



...Improving lives after a stroke

July Newsletter



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We hope you enjoy the joke attached as much as did – courtesy of Chartwell Cancer Unit Fundraising Magazine

SUMMER RAFFLE

Raffle Tickets
on sale now £2 per ticket

To be drawn on Thursday 18th July

ONE STEP FORWARD CLUB

See inside for details.

Summer Raffle



One Step Forward Club Sweet Harmony Choir Entertaining Us



Please let Sue or Wendy know if you would like to join the One Step Forward Club – or come along to an individual event

Medication/Use of Defibrillator

Just a gentle reminder to return your Medication/Use of Defibrillator form if you haven't already. If you have misplaced the pro-forma please ask for another. Many thanks for your co-operation.

Website

I hope you are enjoying navigating your way around our new website www.icarecentre.org.uk

Fundraising:

Events:

Race Night – Saturday 6th July: There are a couple of tables still available for our Race Night on 6th July; if you are interested, please see Sue or Wendy for more details.

Paper Quiz: Our next Paper Quiz "Any Body" will be on sale at the Race Night on Saturday 6th July and in the Day Centre from Monday 8th. Good luck.

Chelsfield Village Fair – Saturday 13th July: on Chelsfield Cricket Green, Chelsfield, BR6 7RN from 12.00 p.m.

Donations of unused, unwanted gifts to sell would be gratefully received and we look forward to seeing you there.

Summer Raffle – to be drawn on Thursday 18th July: Don't forget to buy your tickets to be in with a chance of winning one of our fabulous prizes. Good Luck!

2019 ICARE Open Day – Saturday 14th September.

Donations of Cakes and unused, unwanted gifts to sell would be gratefully received and we look forward to seeing you at our annual event.

Update on Past Events:

Nothing to report this month.

Thank You to the following who have made donations to ICARE:

Three Horseshoes Pub

Brian, Orpington Band

Queens Head Pub

Orpington Band

Orpington Mobility Shop

Dennis Jones

Andrew McKenzie-Smart, Smart Accounting and Tax Solutions LLP

One Step Forward Club

Friday 5th July

Friday 19th July

Friday 2nd August

Topical Talk

Talk on Hedgehogs

Talk on Scotney Castle

Jenny Collins

Hedgehog Society

Peter Jones

Best wishes,
Sue and all the team

JOKE

A rabbit walks into a pub and says to the barman: "Can I have a pint of beer and a ham and cheese toastie please?"

The barman is amazed but gives the rabbit a pint of beer and a ham and cheese toastie.

The rabbit drinks the beer and eats the toastie, then leaves.

The following night the rabbit returns and again asks for a pint of beer and a ham and cheese toastie.

The barman and the other drinkers in the pub (because word gets round), now intrigued by the rabbit, gives him the pint and the toastie. The rabbit consumes them and leaves.

The next night, the pub is packed to the rafters.

In walks the rabbit and says: "A pint of beer and a ham and cheese toastie please barman"

The barman says: "I'm sorry rabbit old mate, but we are right out of ham and cheese toasties".

The crowd are aghast!

"But!" says the barman quickly "we do have a very nice cheese and onion toastie".

The rabbit looks him in the eye and says: "Are you sure I will like it?"

The barman, with a roguish smile says: "Do you think that I would let down one of my best friends? I know you'll love it".

"Okay" says the rabbit "I'll have a pint of beer and a cheese and onion toastie".

The pub erupts with glee as the rabbit quaffs the beer and guzzles down the toastie. He then waves to the crowd and leaves

NEVER TO RETURN!

One year later, in the now impoverished public house, the barman, who has only served four drinks all night, is cleaning down the now empty bar. He sees a small white cloud floating above the bar.

The barman says: "who are you?"

To which he is answered "I am the ghost of the rabbit that used to frequent your public house".

The barman says: "I remember you. You made me famous. You would come in every night and have a pint of beer and a ham and cheese toastie. Masses came to see you and this place was very famous".

The rabbit replies: "Yes I know"

The barman says: "I remember, on your last night we didn't have any ham and cheese toasties. You had a cheese and onion one instead".

The rabbit says: "Yes, you promised me that I would love it".

The barman replies: "You never came back – what happened?"

"I DIED" says the rabbit

"NO", says the barman. "What from?"

After a short pause, the rabbit says:

Wait for it

"Mixin-me-toasties"

