



The Charity Chat

June 2018

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Race for Life



Daphne Arnold, a Resident at St Margaret's is taking part in this year's 5K Race for Life. The event takes place on Sunday 10th June 2018 at 10.00am.

Mrs Arnold is raising money for Cancer Research UK and would appreciate any kind donations from fellow Residents. If you would like to support Daphne please let the Housing Officer know and a sponsor form will be supplied.

The race starts and finishes in Gloucester park, and part of the route is Northgate Street/Hare Lane so please feel free to cheer on Daphne on the day!

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Sheltered Housing

Resident Activity Assistants



Housing Officer Melanie would like to thank Margaret Apperley (right) and Pat Day for becoming the new Resident Activity Assistants for St Bartholomew's and St Margaret's. If Residents have any future ideas for activities please speak to either Margaret or Pat who will liaise with myself. Thank you.



I look forward to working alongside you both with the sheltered housing activity plan.

Day Trip to Monmouth

On Monday April 30th we set off for our day out to Monmouth. Our driver took us through the Welsh borders to Skenfrith, for a coffee stop at a pretty country pub with attractive gardens. Refreshed we moved on to the white Castle ruins, as seen in the



photograph. The view of the local countryside was impressive which helped us to soak up the history and atmosphere of this castle. We drove on to Monmouth for lunch and a stroll around the town. We were driven home through the leafy green Forest of Dean. A good time was had by all!



Kimbrose

Walks With Hawks



We were delighted to welcome back Claire from 'Walks with Hawks' to Kimbrose, a wilder version of our usual Pets as Therapy visitors.

It was a wonderful opportunity for our member's to have an informative yet fun owl encounter.

It really is such a joy to be able to get so close to these beautiful birds as they fly around the room stopping to perch on our member's gloved hands and staff's heads.



What's on in Gloucestershire

Cheltenham Science Festival 2018 - Tuesday 5th June - Sunday 10th June

Bake Back in Time at the Holst Birthplace Museum, Cheltenham - Saturday 9th June

NGS Open Gardens at Berkeley Castle - Monday 11th June

Cheltenham Gin and Jazz Festival - Saturday 16th June

Midsummer Song at Taurus Crafts, Lydney, - Sunday 17th June

Dusty & The Shades of The 60s at the Roses Theatre, Tewkesbury - Thursday 28th June



Guild House

Scrabble Board Donation

A very kind donation has been made to us: Frances's family bought a large print Scrabble game for our home. The letters in this game are extra big and the game board holds each letter neatly in place. This makes the game so much easier for our Residents. In fact some residents, who were unable to play independently, can now take part in the game with minimal support, which is such an achievement. Many, many thanks.



Royal Wedding Preparations



Our residents have been very crafty in preparations for the Royal Wedding of H.R.H. Prince Harry of Wales and Ms Meghan Markle. Lovely Broaches and Hair clips were made with little Union Jack



flag buttons. We also made bunting and table decorations for the big day. A little bird told me that a fabulous wedding cake is in the making from our lovely kitchen staff. We are wishing everyone a wonderful day of celebration.

Red Lippy Day

In aid of Dementia UK we painted our lips red for dementia nurses on the 4th of May. Everyone had a good giggle and some fun in taking some memorable photos. Thanks everyone for taking part.





Magdalen House



The weather has been beautiful and we have taken full advantage of this at Magdalen House. Our Residents have enjoyed a trip out to Croft Water Farm where they were greeted by 'Mr Duck' and to see the stunning Bluebells in Cranham.

In-House Artist

Elsie had her paint brush at the ready with our activity assistant Margaret and she created a masterpiece! The water colour of 2 elephants is Elsie's latest painting and she is absolutely chuffed with it. We have had it framed for her and it will look lovely displayed in her room.





Recipe: Apple Crumble Sundae



Ingredients

- 2 tbsp butter
- 4 Granny Smiths apples cored and diced
- 2 tbsp light brown sugar
- 8 scoops vanilla ice cream
- 2 ginger nuts biscuits, crushed

Method

In a small saucepan, melt the butter over a gentle heat and add the apples, cinnamon and sugar. Cook for 10 minutes or until the apples have softened but still hold their shape. Split the

mixture between four sundae glasses or bowls. Sit 2 scoops of ice cream on top of each, followed by the crushed biscuits. Serve while the apple mix is still warm.

Certificate of Unit Credit

Whilst Guild House kitchen is under construction and Lunch Clubs, Meal Deliveries and dinners have been prepared and served out of a very basic, temporary container unit, Head Chef Lorraine Dix has also undertaken a few training courses...

Lorraine recently passed the "Level 2 Certificate in Leadership and Team Skills". Well done Lorraine and congratulations!!



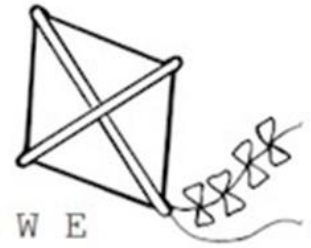
New Member of Staff

We welcome our new Head of Care at Magdalen House, Veronica Pinte. Having Qualified as a Social Worker and worked as a Care Leader, Veronica joins us with a wealth of knowledge in the Health & Social Care sector. Veronica enjoys working with older people and says she enjoys the joy you can offer by doing little things to help.



Word Search

Father's Day



S D R J T U R F U N N Y T X T B J K W E
A P A Y W J O D G M T Z V O T I I R O Q
S J E E A L A N V X C N N Z O N Q Q J C
A G P C R D I F O R E V E R D L Z E U P
M P T X I H V E O A Z J H R F I S W N H
Y N Q H S A B Z A X E Z H W A J J Y E J
R W Y I H Z L J S J T Z G X X P T L R Q
V E F Y M H L L A B T O O F F B C I N A
H X T T K L D N G T W Q F E T M A M N F
V E K H G K N E J P Z D F H U G R A E T
A C B R G Y K V V K E A O P R A I F R J
Q O M Y P U G O U N T L Y N H R N Y D O
N K Z P E P A L K H F L O G J D G S L H
D T A F E S K D E D W O I G C F K E I F
P H M R W M T R K E G S O T A A G Z H U
U K Q V X H D Y C Q T K O D M Q S J C K
I K B A I B K Q A Q D G T N D N E I R F
C G S G F E F I S S W S L Z Y F C S T B
B T H P G X W E U T D G I D E U Z O A Z
J Z L Z X V R F N F W Q J P K M X I P Z

CARING	FISHING	GOLF	PARENT
CHILDREN	FOOTBALL	HAPPY	READ
DAD	FOREVER	HUG	SON
DAUGHTER	FRIEND	JUNE	SPECIAL
FAMILY	FUNNY	KIND	TOOLS
FATHER		LOVE	

Reward & Recognition

Denzil Williams
and
Moya Neighbour



June Activities 2018

DATE	TYPE OF ACTIVITY	LOCATION / TIME
Friday 1st	Lunch Club & Activities	St Bartholomew's, 12.30 start
Monday 4th	Shopping Board Games Afternoon	Sainsbury's, 11am start St Margaret's, 2.30pm
Tuesday 5th	Coffee Morning	St Margaret's, 10.30am
Thursday 7th	Exercise Class	Kimbrose, 4.00pm
Friday 8th	Lunch Club & Activities	St Bartholomew's, 12.30 start
Monday 11th	Day Trip Resident Book Club	Weston-S-Mare, 9.15am start St Margaret's, 2.00pm
Tuesday 12th	Social- & Breakfast Morning Lunch Club & Games	St Mark's, 10.30am St Bartholomew's, 12.30 start
Thursday 14th	Fish & Chips Evening	St Margaret's, 5.00pm
Friday 15th	Lunch Club & Activities	St Bartholomew's, 12.30 start
Monday 18th	Shopping Games Afternoon	Tesco, 9.30am start St Philip's, 2.30pm
Tuesday 19th	Coffee Morning	St Bartholomew's, 10.30am
Thursday 21st	Exercise Class	Kimbrose, 4.00pm
Friday 22nd	Lunch Club & Activities	St Bartholomew's, 12.30 start
Monday 25th	Day Trip Games Afternoon	TBC St Bartholomew's, 2.30pm
Tuesday 26th	Coffee Morning Lunch Club & Games Knit and Natter	St Philip's, 10.30am St Bartholomew's, 12.30 start St Margaret's, 2.30pm
Wednesday 27th	Fish & Chips Evening	St Bartholomew's, 5.00pm
Thursday 28th	Monthly Lunch Out	Miller & Carter, 11am start
Friday 29th	Lunch Club & BINGO	St Bartholomew's, 12.30 start

LUNCH CLUB AVAILABLE MONDAY - FRIDAY

Subject to change

MEAL DELIVERIES ARE AVAILABLE ON TUESDAYS, WEDNESDAYS, & THURSDAYS

Activities are open to all Residents on a 'first come first served' principle. If you require assistance a relative or friend should accompany you. A deposit may be required for trips. **TO BOOK MEAL DELIVERIES, LUNCH CLUBS, SHOPPING or OUTINGS** (including Friday Activities), PLEASE CALL HEAD OFFICE on 01452 500429. For further information about individual activities, please see posters on your notice boards or speak to Melanie, Carole or Morten.

