



The Charity Chat

November 2019

Great British Care Awards

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We are so delighted and proud to let everyone know that GCT has won the prestigious GCPA Care Provider of the Year Award for 2019 and our CEO, Kathryn Lewis, has won the GCPA Leadership Award for 2019. Kimbrose were well deserved finalists in the Team of the Year category too. Winning these awards means so much to us as they are indicative of the amazing staff and volunteers, we have at GCT – we could not be the best provider without them and a leader is nothing without a team to lead so a huge thank you to everyone who works and volunteers for us!



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We were also selected as regional finalists in the Great British Care Awards – South West in the category Care Employer 2019 and were absolutely astounded to win this too! Winning this award is very special to us as we genuinely believe we are an excellent employer and to have this acknowledged and recognised regionally is beyond our wildest dreams. We now go on to the next stage, the national finals so wish us luck with that! In addition to this Kayleigh Maguire, a support worker at The Kimbrose Club, was a finalist in the Dementia Carer category.



Magdalen House

Harvest Service



Residents attended St Margaret's Chapel for the harvest service this month which they said was lovely. Father David held another enjoyable service where everyone got to sing to hymns and say their own prayers. Residents are now looking forward to the Remembrance service in November.



Crafting for Christmas



We have started getting cards ready for Christmas at Magdalen this month. These cards are made for either residents to give to their family and friends or to be sold in the reception area, to raise funds for our residents' activities and trips out. It was a lovely morning and the residents said how much they enjoyed it.



Family Lunch

One of our lovely residents, Norma, had family come to visit from a far this month. They stayed and had lunch with Norma & her Husband John. Norma loves to see visitors and you can always see the big smile on her face! (what a lovely picture)

New Staff Member Sarah Ballinger

Sarah started with us in September as a RGN. She trained at the Gloucester Royal Hospital and qualified as a RGN in 1994. Sarah previously worked at Magdalen House approximately 7 years ago. Outside of work Sarah's main interest is horse riding, which she has been doing since the age of 9. Sarah tries to go riding at least 2-3 times a week. Welcome Sarah, we hope you enjoy working at Gloucester Charities Trust again.





Guild House

Bourton-on-the-Water



We had several highlights over the last months at Guild House. We enjoyed a day trip to Bourton-on-the-Water. The weather was gorgeous and we had fish and chips for lunch followed by ice cream. What more can you wish for on an ordinary Friday?

Knit and Natter

Our knit and natter group is a very popular session, with some talented knitters, who are even teaching others the technique. At the moment some are working on knitting little teddies.



Puppy Love

Caroline, a member of staff, got a new puppy. She brought little Otis, a golden retriever, into the home to share some puppy love with the residents. Otis is so super cute; residents and staff couldn't get enough of him.

Halloween Fun

Our Halloween celebration in the house was a lot of fun when the St. Catharine's under 5's nursery children came to visit. Enid had a great time scaring the little ones with her witches broom. There is so much laughter when the two generations play with the big red balloon too.



Willow Trust Boat Trip

This year, we were lucky to have a second boat trip at the Willow Trust. This time Dennis and Jean were the deputy captains and were steering the boat. Jean even overtook another boat and she got the nick name "Speedy Jean".





The Kimbrose Club

Boccia

We are always keen to give our members the opportunity to try new activities and in conjunction with Inclusion Gloucestershire we went along to the Oasis Centre Cheltenham to play Boccia (pronounced bot-cha). Similar to bowls it is a sport designed so all abilities can take part, even the severely disabled and older people with limited motor skills. From a seated position, players propel balls to land as close as possible to a white marker ball, known as the Jack.

This target ball sport tests both muscle control and accuracy so aids both physical activity and mental strength. Most importantly though everyone had a great afternoon. Our members enjoying the time spent with the other groups there.



Museum of the Moon



Fifty years on from the first moon landing we took our members to Gloucester Cathedral to see a stunning replica of this natural satellite. The 3D floating artwork Museum of the Moon created by Luke Jerram is a mix of lunar imagery and moonlight with surround sound composed by musician Dan Jones. This incredible 7 metre diameter spherical sculpture hanging in the Nave, with large scale NASA imagery of the lunar surface left our members truly star-struck!



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Gloucestershire Care Providers Association

This membership body, open to all independent providers of social care, annually celebrate some of the best staff delivering care. It covers support to given to people in their own homes, in a residential or a nursing setting within Gloucestershire. This year Kimbrose Club were delighted to be finalists in Team of the Year Award.





Sheltered Housing

St Margaret's Sing-Along

We all really enjoyed our sing-along this morning at St Margaret's. The songs that we sang were a mix of 50s and 60s, a real trip down memory lane for some of our residents. We also had a nice cup of coffee



and a piece of cake in between songs to keep our voices going. We will be holding our sing-along coffee mornings once a month, so please look out for our posters with the date and time of our next sing along morning, so you can come along and join us.



Tastes of the World - Italy



We held our first 'Tastes of the World' club evening on Wednesday 9 October in the Kimbrose Club.



The residents experienced the delicacies and flavours of Italy.

The evening tasting menu consisting of anti-pasta, lasagne, cannelloni, flat breads, followed by tiramisu, Italian cheeses, and olive paste, rounded off with authentic Italian cantucci biscuits and chocolate covered coffee beans. This was all washed down with Italian red wine, Italian lager and Italian lemonade.



In-between courses we held quizzes to keep everybody entertained and the residents had a fabulous evening full of fun and laughter, taking home with them a goody bag kindly donated by Carluccios at Gloucester Quays.

The next 'Tasting Club' will be on Wednesday 13 November and feature the culinary delights of Turkey! If you would like more information about our 'Tastes of the World' evenings, please call Rina or Angela on 01452-500429



Recipe

Bonfire Night Baked Potatoes



Ingredients

- 4 medium baking potatoes
- 2 tbsp olive oil
- 25g butter
- 1 large onion, finely sliced
- 6 slices smoked streaky bacon, chopped
- 2 tbsp double cream
- 200g mixed good melting cheese, such as gruyère
- chopped parsley, to serve



Method

1. Heat oven to 200C/180C fan/gas 6. Prick the potatoes all over with a fork, then rub with half the oil, some sea salt and black pepper. Arrange on a baking tray and bake for about 1 hr 15 mins, until their skins are crisp and they are completely tender when prodded.
2. Meanwhile, heat the remaining oil and half the butter in a frying pan. Add the onion and gently cook for 15-20 mins until softened and golden. Remove from the pan and set aside, add the chopped bacon and fry until just crisp. Remove using a slotted spoon and place on kitchen paper.
3. Halve each potato lengthways, then scoop out most of the potato into a bowl, leaving a potato skin shell with a thin layer of potato. In the bowl, crush the potato with the remaining butter and the double cream. Season with salt and pepper. Fold through the onion, bacon, three-quarters of the cheeses and half the parsley. Spoon into the potato shells and top with the remaining cheese. Transfer to the baking tray and return to the oven for 10-15 mins, until golden. Sprinkle with the remaining parsley and serve.



New Staff Member Steve Coldrick - Magdalen House

Steve joined GCT in September as a Kitchen Assistant, at Magdalen House and is thoroughly enjoying the role. Steve has previously worked within the care sector as a support worker. Away from work he likes to spend time with his lovely Chelle and socialising with friends.



Steve has numerous hobbies including cricket and rugby. He is a fanatical 'Cherry and Whites' supporter; the first match he went to was back in 1974. Steve also has a passion for Cornwall and would one day like to move and live in St Ives.

Welcome Steve we hope you enjoy working at Gloucester Charities Trust.



Reward and Recognition

Katie Bodenham & Val Lee Guild House

Katie from Guild house suggested a method of recycling waste within the Home which has been implemented and is proving to be very effective.



Val from Guild House is a shining example as a role model to other staff in implementing the whole home approach for the benefit of our residents.

“Well done Katie and Val!”
Congratulations.

Chair Yoga - St Bartholomews

This month we started our sessions of chair yoga. Caroline the yoga instructor was really impressed with the number of residents that signed up for chair yoga, which will be held every Thursday at 10am at St Bartholomews.



The residents really enjoyed their yoga sessions and are looking forward to feeling the benefits of this exercise.



Wordsearch



Autumn



GEESE
HAY
PUMPKIN
PEAR
**SCARE-
CROW**
MAZE
RED
CORN
BROWN

SWEATER
MAPLE TREE
APPLE
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FALL
RAKE
ORANGE
WHEAT



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October Activities



| DATE | ACTIVITY | LOCATION / TIME |
|----------------|-----------------------------------|---|
| Friday 1st | Lunch Club & Activities | St Bartholomew's, 12.30 |
| Monday 4th | Shopping/Lunch Club | TBC/St Philip's, 12.30 |
| Tuesday 5th | Lunch Club | St Bartholomew's, 12.30 |
| Wednesday 6th | Lunch Club | St Mark's, 12.30 |
| Thursday 7th | Lunch Club | St Bartholomew's, 12.30 |
| Friday 8th | Lunch Club & Activities | St Bartholomew's, 12.30 |
| Monday 11th | Remembrance Service Lunch Club | St Margaret's Chapel, 11.30am St Philip's, 12.30 |
| Tuesday 12th | Lunch Club | St Bartholomew's, 12.30 |
| Wednesday 13th | Lunch Club | St Mark's, 12.30 |
| Thursday 14th | Lunch Club | St Bartholomew's, 12.30 |
| Friday 15th | Lunch Club & Activities | St Bartholomew's, 12.30 |
| Monday 18th | Shopping/Lunch Club | TBC/St Philip's, 12.30 |
| Tuesday 19th | Lunch Club | St Bartholomew's, 12.30 |
| Wednesday 20th | Lunch Club | St Mark's, 12.30 |
| Thursday 21st | Lunch Club | St Bartholomew's, 12.30 |
| Friday 22nd | Lunch Club & Activities | St Bartholomew's, 12.30 |
| Monday 25th | Lunch Club | St Philip's, 12.30 |
| Tuesday 26th | Lunch Club | St Bartholomew's, 12.30 |
| Wednesday 27th | Lunch Club | St Mark's, 12.30 |
| Thursday 28th | Lunch Club | St Bartholomew's, 12.30 |
| Friday 29th | Lunch Club & Activities | St Bartholomew's, 12.30 |