



The Glenmore Trust Events Newsletter

Issue 1

January 2012

Welcome to our first newsletter for 2012.

Belated Birthday wishes
to :-

- *Fred Bell*
- *Peter Hindle*

Hope you both had a great
Birthday and plenty of cake !



We will be putting together a newsletter every month to let you all know what's happening around the Trust. The Newsletter will be sent out with the events list. If you have any stories or news you want to tell everyone about contact Cath Arabi, before the 1st of February, so we can put it in the next one.

A New year message from Andrew

Well Christmas is over and New Year has come and gone. I hope you all had a lovely time. I am sure you would like me to thank all the Support staff who worked while others had time off.

The Glenmore Action group is really important, you represent everyone we support and we will always listen to what you have to say.

The New Year is always an exciting time as we look forward to the rest of the year. So, what will we be doing to help make 2012 the best year yet?

- Lots of social events to start with. Cath Arabi and her team of volunteers will be making sure there are lots of things to do throughout the year. What you need to do is keep making suggestions for new things to try
- Your Support Workers will help you to do what you want to do. This has to be within reason, but if its possible, we should be able to help you do it.
- Giving you support that you are happy with
- Standing up for you. We will do our utmost to make sure that if you have problems we will help you to solve them.

I am really excited about this year, with lots to do and hope you are too.

With best wishes

Andrew Shekell

Word search

Z C P T M D N A X Z

A H S T Q Z B T B M

C R A C K E R P S T

B I T V A Y M Y Y L

M S I M Q P R Y K L

M T R E E C A H M O

A M B M V C X Z O P

C A R D G T H K L P

D S T O C K I N G B

Find the following words

CHRISTMAS

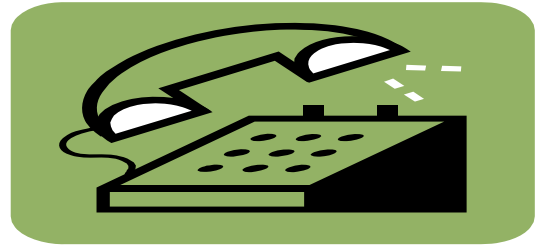
CRACKER

TREE

CARD

STOCKING

Good luck !



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Stay warm this winter, don't forget to wrap up with plenty of warm layers when you go out.

EVENTS

Last year was a great year for us getting out and about. We had Bowling nights, an Easter Egg Hunt, a train trip to the Langwathby Scarecrow Festival, a boat trip on Ullswater, a visit to see the Cinderella Pantomime at the Sands Centre, not to mention the discos and much more. If you have any ideas for events this year please tel Cath Arabi at Head Office. New ideas are always welcome!!

January Quiz

1. **Name the three rivers in Carlisle**
2. **What was Carlisle's Roman name?**
3. **Name Carlisle United Manager**
4. **Name three towns in Cumbria that start with the letter W**

Answers sent to Cath Arabi in writing by February 1st. All correct entries will be drawn out of the hat and the winner will

receive a mystery prize ?

