



UPLIFT

NOVEMBER 2021

Charity Reg. No: 1109966

Hello Everyone

Well, we're heading towards winter, just a few pumpkins and fireworks to go and then, yes, we're talking Christmas! "It's **CHRISTMAS** 🎵" (Remember Slade?)

After last year's non-event, and all being well on the Covid front, we are holding a members' **Christmas Lunch** on **Friday 17th December** at the Holiday Inn South, (arrival from 12.30, eat at 1.00). If you would like to come, please fill in the attached slip, with your menu choice, and send it with your cheque for £15 to **Arlene Riley, 28 Ashcroft Close, Caversham Heights, Reading RG4 7NU**. Places are limited so please get your slips in promptly. Closing date: **Friday November 12th** Any queries, telephone Arlene on 0118 9545182. It should be a fun-filled, festive occasion, so dust off your glad rags and let the festivities begin! Hope to see you there.



Best wishes

Kim

Please note:- Car parking is free and plentiful, but you will need to check in at Reception and log your details.

Reading Half-Marathon

Kim's sister Kareen has once again gallantly agreed to run the Reading Half-Marathon on Sunday 7th November, raising money for Arthritis Matters. If anyone would like to sponsor her, there will be sponsor forms available at our tai chi class on November 1st, and at the Coffee Morning on November 3rd, or you can just contact Kim on 0118 9776172 or by email:



kimseabrook@btinternet.com

Older Peoples' Day

Deborah, Cyrilene and Hilary represented Arthritis Matters at an event in Broad Street Mall on October 1st, along with many other charities and organisations relevant to older people. It was interesting to find out about other services, and talk to representatives from these groups and to members of the public.

I/we would like to come to the Christmas lunch.
I enclose £15 per head (cheques payable to Arthritis Matters)

NAME(S) _____

Tel: _____

If room, I would like to bring a guest @ £20. yes/no

Any special dietary needs _____

My Menu Choice (see over)

(Please initial next to one starter, one main, one dessert and one drink)

Starter

Soup
Pate

Main

Turkey
Trout
Cauliflower en crouete

Dessert

Christmas Pudding
Torte
Cheesecake

Drink

Orange Juice
Prosecco

Christmas Lunch Menu



Starters

Chicken and brandy pate, caramelised onion chutney, olive oil and sea salt toast (GF)

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Roast tomato and red pepper soup (Ve) (GF)

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Main Courses

Roast Turkey breast parcel, stuffed with sage and onion, sea salt and thyme roasties, roasted root vegetables, brussel sprouts, gravy

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Chalk stream trout, salsa verde, gratin potatoes, carrots, green beans (GF)

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Cauliflower en crouete, cauliflower florets cooked in spicy lentil dahl wrapped in rich puff pastry, roast potatoes, root vegetables and sprouts (Ve)

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Desserts

Christmas pudding and brandy sauce (V) (GF)

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Chocolate and clementine torte (GF)

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Salted caramel cheesecake (GF) (Ve)



We were so lucky with the weather at our last get-together at the Crowne Plaza and were able to sit outside and enjoy views of the river.

Our next event is a **Coffee Morning** at the Crowne Plaza on **Wednesday 3rd November, from 10.30 onwards.**

Do come along!



TAI CHI UPDATE

Monday afternoon tai chi continues to be popular and our class is well attended. We are looking in to the possibility of starting a second class, as about 10 members expressed an interest, but it's a matter of finding a day, time and venue that suits both Pauline and our members. We are not aiming to start this till next year.

The current term at St Matthews will finish on Monday 13th December, and start again on Monday 10th January

ENERGY COSTS

We are all aware of the recent huge increases in the costs of both gas and electricity. Winter Watch is run by Reading Borough Council to make sure that those who are elderly, on low incomes or who have health conditions do not suffer from cold during the winter months. They can offer home energy checks, advice on heating grants, help with minor repairs in the home to improve insulation, help with switching energy suppliers and much more. Tel: 01189373747



Email: winter.watch@reading.gov.uk

Contact Us:

Chairman: Kim Seabrook 0118 9776172

Secretary: Arlene Riley 0118 9545182

Newsletter: Hilary Goldson 0118 9580807

Treasurer: Karen Jay 0118 9893134

Website:: www.arthritismattersreading.co.uk

Email : kimseabrook@btinternet.com

What do skeletons order in a restaurant?
SPARE RIBS! Ha ha!

