



The Charity Chat

February 2019

Kimbrose Makes The Front Page!

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Christmas may be over but at Kimbrose everyone was still in the mood for a Party! So when Sue came along for a 'Movement to Music session' everyone was ready for some fun whilst burning off a few Christmas calories in the process.



Our Men's group braved the cold with a riverside winter walk in Tewkesbury (left).



Skittles at Wotton Hall on Friday mornings continues to be a popular activity as well.



Over at the Hub our Tuesday cooking group has been a great success. The group decided to cook up the muffin topped winter beef stew, featured in last month's issue of **The Charity Chat**, everyone agreed it was yummy and there were no left overs! Please see photos on page 7.

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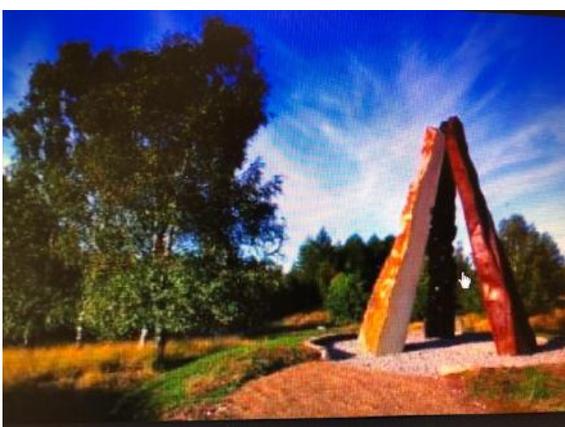
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Magdalen House

January Trips and Activities

We had another theme this month at Magdalen "Mexican". We had Chilli con carne with rice and Fajita chicken wraps. This seemed to go down well with the residents, some had never tried Mexican food before. Comments come back from the residents were that they enjoyed the themed lunch very much.



We enjoyed another lovely trip out with Hugh to New Fancy Point in the forest. Sinking of shafts started at New Fancy in about 1852, and 250 tons/day of coal were being produced by 1860. While the mine was open it had 700 workers and sadly lost 15 lives. It's a beautiful place to visit and great for a bit of history.



While there we spotted a beautiful little robin watching us have our tea & biscuits (of course we shared :-))



We had a social evening this month, it was a "BINGO" night which was great fun! We had 2 lucky winners (above).

(Left) What lovely words as we say goodbye to a lovely lady.

Kelly, Manager, Magdalen House



Guild House

Squirrels & Scrabbles

After a very busy month in December, where the calendar was filled with special occasions. We had visits and activities from entertainers, children choirs, nativity play, baking and chutney making, winter wonderland, Christmas lights bus trip and a magic lantern show. Christmas Day itself included a visit from Santa (please see photo), we are now ready to settle back into a routine...

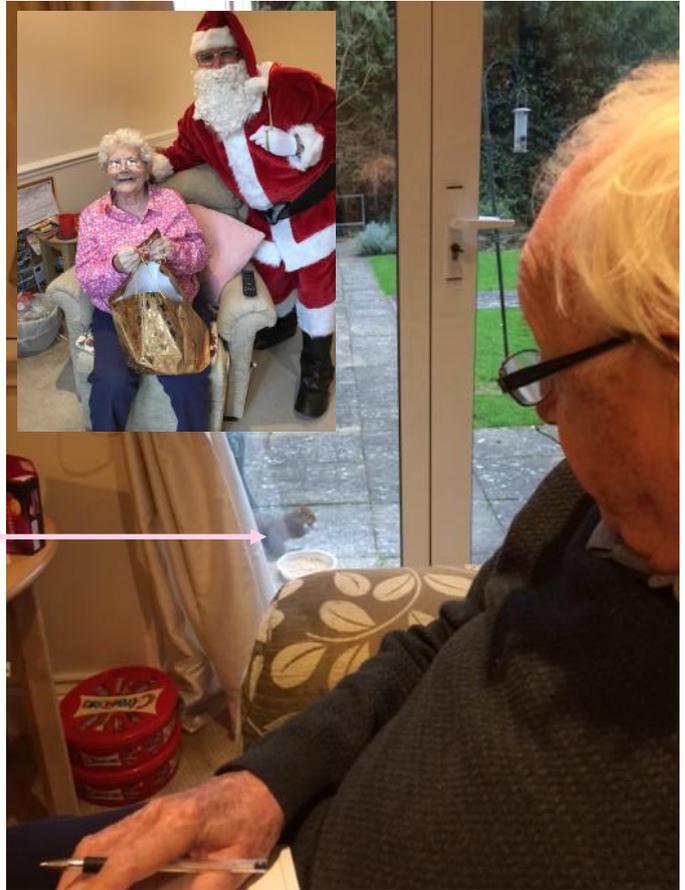
Brian, one of our residents on the Ground Floor, has some very curious (and hungry) visitors right in front of his garden door.

On the photo you only see Mr. Squirrel, but there is Mrs. Squirrel about as well. Both don't mind sharing the food with a few Magpies and Pigeons, eating away out of the same bowl at the same time. It is fascinating to watch and Brian has a funny story to tell nearly every day.

Our Scrabble Group is still a regular, very popular group taking place on a Friday afternoon.

Some residents have been members and have played together on a regular basis for years. After a little break in December, when the Fridays were taken up with entertainment, we are now back together -as you can see in the photo.

*Sabine,
Activities Coordinator,
Guild House*



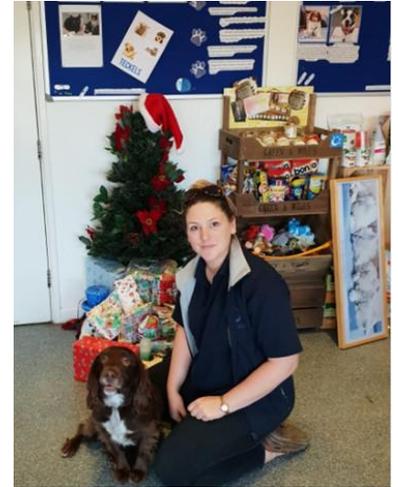


Sheltered Housing

Teckels Christmas Boxes

At the festive time of year, many forget that hundreds of animals do not have a loving, warm home to spend Christmas in. We asked the Sheltered Housing residents to kindly donate a shoe box for the rescue animals at Teckels re-homing centre.

We have been inundated with donations and the Housing Officer would like to say a huge thank you to every resident who helped. The donations have been dropped off and the team at Teckels were very grateful.



St Philip's BINGO



St Philip's BINGO afternoon with a hot drink and a slice of cake. Here are our winners from the last BINGO session! Lots of fun and laughter to be had!



Sheltered Housing

!WOW!

The Housing Team would like to say a **MASSIVE** thank you to Steve Gardiner for spending his time over the Christmas holidays making this —> **AMAZING** fairy house to display in St Bartholomew’s garden for everyone to enjoy!



LET US KNOW!

‘GCT Cook Book’

Send us your favorite recipes and tell us why you enjoy them???

The Housing Team would like to create a GCT cook book filled with healthy hearty recipes that serves 1-2 people.

We would like to hear your choice of recipes and the story behind it... whether it be a memorable dish from growing up or your favourite meal to make and enjoy!

We Want to Hear It ...

We are also hoping to start a cooking club to try out all the wonderful recipes you have to offer.





Recipe

Tarka dal

Ingredients:

250g/9oz split peas (chana dal), rinsed until the water runs clear
3 tbsp vegetable oil
1 tbsp cumin seeds
1 small onion, chopped
3–4 whole green chillies, pricked with a knife
2cm³/₄in piece fresh root ginger, peeled and cut into thin strips
3 garlic cloves, peeled and left whole
3 tomatoes
³/₄ tsp ground turmeric
³/₄ tsp garam masala
1½ tsp ground coriander
handful fresh coriander leaves, chopped
salt and freshly ground black pepper



Cheap, delicious and healthy Dal is the perfect comfort food supper

https://www.bbc.com/food/recipes/tarkadal_90055

Method:

Place the lentils and 900ml/1¾ pints of the water into a pan, stir well and bring to the boil. Skim off any froth that forms on the surface of the water with a spoon. Cover the pan with a lid and reduce the heat to a simmer. Simmer, stirring regularly, for 35 – 40 minutes, or until the lentils are just tender, adding more water as necessary.

When the lentils have cooked through, remove the pan from the heat and use a whisk to break them down. Set the mixture aside to thicken and cool.

Meanwhile, heat the oil in a pan over a medium heat. Add the cumin seeds and fry for 20 – 30 seconds, or until fragrant.

Add the onion, chillies and ginger and fry for 4–5 minutes, or until golden-brown.

Blend the garlic and tomatoes to a purée in a food processor. Add the purée to the pan and stir well to combine.

Add the ground spices and 100ml/3½fl oz of water to the pan and stir well to combine.

Season, to taste, with salt and simmer over a medium heat for 15–20 minutes, or until the oil from the sauce has risen to the surface of the sauce.

Add the cooked lentils to the sauce and stir well, adding more water as necessary to loosen the mixture. Bring the mixture to the boil and season, to taste, with salt and freshly ground black pepper. Stir in the chopped coriander just before serving.



Word Search

Battle of Hastings

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

- VICTORY
- HASTINGS
- KING
- FRENCH
- DEATH
- HAROLD
- MOTTE
- GODWINSON
- BATTLE
- ENGLAND
- DOMESDAY
- CASTLE
- ATTACK
- SHIPS
- WILLIAM
- NORMANS
- BAYEUX
- BAILEY

Play this puzzle online at : <http://thewordsearch.com/puzzle/26620/>





Subject to change

February Activities 2019

DATE	ACTIVITY	LOCATION / TIME
Friday 1st	Lunch Club & Activities	St Bartholomew's, 12.30pm
Monday 4th	TRIP St Philip's BINGO	Aerospace Bristol St Philip's, 2pm
Tuesday 5th	Lunch Club & Tesco	St Bartholomew's, 12.30pm
Wednesday 6th	St Philip's Coffee Morning St Philip's Valentines' Lunch St Margaret's Book Club	St Philip's, 10.30am St Philip's, 12.30pm St Margaret's, 2.30pm
Friday 8th	Lunch Club & Activities	St Bartholomew's, 12.30pm
Sunday 10th	St Margaret's Valentines' Lunch	Kimbrose, 12 noon
Monday 11th	Shopping	Asda
Tuesday 12th	Lunch Club	St Bartholomew's, 12.30pm
Wednesday 13th	St Margaret's Coffee Morning St Margaret's Knit and Natter	St Margaret's, 10.30am St Margaret's, 2pm
Thursday 14th	St Margaret's Exercise Club	Kimbrose, 4pm
Friday 15th	Lunch Club & Activities	St Bartholomew's, 12.30pm
Monday 18th	TRIP St Mark's Valentines' Lunch	ICBP & Severn & Wye Smokery St Mark's, 12.30pm
Tuesday 19th	Lunch Club & Tesco	St Bartholomew's, 12.30pm
Wednesday 20th	St Mark's Social Morning St Margaret's Games Club	St Mark's, 10.30am St Margaret's, 2pm
Thursday 21st	Monthly Lunch Out St Bart's Movie Afternoon	Tobu Carvery, Highnam St Bartholomew's, 1.30pm
Friday 22nd	Lunch Club & Activities	St Bartholomew's, 12.30pm
Monday 25th	Shopping	Sainsbury's
Tuesday 26th	Lunch Club	St Bartholomew's, 12.30pm
Wednesday 27th	St Bart's Coffee Morning St Bart's Valentines' Lunch	St Bartholomew's, 10.30am St Bartholomew's, 12.30pm
Thursday 28th	St Margaret's Exercise Class	Kimbrose, 4pm

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 (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.