

# News from Cunningham House, Pirbright.

Independence, good food and companionship – all under one roof  
Newsletter 2023

## Our Very Own Green Fingers!

Looking around the glorious gardens of Cunningham House, one would imagine that we have full time professional gardeners working tirelessly several days each month. However, like so much else at Cunningham House, we enjoy the talents of dedicated volunteers who have a passion for gardening and a love of our House. Anne Collins, Hilary Gower and Gill Denyer (with the help of a paid gardener to do some of the heavy work) have, over the years, transformed our sloping, sandy site into a series of flower beds that feature shape, colour and texture all year round. Between them, they have tilled our soil and planted beautiful flowers, trees and bushes weekly for a combined 63+ years!

Each Wednesday morning, these three friends meet to work in our gardens. Led by Anne, a trained horticulturist, the team weed, mulch, trim, and transform. The challenges of the site and the vagaries of the weather keep them on their toes; lately there has been frost damage to clear away, requiring either heavy use of secateurs or a large fork if the affected plant is a lost cause. Last summer it was drought, which was especially hard on newer plants.



Where the ground and tree cover have made it impossible to keep a lawn, the team have been creative in building a feature using decorative stones and a birdbath. As each resident has her/his own flower bed, the gardeners kindly work with the residents to help them get the most of their “private gardens”. We are deeply grateful for their dedication, hard work, and delightful company. Drop by on a Wednesday morning and say “hello, and thank you!” to these wonderful volunteers.



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## King Charles III Coronation Volunteers Tea Party

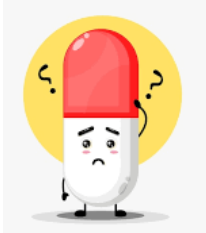
The Big Help Out was a national day of volunteering on the bank holiday Monday of King Charles III Coronation weekend. Cunningham House volunteers contribute to the smooth running of the House over the course of the year so the tea party was a way of saying thank you. The volunteers, residents, sponsors, relatives and staff enjoyed the afternoon over a glass of champagne or two with smoked salmon sandwiches and savouries finished off with tea and a selection of delicious homemade cakes.



### The Pill

*Poem by Sheila Lawrence*

How does a pill  
Know where I'm ill?  
Is it to go  
To my head or my toe?  
Is it to the kidneys, the lungs or the liver?  
Or do they cry out "come hither, come hither!"?  
But, should I keep fine,  
Do they go and hide?  
Or do they collide?  
What magic doth guide  
Each pill to each ill?  
Just how do they know  
Where in me they should go?



## Boehringer Ingelheim Ltd Volunteers

As part of a corporate volunteering scheme, scientists from Boehringer Ingelheim had a change to their normal working day and spent the afternoon at Cunningham House to re-treat the carport timbers for us. Despite the weather looking threatening, they managed to complete the task, and enjoyed a chat with some of the residents as they worked. Thank you from Cunningham House for your hard work.



*Cunningham House is the operating name of The Abbeyfield Pirbright and District Society Limited, a registered society under the Co-Operative and Community Benefits Societies Act 2014, registration number 22478R*