

# Dudbrook Hall Newsletter

March 2013

Issue 1



## Read all about it... Dudbrook Hall Newsletter

A warm welcome to the first Dudbrook Hall newsletter! Our ambition is to put together a newsletter every 3 months to share experiences and news concerning Dudbrook Hall & the company St Michaels Homes.

With so many positive things happening in our home & company it is important that we, at times, take stock of what we have done and reflect on our achievements and ambitions.

Hopefully you feel we have shared some of that with you through this newsletter.

With Easter fast approaching we are now setting ourselves for spring and the exciting times ahead.

We hope you enjoy this first addition newsletter & if there is anything we have missed or you would like us to cover please contact the editor (Wendy) on 01277 372095 ext.3. Hope you enjoy.

## We would like to welcome....

Since the New Year we would like to welcome the following residents to Dudbrook Hall;

- Doreen Ely
- Ellen Lynch

Along with new residents we would also like to welcome new members of staff to the team and they are;

- Wendy Boulwood (Admin/Accounts)
- Hazel Parkes (Activities Co-ordinator)
- Faye McGee (Care Assistant)

- Danielle Robery (Care Assistant)
- Christopher Cabalan (Senior Care Assistant Nights)
- Dianne Williamson (Domestic)

Also congratulations to Danielle McCarthy for completing her apprenticeship with us, Danielle is now a full time member of our team. Due to the success we had with Danielle we are now looking at employing more apprenticeships and giving them the chance to learn & work.

## Special events coming up

- Music Moves Us with Francis
- Mothers Day
- Secret Nuclear Bunker Visit
- St Patrick's Day celebrations
- Easter celebrations
- St Georges Day celebrations

## Newsletter contents

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## Happy Birthday to: -

*Dora Seach 100<sup>th</sup> Birthday celebrated by all on 26<sup>th</sup> Feb*

## Other upcoming birthdays

*Doreen Ely 8<sup>th</sup> March Doris Dennis 13<sup>th</sup> March Cedric Wren 19<sup>th</sup> March Kathleen Deveraux 27<sup>th</sup> March Vince Cullen 14<sup>th</sup> April Pamela Clarke 20<sup>th</sup> April Edna Wilson 25<sup>th</sup> April*

## History of Dudbrook Hall & the surrounding estates from 1500 - 1900

During the middle ages the most important estate in the parish of Navestock was acquired by King Edgar, and then given to the Deans and Chapter of St Paul's Cathedral, who resided in Navestock Hall (see picture below).



Looking at the drawings for the new build Howard Lodge they are very similar to the drawing above.

to Queen Mary. Navestock Hall with 502 acres was the main residence on the estate. Queen Mary, eldest daughter of Henry 8<sup>th</sup>, was a Catholic, she was born before the reformation, and the Waldegrave family was also Catholics at this time.

Edward was a Member of Parliament & Chancellor of the Duchy.

When, Queen Mary died, Edward suffered a reverse of fortune, and he became a prisoner in the Tower of London by Queen Elizabeth 1<sup>st</sup> daughter Anne Boleyn, half sister to Queen Mary, for being her lawful servant. Edward died shortly after imprisonment in 1561.

At this time Navestock Hall was passed onto his wife

In 1554, all the land & property belonging to the Dean of St Paul's were surrendered to the crown. The land & properties were then transferred to Sir Edward Waldegrave, for services rendered

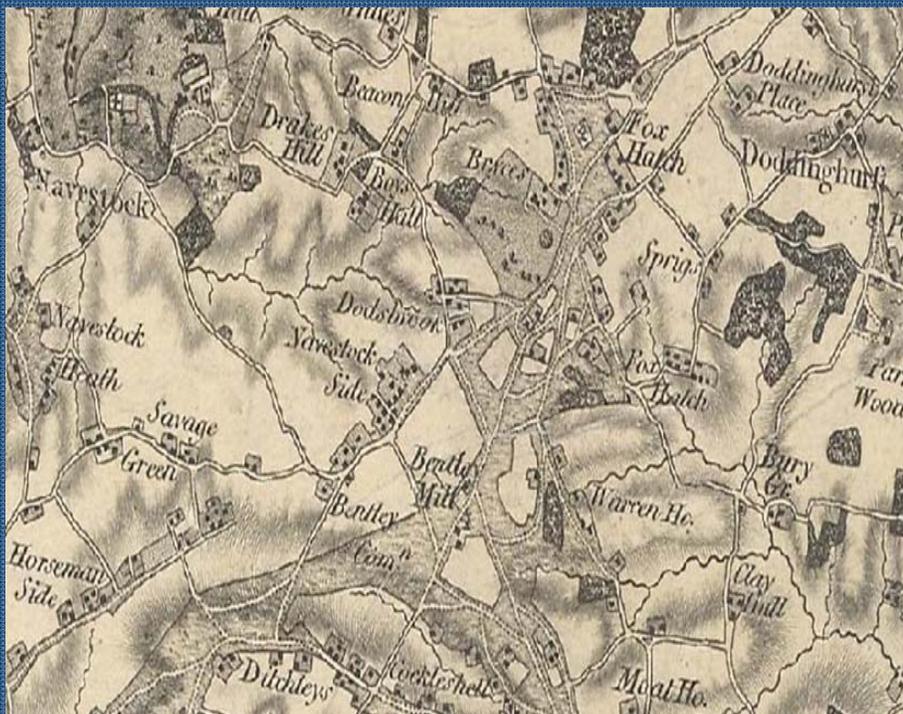
Francis, the estate which included Dudbrook to his son Charles. In 1599, Francis died, Charles the eldest son settled into Navestock Hall he in turn passed this down to his son Edward on his marriage to Eleanor.

From here on Navestock Hall and the estate remained with the Waldegrave family until the 19<sup>th</sup> century, during this time other so called smaller manor houses were also built on the Waldegrave estate for the other members of the family, this than was the beginning of Dudbrook Hall in 1602 which was only a small house from the start. Over the years it has been partly rebuilt & much enlarged at various subsequent dates. The style is mostly of the early and mid-19<sup>th</sup> century.

During Henry 8<sup>th</sup>'s decision to break away from "Rome" deserters were put in Tower of London or beheaded on the spot. To overcome this issue Dudbrook Hall had a priest's hole, this was a hiding place for practicing priests and Catholic followers if the crown man should attend the building.

The 6<sup>th</sup> Earl gave Navestock Hall estate & Dudbrook Hall to his eldest son the illegitimate John Waldegrave now owning over 3,000 acres of land. John married Francis Braham, they had no children, John died in 1840, Francis then married John's brother George, who had inherited the estate, Navestock Hall was than sadly demolished. George Edward becoming Earl Waldegrave, as he was a legitimate son. They had no children, and George also died. Francis then as widow had Title Lady Francis Waldegrave, she had all the estates, and Dudbrook Hall.

Hever Castle in Kent, which was given to Ann Bolyne's family, by Henry 8<sup>th</sup>, and reclaimed after Henry beheaded her, was also a property owned by the Francis Waldegrave. Francis had the Title and land, but not enough money. She then married an industrialist, mill owner, who had wealth. He died, after, they had bought Strawberry Hill, and spent a fortune, importing marble and fine arts, where she entertained and was a prominent member of the Bloomsbury Set.



Ordnance Survey First Series - 1806 - Can you spot Dudbrook Hall

## Ownership Timeline of Dudbrook Hall & estate

- Up to 1554 - Dean of St Paul's own the estate
- 1554 - 1561 Sir Edward Waldegrave 1
- 1561 - 1561 Charles Waldegrave
- 1602 - beginnings of Dudbrook Hall built
- Throughout 16<sup>th</sup> & 17<sup>th</sup> century under Waldegrave control
- 1800 - John Waldegrave
- 1840 - George Waldegrave
- 1844 - 1879 Lady Francis Waldegrave
- 1879 - 1898 Lord Carlingford
- 1898 - 1919 James Tabor of Rochford
- 1919 - 1940 Walter Tyzer
- 1940 - 1945 RAF HQ
- 1945 - 1951 Church Commission
- 1951 - 1956 "HAMS" East & West Ham Council (Known as Newham) Mrs C Watson (Matron)
- 1956 - 1993 Many different owners purchased Dudbrook as a conference centre.
- 1993 - to present day St Michaels Homes Ltd Mrs S Watson (Matron)

## History from early 1900

After a short while, her third husband died. Lady Francis then had Title, money, property and land, her next conquest was Lord Carlingford, he became her 4<sup>th</sup> husband.

From 1603 - 1921 Ireland was under British rule, and Lord Carlingford was the Crown's representative in Ireland, Francis was First Lady of Ireland. They lived in a large house in Phoenix Park where she was an excellent hostess, entertaining Politicians, artists, actors and social set. Francis died childless in 1879 aged 42 yrs leaving her estates etc to her husband Lord Carlingford who died in 1898.

The estate here in Brentwood was then sold to James Tabor of Rochford. After just 21 years Mr Tabor and his family sold Dudbrook Hall and the estate in 1919 to a Mr. Walter Tyzer. Mr. Tyzer was a successful German businessman who owned many large estates across the UK.

### Dudbrook Hall's war efforts

The older inhabitants of Navestock remember this period in the life of Dudbrook Hall, they remember as children coming to the Hall at Christmas time. There was a pavilion opposite the back gate, where the children were entertained. In 2009, the daughter of Mr

Tyzer visited Dudbrook Hall, she lives in Scotland now. It was a trip down memory lane for Ms Tyzer, she left Dudbrook Hall as a child at outbreak of World War 2, Mr. Tyzer who had like all Germans living in UK had their homes and land confiscated, the land & Dudbrook was given to the government for the war efforts. Dudbrook Hall became the main headquarters for the Royal Airforce (RAF) personnel in Essex.

Officers based at Stapleford and Weald aerodromes came here to train, work, rest, and if injured seek medical attention. Attached photo shows a war memorial at Stapleford Aerodrome, plaque reads;

*"In memory of those who lost their lives on this airfield 1939 - 1945"*

We will always remember those service men & woman who put their lives on the line for us all.

After the war in 1945 the land was given to the church commission, and leased out to local farmers like the Parrish family, and Dudbrook Hall was leased privately. In 1951 Dudbrook was given to the "HAMS", ie East and West Ham, as an old people's Home. The Matron who ran the home at this time was an Irish lady called Mrs. Chris Watson.

In 1955 they built Howard Lodge on the tennis courts of Dudbrook, transferring all the residents from here into Howard Lodge. Dudbrook Hall was sold several times after that including Martins the newsagents and May & Baker the drugs company. The cottages opposite Howard Lodge used to be the ground keepers house to Dudbrook. The Coach House which is next to Dudbrook Hall this used to be the servant's quarters & horse stables, all these outbuildings were sold off to private residence.

Then in Nov-1991 St Michaels Homes Ltd Company directed by Mrs. Sheila Watson the matron purchased Howard Lodge and also later purchased Dudbrook Hall in 1994. Exactly 50 years between the 1<sup>st</sup> & 2<sup>nd</sup> Mrs. Watson's. Chris Watson became a resident at Dudbrook Hall, she was still very much the Matron of the house, her son Phil works for us and we still see her daughter Anne from time to time.

St Michaels Homes are very proud owners of Dudbrook Hall and its history, and we will continue to love & maintain this wonderful building for many more generations to come....



Stapleford Aerodrome war memorial



## Members of our team

- **Sheila Watson**  
(Managing Director)
- **Claire Tyler**  
(Company Secretary)
- **Sean Watson**  
(Facilities Manager)
- **Peter Watson**  
(Director)
- **Kerry Toulson**  
(Manager)
- **Amanda Brewster**  
(Deputy Manager)
- **Caroline Sandham**  
(Team leader/Trainer)
- **Dawn Passfield**  
(Team leader – Medication)
- **Joanne Moss**  
(Team Leader/dementia champion)

## Other Senior Carers:

- **Bernadette Othen**
- **Victoria Roberts**
- **Maxine Spence**
- **Indira Brijmohun**
- **Aileen Reyes**
- **Christopher Cabalan**

All Carers, Domestic, Kitchen & Handperson profiles next newsletter

## Long Service Award Dinner

St Michaels Homes has been very fortunate with its entire 110 staff members. Some of our staff in Dudbrook Hall have been with us since we opened our doors in Nov 1994. In recognition & appreciation to those staff that have been with us for 10+ years we would like to invite them to an evening meal & drinks at Ashwells Sports & Country Club on Thursday 18<sup>th</sup> April 2013 to show our appreciation. In total we have 28 staff members who have been with us for 10+ yrs

From all the directors & managers thanks again to all our staff for the great job they do and continue to do for us & most importantly our residents.

## Upcoming events...

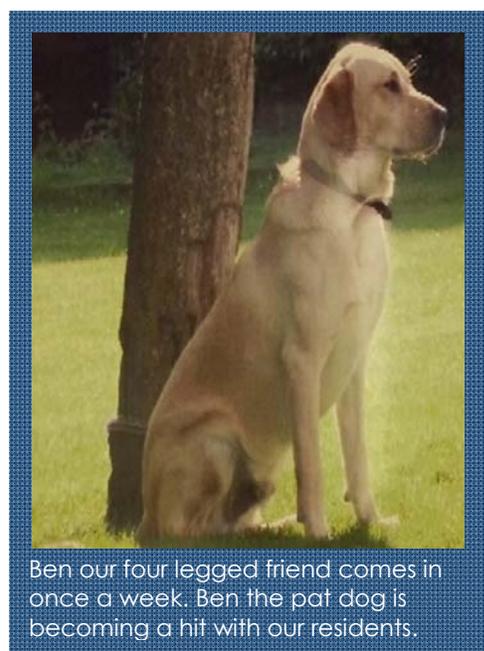
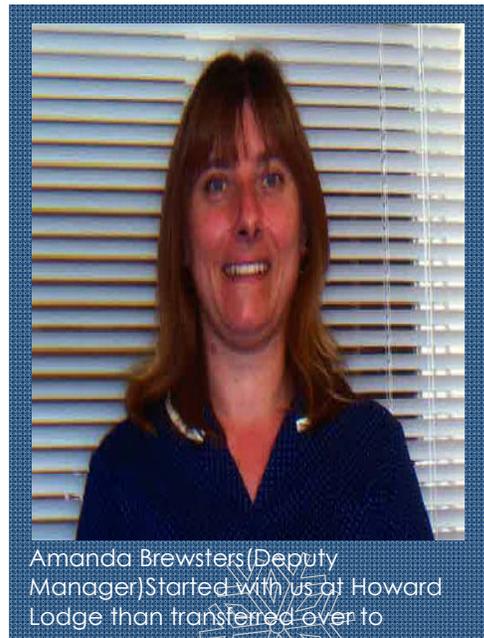
- 6<sup>th</sup> March at 2:30pm – Music Moves Us with Francis
- 10<sup>th</sup> March – Mothers day
- 15<sup>th</sup> March – to the eagle pub for pub lunch
- 17<sup>th</sup> March – St Patrick's Day – Jolly old knees up, cheese, wine & a drink of Guinness to toast St Patrick.
- 3<sup>rd</sup> April at 2:30pm – Music Moves Us with Francis
- 5<sup>th</sup> April- a visit to the Secret Nuclear Bunker at 2pm all welcome to come
- 7<sup>th</sup> April 2.30pm- Hiltone's visits
- 15<sup>th</sup> April- visit to Hopefield animal sanctuary transport arranged
- 23<sup>rd</sup> April – St George's Day – Celebrating all that's English, with cockney songs/dancing galore.
- 28<sup>th</sup> April Catholic Spring Party
- 1<sup>st</sup> May at 2:30pm – Music Moves Us with Francis
- 5<sup>th</sup> June at 2:30pm – Music Moves Us with Francis
- 21<sup>st</sup> June – National Care Home
- Open Day

## Upcoming activities...

- Easter is round the corner and we are holding an Easter raffle, tickets will be on sale from mid March.
- Fortnightly library visits- if anyone wishes to join they can.
- Hazel our activity lady here mon-fri, residents very much enjoy her.

As always we would like to say a special thanks to our volunteers that come into the home, Sarah with her special trained dog Ben (see photo to right). Also thanks to St Nicholas Church of England & St Helens of Ongar for their spiritual visits to our residents.

If you feel you can offer your time to be a volunteer with transport for outings or if you or family member can play an instrument or craft demonstration etc anything you can do or offer it would be greatly appreciated by us and the residents.



## No horsing around with our food....

With all the bad press at the moment concerning horse DNA in the human food chain it is without surprise that we are going to ask the question on our food producers.

Below is an open letter to all from *apetito* UK's Chief Executive, on the integrity of his food products.

"Dear Customer



*apetito* and Wiltshire Farm Foods are 100% committed to producing high quality, nutritious, safe and correctly labelled food in which our customers and end consumers have confidence.

Unlike some prepared meal suppliers we actually produce the vast majority of food we sell. For example, all our raw beef, lamb and pork is bought in as whole muscle from approved suppliers and then inspected, butchered (minced and diced) by *apetito*'s trained staff in our own onsite butchery. We then cook it in our kitchens to produce our wide range of prepared meal products.

However, recent events have rightly caused many people to ask questions of their suppliers and we know our customers want to be sure that they can buy from us with confidence. For this reason, we have put in place one of the most comprehensive DNA testing processes in our sector. To date, in total, we have undertaken 110 DNA tests across our product ranges and we are pleased to advise that no equine (horse) DNA has been found in any of our products.

In the weeks ahead, we plan to develop our testing programme further and we will provide updates on our website. It is important to say that it is possible that this testing programme may, at some stage, identify a problem - though given process and results so far we do not anticipate finding horse meat. However, the purpose of the programme is to identify any possible issue and then improve our systems and processes to eradicate it. We believe this is a responsible approach and you can rest assured that should we find a contamination problem, we will immediately withdraw any product affected.

Finally, as a team, we are passionate about our food and we are also really passionate about making a real difference to our consumers – many of whom are older, in hospital or care.

Thank you, Paul Freeston  
Chief Executive, *apetito* Ltd"

Should you wish to have any more information on this matter you can visit *apetito*'s website on <http://www.apetito.co.uk/> or call our admin office on 01277 372095 ext 6.

## Our Kerry is now an associate of “My Home Life” .....

### *What is “My Home Life”?*

This is a program that aims to create a positive culture in care homes across Essex, based on a relationships centered approach. It recognizes that staff need to engage at an emotional level with their residents, and that managers need to support them in this. Encouraging managers to move away from controlling leadership style to a more empowering and enabling one. This then helps connect more productively with staff and supports them to take the initiative.



### *How does it work?*

Care home managers across Essex come together and take part in regular meetings to discuss real insights into their own personal management styles and skills. Kerry became an associate in October 2012 and has found the whole experience really useful to understand the issues and problems other care home managers have had to face and how they dealt with them. Also Kerry had described her own experience she has had over the years which were of great interest to all.

### *Insights from the meetings?*

Recognizing that change begins with them, starting with the continued development of their own leadership, management and communication skills. Recognizing that a positive culture requires a relationship centered approach to care. This is at the heart of good practice. Discovering the skills to engage more productively with staff by supporting them to take the initiative, to reflect and to nurture relationship with residents.

### *Outcomes since the meetings?*

Since completing the programme, all associates have reported staff spend more time sitting and talking with residents, listening and responding to their views and needs. Managers have become calmer and more engaged with their staff. This mirrored in staff interactions with residents, and more widely in the atmosphere of the homes. Staff are becoming reflective practitioners, questioning how they do things, and being more supportive of both residents and relatives.

For more information on this topic please visit <http://myhomelifeessex.org.uk/about-mhl-essex/> or ask Kerry who will be happy to give you more information on the scheme.

Again I hope you have enjoyed reading our first Newsletter, if you have a story that you would like us to cover please come back to us.

Thanks from all the directors and senior management of St Michaels Homes Ltd.