

Leatherhead Clubhouse

# Communiqué

Friday 27th January 2012 to Friday 3rd February 2012

## Monday 30th January Clubhouse Open 9am-4pm

- Fire alarms to be tested
- 10-12noon Gardening Group
- 11am Annual Survey meeting (see article)
- 2pm Scrabble afternoon (see article)
- 2pm Patrick at a meeting

## Tuesday 31st January Clubhouse Closed

- Patrick in at 10.30am
- 10am - 12pm Open Art group
- 10am - 4pm One to One computer sessions with David
- 10am Alison meeting member
- 11am Claire and Patrick meeting
- 1.30 Alison meeting member

## Wednesday 1st February Clubhouse Open 9am-5pm

- 1.45pm SPUD meeting

## Thursday 2nd February Clubhouse Closed

- 10am Staff catch up
- 10.30am -12.30pm Cooking Group
- 1pm - 4pm One to One Computer sessions with David

- 2 - 4pm Art group at the Leatherhead Institute

## Friday 3rd February Clubhouse Open 9am-2.30pm

- 11am Fundraising meeting (see article)
- 10am - 12.30pm Complimentary therapies with Valerie
- 12 noon Patrick in meeting
- 2.30pm Café Trip

*Have a look at our website!*

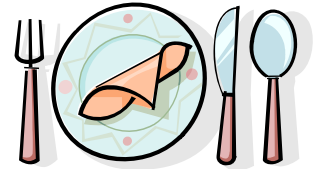
[www.maryfrancestrust.org.uk](http://www.maryfrancestrust.org.uk)

There will always be someone on the other end of the phone from  
9.00am- 4.00pm  
Monday to Friday on :

**01372 375400  
or 07929 024722**



# *Lunch Menu*



**Monday 30th January:** Sandwiches

**Wednesday 1st February:** Macaroni Cheese

**Friday 3rd February:** Sandwiches

**Please remember to book your lunch before 11am**

If you require a vegetarian meal or have any special dietary requirements, please let us know by 9.30am and there will still be an option of a sandwich.



Clubhouse would like to wish

**Many Happy Returns of the Day!**

to the following:

Alix D and Kathleen P!



## ***Annual Survey Meeting***

***Monday 30th January at 11am***

Thank you to everyone who came to the meeting last Monday where we discussed the outcomes from the planning session that we had in the afternoon after the AGM back in October. We had such good discussions that we did not have time to talk about the Annual Survey. So it was decided that we would meet again next Monday to discuss the Annual Survey. So please come along to this - everyone is welcome.

## Scrabble Afternoons!

Monday 30th January - 2pm



As Marjorie has kindly donated a scrabble board we will be holding our 1st scrabble afternoon this Monday at 2pm.

We can either play in teams or as individuals.

It will be great to get together and have some fun and learn some new words

If you would like any information please speak to Louise W

## Fundraising Group

Our next Fundraising meeting is going to be held on

**Friday 3rd February at 11am**

Everyone is welcome, please come and join us!



### Achievements

- Thank you to Andy for helping Alison clear out a box of old paperwork.
- Congratulations to Marjorie B for completing her Windows XP beginners eDCC course.
- Thank you to Judy for bringing in some lovely chocolates for us all!

# Cooking Group



Last week in Cooking Group we cooked:

## Mulligatawny Soup

Wow! What a great choice! Fabulous taste and very healthy option. We fried onions with garlic, ginger and added curry paste. We meanwhile chopped up sweet potatoes, and courgettes, and made up vegetable stock.



Once the onions had softened we started adding the vegetables, stock, red lentils, canned tomatoes and mango chutney.

Finally after simmering for 20 minutes we blended the mixture and served out in bowls.

!If you would like a copy of the recipe please ask a member of staff at the Clubhouse. Alternatively there are many recipes on the web, here is one example:

[http://www.bbc.co.uk/food/recipes/jennismulligatawnyso\\_71379](http://www.bbc.co.uk/food/recipes/jennismulligatawnyso_71379)

The next Cooking Group session will be on:

**Thursday 2nd February**  
from 10.30am until 12.30pm

If you are coming along to the Cooking Group but are going to arrive late please can you call first (BEFORE 10.30am if possible) to let David know. This makes it much easier to decide on quantities for the shopping to ensure that everybody can have some of the meal. Many Thanks.

For more information please see David or Lenny

# Wellbeing

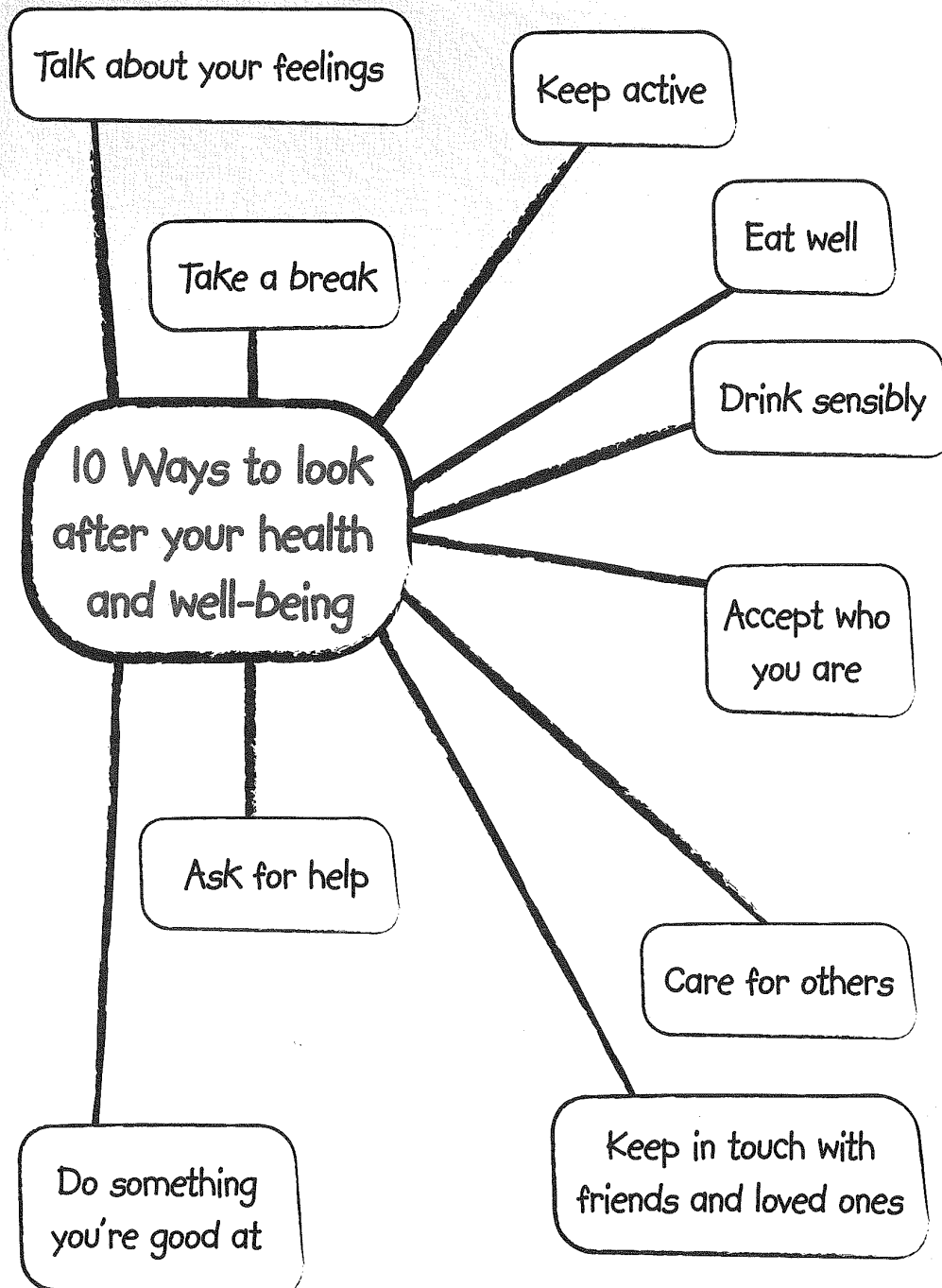


The chart below was made by the Mental Health Foundation and brought into us by a member who wanted to share it with everyone. It lists 10 suggestions of how to look after your health and Well-being!

If you would like any more information on any of these suggestions, please speak to Alison or Beccy.

## 10 ways to look after your health and well-being

This mind map is based on the work of the Mental Health Foundation



# *Ten Pin Bowling & Meal*

**Saturday 18th February**

★ If you would like to try your hand at ten pin bowling then please  
★ come along on this social trip!

★ We will be meeting at the Clubhouse at 9.45am and catching the  
★ 10.31am bus to Kingston (Please remember your bus pass if you  
★ have one).

★ We may have a bit of time to look around the shops before having  
★ our oriental buffet lunch at Finesse Restaurant. Then it'll be bowling  
★ time!

★ The cost of this trip will be **£10** and this will include:

- ★ - 1 game of bowling
- ★ - Buffet lunch and a soft drink

★ We hope to be back in Leatherhead no later than 4.30pm.

★ If you would like to come along please put your name on the sign up  
★ sheet in the Clubhouse. There are only 12 spaces so put your name  
★ down quickly!



## **Future Social Trip Dates:**

**Saturday 17th March - Still to be decided**

**Good Friday 6th April - Bocketts Farm**

# Fire Drill or Real Fire?

**If the fire alarm goes off everyone should treat it as REAL -**

Immediately staff will dial 999 or 112 (unless it is a practise fire drill).

The fire alarm can be set off by either a member or staff if a real fire occurs. You will only find out if it is a practise drill (authorised by staff) AFTER everyone has gathered in front of the LEATHERHEAD INSTITUTE.

Meanwhile, DO NOT gather any personal belongings but DO head for the NEAREST FIRE EXIT without running or rushing excessively (because you may fall over and hinder your own and everyone else's way to safety)

Then head for the Leatherhead Institute.

If you are using the toilet when the fire alarm goes off assume it is a REAL fire and get out as soon as possible. If it is just a drill then a staff member will check the toilets within 30 seconds of the fire alarm starting and advise you accordingly. You "wait" 30 seconds at your own risk.

Once you have arrived at the Leatherhead Institute a responsible person will confirm your arrival on the sign-in sheet. Missing persons will be noted as soon as possible according to the severity of the alert and notified when the Fire service arrive.

If it is just a fire drill then anyone who has not signed in/out will be duly advised in front of everyone present!!

When a staff member has given the "ALL CLEAR" then everyone may return to the Clubhouse.



If you have any questions please do not hesitate to ask a member of staff.

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# Certificate Presentation

*Wednesday 8th February at 1.45pm*

Please come and help us congratulate the following people on receiving certificates!

**John S  
Andrew R**

**Marjorie B  
Jenny M**



The presentation will be followed by our weekly SPUD meeting. We hope to see you there!

(If your name is in the list above and you are unable to make this date please let Alison know)



## *Interesting little tidbits!....*

**Q: Why are many coin banks shaped like pigs?**

A: Long ago, dishes and cookware in Europe were made of a dense orange clay called 'pygg'. When people saved coins in jars made of this clay, the jars became known as 'pygg banks.' When an English potter misunderstood the word, he made a container that resembled a pig. And it caught on.

# RSPB Big Garden Birdwatch

Saturday 28th and Sunday 29th January

The Big Garden Birdwatch is fun, free, really easy, and only takes an hour. You can do your birdwatch wherever you like - at home, in your local park, or do it as part of a group at one of the RSPB events near you.

## When, What, Where





















All you need is a pen, some scrap paper (or, a printout of our handy bird ID sheet), and an hour to spend watching the birds in your garden, or local park, on either Saturday 28th or Sunday 29th January.

Simply make a note of the highest number of each bird species seen on the ground (not flying over) at any one time, and come back to these pages to tell us what you saw.

For more information please go to  
[www.rspb.org.uk/birdwatch](http://www.rspb.org.uk/birdwatch)

where you can download the identification/counting sheet  
 - it looks like this:



 <p><b>Blackbird</b></p> <table border="1" data-bbox="215 1355 391 1467"> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> </table>	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	 <p><b>Collared dove</b></p> <table border="1" data-bbox="614 1355 790 1467"> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> </table>	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	 <p><b>Greenfinch</b></p> <table border="1" data-bbox="997 1355 1173 1467"> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> </table>	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	 <p><b>Robin</b></p> <table border="1" data-bbox="1380 1355 1556 1467"> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> </table>	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
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Can you complete the following music word search?  
The answers going in all directions including backwards.

## Music Terms Word Search Puzzle

S V V S O D N A R E L E C C A  
 A S E F E S U A P K F A T I U  
 O A A L R I O Y S R T A L F V  
 T M L B U T O E O E M I N O R  
 E G W L R P N K P B A L L A D  
 N A D E E O A L R L G C I C O  
 O M B C T P T E A T E U D H L  
 R L A H B S P G N O M N T O O  
 E Q R O M Y J A O K E D E R S  
 B L S R R E W T C X A A R U S  
 A Y P D H K L O C A S K O S H  
 L R I E Y T R O R N U L C P A  
 T I T S T V U E D X R O S R R  
 O C C F H O S N D Y E P I C P  
 E S H X M T N M E M I T G A R

ACAPPELLA	MINOR	TREBLE
ACCELERANDO	NOTE	TUNE
ALTO	PAUSE	
BALLAD	PITCH	
BARS	POLKA	
BASS	RAGTIME	
CHORD	REST	
CHORUS	RHYTHM	
DUET	ROCK	
FLAT	SCORE	
KEYS	SHARP	
LEGATO	SOLO	
LYRICS	SOPRANO	
MEASURE	TENOR	
MELODY	TONE	

**LEATHERHEAD CLUBHOUSE**  
 23, The Crescent  
 Leatherhead  
 Surrey  
 KT22 8DY

Leatherhead Clubhouse  
Opening Times:

Monday 9am-4pm  
 Tuesday closed  
 Wednesday 9am-5pm  
 Thursday closed  
 Friday 9am-4pm

Telephone no: Fax no:  
 01372 375400 01372 372349

E-mail address :  
[info@maryfrancestrust.org.uk](mailto:info@maryfrancestrust.org.uk)

Website : [www.maryfrancestrust.org.uk](http://www.maryfrancestrust.org.uk)

Charity no: 1055113

SAMARITANS

(24-hour emergency service for the suicidal and  
 despairing)

National helpline : (08457 909090)  
 Leatherhead : 7 Church Road, Leatherhead.  
 KT22 8AH  
 Phone : (01372) 375555  
 East Surrey : John Williams House, 46 High St.,  
 Reigate. RH2 9AY  
 Telecom and Mincom : (01737) 248444

USEFUL NUMBERS

Mental Health Crisis Helpline 0300 456 8342

CMHRS-Mole Valley  
 (Leatherhead and Dorking)  
 Clarendon House, 28 West Street, Dorking, RH4 1QJ  
 01306 502400

CMHRS-Epsom/Ewell and Banstead  
 Farmside, West Park, Horton Lane, Epsom, KT19 8PB  
 01372 204000

[www.maryfrancestrust.org.uk](http://www.maryfrancestrust.org.uk)



*Label*