

# Communiqué

Friday 3rd February 2012 to Friday 10th February 2012

## Monday 6th February

### Clubhouse Open 9am-4pm

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

## Tuesday 7th February

### Clubhouse Closed

- Patrick in at 10.30am
- 10am - 12pm Open Art group
- 10am - 4pm One to One computer sessions with David
- 10.30am Claire and Joy in supervision
- 11am Lenny meeting a member
- 3pm Staff team catch up

## Wednesday 8th February

### Clubhouse Open 9am-5pm

- 1.45pm SPUD meeting - Starting with certificate presentation (see article)

## Thursday 9th February

### Clubhouse Closed

- 10am Alison and Patrick in supervision
- 10.30am-12.30pm Cooking Group
- 1pm - 4pm One to One Computer sessions with David

- 2 - 4pm Art group at the Leatherhead Institute
- 3pm Kathy and Patrick in supervision
- 4pm Patrick and Liz in supervision

## Friday 10th February

### Clubhouse Open 9am-2.30pm

- 10am - 12.30pm Complimentary therapies with Valerie
- 2.00pm - 3.30pm Table tennis at the Leisure centre (see article)

*Have a look at our website!*

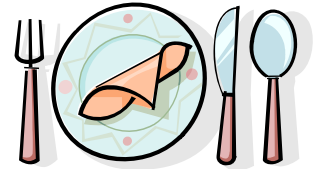
[www.maryfrancestrust.org.uk](http://www.maryfrancestrust.org.uk)

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 6th February:** Sandwiches

**Wednesday 8th February:** Chicken casserole

**Friday 10th 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.

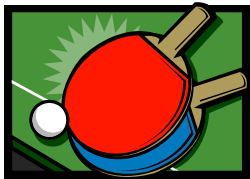


Clubhouse would like to wish

**Many Happy Returns of the Day!**

to the following:

Andrew B, Stuart W, Peter B and Joe D!



## *Table Tennis*

**Friday 10th February**

After getting lots of names on our table tennis sign up sheet, we will be holding our first session on Friday 10th February! We will be playing from 2.30pm to 3.30pm at the Leatherhead Leisure Centre.

There will be a charge of 50p for each player to help with the costs of the hiring the tables.

Please arrive at the Clubhouse at 2pm as this will give us plenty of time to walk down to the Leisure Centre.

We will be providing bats and balls for everyone, and please wear comfortable shoes.

For more information please see Kathy or Alison

# Scrabble Afternoons!

Monday 6th February - 2pm



Thanks to everyone who came to our first scrabble afternoon!

We will be playing at the same time this week on Monday 6th February at 2pm

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## Achievements

- Thank you to everyone who helped out at our cleaning party on Friday!
- Congratulations to John E for completing his Word processing advanced eDCC course.
- Well done to Ian T for being the first at the Clubhouse to complete the Computing Online Basics course.
- Congratulations to Patrick for completing his Manual Handling and Food Safety certificates.

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## Cook in bulk!

To make more efficient use of your oven's energy, cook meals in large quantities, and set aside (or freeze) extra portions for another day. Reheating uses less energy than preparing a new meal - and will save you time too.

Helpful  
Tips

# Cooking Group



Last week in Cooking Group we cooked:

## Gratin of Smoked Ham, Cheese and Cabbage

A simple dish this week. We fried red onions until tender and meanwhile shredded a Savoy cabbage and prepared the other ingredients.

We used individual dishes lining each with a generous portion of Savoy cabbage.

We then put a layer of sliced smoked ham and the cooked onions followed by Gruyere cheese and then we added milk and cream.

We then baked the dishes in the oven for half an hour. We served with a simple salad.



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.food.com/recipe/french-cabbage-and-ham-gratin-105647>

The next Cooking Group session will be on:

**Thursday 9th 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

# ***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!

## **Annual Survey Meeting** ***Monday 6th February at 11am***

We're very sorry that last weeks meeting was cancelled, but please come along next Monday (6th February) to decide what questions go into the Clubhouse Annual Survey.

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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  
Ian T**

**Marjorie B  
Jenny M  
Patrick W**



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: Did you ever wonder why dimes, quarters and half dollars have notches (milling), while pennies and nickels do not?**

A: The US Mint began putting notches on the edges of coins containing gold and silver to discourage holders from shaving off small quantities of the precious metals. Dimes, quarters and half dollars are notched because they used to contain silver. Pennies and nickels aren't notched because the metals they contain are not valuable enough to shave.

# Sudoku

6			1		8	2		3
	2			4			9	
8		3			5	4		
5		4	6		7			9
	3						5	
7			8		3	1		2
		1	7			9		6
	8			3			2	
3		2	9		4			5

## **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

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

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