



The Charity Chat

July 2019

New Bridge Opening

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GCT is very grateful to the Herefordshire & Gloucestershire Canal Trust for the work they have undertaken in building the bridges needed to allow our Tenants, Hartpury College, improved access to areas of one of our farms, Okle Clifford Farm near Newent. Our Board of Trustees was very impressed by the quality of the workmanship undertaken and several of our Trustees attending the official “opening ceremony” in May as shown in the photographs.

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GCT would also like to thank our Land Agent, John Uffold of McCartneys, for the contribution he has made to ensuring the project came to fruition. The bridges will no doubt be well used and much appreciated by those working on the farm.



Magdalen House

Therapy Time with Oscar



We had a very special visitor this month, we would like everyone to meet “Oscar” he is our PAT dog from Pets as Therapy, he is so lovely and gentle with our residents.



him once but didn't forget him, on his next visit she shouted out his name as he entered her room it really was lovely.



We have had 2 visits from him now and he has settled in very well. One of our residents only met



Totally Pampered

Everyone loves a pamper here at Magdalen even the gentlemen. We had a lovely session this month, we took full advantage. We had foot spas, nail care and even a hand massage. It was a lovely afternoon and the residents really got into the relaxed zone.



Timeless Tunes

We had a musical visit from Anna “Timeless Tunes” last month. She has a lovely voice, very soft and gentle but beautiful. The residents loved having her here along with the staff dancing in the Hallways!





Guild House

Herb Garden



Guild House residents have created a herb garden in our high planters. We can see it grow through the large windows going into the conservatory. The strawberry plants were carrying 2 juicy, dark red strawberries already and we



harvested them during an activities session. Therefore we split them into 12 pieces for everyone to have a taste. They found that quite funny. Let's hope for many more...!

Cello Concert

On the 11th of June we had a wonderful, young talent coming into our home. Her name is Vera Butel. She is Russian, living in France, and she plays the Cello. She had performed in the St. Catharine's church a few times. Valerie, our resident, goes to the service at St. Catharine's Church on a regular basis and she made the connections for us. Everyone was amazed and very touched by the beautiful music Vera delivered with her Cello for us.



Visit to Elizabeth House



Our residents and students from the National Star College, who are living at Elisabeth House, down the road from us, are meeting up together on a fortnightly basis, to spend some quality time doing various activities. Our last visit was at Elisabeth House to play Boccia. Mike and Jack enjoyed their time together communicating with help of Jack's devices, which helps him to speak for himself, as Jack is unable to do so. Mike was impressed about the advanced technology, which makes this possible.



The Kimbrose Club

Butterfly Project



Our members were able to watch the miracle of the metamorphosis of caterpillars to butterflies.

The caterpillars were provided with food, spun silk for their cocoon, changing firstly into chrysalides before emerging as beautiful Tortoiseshell butterflies. These were released on a lovely sunny day during a member's trip out to Robinswood Hill.

Orchard Trust Trip



We organised a great outing and picnic for our members to go to a smallholding at Upper Stowfield, Lydbrook. It is set in a beautiful area of mixed woodland and pasture where they have a range of livestock including hens, pigs, goats, sheep and a range of small animals. Many of these delightful animals were tame enough for the members to pet.

Everyone thoroughly enjoyed their day.



Sheltered Housing

Residents with Hidden Talents: Pam Bannister

In 1983 when Pamela's four children were grown up, herself and her partner moved to Portugal where she drove tourists around the Algarve for 5 years. In 1989 they returned to England to marry but sadly her husband passed in 1991.

When they returned to England, Pamela was working three jobs, one of which was the role of a 'Silver Service Waitress' which she carried out for 26 years. Pamela started her waitressing in Gloucester at the Regency Hotel and then branched out to Cheltenham for Weddings and Dinners.

Pamela then went on to serve at the Cheltenham Races and was offered the opportunity to gain qualifications in hospitality and catering. Pamela was sent to London Zoo for a champagne reception with award ceremony where she was presented with her certificates.

One of the most memorable events that Pamela experienced was attending the Foreign Office in London where they screened her for security so she would be able to serve at The Embassy Dinner. At this dinner, Pamela served Betty Boothroyd who was in parliament at the time and Princess Diana's brother; Charles Spencer.

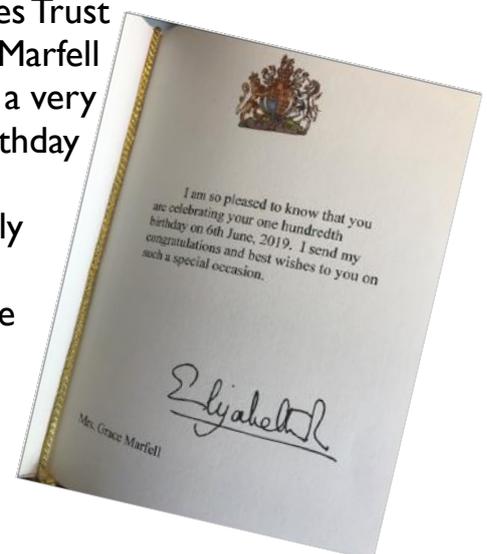


Happy 100th Birthday

Gloucester Charities Trust wished Mrs Grace Marfell of St Philip's Court a very big Happy 100th Birthday last month.

She received a lovely card from HM the Queen which Grace was very pleased with.

Congratulations!





Recipe

Summer Fish Cakes with Chili Cream

Ingredients:

Cooking time: 40-45min

- 650g potato
- 225g broad beans
- 900g firm white fish
- 600ml water
- serve with a dollop of crème fraîche, drizzled with a little chili sauce



Method

1. Peel and cook the potatoes for 20mins. Cook the broad beans for 5 mins. Drain both and mash together.
2. Cook the white fish in a pan with 600ml/1 pint water for 8-10 mins until tender.
3. Drain and cool then flake into large pieces, discarding skin and bones. Fold the flakes into the mash and season.
4. Shape into eight cakes. Dust with flour and fry in a little olive oil for 3-4 mins each side. Serve with a dollop of crème fraîche drizzled with a little chili sauce.

Recipe from Good Food magazine, June 2003

Word Search - Alice In Wonderland

- Cheshire Cat
- Queen of Hearts
- Jabberwocky
- Vorpal Sword
- White Queen
- Frabjous Day
- Mad Hatter
- White Rabbit
- Tea Party
- Tweedle Dumb
- Alice
- Jubjub
- Tweedle Dee
- Mumsey



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B	E	B	T	E	T	E	C	I	L	A	O	J	T
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GCT's First Make A Wish For Jean C at Guild House



Jean made a wish to GCT and her wish was to be at her Granddaughter's (Charlotte) wedding in Woodcote near Reading.

Well we are very pleased to inform you that on the 22nd of June 2019, Jean's GCT Make a wish came true and she and her family had a lovely day.



Subject to change:

July Activities 2019

DATE	ACTIVITY	LOCATION / TIME
Monday 1st	Shopping	Sainsbury's, 9.30am
Tuesday 2nd	Lunch Club & Bob from Tesco	St Bartholomew's, 12.30pm
Wednesday 3rd	Coffee Morning Knit and Natter	St Margaret's, 10.30am St Margaret's, 2pm
Thursday 4th	Singing Group Movie Afternoon with a Pudding	St Margaret's, 10.30am St Bartholomew's, 2pm
Friday 5th	Lunch Club & Activities	St Bartholomew's, 12.30pm
Monday 8th	Trip (three options) BINGO	TBC St Philip's, 3pm
Wednesday 10th	Social Morning Games Club	St Mark's, 10.30am St Margaret's, 2pm
Thursday 11th	Craft Club	St Bartholomew's, 2pm
Friday 12th	Lunch Club & Activities	St Bartholomew's, 12.30pm
Monday 15th	Shopping Cheese Tasting for All Residents	Tesco, 9.30am St Bartholomew's, 2pm
Wednesday 17th	Coffee Morning Book Club	St Bartholomew's, 10.30am St Margaret's, 2pm
Thursday 18th	Games Afternoon with Cake	St Bartholomew's, 2pm
Friday 19th	Lunch Club & Activities	St Bartholomew's, 12.30pm
Monday 22nd	Trip (three options) Fish and Chips Night	TBC St Philip's, 4.45pm
Wednesday 24th	GCT SUMMER FETE: Mad Hatters tea Party	St Margret's Lawn, 12 - 3pm
Thursday 25th	Monthly Lunch Out Singing Group	The Priory, St Oswald's, 11am St Margaret's, 2pm
Friday 26th	Lunch Club & Activities	St Bartholomew's, 12.30pm
Monday 29th	Shopping Board Games	Morrison's, 9.30am St Mark's, 2pm
Wednesday 31st	Big Breakfast Movie Night with Hot Bites	St Bartholomew's, 10.30 St Margaret's, (Kimbrose), 4.30pm

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 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.