



GLOUCESTERSHIRE LIFESTYLES ANNUAL GENERAL MEETING INVITE LETTER

Dear Member,

GLOUCESTERSHIRE LIFESTYLES ANNUAL GENERAL MEETING

You are invited to the Gloucestershire Lifestyles Annual General Meeting, to be held on, **Tuesday 19th March, 2019 at 11.30 am** at **Nature in Art, Wallsworth Hall, Twigworth, Gloucester GL2 9PA**, tea, coffee & biscuit on arrival.

The Honorary Officers who were elected by council after the last AGM are as follows: Chris Shepherd – Chair, Vacant – Treasurer & Richard King - Hon Company Secretary.

Please find enclosed an Agenda with a reply slip. The Annual Report and the Accounts will be available at the AGM, or can be sent out on request.

If you have a question you would like to put to the trustees, would you please send it in with the reply slip. In this way the trustees will be able to ensure that you will receive a full and considered response.

Yours sincerely

Chris Shepherd
GLS Chair of Board of Trustees

Encs.

MEMBERS CHRISTMAS LUNCH

**Tuesday 11th December, 2018
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 £20.95 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 12th November, 2018. 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

Sweet tomato & roasted red pepper soup

Ham hock terrine, piccalilli, watercress, crostini

Grilled goats cheese & shallot tart tatin

MAINS

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

Grilled sea bass with lemon & herb risotto, pesto dressing

Beetroot & squash wellington

DESSERTS

Chocolate & salted caramel tart, crème chantilly

Spiced apple parfait, pecan crumble, cinnamon syrup

Christmas pudding, brandy custard

**Followed by
COFFEE & MINTS**

£20.95 PER PERSON

SOCIAL ACTIVITIES & INDEPENDENT LIVING SUPPORT SERVICE

As in previous years, 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 **106** group social activity sessions and under Independent living Support Service **121** One-to-One sessions.

Most popular group social activities continues to be theatre trips, concerts, treasure seekers karaoke, pub lunches, Cinema, ten pin bowling & swimming.

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

OCTOBER

Treasure Seekers Karaoke
Pub Lunch
An Inspector Calls
Cinema
The Sensational 60's show
Thriller Live
Swinging at the Cotton Club
Dreamers
Rip It Up – The 60's
You Win Again Bee Gees Music

NOVEMBER

Bank Robbery Comedy
Magic of Motown
Pub Lunch
Trial by Laughter
Treasure Seekers Karaoke
Mugenkyo Drummers
Ten pin bowling
The Messiah

DECEMBER

Dick Whittington
Treasure Seekers Karaoke
Tom Allen
Aladdin
Members Christmas Lunch
Buddy Holly
That'll Be the Day

Bharti Patel
Operation Manager

BULLETIN BOARD

IDENTITY (ID) FRAUD Protection

– What you should know & do to protect yourself & your money

Scams to obtain personal details are big business for fraudsters but here are some simple things you can do to protect yourself and minimise the chances that fraudsters will get your details.

Keep your PIN safe

PINs and passwords for debit and credit cards are the easiest way to access accounts. Always keep yours safe. Try not to use codes derived from kids' or relatives' birthdays, as fraudsters could determine your PIN from that information.

Get a Shredder

Everybody should have a cross cut shredder (these usually cost around £20) for destroying important documents. This means no one can root through your bins to find personal data, and use it in financial scams (read more about phishing later in the guide).

This should include all documents from financial institutions as a bare minimum; any others with your name and address on should be considered for shredding.

Protect yourself online

It is important to make sure your computer has up-to-date antivirus software.

Read the [Free Antivirus Software](#) guide.

When using social media accounts like Facebook, don't display information fraudsters could use to impersonate you, such as your date of birth or mother's maiden name.

You should avoid using the same passwords when you create accounts, as access to one could mean access to all. Plus if personal and identifiable information isn't integral to the service, there's no harm in using a false one.

If you are entering card details online, make sure the web address starts with *https* (the 's' stands for secure). Your browser should also identify the site as secure in the address bar.

Check your bank statement regularly

Regularly check of your bank statements is important. If you spot something that looks a tad dodgy, contact your bank or building society immediately. Also, if your bank or credit card statements fail to arrive, contact the company right away.

Sue McClung
Support & Advice Officer
GLS

GLoucestershire DISABILITY FUND

Some years ago the Gloucestershire Association for Disability changed its purpose and identity to become a grant making trust. We have recently helped Glos. Lifestyles with funding and can also help people with disabilities who may need financial help to ensure their wellbeing or improve the quality of their lives. For more information about our individual grants and how to apply, please take a look at our website at www.glosdisabilityfund.org.uk .

**Gloucestershire
Lifestyles
HEAD OFFICE**

83 Cheltenham Road
Gloucester
GL2 0JG

**Gloucestershire
Lifestyles Administration
Office**

32 Riversley Road
Gloucester
GL2 0QT

Website: www.gloslifestyles.co.uk
Email: office@gloslifestyles.co.uk
Office
Tel. No: **01452 530184**

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

Support & Development Advisor
Sue McClung
Telephone: 01452-530184
Email: sue@gloslifestyles.co.uk

OPERATION MANAGER

Bharti Patel
Telephone & Fax: 01452 530184
Mobile: 07792503323
Email: bharti@gloslifestyles.co.uk

Support Workers & Volunteers:

Bharti Patel
Email: bharti@gloslifestyles.co.uk

Lynne Greig: 07792545334
Email: lynne@gloslifestyles.co.uk

Volunteers: **Ian McClung**
Govind Patel
Ann Knight

FINANCE OFFICER

Darren McClung