



# The Charity Chat

## September 2018

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### Pony Visit at Magdalen



The Residents at Magdalen House were in for a lovely treat when Darcy came to visit, a beautiful white pony who is 18 years old. Darcy came from City Farm in Tredworth, it was an amazing morning and the Residents enjoyed it. It was lovely to see such big smiles on their faces. It brought back a few memories for some of us.

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## Magdalen Continued .....



We have also been busy making flowers out of tissue paper, that looked beautiful. Some Residents have them displayed in their rooms and some are in the lounge area for all to see. We also made handmade bird feeders for the garden, this was a fun but sticky activity. We used toilet roll holders, covered them in peanut butter then rolled them in bird seed. They didn't seem to last long so we think the birds enjoyed them.



## Macmillan Coffee morning at Magdalen

Magdalen will be hosting a Macmillan coffee morning on 28th of September. All family and friends of Residents at Magdalen House are all very welcome. Flyers will be available from 3rd September .



## Age UK - Knitting Appeal

Are you a keen knitter? Would you like to knit some fancy little hats and help to raise money for Age UK?

The little hats Age UK receive go onto Innocent Smoothies for sale and this money goes towards activities at local Age UK centres. Every hat is important, so whether you knit one or lots, you'll have helped make a difference.



If you would like to receive a knitting pattern please let Head Office know.



## Guild House

### BBQ

In the middle of July, we had our 2<sup>nd</sup> annual BBQ. The weather was perfect and we had almost every Resident joining in the fun in our Gardens. Family and friends of Residents and other guests enjoyed the relaxed family atmosphere with lots of refreshment choices. The 5L Pimms glass jug had to be filled up several times. This year we had a one man ukulele player and singer for entertainment. He did a fabulous job and mingled well with our Residents.



The BBQ food was delicious with lots of side choices and the desserts were either Brownies, meringue with fresh strawberries with cream on the top. All in all it was a wonderful afternoon, very much enjoyed by everyone.

### Kerry Sings

For entertainment, we had Kerry O'Dowd singing for our Residents. She was amazing!

Her songs were so catchy and she created such a positive energy in the room. Residents stood up to dance to the rhythm. Two of our Residents had fun playing air guitar. Kerry stayed after her performance for tea, cake and a chat to the Residents. We definitely want her back!





## Kimbrose

### Laser Target Practice

We are always searching for new experiences for our members to enjoy at Kimbrose. In July we organised a laser target practise with Bernie Moss, he was a former Great Britain Olympic and National Coach in Modern Pentathlon. This high-tech version involves, firing invisible infrared beams at the target. You can see the concentration on John's face, he and all his fellow shooters had a great time.



### Kate's walk up Snowdon

On 4<sup>th</sup> August Kate Swanson Trust Secretary accomplished walking up Snowdon, the highest mountain in Wales in the middle of the night. Kate started her walk at 11:30pm and finished at approximately 6:30am.

Kate has been raising money for the charity Hearing Dogs for Deaf People who train dogs to help deaf people live their lives to the full including giving them constant companionship and confidence. They also help by alerting deaf people to crucial sounds like the smoke alarm and the doorbell. Kate has managed to raise over £400 so far.

Well done Kate, this is an amazing achievement and for a great cause.





## New Staff Members

### General Housing Assistant

Sophie Budding started with us on 30<sup>th</sup> July as a General Housing Assistant who will be working alongside Melanie. Sophie has worked previously as a support worker so has a lot of experience in supporting others; in particular families. Sophie is very keen to work alongside the Residents and is looking forward to helping improve their lives as individuals. Welcome to the Trust Sophie.



### Maintenance Assistant



Ian Leach is the newest member of the maintenance team who started on 11<sup>th</sup> July. Ian has a passion for working with wood which includes making rustic furniture. He is also very skilled in plastering, tiling, carpentry, plumbing and general garden and grounds maintenance. Welcome Ian, we hope you are enjoying working at Gloucester Charities Trust.

## This Day in History

September 2<sup>nd</sup> 1666 - The Great Fire of London started in a bakery in pudding Lane

September 3<sup>rd</sup> 1939 - Great Britain and France declared war on Nazi Germany.

September 4<sup>th</sup> 1609 - The Island of Manhattan was discovered by navigator Henry Hudson.

September 19<sup>th</sup> 1893 - New Zealand became the first country to grant women the right to vote.

September 20<sup>th</sup> 1873 - The New York stock exchange was forced to close for the first time as a result of the banking crisis during the financial panic of 1873.



## Recipe: Vegetable Lasagne

### Ingredients

450/16 oz Courgettes  
1 Aubergine  
3-4 tbsp extra virgin olive oil  
1 kg firm ripe tomatoes, sliced  
1 cloves garlic, chopped  
1 tbsp balsamic vinegar  
10-12 fresh basil leaves, torn  
Pinch salt and freshly ground black pepper  
2x125g/4 ½ oz low-fat mozzarella cheese, sliced  
150g/5 ¼ oz fresh lasagne sheets



### Method

1. Slice the courgettes and aubergines into diagonal slices. Heat a ridged grill pan, brush the slices with olive oil and grill for several minutes each side until chargrilled, then remove. You'll have to do this in batches.
2. Preheat the oven to 190C/375F GAS 5. Brush the inside of a large baking dish with a little oil. Place a layer of sliced tomatoes (about one third of the total) on the bottom, slightly overlapping.
3. Next, layer with half of the courgette and aubergine slices. Sprinkle with half the chopped garlic and one tbsp balsamic vinegar.
4. Scatter over half of the torn basil leaves and season with salt and pepper
5. Layer half the mozzarella slices on top, then cover with half the lasagne sheets.
6. Continue layering with the rest of the ingredients, ending with a layer of tomatoes on top. Sprinkle with parmesan.
7. Cover with foil and bake for 35-40minutes. Remove the foil and bake another five minutes until the parmesan's golden on top.

### Reward & Recognition

Liz Clubbe - Guild House  
Emma Davis - Head Office



# Word Search

Back to SCHOOL



Word Search



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

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|-----------|-------------|---------|----------------|
| Backpack  | History     | Paper   | Scissors       |
| Books     | Homework    | Pencils | Social Studies |
| Bus       | Lockers     | Reading | Students       |
| Classroom | Lunch       | Recess  | Teachers       |
| Friends   | Mathematics | School  | Test           |
| Grades    | Notebook    | Science |                |



# September Activities 2018

DATE	TYPE OF ACTIVITY	LOCATION / TIME
Monday 3rd	Day Trip: Tewkesbury & The Fleet Inn Ploughman's Lunch	9.30am start St Mark's, 12.30pm
Tuesday 4th	Lunch Club & Games	St Bartholomew's, 12.30 start
Wednesday 5th	Social Morning	St Mark's, 10.30am
Friday 7th	Lunch Club & Activities	St Bartholomew's, 12.30 start
Monday 10th	Shopping Ploughman's Lunch	Tesco, 9.30am start St Bartholomew's, 12.30pm
Wednesday 12th	Coffee Morning	St Bartholomew's, 10.30am
Thursday 13th	Breakfast Baps Exercise Class	St Philip's, 10.30am Kimbrose, 4.00pm
Friday 14th	Lunch Club & Activities	St Bartholomew's, 12.30 start
Monday 17th	Day Trip:	St Fagan's, 9.15am start
Tuesday 18th	Lunch Club & Games	St Bartholomew's, 12.30 start
Wednesday 19th	Coffee Morning	St Philip's, 10.30am
Friday 21st	Lunch Club & Activities	St Bartholomew's, 12.30 start
Monday 24th	Shopping	Morrison's, 9.30am start
Wednesday 26th	Coffee Morning	St Margaret's, 10.30am
Thursday 27th	Monthly Lunch Out Exercise Class	TBC Kimbrose, 4.00pm
Friday 28th	Lunch Club & BINGO	St Bartholomew's, 12.30 start
Sunday 30th	Ploughman's Lunch	St Margaret's, 12.30pm

**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.

