



GLOUCESTER LOTTERY

HOW YOU & GLOUCESTER LOTTERY CAN HELP

GLOUCESTERSHIRE LIFESTYLES

Gloucestershire Lifestyles (GLS), like many other small local charities no longer receive any local authority or central government funding – most of this type of funding goes to large national charities dealing with a wide range of clients.

Nowadays GLS depends on Trust funding & grants to provide the much needed and valued services we provide. A new source of funding has recently been set up in Gloucester – **Gloucester Lottery!!!** 50% of all the money it

receives goes directly to LOCAL charities like GLS & 50% goes to prizes. For the small minimum amount of £1 ticket per week, you can support the work we do, in the full knowledge that at least £0.50 of each pound you spend on a chance, to win up to £25k, goes directly to GLS. All you have to do is go on to the website: www.gloucesterlottery.co.uk and fill in a simple application form and nominate Gloucestershire Lifestyles to receive the funds.



Please consider signing up for the Gloucester Lottery which only supports LOCAL causes.

Please help us help you (see poster enclosed) – Tell your friends, family and neighbours!!

Sue McClung
Support & Advice Officer

GLS CHAIR'S ARTICLE

It's the end of summer and Winter is coming! Tips for staying warm.

- Set your heating to the right temperature (18 to 21°C)
- Stay tuned to the weather forecast and plan ahead making sure you have enough food and drink in the house
- Have regular hot meals and drinks throughout the day to keep you warm and keep your energy levels up
- Make sure you have enough of any medicine you need to take - you may not be able to collect or have your medicines delivered if the weather turns bad
- Have your heating and cooking appliances checked regularly
- Get financial support to make your home more energy efficient, improve your heating or help with bills
- Wear a few layers of thin clothing rather than one thick layer - socks and hats can keep you warm in bed
- If you go out in bad weather, remember to wrap up warm and wear shoes with slip resistant soles
- Try not to sit still for too long and keep moving if you can: a good routine is not to sit for more than 1 hour at the time – get up and walk around. If walking is a problem, try moving your arms and legs whilst sitting or wiggling your fingers

The GLS website is currently being updated, and it continues to be a valuable and efficient way of connecting with people and providing them with the information and support that they require. We are

very proud of the fact that over one thousand 'hits' (visits) to the GLS website are being made by both individuals and professionals, which underlines the importance of our maintaining this service.

Finally, I do hope that you have all had a good summer.

Best wishes to you all.

Chris Shepherd
Chair of GLS

BULLETIN BOARD

Barnwood Trust **Grants for individuals**

Grants for disabled people and people with mental health problems living in Gloucestershire. There are two funding schemes for individuals; the Wellbeing Fund and the Opportunities Award.

Wellbeing Fund

The Wellbeing Fund is for things that help with everyday living – such as household appliances, adaptations to your car, a holiday in the UK, disability-related equipment or other things that might be difficult to fund yourself.

Opportunities Award

The Opportunities Award opens up exciting new possibilities – such as training, equipment or clothing that may help you towards a job, volunteering or setting up a new business. It can also be used to help with materials for a hobby or equipment for a sport you enjoy.

Please contact Barnwood Trust if you would like further details about any of their grants. You can reach the grants team on 01452 611292 or email grants@barnwoodtrust.org.

SOCIAL ACTIVITIES & INDEPENDENT LIVING SUPPORT SERVICE

As always it has been another very busy year, despite the usual funding difficulties, we have continued to provide social activity support service and One-to-One Independent living support service, to clients with physical and sensory disability, who are able to purchase our services, either through direct payments or self funding, allowing them to maintain their independence and helping them to overcome social isolation.

Over the last 12 months, under Social Activity Support Service, we have offered **110** group social activities, and under Independent living Support Service **220** One-to-One sessions.

Most popular group social activities have been theatre trips, concerts, pub lunches, ten pin bowling, treasure seekers karaoke, swimming, shopping trips and Circus.

Our services are open to people with physical and sensory disability. This service is unfortunately not free. We offer weekly support at a rate of £35 per session (each session maximum of 4 hrs.) for group activities or for one-2-one session, £18 per hour.

If any member wishes to attend any of the social activities, examples of current activities offered are listed below under "**Coming Events**", or to receive one-to-one independent living support service, please let us know and we would be happy to discuss this with you.

If you would like more information about any of our services, please contact me on Tel: 01452 530184.

Coming Events

SEPTEMBER

The Ultimate Queen Show
Treasure Seekers Karaoke
Pub Lunch
The Roy Orbison Story
Cinema
Rod Stewart Story
Ten Pin Bowling
The Best of Blues Brother Show
Whitney Queen of the Night

OCTOBER

That'll Be The Day
Million Dollar Quartet
Oh Carol
Ten Pin Bowling
Driving Miss Daisy
Treasure Seekers Karaoke
Deathtrap
Cinema
Fish & Chips at Simpsons

NOVEMBER

The Kite Runner
Prince Revelation
How the other half loves
The ELO Experience
Treasure Seekers Karaoke
Bowie Experience
Cinema
Roy Orbison & Travelling Wilburys
Royal Marine Christmas Spectacular
Pub Lunch

DECEMBER

The Elvis – King is Back
GLs Members Christmas Lunch
Be Bopa Lula
Dick Whittington & his Cat
Treasure Seekers Karaoke
Omid Djalili – Comedy
Tenpin Bowling
Cinema

Bharti Patel
Operation Manager

MEMBERS CHRISTMAS LUNCH

**Tuesday 5th December, 2017
12.00 noon – 3.30 p.m.**

Yes it's that time of the year again when we start making arrangement for our big get together, Members Christmas Lunch and this year we are again going to **The Brickhampton Court Golf Complex, Churchdown, Gloucester. GL2 9QF.**

The restaurant is accessible to all and the Menu looks good too. The cost of the meal is £19.95 per person. To make it easier for everyone on the day, we are again asking people to make the food choices in advance and would request full payment with the enclosed booking form.

Members Xmas lunch is open to all **Gloucestershire Lifestyles members & their family**, so if you would like to come, (please do so, more the merrier!) just tick your selections on the enclosed form (not forgetting to add your name) and send it with your cheque made payable to **Gloucestershire Lifestyles by 31st October, 2017. Reservations will be on a first come (with payment) first served basis.** Please arrive by 12 noon, Lunch will be served from 12.30 p.m. and we hope to finish by 3.30 p.m. I am sure it will be a lovely festive gathering for all again!

If you need further information please do not hesitate to contact the office, Tel. No. 01452 530184 or mobile No. 07792503323.

CHRISTMAS LUNCH MENU



STARTERS

Curried lentil, parsnip & apple soup with parsnip crisps(V)

Bresaola, rocket, parmesan, confit lemon

Goats cheese bon bons, beetroot & fig (V)

MAINS

Roast turkey, stuffing, chipolatas, duck fat roasted potatoes, turkey jus

Slow braised shin of beef, sautéed oyster mushrooms, whole grain mustard mash, with a rich ale and braising juice reduction

Sweet potato & leek roulade with Christmas stuffing (V)

DESSERTS

White chocolate, whisky & croissant pudding, sauce Anglaise

Spiced plum custard tart

Christmas pudding, brandy custard

**Followed by
COFFEE & MINTS**

£19.95 PER PERSON

Gloucestershire Lifestyles HEAD OFFICE

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Gloucestershire Lifestyles Administration Office

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The Newsletter Information

Copy to GLS Office

News Team

Bharti Patel bharti@gloslifestyles.co.uk
Ann Knight annknight33@googlemail.com

Trustees Meetings

Members wishing to contact the Trustees, please write to The Company Secretary Richard King at
**Gloucestershire Lifestyles,
Administration Office, 32
Riversley Road, Gloucester. GL2
0QT**

GLS & GDF

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