

# RMBI NEWS

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Going green for the  
environment

Caring for our  
planet

Works begin on  
new-build care  
home in Suffolk

Kind Supportive Trusted

Caring is our way of life

[www.rmbi.org.uk](http://www.rmbi.org.uk)



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Front cover photo: Resident Preston and staff member Clare enjoy a pleasant walk across Connaught Court's lush gardens, in York.

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Send us your comments about this issue or any suggestions for future issues of RMBI News at [marketing@rmbi.care](mailto:marketing@rmbi.care) or write to us at RMBI News Team, 60 Great Queen Street, London WC2B 5AZ



# A message from Mark LLOYD, MD



## Sustainability is a crucial aspect in the design and build of our new care home in Bury St Edmunds.

The building of this Home, which started in summer 2024, will take approximately three years to complete. It will support up to 64 residents in need of nursing care and residential dementia support. You can find more information about it in this issue of RMBI News.

As a phased development, we will continue to run our existing Home, Cornwallis Court, on the same site, ensuring our residents' wellbeing at all times. This project reflects the theme of this issue, focused on how our Homes are developing sustainability awareness. This includes rolling out solar panels across all our Homes in the charity, which will help reduce our environmental impact.

Our 16 care homes for older people continue to excel and remain flexible to offer both permanent care and short-term respite stays. Debbie Hollands, our Resident Placements and Contract Manager, will be happy to offer guidance. You can contact her at [debbie.hollands@rmbi.care](mailto:debbie.hollands@rmbi.care).

Thank you to all our readers for your continued support for our charity.

**Mark LLOYD**  
Managing Director

## Your Say\*

"Visited many homes prior to my mum moving in and never regretted the decision. All staff are exemplary in their work and care."

Son of a resident at Prince Philip Duke of Edinburgh Court, May 2024

"This was a very easy transition into care at The Tithebarn. After a visit to the home and speaking with the manager, I decided that this was exactly the fit for my wife."

Husband of a resident at The Tithebarn, July 2024

"This is the type of home we had no qualms leaving our mum in. It is a role model for older people's care."

Daughter of resident at Scarborough Court, October 2024

"Care and support are always on call. The staff are very caring, committed and cheerful. The management is very good and I am pleased with my room."

Resident at Connaught Court, July 2024

\*Source: [carehome.co.uk](http://carehome.co.uk)



# News in brief



## The joy of art creation

Research has shown that arts and crafts have many benefits. It can improve your mood, stimulate your brain and enhance your motor skills. On top of that, it also encourages people to socialise when carried out as a group activity. That is something that residents at Barford Court, in Hove, are well aware of. Armed with coloured pencils and markers, residents worked on the design of a new wall art for the Home's entrance.

## Discovering the history of Welsh whisky

Residents at Queen Elizabeth Court, in Llandudno, enjoyed a day trip to a local distillery, Penderyn Distillery. Accompanied by the Home's Activities Coordinator, they went on a tour around the distillery, which has been around for over 100 years. Residents learned about the unique heritage and craftsmanship of Welsh whisky and how the village of Penderyn was chosen because of the site's own supply of fresh natural spring water.



## Social media news



Congratulations to staff member Rosemary as she celebrates 10 years of service at James Terry Court, in South Croydon.



Residents and staff were virtually transported to the deep and dark jungles to enjoy a wild safari themed party at Harry Priestley House, in Doncaster.





## Residents enjoy a wedding-themed day

To celebrate the nuptials of team member Louise, staff at Prince George Duke of Kent Court, in Kent, hosted a wedding-themed day for everyone to delight in. The residents and staff had fun dressing up in their own wedding attires or borrowed wedding dresses, bridesmaids' dresses and hair fascinators. There were music, dancing and cake for everyone to enjoy. Staff with Indian and African heritage proudly wore traditional clothing and shared some of their wedding customs.



## A world of fantasy and adventure to enthral residents

Staff at Prince Edward Duke of Kent Court, in Essex, have created a magical Alice in Wonderland themed day for residents. Leading up to the event, staff members volunteered their time to build an enchanted scene filled with decorations in the Home's gardens, which is set in a Grade II listed property with period features dating back to 1825. On the day, family, friends and children from a local nursery joined residents for a Mad Hatter's tea party, tucking into scones, cupcakes and other sweet treats.

Only 3.5% of care homes in England are rated 'Outstanding' by the Care Quality Commission. Prince Michael of Kent Court in Watford is one of them, and they just celebrated their 30<sup>th</sup> anniversary!



Juliet McNeilly, Home Manager at Devonshire Court, in Leicester, has won the National Dementia Carer Award at the Great British Care Award Finals. Congratulations, Juliet!

# Going green for the environment

Sustainability is about meeting the needs of the present without compromising the needs of the future. To achieve that, we focus on ensuring a high quality of life for our residents whilst aiming to reduce our carbon footprint and raising awareness of the environment.

An Environmental and Safety Support Group, comprised of staff throughout the charity, has become an 'environmental link' to lead sustainable activities in our 17 care homes. As a result, residents and staff have been taking part in a number of environmental activities as part of our efforts to protect the environment.

At **Albert Edward Prince of Wales Court**, in Porthcawl, they have joined forces to ensure they recycle everything they can. Following new government regulations for workplace recycling, the care home has now strengthened its approach to sustainability by installing 13 recycling stations, with a total of 30 bins across the Home to improve how waste is handled. The bins are made from 100% post-consumer recycled materials.

Matthew Owen-Neill, Facilities Assistant at Albert Edward Prince of Wales Court, says: "We have seen around a 75%



reduction in the amount of waste we produce, so this has really opened our eyes on how much we can reduce our waste!"

**Above:** Residents Philip and Carole (left and right, respectively) and Activities Coordinator Nicola (centre) proudly pose with their new recycling bins at Albert Edward Prince of Wales Court, in Porthcawl.

## How to 'bee' environmentally friendly

The Homes have also been raising awareness of the importance of bees and other pollinators, the threats they face and their contribution to a sustainable environment. At **Prince George Duke of Kent Court**, in Chislehurst, residents gathered recycled materials to design and create a huge beehive and enjoyed a honey tasting session during their bee themed week.

Meanwhile at **Shannon Court**, in Surrey, residents have planted seeds to create a wild garden at the Home to attract bees, and they enjoyed creating bee-decorated mobiles using natural materials such as wood, string and pinecones.

Further north at **Queen Elizabeth Court**, in Llandudno, residents and staff invited a local beekeeper to the Home. They had the opportunity to see a beehive up close and learned about the different varieties of bees and their jobs in the hive.

“Reducing our landfill contribution by recycling and undertaking environmental themed events is only a small part of our charity’s Sustainability Strategy,” says Brett Edwards, Health, Safety & Risk Director at RMBI Care Co. “We have identified key areas we need to focus on to improve our environment. In addition, we are now installing solar panels and electric vehicle

charging points, working with our business partners to reduce packaging, lowering the emissions from our vehicles and much more. We will continue to promote environmentally friendly practices and reducing our carbon footprint to the lowest possible level.” ■

**Below:** Resident Daphne presents a bee mobile made by residents at Shannon Court, Surrey.



“ We learned a lot about bees through these different activities and how important they are for the future of our planet.

Diane Connor, Activities Coordinator at Prince George Duke of Kent Court

”



# Works begin on new-build care home in Suffolk

The official sod cutting ceremony took place to celebrate works starting onsite for our new-build care home in Bury St Edmunds, Suffolk.

The cutting of the soil has marked a £16m investment for the charity, with works taking place on the site of its current Home, Cornwallis Court. The new care home is being built in a series of phases to enable residents and staff to continue living and working in the existing building, before moving across to the new Home once it is ready.

Upon completion, the new care home, which has been designed to meet the changing needs of older people, will provide residential care, nursing and residential dementia support for up to 64 people. A sustainable approach, including using more energy efficient technologies and materials, has been adopted where possible throughout the Home.

Mark Lloyd, RMBI Care Co.'s Managing Director, says: "Our new-build Home will provide residents with thoughtful and purpose-designed environments that enhance and promote wellbeing. Cornwallis Court is currently rated 'Outstanding' by the Care Quality Commission, and this will help to further strengthen the exceptional care staff provide." ■

Denise O'Brien, Cornwallis Court former Home Manager and current Regional Manager for the Central region, alongside Sir David Wootton and John Boyington CBE, Chair of Trustees at RMBI Care Co.



# Caring for our planet

As part of our sustainability focus, we're working hard to have an Environmental Lead in each Home that spearheads sustainable initiatives, which involve both residents and staff members.



Facilities Manager and Environment Lead Angela Kelly at Cadogan Court's gardens, in Exeter.

Angela Kelly, Facilities Manager at Cadogan Court, in Exeter, is also the Home's Environmental Lead. In her own words, her passionate contribution is a balance between "growth, environmental care and social wellbeing."

**RMBI News:** How do you encourage residents and staff to adopt sustainable practices in their daily work?

**AK:** "We use the opportunity, through our Activities Coordinators, to discuss with our residents how they managed through the Second World War and post-war era to reduce and reuse as much

food waste, to rework clothing and generally live thriftily. This creates a great buzz with the residents, as they love to tell their life stories. In turn, often without realising, they offer valuable knowledge and experience we can draw on."

**RMBI News:** What kind of activities do you carry out at the Home to promote sustainability?

**AK:** "Cadogan Court separates waste into dry recyclable, general waste and food waste. However, we have taken this one step further by putting food waste bins in every kitchenette. This is used not

only by staff but also by our residents."

**RMBI News:** Can you describe a sustainability initiative you have led or participated in that was particularly successful?

**AK:** "The use of the waste bins in the kitchenettes has been particularly successful. Our residents have also enjoyed growing herbs in the garden for the kitchen. They want to collect rainwater to care for their garden too. These are little steps towards sustainability, but it's lovely to see both staff and residents engaging in this activity of sustainability without it being a task." ■

# Myth-busting common misconceptions about the MCF

**The Masonic Charitable Foundation (MCF) has decided to debunk some of the most common myths they hear, providing clear and factual insights into who they are, what they do and the values that guide their work. Keep reading to uncover the truth about the Masonic Charitable Foundation!**

## **Myth 1 – ‘only Freemasons are eligible for support’**

This is a common misconception. The MCF provides a wide range of grants and services to not just Freemasons, but their families as well. Partners, widows, children, step-children, grandchildren and step-grandchildren of Freemasons who have a financial, health, education or care-related need can also be eligible for support from the MCF.

## **Myth 2 – ‘the MCF only helps the Masonic community’**

The MCF’s vision for society is one where everyone has the opportunity to lead positive, active and fulfilling lives, especially those that are in need, disadvantaged or marginalised.

Their mission is to be a force for good by providing support to those who need it most. That is why they operate a range of grant programmes to local and national charities. Every year, the MCF supports around 500

charities with grants totalling more than £5.5 million.

## **Myth 3 – ‘the Relief Chest Scheme is just giving money away to the MCF’**

The MCF’s Relief Chest Scheme helps groups such as Lodges, Chapters or Provinces to give more to the charities they support. A Relief Chest helps donations go further since Gift Aid is automatically reclaimed on all eligible donations, boosting every £1 donated by 25p.

Their Relief Chest Scheme offers donor-advised funds, within which donations can be held until donors are ready to make a payment to a registered charity or charitable cause.

## **Myth 4 – ‘the MCF is a secretive club’**

While their offices may be hidden down in the basement of Freemasons’ Hall, the MCF is anything but an exclusive club! They are proud to share the wonderful achievements of their incredible fundraisers, success stories as a result of their support, and the vital work of charities they are in partnership with. ■

The Masonic Charitable Foundation’s office is located at Freemasons’ Hall, in London.



**If you wish to receive exclusive news and content about the MCF, please scan the QR code below to join their WhatsApp channel.**



# Exotic animals amaze residents

There is a type of therapy that is not delivered by doctors – it's delivered by paws and snouts. Animal therapy can provide people with a unique kind of comfort. With dogs, cats and rabbits at the forefront, these unlikely therapists are able to transform people's lives just with their presence.

However, exotic animals can be as efficient as domestic pets at supporting people's wellbeing. That is something that residents at Zetland Court, in Bournemouth, know from experience. They have enjoyed a friendly visit from a number of exotic creatures, including an albino ferret and a milk snake.

The residents were astonished and delighted to meet the animals, who were brought in by two specialists from The Creature

Teachers, a local organisation that promotes animal education and animal therapy. Residents had the opportunity to learn interesting facts about the animals' habitat, diet and welfare.

Taking part in this activity, resident Mike was amazed when he held the ferret. "This has been my first time meeting a ferret. She was softer than I thought she would be! This has definitely been a very different afternoon," he said with a smile. ■



Above: Resident Joyce marvels at the scaly touch of a milk snake.



Above: Resident Jean smiles while holding up a mottled owl with support from the animal handlers.

# Find your local RMBI Care Co. Home

We provide residential care,  
nursing and residential  
dementia support to older  
Freemasons, their families and  
people in the wider community.

We have been caring for older people  
for over 180 years and today we  
support over 1,000 residents across  
17 care homes in England and Wales.

Check out  
our promo videos  
at [www.rmbi.org.uk](http://www.rmbi.org.uk)  
to find out more  
about our  
Homes.

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- 2 Barford Court, Hove  
Tel: 01273 777 736
- 3 Cadogan Court, Exeter  
Tel: 01392 251 436
- 4 Connaught Court, York  
Tel: 01904 626 238
- 5 Cornwallis Court, Suffolk  
Tel: 01284 768 028
- 6 Devonshire Court, Leicester  
Tel: 01162 714 171
- 7 James Terry Court, Croydon  
Tel: 020 8688 1745
- 8 Prince Philip Duke of Edinburgh Court, Berkshire  
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- 9 Prince Edward Duke of Kent Court, Essex  
Tel: 01376 345534
- 10 Prince George Duke of Kent Court, Kent  
Tel: 020 8467 0081
- 11 Prince Michael Of Kent Court, Watford  
Tel: 01923 234 780
- 12 Queen Elizabeth Court, Llandudno  
Tel: 01492 877 276
- 13 Scarbrough Court, Northumberland  
Tel: 01670 712 215
- 14 Shannon Court, Surrey  
Tel: 01428 604 833
- 15 The Tithebarn, Liverpool  
Tel: 0151 924 3683
- 16 Zetland Court, Bournemouth  
Tel: 01202 769 169
- 17 Harry Priestley House, Doncaster  
Residential care for adults with learning disabilities.  
Tel: 01405 814 777

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RMBI Care Co. is part of the Masonic Charitable Foundation – Funded entirely through the generosity of Freemasons, their friends and families, the Masonic Charitable Foundation (MCF) builds better lives by encouraging opportunity, promoting independence and improving wellbeing. For more information, please visit: [www.mcf.org.uk](http://www.mcf.org.uk)



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