

# DUCHY DIGEST

MARCH 2022

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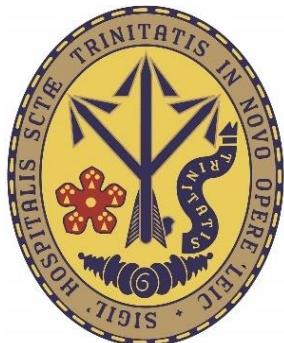
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*From the Master*



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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 March edition of Duchy Digest.

We have finally opened Lancaster House and moved the offices. It has taken quite a lot longer than we hoped but the Admin team are now located in the new development, along with our new Conference room and Duchy Lounge.

We are so pleased with the new development and are gradually relocating social activities and events into the purpose built rooms as, you will see in this edition.

The link bridge is also nearing completion and we will shortly be creating a new garden between Agnes House and William House for all to enjoy, along with landscaping around the new pond.

At the time of writing, I am also pleased to report the further lifting of the pandemic restrictions and our everyday life at Wyggestons and Trinity seems to be returning to normal.

We are beginning to plan events for this year and will shortly be announcing the return of our annual celebrations, along with arrangements for the platinum jubilee.

In this edition we introduce one of our newest Governors, Les Phillimore.

On a sad note, we say goodbye to Melissa Taylor this month after two years as our PA/Secretary and thank her for all her work with the Charity over these challenging times. Becky Pask has joined us recently to take on the role and we wish her a long and enjoyable time in the Wyggestons family.

Chris

PLEASE NOTE THE FINANCE OFFICE WILL BE  
OPEN TO RECEIVE PAYMENTS ON  
TUESDAY 29<sup>th</sup> MARCH 2022



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

### William House

**Pauline Stringer**      **22<sup>nd</sup> March**

### Agnes House

**Diane Taylor**      **11<sup>th</sup> March**

### Trinity

**Lynn Blundell**      **21<sup>st</sup> March**



Sadly, we have 1 death to record in this edition.

Mr Duncan Lucas, our Honorary Life Governor,  
peacefully passed away on Monday 7<sup>th</sup> February.



Our thoughts and prayers are with his family and friends

# Goodbye & Welcome

As most of you know Melissa is moving to Norfolk soon and therefore left Wyggestons, on Friday 25<sup>th</sup> February. We would like to say a big thank you to Melissa for her work over the past 2 years and we wish her the very best for the future!



However, we are delighted to welcome Becky to the team! She will be replacing Melissa and she started on Wednesday 9<sup>th</sup> February. You will be seeing her a lot so be sure to say hi and make her feel welcome.

Welcome to Wyggestons Becky!



# Pictures from the first coffee morning in the Duchy Lounge!



**Remember to  
put your clocks  
forward on  
Sunday 27<sup>th</sup>  
March**



**Please note that the  
black gate leading to  
Westcotes Drive has to be  
closed manually. Once you  
have opened it  
with your fob be  
sure to close it  
behind you.**



# Coincidence or Gods hand

Russia is now attacking Ukraine and that gives us all very heavy hearts. This morning a friend sent me a text from a missionary in Ukraine asking for urgent prayer. I was very moved by this persons text and when I read the last line it put me in mind of a former time in my life. A time when God was again putting things in place, so that I would be in the right place at the right time. This was written by the man in Ukraine “.....we covet your prayers! We are not any braver than you – but confident we are where God would expect us to be (Daniel 417)”.



In the year of 2006, I was 59 years old and trying to serve the lord in a hot country. My nephew, Pete contacted me. He was getting married later in the year (no date yet) he asked if I could come? I hoped and seriously prayed that the wedding would happen sometime in the hottest 2 months of July or August, (selfish I know) in view of the heat and also the need to leave the country in the summer. I was on a 3 month visa, and not wanting to pay for an extra trip home. I thought the situation qualified me to pray about my plight. I hoped it would all fall into place in Gods perfect timing, I know God can do this (see last months newsletter). Eventually I released “Not this time!” So what was god doing in my life? I bought my return flight ticket (to coincide with the wedding) for the 9<sup>th</sup> September 2008.

A conflict was brewing with the neighbouring country, north of where I was living. It turned into war with the first of many rockets flying over my coastal village, before crashing into the mountain side. I was not a happy bunny! But things went click; click; click in my brain. I realised why things hadn't come together, for the wedding date as I was needed there for that time. My work wasn't



glamorous. It involved working with the 40+ Sudanese + Ethiopian women and children; refugees who had fled to this nation from their own war-torn countries. My congregation provided the shelter and, through donation, provided food and other necessities. The refugees came without a clue of where they would end up and we were privileged to have the means to bless them in this way, at least until something more permanent would be found for them. We were a team of four or five volunteers and helped out with school runs for the children, hospital and clinic runs for the Mums and those in labour, weekly shopping which was very hard with about five trolleys! During the war things got a lot worse – running into the bomb shelter exact time the sirens went off, and we only had seconds (less than a minute) to get there. I was asked to live at the shelter, which I did gladly. In part because it was, I think less likely to get a direct hit, (my flat was in the centre of two hits! – one on either side) The overcrowded bomb shelters weren't a bed of roses, very very hot and sweaty, with too few fans and very restless children. It is an understatement to say it was stressful.



CEASEFIRE

After a month, a ceasefire was issued for the day before my flight home. I am not trying to compare my experience with what is happening in Ukraine, but was being there a coincidence? Was the ceasefire coming just before I was due home for my nephews wedding, a coincidence or was Gods wonderful plan? I could certainly see God's fingerprints all over it.

How about you?

Rose Mee  
LH Flat 8

HOW  
ABOUT  
YOU?

# As it's St Patrick's Day this month, have a read of some facts that we found!

**1. St. Patrick's Day is an Irish national holiday with banks, stores, and businesses closing for the day.**



**2. The first St. Patrick's Day celebration in the United States was held in Boston (1737).**



**3. Shamrocks are the national flower/emblem of Ireland.**

**4. The colour of St. Patrick's Day was originally blue.**

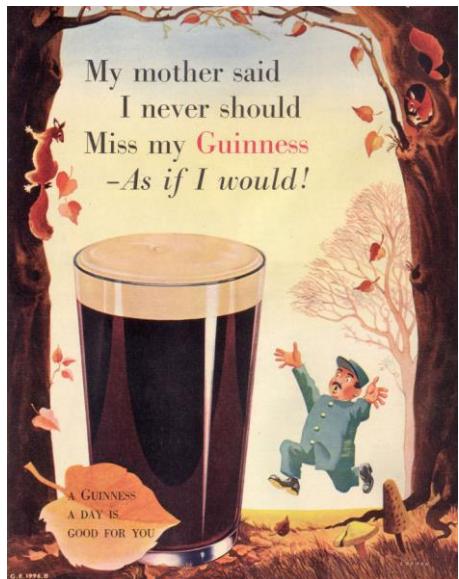
Wearing green has become a staple of St. Patrick's Day, but the holiday was originally associated with the colour blue. It's thought that the shift to green happened because of Ireland's nickname "The Emerald Isle," the green in the Irish flag and the shamrock, or clover. Green ribbons and shamrocks were worn as early as the 17th century.

**5. Beer is one of the most widely consumed beverages on St. Patrick's Day.**



**6. Legend says that each leaf of the clover has a meaning: Hope, Faith, Love and Luck.**

**7. 1962 marked the first time Chicago dyed their river green for St Patrick's Day.**



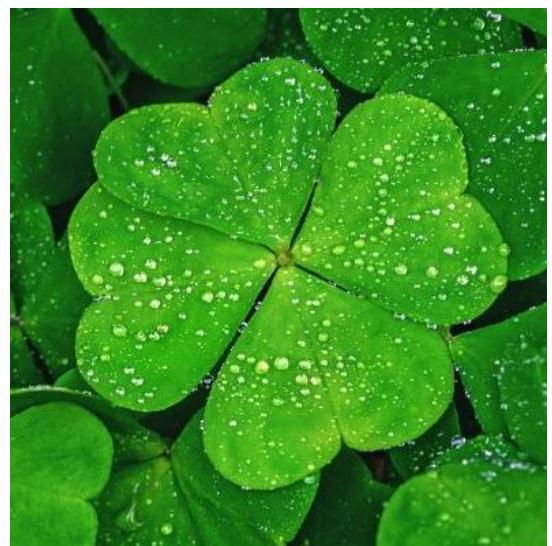
**8. Guinness is one of the most popular drinks on St. Patrick's Day.**

**9. Shamrock shakes are also very popular (and tasty!):**

**10. There are 34.7 million U.S. residents with Irish ancestry. This number is more than seven times the population of Ireland itself.**

**11. The real St. Patrick wasn't Irish. He was born in Britain around A.D. 390 to an aristocratic Christian family.**

**12. Your odds of finding a four-leaf clover are about 1 in 10,000.**



**13. The world's shortest St. Patrick's Day parade is held in an Irish village. It lasts only 100 yards, between the village's two pubs.**

**14. St. Patrick never got canonized by a pope, making his saintly status somewhat questionable.**

# A big "THANK YOU"

Brian and Heather (AKA Mr and Mrs Jones) would like to say "Thank you" to everyone who helped make their wedding day so special, for all their cards and good wishes and practical help.

The day was perfect, the sun shone, and it was lovely to see so many of our Wyggeston friends in the Chapel.

We hope you enjoyed the service, and not forgetting the cupcakes afterwards!



# FROM THE MASTER

## An Invitation!

As you may know, the actual dates of Lent (and Easter) vary every year (I won't go into the reasons here!). Back in 2018 we had the unusual event of the start of Lent (Ash Wednesday) on the same day as Valentine's Day (February 14<sup>th</sup>). I therefore started my talk at the Service in Chapel with this piece of doggerel:

*Roses are red, violets are blue, Lent is beginning, so no chocolates for you!*

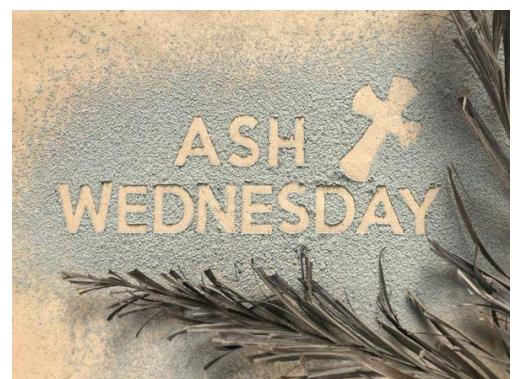
I said this because so many people still only associate Lent with giving something up but there is so much more to this important time in the Church Calendar than denying ourselves a tasty treat!

The  
Season  
of  
Lent



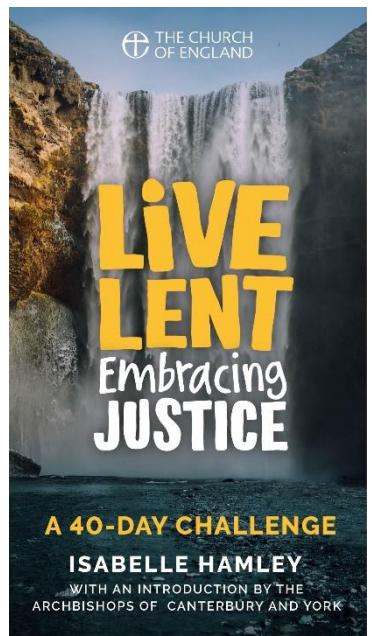
It is certainly the case that one important strand of Lent is **self-denial**. This is because on the first Sunday of Lent we read about Jesus' forty days fasting in the wilderness. Many people therefore choose to 'give something up' for Lent. Even as we do this we are reminded by the Old Testament prophet Isaiah that the kind of fasting that God requires his people is to '*loose the chains of injustice and untie the cords of the yoke, to set the oppressed go free and break every yoke and to share your food with the hungry and to provide the poor wanderer with shelter and when you see the naked, to clothe them...*' (Isaiah 58v6,7a).

Another important strand of Lent is that of **penitence**. Historically the Church used Lent as a time when those who had 'fallen away' or denied their faith could be reconciled with the Church after suitable self-examination and penitence. A very longstanding tradition grew up of receiving ashes on the forehead as an outward sign of penitence on the first day of Lent. Hence the name, 'Ash Wednesday'. This is a tradition I will be offering again during the Holy Communion Service on Ash Wednesday (March 2<sup>nd</sup> this year). But even as many of us take part in this outward sign (it is not compulsory) we need to



remind ourselves that although rituals such as ‘ashing’ and fasting can be helpful, if they don’t result in inward change which leads to righteous living they are in vain! The ash on our foreheads – traditionally made from the burning of last year’s palm crosses - reminds us that we are dust and to dust we shall return so we should turn away from sin and be faithful to Christ. It’s an annual reminder that our very best of intentions as Christians can easily turn to ashes. Being faithful to Christ is the only remedy. We are called to love our lives daily in the direction of God and genuine concern and care for others.

The third important strand of Lent is that of **spiritual growth**. In the early Church Baptism was primarily administered at Easter. The weeks leading up to it were spent preparing candidates for this major step in their Christian commitment. So as well as ‘giving something up’ we are encouraged to ‘take something up’. For example reading a spiritual book written on the themes of Lent (there are many available each year) or attending a group for fellowship, Bible Study and prayer (such as the Home Group which meets here on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays of each month). I will be inviting people to take and read this year’s Church of England booklet called **‘Live Lent: Embracing Justice’ - A 40 day challenge**. And of course we can all continue to **‘share our food with the hungry’** by donating items to the foodbank collection in Chapel.



And finally outside the Chapel there will be the **Lenten Cross**. Throughout Lent we add symbols and scripture verses to the cross as we prepare for the events of Holy Week; if you are able you might like to make a weekly visit to look and reflect. On Easter Sunday, we will decorate the cross with flowers and so it will be transformed from a symbol of death into a symbol of new life – resurrection life – eternal life.

I invite you all to a Holy Lent and a Joyful Easter.

**Tony Leighton**

Dear Residents and Staff

The Government has advised that  
the wearing of face masks is  
no longer mandatory

However if you still wish to wear a  
face mask, please continue to do so.





# Why not give these simple recipes a try?

## Tomato Soup

### Ingredients

- 2 tbsp olive oil
- 1 onion, chopped
- $\frac{1}{2}$  tsp salt
- 2 tbsp tomato paste
- 1 can of tinned tomatoes
- 2 cups of vegetable broth
- 2 tbsp unsalted butter
- Black pepper (to taste)
- 10 fresh basil leaves (to taste)



### Method

In a soup pot warm the olive oil until shimmering. Add the onion and salt and cook, stirring occasionally until onions are translucent. Add the tomato paste and cook stirring constantly for around 30 seconds. Add the tomatoes and vegetable broth and stir to combine, increase the heat to high and bring to a simmer. Cook for 30 minutes, reducing the heat as necessary to maintain a gentle simmer and stirring occasionally. Remove the pot from the heat and let it cool for a few minutes. Next transfer the mix to a blender, add the butter and pepper and blend until smooth. If you're adding basil blend again briefly.

## Fruit Tart

### Ingredients

- 1 1/3 cups all purpose flour
- $\frac{1}{4}$  cup granulated sugar
- $\frac{1}{2}$  tsp salt
- 10 tbsp melted butter
- $\frac{1}{2}$  tsp almond extract
- $\frac{1}{2}$  cup heavy cream
- 8oz container mascarpone cheese
- 4oz cream cheese
- $\frac{1}{2}$  cup powdered sugar
- $\frac{1}{2}$  lemon juice
- $\frac{1}{2}$  tsp almond extract
- 1 cup Strawberries, Blackberries & Raspberries
- 2 mandarins
- 1/3 cup blueberries & apricot



### Method

Preheat oven to 350, in a large bowl whisk together flour, sugar and salt. Add melted butter and almond extract and stir until a dough is formed, press mixture into a 10 inch tart pan. Prick with a fork and bake until golden. In a bowl using a hand mixer beat the cream until stiff peaks form, separately beat mascarpone cheese and cream cheese, add powdered sugar and lemon juice and fold in the cream, spread the filling over the crust and decorate as you wish with the fruit.

# St Patrick's day inspired recipes

## Green Velvet Cupcakes

### Ingredients (serves 18 cakes)

- 225g Unsalted butter (softened)
- 225g Golden caster sugar
- 195g Self-raising flour
- 3 Large eggs (lightly beaten)
- 1 tsp Vanilla extract
- 30g Coco powder
- 100g Cream cheese
- 100g Unsalted butter (softened)
- 400g Icing sugar
- 1 tsp Lemon juice
- Green sprinkles to decorate



### Method

Pre-heat the oven to 180 (fan 160, gas mark 4) and line two cupcake tins with 18 cases. Cream together the softened butter and sugar until pale and fluffy. Add in the green food colouring a little at a time until you achieve a relatively bright green colour. Gradually add the eggs and vanilla, mixing well after each addition to help prevent the mixture from curdling. Sift in the flour and coco powder and carefully fold in until just incorporated. Check the colour is the desired shade of green-add slightly more if required. Spoon the mixture into the cupcake cases until they are only 2/3 full. Place in the oven for 20-25 minutes or until a skewer comes out clean and the cakes spring back when touched. Remove from oven and leave to cool slightly before transferring to a wire rack to cool completely. To make the frosting beat together the cream cheese and softened butter before adding in the lemon juice. Gradually add the icing sugar, beating well until combined and smooth. Once the cupcakes have cooled pipe the icing on the top of each cake and decorate with your chosen sprinkles.

## Irish Soda Bread

### Ingredients

- 420ml Buttermilk
- 1 Large egg
- 530g All-purpose flour
- 40g Granulated sugar
- 1 tsp baking soda
- 1 tsp Salt
- 70g Unsalted butter
- 150g Raisins (optional)



### Method

Pre-heat oven to 200, grease or line a 9-10 inch cake pan. Whisk the buttermilk and egg together and set aside. Whisk the flour, sugar, baking soda and salt together in a large bowl, cut in the butter using your fingers and stir in the raisins, pour in the liquid mix and gently fold together until stiff, pour crumbly dough onto a lightly floured surface and with floured hands work the dough into a ball. Transfer the dough to the lined tin and score and X into the top. Bake until golden brown (about 45 minutes) but halfway through add foil on top. Remove from oven and allow to cool, serve warm with desired toppings

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

# Meet your Governors

We have asked some of Governors to introduce and tell us a bit about themselves.....

## Introducing: Les Phillimore

My name is Les Phillimore and I am delighted to be appointed to Wyggestons Hospital Trust in my role as a Leicestershire County Councillor.

Born, bred and educated in Braunstone and the youngest of four, my parents and three elder brothers are originally from Rugby where on my mothers' side, we were and are still remembered as the local farmers. I though, have lived within the Blaby District area all my life where I ultimately met my wife of 40 years, Jackie who is a specialist in Early Years children with Special Educational Needs and Disabilities (SEND).



I started my working life as an Apprentice Electro-mechanical engineer, not far from Wyggestons, at what GEC Marconi Radar and Defence on Blackbird Road was and then onto GEC Elliott Process Automation on Scudamore Road in New Parks. I moved into the Gaming, Leisure and Hospitality sector where I spent a very enjoyable 30 years, ultimately rising to Group Executive Manager within the one-time and class-leading FTSE 100 Greenalls Group Plc. A brilliant company to work for, it is where my management career evolved and where I spent a large portion of that time operating nationally with a workforce of over 400.

Jackie and I married in 1981 and have two grown-up and left-home sons who are forging their own post-university careers and lives with their partners, with Kieron and his partner getting married in June of this year.

Kieron lives in Kent with an office based in London and is all things digital, currently working for a global digital solutions agency.

Alex lives more locally with his partner and works for a small farming charity and has just been promoted to head up their Communications and Public Relations team.

In the year 2000, with a full-time job, two young children and Jackie, I decided that it would be a really, really sensible thing to spend four years studying (evenings and weekends) at the De Montfort University for two post-graduate Diplomas and then my Master of Business Administration (MBA) graduating in 2002 and 2004.

In 2009 at the depths of the last economic recession, I was made redundant and being over 50 the traditional employment route was closed to me; So I have since built a portfolio career which is always challenging, wonderfully varied and endlessly interesting and also means that I have met and get to work with some incredible talented and passionate people and businesses.

I am an elected District Ward Councillor at Blaby District Council where I serve in the Cabinet Executive with responsibility for Housing, Community and Environmental Services with the “housing” element being the homeless, rough sleeping and affordable housing aspects of the role.

To be sat here at Wyggestons Hospital Trust, I must also be an elected County Councillor for Leicestershire where I hold the seat for the Cosby & Countesthorpe Division with a population of c: 10,000.

I am a Director / Owner of two small businesses, one being a small Business consultancy where we tend to work on international collaborative projects and the other is a pet passion of mine and as a result of my own experiences, being focused on the social and economic opportunities of the Third Age (The over 50's)

With a large foot in small, privately owned businesses, I am privileged to be the elected East Midlands Regional Chair of the UK's largest business group, the Federation of Small Businesses, where I support an amazing team of staff and volunteers representing, campaigning and lobbying on behalf of the small and medium size business community.

Fascinated about how the world goes around, I am also a part-time Tutor for De Montfort University working with international students in business, marketing and entrepreneurship, where I also serve on the Faculty of Business and Law Advisory Board, where as business people, we work with the academic staff to develop the skills and course material of the future.

I do have a permanent employed job as Parish Manager for Cosby Parish Council and Cosby is an immensely rewarding parish and tight-knit community to look after and to serve.

I am a very lucky boy, from once being employed in a single role, I now live and work in a wonderfully fascinating, exciting and challenging holistic world where my activities, interests and passions for people and business all come together across business, local government, education and politics – never a dull moment as they say.

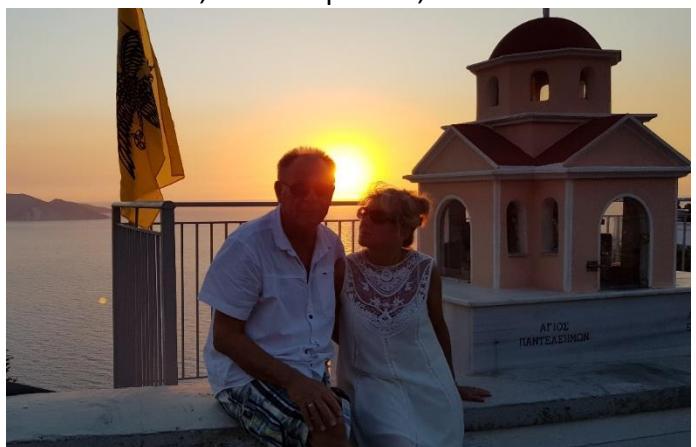
Leisure:

We have a close-knit group of friends who it is always great to catch up with or for those who live further afield, stay with and here and there, we get to dog-sit Mia and Lola, Cocker Spaniels, for our best friends.

Jackie and I are quite simply Greek-acholics. We absolutely adore the Greeks and their summer climate and have been taking our summer holiday on the Greek islands for many, many years and hope to be heading off to our favourite island later this year for our annual chill-out and will no doubt, be sitting on the same wall watching the sun set over the Ionian Sea as in the photo below.

I hope that my experience and appointment to Wyggestons Hospital Trust will be of benefit to both the residents and to the Trust itself.

Les



# QUIZ TIME

1. Parmesan cheese originated in which country?
2. On TV quiz show "The Chase", what is the Sinneman's real name?
3. How do the Americans refer to a car boot?
4. Who is the patron saint of Venice?
5. Kerry Katona was an original member of which female pop group?
6. At approximately 78%, which is the most abundant gas in the Earth's atmosphere?
7. On what part of the body were spats generally worn?
8. According to the nursery rhyme, on what day of the week did Solomon Grundy get married?
9. Which two Scottish football teams compete in the Old Firm derby?
10. What is the main ingredient of the middle eastern dish hummus?
11. The Bay of Bengal is a part of which ocean?
12. John McClane was a character in which film series?
13. Which chemical element has the symbol, Hg?
14. In which part of London did Jack the Ripper carry out his notorious murders?
15. Whose first published novel was entitled "High Fidelity"
16. In golf, what term describes two under par on a hole?
17. In which decade was Kylie Minogue born?
18. In computing, for what do the letters ISP stand?
19. Which month represents a letter in the NATO alphabet?
20. The holiday resort of Marmaris is in which country?



**Answers in the next newsletter**

Answers: 1. Wiltshire, 2. Aladdin, 3. 2, 4. St. Andrew, 5. Derek Jacobi, 6. Green, 7. Adele, 8. Carbon, 9. Logonberry, 10. Sweden, 11. Charles II, 12. Mary Shelley, 13. Manchester City, 14. Flashlight, 15. Big Toe, 16. Bulgaria, 17. Carousel, 18. Serbian, 19. CM, 20. "Addams Family Values"