



The Charity Chat

April 2019

New Trust Brochure

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The Trust is proud to announce the recent arrival of its new brochure for 2019! We hope you enjoy reading and will share it with anyone who's interested.



Magdalen House

Social Saturdays

We have now started to have “Social Saturdays” at Magdalen. This is something we will be having once a month with a different theme each time. For our first one we had BINGO. This went down well with the residents and we had 2 lucky winners, Norma won some bubble bath and Hazel (right) won a bottle of beer.



St David's Day

To celebrate St David's Day we ran a craft session where the residents made daffodils, which they enjoyed thoroughly. We then had a themed quiz, followed by lunch; extremely “Yummy”.



A Taste of Spain



Our theme lunch this month was “Spanish”. We all enjoyed Spanish chicken accompanied with mixed vegetables and for dessert we had churros, with a delicious chocolate dip. This went down well with everyone.

Congratulations



Everyone at Magdalen House would like to say a BIG congratulations to our deputy manager Ben and his wife Morgan, on the safe arrival of their new baby girl Violet.





Guild House

Pancake Day fun!



We had another busy month at Guild House. Pancake Day was fun filled, when the students from Elisabeth House came for their fortnightly visit to socialise with our residents. Staff members volunteered for Pancake races and residents and students cheered everyone on. One of our

residents, Biddy, felt inspired and requested to have a race as well. She won and had the biggest smile on her face.

Well done, Biddy you surprised us all!



Therapy Dog

Gaya, is our Pets at Therapy Dog, she is a huge Leonberger. She is back visiting us, after a few months break, when she had a litter of 11 puppies. She did an amazing job as a first time mum. Our residents were thrilled to have her back and they were curiously listening to the puppy stories.



Shopping Trip

Thanks to our volunteers we had a large group joining us for the shopping trip to Dunhelm in Gloucester. Dunhelm offers a large range of items under one roof, which our residents are happy to explore. A cup of tea in the cafe rounds the trip off nicely.



Qigong

New on board is Karen, who is offering a Qigong session once a month. The gentle, slow exercises are easy to follow, but still so very beneficial. Qigong can be described as a mind-body-spirit practice that improves one's mental and physical health. Our residents said they feel relaxed, but also refreshed after the session.





The Kimbrose Club

Farewell to Richard Stone



Sadly after 9 and a half years with the Trust we say goodbye to Richard Stone, but we are proud to support him to move to pastures new.

Richard has worked in various roles across the Trust and spent the last several years working at Kimbrose and in our care homes.

We will miss Richard's smiling face and gentle nature but wish him the very best of luck in his new role.

New staff at Kimbrose

Jane (right) has been working at Kimbrose as a kitchen assistant for a few weeks now and is enjoying it very much. Jane is married to Simon and they have one daughter Charlie who is 14 years old. Jane enjoys spending time with her family and friends, cooking and gardening. She also enjoys having BBQs when the weather is good.



Becky ("Bex", right) trained as a classical pianist but gave it up to play the accordion instead, she has been a musician and teacher since 1993 and started playing regularly in care homes and day centres in 2009. Bex likes nothing more than to lead a good old sing-along with her squeezebox.



Mel (left) enjoys helping members to have fun and get creative. She has a teaching degree in adult education and has previously run art and craft classes. She is passionate about giving the best care to all the club members.



We wish Jane, Becky and Mel a warm welcome.



Sheltered Housing

Art Williams Turns 80

Our volunteer BINGO caller Arthur Williams turned 80 at the end of February. Only five years ago Art was in the newspapers for doing a daring wing-walk on his 75th! He has now put minibus driving, amongst other such daring acts, behind him, though he still comes to St Bartholomew's once a month to call the BINGO on a Friday afternoon.

The Trust and Residents wish Art a Happy Birthday and many happy returns!



My Wellbeing Artwork



Colours are all around us in nature. Let's encourage our

Residents to discover which colours resonate with them and let their experience with artwork explode. Finally we will also be able to see and explore the colours of our chakra and centres of spiritual power within our bodies and minds.



We would like to start 2019 with a big artwork display of all our Residents letting their artwork explode into whatever they would like to share with us. There will be a 1st, 2nd, and 3rd place prize per home. We will be asking our CEO Kath, and Compliance Manager Joy to put our winners forward. We promise you all they will not know who did what. We will create an art gallery for everyone to be able to see all the pictures they have created.

Anton



Recipe

Roast Leg of Lamb with Basil & Mint Pesto

Ingredients

Prep: 15mins Cooking: 1hr,45min Serves 6

2 kg lamb
fresh garden herbs, to serve (optional)
sliced lemon, to serve (optional)

For the pesto

1 small garlic clove, roughly chopped
small pack basil, leaves only
small pack mint, leaves only
25g pine nuts
25g grated parmesan
125ml extra virgin olive oil
Juice ½ lemon



Method

- First, make the pesto. Put all the ingredients (except the olive oil and lemon juice) and a pinch of salt into the small bowl of a food processor. Pulse until very finely chopped. While the processor is on, drizzle the olive oil in to make a paste. Tip the pesto into a small bowl and stir in the lemon juice.
- Heat oven to 200C/180C fan/gas 6. Put the scored lamb leg in a large roasting tin and use half the pesto to generously coat the skin and flesh, pressing it between all the cracks for extra juiciness. Put the rest of the pesto in the fridge, covered with cling film, and remove just before serving.
- Roast the lamb for 1 hr 45 mins. Check during cooking that it's not drying out – if the base of the roasting tin starts to look dry, spread a little more pesto over the top of the lamb.
- Remove the lamb from the tin, cover with foil and leave to rest for 30-40 mins before serving on lemon slices and fresh garden herbs, if you like. Carve at the table and serve with the remaining pesto to drizzle over.

<https://www.bbcgoodfood.com/recipes>



Word Search

Spring Flowers

- LAVENDAR
- SWEET WILLIAM
- HYACINTH
- LILLY
- PANSY
- BABY'S BREATH
- DAHLIA
- FORSYTHIA
- PETUNIA
- DAISYS
- CREPE MERTLE
- JONQUILS
- LILAC
- TULIPS
- IRIS
- WYSTERIA
- CROCUS

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



New Staff Member: Mike

Mike joined the Trust in January as part of the Maintenance team. Mike previously worked as a licensee, running a pub for almost 20 years. He is now enjoying his new role and has enjoyed meeting some of the residents, who have been very friendly, Mike is looking forward to meeting many more residents . In his spare time Mike enjoys walking his two dogs and he's a keen home cook; especially trying out new cuisines for all the family. He wants to thank all the friendly staff at GCT who have made him feel so at home.

We all wish a warm welcome to Mike.





Subject to change

April Activities 2019

DATE	ACTIVITY	LOCATION / TIME
Monday 1st	Day Trip BINGO	Slimbridge Wetlands, 9.30hrs start St Philip's, 15.00hrs
Tuesday 2nd	Lunch Club & Tesco	St Bartholomew's, 12.30hrs
Wednesday 3rd	Coffee Morning Knit and Natter	St Margaret's, 10.30hrs St Margaret's, 14.00hrs
Thursday 4th	Easter Spread	St Mark's, 12.30hrs
Friday 5th	Lunch Club & Activities	St Bartholomew's, 12.30hrs
Monday 8th	Shopping National Farm Animal Celebration	Sainsbury's, 9.30hrs St Bartholomew's, 13.30hrs
Wednesday 10th	Social Morning Games Club	St Mark's, 10.30hrs St Margaret's, 14.00hrs
Thursday 11th	Movie Afternoon with a pudding	St Bartholomew's, 14.00hrs
Friday 12th	Lunch Club & Activities	St Bartholomew's, 13.30hrs
Monday 15th	Day Trip Easter Spread	Forge Mill Needle Museum, 09.30hrs St Bartholomew's, 12.30hrs
Wednesday 17th	Coffee Morning Easter Spread Book Club	St Bartholomew's, 10.30hrs St Philip's, 12.30hrs St Margaret's, 14.00hrs
Tuesday 23rd	Shopping	Tesco, 11.00hrs
Wednesday 24th	Coffee Morning	St Philip's, 10.30
Thursday 25th	Monthly Lunch Out Easter Spread	TBC St Margarets (Kimbrose), 16.30hrs
Friday 26th	Lunch Club & BINGO	St Bartholomew's, 12.30hrs
Monday 29th	Day Trip Easter Service	Monmouth, 9.30hrs start St Margaret's Chapel, 14.00hrs

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 will be required for trips. **TO BOOK MEAL DELIVERIES** (Tue - Wed - Thursday), **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.

