



# The Charity Chat

## January 2019

Happy New Year

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The GCT “The Winter Wonderland” 2018 ! (above).  
A joy to behold for all who went.

Welcome to our 59th issue of the Charity Chat,  
wishing you all a joyful New Year!



## Magdalen House

### Mail from Magdalen



We had a lovely lady in to sing for us called Kerry, she was AMAZING and all the residents loved her. She sang songs from the 50's and 60's and some Christmas songs too. The afternoon was magical as it really brought our residents out of their shell, for some it brought back memories. For one particular resident, Tony, it was magical as he really sang his heart out, a side we very rarely see.



Magdalen House has had a Christmas party, we had a lovely buffet lunch with lots of laughter and fun. After lunch we had a "Silent Disco". This was a hit with the residents, they all sang along and danced. We also had a visit from

Santa wishing everyone a Merry Christmas. The afternoon was perfect and enjoyed by everyone. We're ready for Christmas here at Magdalen, we are in the Christmas Spirit, We have all our decorations up and we are taking full advantage of "The Winter Wonderland", the residents think it is beautiful.

[Please see front page]  
The whole of Magdalen would like to say a HUGE Congratulation's to Kelly who is now officially our Registered Manager at Magdalen House, it's very well deserved and we are all very happy for you.

I feel like we have done so much this month but not enough room to fit it all in!



Thanks,  
*Victoria Moore*  
Activities Co-Ordinator,  
Magdalen House Nursing Home  
[Sent Thursday 13/12/2018 15:44]



## Guild House

### Nativity Play

Guild House residents were lucky enough to see the rehearsal of a Nativity Play performed by the 21<sup>st</sup> Gloucester Brownies. The Brownie's leader is the great niece of our resident Enid. A group of 27 children laid on a fantastic show for us. Can you imagine 27 children and 18 residents all in the Conservatory? Well, we made it happen and everyone thought it was wonderful. Well done and thank you so much for an exciting, enjoyable evening!



### A Bit Of Christmas Fun —>



### Cheese And Wine Night

Our annual Cheese and Wine night for the residents, relatives and friends was held in our brand new decorated ground floor dining room. The kitchen



displayed a delicious and well presented cheese board with all sorts of nibbles and we had our homemade chutney alongside. This year we had an auction going for a handmade Poinsettia wreath by the residents and our Raffle was full of fantastic prizes, donated by local shops, staff, relatives and friends. This successful evening was enjoyed by everyone.

[Please see page 5 for more photos of the refurbished dining room!]





## Kimbrose

### City Farm Visit



The City Farm is a wonderful place to visit no matter what your age. Not only are there lots of animals to look at including cows, horses, ducks and geese, but visitors are able to feed the pigs and cuddle the rabbits and guinea pigs. Our members thoroughly enjoyed their day here and are looking forward to their next visit.



### Nativity Scene



We were delighted to be invited to take part in the very first Display of Nativities at St Catharine's Church. Our members enjoyed making the scene and it was displayed along with a very varied selection of the congregation's own nativity pieces.



### Christmas Market

The Christmas Market was held in the Chapel again this year. There were some delightful craft items for sale, including cards, wreaths, knitwear and sweets, making perfect Christmas gifts. It was very popular with our members and residents who also enjoyed a hot drink and mince pies whilst they browsed.





## Guild House Diner /The Hub

Newly Refurbished:



The plan for the hub is to be a place for people who are still quite independent, but perhaps are lonely, isolated or in the early stages of dementia. We plan to run regular cookery sessions, a men's group and ladies group. It's all in the very early stages at the moment, but we hope it will grow.



**The Hub: Watch this space**





## Recipe: Muffin-topped winter beef stew

**PREP: 20 MINS | COOK: 2 HRS, 30 MINS**

Heat oven to 150C/fan 130C/gas 2. Toss the beef in seasoned flour. Heat the oil in a large flameproof casserole. Fry the beef over a high heat until browned all over – it's easiest to do this in batches. Remove with a slotted spoon and set aside.

Add 2 tbsp water and the onion to the pan, stir well over a medium heat, scraping up the crusty bits from the bottom of the pan. Lower the heat and fry gently for 10 mins, stirring occasionally until the onions have softened

Tip in the carrots, parsnips and bay leaf, then fry for 2 mins more. Return the beef to the pan, stir in the tomato paste, wine if using, and stock, then bring to the boil. Cover and cook in the oven for 1<sup>3</sup>/<sub>4</sub>-2 hrs until the meat is tender. (Can be made up to 2 days ahead or frozen for up to 1 month. Defrost thoroughly in the fridge before topping and baking). Take out of the oven and increase the temperature to 190C/fan 170C/gas

To make the topping, sieve the flour and baking powder into a bowl and add half the cheese. Mix olive oil and milk, then stir into the flour to make a soft, slightly sticky dough. Add more milk, if necessary. Spoon the dough over the meat and vegetables, sprinkle with the remaining cheese and bake for about 15 mins until golden, risen and cooked through.

*Recipe from Good Food magazine, <https://www.bbcgoodfood.com/recipes/1859/muffintopped-winter-beef-stew>*



### **Ingredients:**

#### **For the stew:**

- 500g braising steak, cut into bite sized chunks
- 2 tbsp flour, seasoned with pepper & a little salt
- 2 tbsp olive oil
- 1 large onion, finely chopped
- 450g carrot, cut into chunks
- 2 large parsnip, cut into chunks
- 1 bay leaf
- 2 tbsp sundried or regular tomato paste
- 300ml red wine or extra stock
- 450ml vegetable stock

#### **For the topping:**

- 225g plain flour
- 3 tsp baking powder
- 140g cheddar, coarsely grated
- 2 tbsp olive oil
- 150ml milk



## Word Search: World War 1

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

ALLIANCE  
EPIDEMIC  
CZAR  
ROMANOV  
MILITARISM  
AUSTRIA  
CLEMENCEAU  
BOMB  
WILHELM  
CONVOY  
ARMISTICE  
GERMANY  
TELEGRAM  
OTTOMAN  
RUSSIA  
ORLANDO  
WILSON  
SERBIA  
TRENCH  
FRANCE



2018 British Wildlife  
Photography Awards at  
Nature in Art  
6 November - Sunday 6  
January



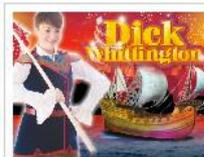
Ice Rink at Gloucester  
Docks  
15 November - 6 January



Aladdin at the Everyman  
Theatre  
30 November - 13 January



The Big Batsford Elf  
Hunt!  
1 December - 6 January



Dick Whittington at The  
Roses Theatre  
1 December - 5 January



Just So - The Musical at  
The Barn Theatre  
5 December - 13 January  
2018



# January Activities 2019

DATE	ACTIVITY	LOCATION / TIME
Tuesday 1st	HAPPY NEW YEAR	
Wednesday 2nd	Coffee Morning Book Club	St Bartholomew's, 10.30am St Margaret's, 2pm
Thursday 3rd	Fish and Chip Night	St Philip's, 5pm
Friday 4th	Lunch Club & Activities	St Bartholomew's, 12.30
Monday 7th	Day Trip BINGO	IKEA, Bristol St Philip's, 3pm
Tuesday 8th	Lunch Club & Games	St Bartholomew's, 12.30
Wednesday 9th	Coffee Morning Knit and Natter	St Philip's, 10.30am St Margaret's, 2pm
Thursday 10th	Exercise Class	Kimbrose, 4pm
Friday 11th	Lunch Club & Activities	St Bartholomew's, 12.30
Monday 14th	Shopping	Tesco, 9.30
Wednesday 16th	Coffee Morning Games Club	St Margaret's, 10.30am St Margaret's, 2pm
Friday 18th	Lunch Club & Activities	St Bartholomew's, 12.30
Monday 21st	Day Trip	Soldiers of Gloucestershire Museum
Tuesday 22nd	Lunch Club & Games	St Bartholomew's, 12.30
Wednesday 23rd	Social Morning w. Elite Mobility Fish and Chip Night	St Mark's, 10.30am Kimbrose, 5pm
Thursday 24th	Monthly Lunch Out Movie Afternoon Exercise Class	Whittle Inn, 11.00 pick up St Bartholomew's, 1.30pm Kimbrose, 4pm
Friday 25th	Lunch Club & BINGO	St Bartholomew's, 12.30
Monday 28th	Shopping Breakfast Baps	Morrison's, 9.30 St Mark's, 10am
Wednesday 30th	Coffee Morning & breakfast Baps	St Bartholomew's, 10am
Thursday 31st	Lunch Club & Activities	St Bartholomew's, 12.30

**Subject to change**

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.

