



The Charity Chat

November 2018

Silent Disco at Kimbrose

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<u>Page:</u>	The members and some Residents also had fun at their own Silent Disco. This activity is now being used as dementia therapy and those living with dementia are reaping huge mental benefits. They sang and boogied along to their own favourite tunes through their individual headsets, with disco balls, glow sticks and feather boas to add to the atmosphere. If any other Trust Residents would like to come along we will be holding these discos monthly. Our next Silent Discos at Kimbrose will be on 16 th November at 2pm and 20 th December at 11am.
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Magdalen House

We went out with the Willow Trust this month on their boat trip. We sailed from Saul Junction up to Sharpness. We stopped off on the river bank for lunch before setting sail again. We saw lots of lovely animals along the way. Some Residents went up to the top deck and got the chance to steer the boat down the river. It was a lovely trip out and the sun shone all day.



Some of our staff took part in the Cheltenham memory walk



this month raising money for Alzheimer's Society, it was a really great morning, we are already thinking of the next one.

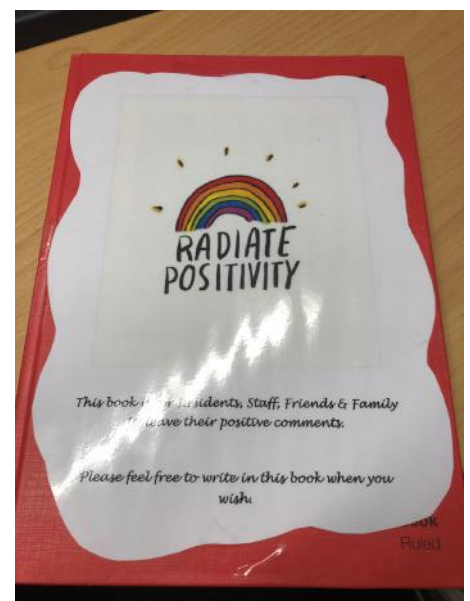
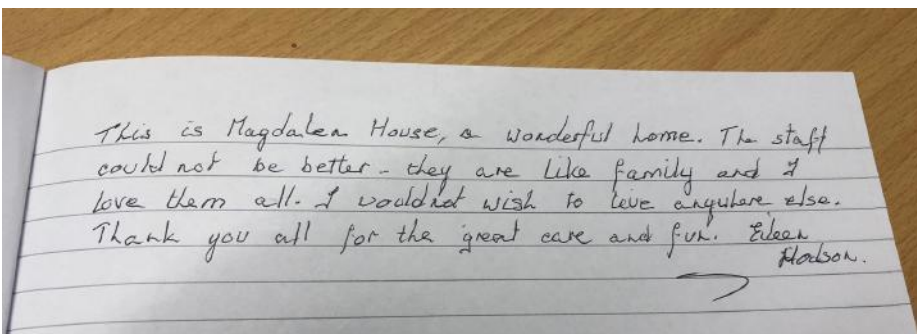
Some of the Residents joined others for a Harvest Festival Service at St Margaret's Chapel and we would like to thank Father David for a lovely Service.

We would also like to say a big thank you to all who helped us raise money for our Macmillan Coffee morning that we hosted. This was a great morning to have a chat with others over a coffee and cake. A big thank you to Georgia from the kitchen for all the yummy cakes she made.

Positivity Book

We decided to introduce a positivity book so our Residents, relatives, staff and any other visitors to the home could tell us about their positive experiences at Magdalen House. Eileen was our first Resident to write this wonderful entry:

Kelly Halford, Home Manager





Sheltered Housing

Knit and Natter Group



The Knit and Natter group held at St Margaret's has proved to be a huge success. The group meet once a month and enjoy having a chat while completing their knitting projects and sharing ideas. If you are interested in joining this wonderful group, please let Melanie the Housing Officer know.

STMG's Ploughman's Lunch

The Residents at St Margaret's spent their Sunday lunch time chatting over a delicious ploughman's lunch. It was a lovely few hours of socialising and eating and the Residents thoroughly enjoyed it. Someone said:

'A big thank you to both Melanie and Sophie for giving up their time to give us a lovely ploughman's lunch. Good company and very good food as always.'



Trip: West Midland Safari Park



On the 1st of October Residents had the opportunity to visit West Midland Safari Park and say a 'hello to

our relatives' as someone put it. It was a lovely day out and many of those who went came back with lots of positive feedback. One of the highlights was a brief glimpse of the baby rhino who was born only the week before!





Kimbrose

Our members have had some quite unique experiences this month. 'Zoolabs' visited Kimbrose with a variety of unusual creatures. Not just the more popular ones you might expect to see in our pets therapy sessions, Misty the snake, a very tame rat, a tarantula, bearded dragon and a huge cockroach. The club members really enjoyed their interaction with them and learnt a lot about the creatures habits too.





Guild House

Peace Rose



The “Inner Wheel Club” of Gloucester kindly chose Guild House to make a donation of a rose bush. It was for the International Peace Day on the 21st of September, the ladies came to plant a Peace Rose. This rose is making a wonderful contribution in our Garden. After the ceremony, the ladies stayed for a cream tea with our Residents in the conservatory

for a chat. A very warm thank you goes to all these lovely ladies from our Residents and the Guild House team.

Autumn Season

Once again, we went mad with the paint brushes. Autumn colours were painted onto paper and once the sheets were dry, we had a session cutting out the shapes of the leaves. The Tree in our lift is carrying these artistic leaves as well as our Residents names. It just looks lovely and represents the autumn season.





Recipe: Pumpkin Soup



Ingredients

- 2 tbsp olive oil
- 2 onions, finely chopped
- 1 kg pumpkin or squash peeled, deseeded and chopped into chunks
- 700ml vegetable stock or chicken
- 150ml double cream
- For the croutons
 - 2 tbsp olive oil
 - 4 Slices wholemeal seeded bread, crusts removed
 - Handful pumpkin seeds

Method

Heat 2 tbsp olive oil in a large saucepan, then gently cook 2 finely chopped onions for 5 mins, until soft but not coloured. Add 1 kg pumpkin or squash, cut into chunks, to the pan, then carry on cooking for 8-10 mins stirring occasionally until it starts to soften and turn golden.

Pour 700ml vegetable or chicken stock into the pan and season with salt and pepper. Bring to the boil, then simmer for 10 mins until the squash is very soft.

Pour 150ml double cream into the pan, bring back to the boil, then purée with a hand blender. For an extra-velvety consistency you can pour the soup through a fine sieve. The soup can now be frozen for up to 2 months.

To make the croutons: cut 4 slices wholemeal seeded bread into small squares

Heat 2 tbsp olive oil in a frying pan, then fry the bread until it starts to become crisp.

Add a handful of pumpkin seeds to the pan, then cook for a few mins more until they are toasted. These can be made a day ahead and stored in an airtight container.

Reheat the soup if needed, taste for seasoning, then serve scattered with croutons and seeds and drizzled with more olive oil, if you want.

Sue Birt

After 16 and a half years service as Domestic at St Philips Sue Birt has decided to leave the Trust. Sue said that she has enjoyed working for the Trust but is ready for pastures new. Sue has been an extremely reliable member of the housing team and she will be greatly missed by residents and staff alike.





Word Search

Bonfire Night word search

r	o	c	k	e	t	t
b	a	n	g	c	p	q
o	e	z	y	v	o	c
n	g	u	y	x	p	r
f	l	a	m	e	s	a
i	z	o	o	m	o	c
r	f	i	z	z	u	k
e	g	h	k	q	p	l
s	m	o	k	e	g	e

rocket
flames
pop

bang
soup
fizz

bonfire
crackle
zoom

guy
smoke





November Activities 2018

Subject to change

DATE	TYPE OF ACTIVITY	LOCATION / TIME
Thursday 1st	Bingo Afternoon	St Philip's, 13.30hrs
Friday 2nd	Lunch Club & Activities	St Bartholomew's, 12.30hrs
Monday 5th	Shopping Winter Warmer Roast Dinner	Tesco St Bartholomew's, 13.00hrs
Wednesday 7th	Coffee Morning Book Club	St Bartholomew's, 10.30hrs St Margaret's, 14.00hrs
Thursday 8th	Exercise Class	Kimbrose, 16.00hrs
Friday 9th	Lunch Club & Activities	St Bartholomew's, 12.30hrs
Sunday 11th	Winter Warmer Roast Dinner	Kimbrose, 13.00hrs
Monday 12th	Day Trip Remembrance Service Winter Warmer Roast Dinner	Ledbury & Hop Pocket Village St Margaret's Chapel, 11.30hrs St Mark's, 13.00hrs
Tuesday 13th	Lunch Club & Games	St Bartholomew's, 12.30hrs
Wednesday 14th	Coffee Morning Knit and Natter	St Philip's, 10.30hrs St Margaret's, 14.00hrs
Thursday 15th	Movie Afternoon & Pudding	St Bartholomew's, 13.30hrs
Friday 16th	Lunch Club & Activities	St Bartholomew's, 12.30hrs
Monday 19th	Shopping Winter Warmer Roast Dinner	Morrison's St Mark's, 13.00hrs
Wednesday 21st	Coffee Morning Games Club	St Margaret's, 10.30hrs St Margaret's, 14.00hrs
Thursday 22nd	Exercise Class	Kimbrose, 16.00hrs
Friday 23rd	Lunch Club & Activities	St Bartholomew's, 12.30hrs
Monday 26th	Trip	Nags Head Christmas Dinner
Tuesday 27th	Lunch Club & Games	St Bartholomew's, 12.30hrs
Wednesday 28th	Social Morning GCT Christmas Craft Fayre	St Mark's, 10.30hrs St Margaret's Chapel, 12-15hrs
Friday 30th	Lunch Club & BINGO	St Bartholomew's, 12.30hrs

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, (Monday - Friday) SHOPPING or OUTINGS PLEASE CALL HEAD OFFICE on 01452 500429.** For further information about individual activities, please see posters on your notice boards or speak to a member of staff.