## July 2018 - Newsletter



KEEP CALM AND STAY COOL







Dear All, hope you are well and enjoying this marvellous weather. Although we all love a bit of sunshine it is advisable to take a few precautions (eg Drink fluids regularly, keep cool, wear light clothing, use sun cream and wear a hat).

Staff News – Well done to all the staff for completing the intensive training programme which commenced in March. Also, congratulations to Karen for completing her Diploma in Care Level 2 and good luck to Sophie and Katie who have recently started this qualification. More brilliant news, Maisie, who has been working at The Steppes during her holidays, whilst at university, has achieved a 1<sup>st</sup> in her degree. She will be back at The Steppes in July before starting her new job in September.

Activities News – After last month's excitement with the chicks hatching, this month on 5<sup>th</sup> July we begin our butterfly garden. Starting with the caterpillars we will be able to watch them progress and grow into beautiful butterflies, before watching them flutter off. This will lead nicely into a trip we have planned for next month; visiting the Butterfly House at Berkeley Castle. (We've checked it's open this time).

Trips to Slimbridge WWT and Kemble Airfield were thoroughly enjoyed in June and therefore we will arrange similar trips again soon. This month trips include, "Museum in the Park" in Stroud, visiting the children of Avening School and up to The Common for ice creams. We will also be arranging a ride on a Steam train shortly. On 2<sup>nd</sup>/3<sup>rd</sup> July we will be joining the country to cheer on the England Football team, hoping to make the quarter-finals and on 26<sup>th</sup> July you are all invited to the lunchtime Chinese buffet. We will have another BBQ as everyone seemed to enjoy last months.... *And Steve, can you save me a burger this time!* 

We will of course continue with favourites such as the weekly quiz, Friday afternoons at the pub, ad hoc walks into town and a few games. This month again we have a couple of visits from the amazing ladies from "Mindsong". The morning exercise sessions continue and we have G-Fitness coming in again. The shopping trolley will be around on Tuesday's and Friday's. We hope you all have a lovely month. Best Wishes, Kim, Lorraine and Steve

## Dates for your Diary

- England's next match 7pm, 2<sup>nd</sup> or 3<sup>rd</sup> July
- Wimbledon Finals 14<sup>th</sup> and 15<sup>th</sup> July
- Trip to Museum in the Park 2pm, 24<sup>th</sup> July
- Chinese cuisine 12.30pm, 26<sup>th</sup> July

NEWSFLASH
Our Annual Tea
Party is on
26<sup>th</sup> August 2018
Family and Friends invited

Your comments for future activities and dinner party themes......(answer-postman)