial to dedicate a new plaque inscribed with the names of comrades recently killed in Afghanistan.

The plaque was unveiled by the Duke and Duchess of Cambridge (William is a great supporter of the SAS). This was not the usual fleeting royal visit – they spent the whole afternoon with us, inspecting the various displays and making sure that they met all of the veterans present. After the usual handshake, I was able to have a good chat with both William and Kate. It was a memorable occasion with friends coming from as far away as Canada and Australia.'



STAFF NEWS...

Everyone loves a wedding

Following on from the wedding we mentioned in the last newsletter, another member of staff has walked down the aisle.

This time it was the turn of Rachel Dunnett, now Mrs Rachel Warmington.

Rachel married Paul on Friday August 12th at Foulsham Baptist Church. Rachel made a detour to the Hall on her way to church and residents and staff were delighted to see her in her lovely dress.

We send them our warmest wishes for many happy years together.



Food Hygiene



The latest member of staff to join our 'chef's team' is Clare Webster and she recently passed her 'Food Hygiene' training course with flying colours.

Residents have often commented on the meals that are served at

Quebec Hall, likening them 'to living in a top class hotel.' *Well done, Clare.*

WHAT'S BEEN HAPPENING AT THE HALL...



Our biggest ever coffee morning

Each year we are pleased to host 'the biggest ever coffee morning' in aid of Macmillan Cancer Care.

A staggering £465 was raised on the day and, as can be seen in the photograph, some amazingly tasty cakes were enjoyed as well!

Quiz night

Another episode of Quebec Hall's favourite past-time was held on Friday 14th October – Quiz night with Fish and Chips.

Quiz master for the evening was David Oldfield and the fish & chips arrived on time and were delicious! Eight teams battled it out over eight rounds of searching questions. Final winners were the appropriately named 'VIP's. Our photo show them with a selection of 1st prizes.



VIP's team consisted of Deputy Care Manager, Lynne Kelly along with from the left, Marion, Olive, Freda and Thelma.

Fireworks evening

Over 60 people, young and old, celebrated a wonderful display of fireworks with soup and hot dogs.

God provided a dry, still evening which was perfect for all who came to watch. As you can see the sparklers made the young sparkle, whilst those a little older enjoyed the soup!



FUTURE EVENTS...

- ★ December 12th at 7.00pm: Cub Pack visit
- ★ December 15th at 7.00pm: Quebec Hall Carol service
- ★ December 19th at 2.30pm: Salvation Army

New scales

The ability to monitor the weight of our residents is an important feature in maintaining their good health.

However, with increasing frailty, this has not always been possible. We have recently purchased an electronic platform scale that allows a person in a wheelchair to be weighed. Accurate readings are obtained via a digital display, together with biometric readings if required.



Quebec Hall

TRUSTEES:

Phil Davey (Chairman)
Colin Wooden · Stephen Read
Trevor Handel · Martin Boyce

SENIOR MANAGEMENT:

Mark Woodgett (General Manager)
Karen Vertigan (Head of Care and Registered Manager)
Lynn Kelly (Deputy Head of Care)