



# The Charity Chat

## June 2019

### NEW MINIBUS

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With some regret our old yellow minibus was retired after 16 years' service.

It has now been replaced with a newer equivalent, a Mercedes 513 sprinter, chosen to suit the needs of the residents and members of the Trust.

With privacy glass, air conditioning, a bright interior and large windows it will make trips out even more enjoyable. Prior to delivery an additional hand rail was fitted at the front and all the seats changed to have 'grab handle' backs that will make entry easier. There is additional storage space at the rear for walking aids and the wheelchair tail lift rises to a completely flat passenger floor with a wide central walkway.

We hope all the passengers enjoy the new vehicle and look forward to many memorable trips.

*HXP*



## Magdalen House

### Black Country Museum and Picnic



We took a trip to the Black Country Museum in Dudley, it was a great day. The residents said how much they enjoyed it and spoke about different memories it brought back for them.

We spent nearly the whole day there looking



around and stopped off in the park for a picnic, before returning home.



### Pre School Fun

We had another visit from one of our Pre Schools, they love to come and play and our residents love it just as much. To see the smiles on their faces is magical. We went outside this time as we have been enjoying the beautiful weather.





## Guild House

### Entertainment with Kerry

We had a fabulous afternoon with Kerry singing at Guild House. Once again Kerry created an amazing buzzing atmosphere for our residents and our guests from Elisabeth House. Everyone was singing along, swaying to the rhythm or even playing the “guitar”, all with a smile on the face. Thank you so much, Kerry! Watch out for Kerry, everyone, at our Summer Fete on the 24<sup>th</sup> of July 2019!



### Baby Shower

One of our long standing colleagues, Hannah, is having a break from work for a lovely reason: She is having a baby! Staff and the residents gave her a beautiful send off with a baby shower. There was catering from our kitchen, a fantastic homemade cake by Val, fun



guessing games all around the baby and an unusual cake with the ingredients of baby nappies put together by the residents. Hannah was thrilled with the whole afternoon. Good luck Hannah, we look forward to seeing you soon!



## The Kimbrose Club

### Walks with Hawks



We were delighted to have Walks with Hawks come to Kimbrose this week. Claire is a regular visitor with her beautiful birds of prey. The encounters are both fun and informative and offer the rare chance for us all to get close to these majestic birds.

On this visit Claire flew 2 owls and a falcon across the lounge and introduced a dear little burrowing owl that ran along the carpet to the members.

It really is a unique and wonderful experience.

## Sheltered Housing

### St Bartholomew's Craft Club



Residents at St Bartholomew's enjoyed the first session of their craft club with Mr John Nutall. They produced hand made creations using fantasy film which they all enjoyed very much.



## Weston-super-mare

On Monday May 13<sup>th</sup> our trip was to Weston-super-Mare.

Everyone was looking forward to it and we were lucky to have beautiful weather.

Weston has gone through a lot of changes over the years and the improvements are great to see, with plenty of added seating along the seafront. Some of us enjoyed a "fish and chip" lunch, with an ice cream sat on the seafront after.

What a boost to the start of hopefully a good summer and future trips.

*M. Thomas*

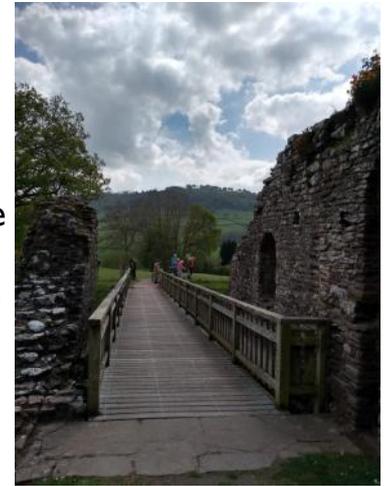


## Sheltered Housing

### Grosmont Castle and Monmouth



Another sunny Monday for our trip! This time we were off to Wales. Luckily, our thoughtful driver chose a good route. We drove to Ross-on-Wye and then turned towards Wales. We passed through lovely landscape of villages,



hills and loads of ewes and their lambs in the fields.



In Monmouthshire at Skenfrith we had a coffee outside, in the gardens of a delightful Pub/Hotel/ Restaurant called the "Bell at Skenfrith".

Next, we moved on to Grosmont Castle, just a few miles away. This is a ruin now, but was first established by the Normans at the time of the 1066 invasion. It was needed to protect the route from Wales to Hereford and is part of the "Three Castles"; the other two are Skenfrith and White Castle. Grosmont has had a long and varied life but its 'final military role' was during the revolt of Owain Glyndwr at the start of the fifteenth century. By 1538 it fell into disuse and ruins.



Finally, it was on to Monmouth for lunch. It's a lovely little town and we had plenty of time to do our own "thing", before returning to Gloucester via the main road route. A good day for all!

*P Day*





## Recipe

### Summer fruit drizzle cake

#### Ingredients

Prep time-15 minutes  
Cooking time - 1 hour

2 large eggs  
2 tsp vanilla extract  
175g fruit, stoned and diced weight  
140g granulated sugar  
1-2tbsp citrus juice-lemon, lime or orange  
175g very soft butter, plus extra for greasing  
175g golden caster sugar  
250g self-raising flour.



#### Method

- Heat oven to 180c/160c fan/gas 4. Grease a 900g/2lb loaf tin and line the base and ends with a long strip of baking parchment. Put the butter, caster sugar, flour, eggs and vanilla extract into a large bowl and beat with an electric hand mixer for 5 minutes. – the mixture will be very thick.
- Spread one-third of the cake mix into the tin, then scatter over 50g of the fruit. Carefully dot and spread another third of the cake mix on top, and scatter with another 50g fruit. Finally dot the rest of the cake mix over and gently spread with the back of a spoon. Bake for 1 hr, until an inserted skewer comes out clean.
- Poke the cake all over with a skewer. Put remaining 75g fruit into a bowl with the granulated sugar. Stir in 1tbsp of the citrus juice first with a fork, mashing a little of the fruit as you go. If it's a bit dry, add a splash more juice and spoon over the cake. Leave in the tin until the cake is cool and the topping is set and crisp.

*Recipe from Good Food Magazine, August 2011*

### Magdalen House: Fijian Lunch

Another theme lunch this month. We went all the way to Fiji! Tia cooked a lovely meal for everyone. A big thank you to all the kitchen staff - it was very nice.

Now the weather is more pleasant, we are all looking forward to getting out more and soaking up the [English, edited] sun.





## Word Search

### Sun and Beach

Cove  
 Western  
 Sandy  
 Northern  
 Horseshoe  
 Surround  
 Eastern  
 Scatter  
 Towel  
 Stretch  
 Sun Lounger  
 Pier  
 Canopy  
 Roughly  
 Southern

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



### New Finance Assistant

Hi, I'm Lucy. I am the new Finance Assistant at GCT. I have 5 years financial experience and am enjoying the new opportunity that GCT has to offer. I live in Cheltenham with my husband Marcus and dog Bertie. I enjoy long country walks, holidays in the sun and the odd bottle of fizz!



Subject to change

# June Activities 2019

DATE	ACTIVITY	LOCATION / TIME
Monday 3rd	Shopping BINGO	Tesco, 9.30am St Philip's, 3.00pm
Tuesday 4th	Lunch Club	St Bartholomew's, 12.30pm
Wednesday 5th	Coffee morning Knit and Natter	St Margaret's, 10.30am St Margaret's, 2.00pm
Thursday 6th	Movie Afternoon with a Pudding	St Bartholomew's, 2.00pm
Friday 7th	Lunch Club & Activities	St Bartholomew's, 12.30pm
Monday 10th	Trip	St James City Farm, 10.00am
Tuesday 11th	Lunch Club & Tesco	St Bartholomew's, 12.30pm
Wednesday 12th	Social Morning Games Club	St Mark's, 10.30am St Margaret's, 2.00pm
Thursday 13th	Craft Club	St Bartholomew's, 2.00pm
Friday 14th	Lunch Club & Activities	St Bartholomew's, 12.30
Monday 17th	Shopping	Morrison's, 9.30am
Tuesday 18th	Lunch Club	St Bartholomew's, 12.30pm
Wednesday 19th	Coffee Morning Book Club	St Bartholomew's, 10.30am St Margaret's, 2.00pm
Friday 21st	Lunch Club & Activities	St Bartholomew's, 12.30
Monday 24th	Trip Fish and Chips Lunch	Severn Valley Rail, 9.15am St Mark's, 12.30pm
Tuesday 25th	Lunch Club	St Bartholomew's, 12.30pm
Wednesday 26th	Coffee Morning Games Evening with Spread	St Philip's, 10.30am St Margaret's (Kimbrose), 4.30pm
Thursday 27th	Big Breakfast Monthly Lunch Out Singing Group	St Philip's, 10.30am Hare & Hounds, 11.00am St Margaret's, 2.00pm
Friday 28th	Lunch Club & BINGO	St Bartholomew's, 12.30pm

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.

