

### Contents

- Medication/Use of defibrillator
- Website
- ICARE Polo & T-Shirts for sale
- Fundraising
- One Step Forward Club

### POEM

Enjoy Liz Ely's poem attached

### **VOLUNTEERS WEEK**

A BIG thank you to all our wonderful volunteers who work tirelessly to support the staff and clients. ICARE couldn't manage without you.

### ONE STEP FORWARD CLUB

See inside for details.

### Pratts Bottom Fete



### Picking the Paper Quiz Winner



### Medication/Use of Defibrillator

We are updating our medication records and should be grateful if you would complete and return the attached pro-forma. Please indicate if the use of defibrillator in an emergency is appropriate for you also. With many thanks.

### Website

I am delighted to announce that our new website is fully operational [www.icarecentre.org.uk](http://www.icarecentre.org.uk) Enjoy browsing.

### ICARE Polo and T-Shirts for Sale

If you would like to purchase polo or t-shirts bearing the ICARE logo, samples in various sizes are at the Day Centre to help you get the best fit. An order form, with further details, is attached. Please order by Thursday 20<sup>th</sup> June. Thankyou

### Fundraising:

#### Events:

**Race Night – Saturday 6<sup>th</sup> July:** Our Race Night on 6th July is nearly sold out but you can still become involved. For £10 you can sponsor a race or for £2 you can choose to be an owner, jockey or trainer of one of the horses running that night. There will be a prize for those involved in the winning horse of each race. Please ask Sue or Wendy for details of the horses that are running that night.

**Chelsfield Village Fair – Saturday 13<sup>th</sup> 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.**

### Update on Past Events:

**Prince George, Duke of Kent Court:** This was an opportunity to raise ICARE's profile and raised £60.50 in the process. Thankyou Christine and Diana for representing ICARE.

**Pratts Bottom Fete:** The lovely weather on the day encouraged people to come along to the Fete; it was good to see so many people. The grand sum of £204.55 was raised. A big thank you to the Fundraising Team and everyone for supporting ICARE.

**Paper Quiz:** George, Jane Stafford's husband, was the overall winner of the recent "Any Time Any Place" ICARE Paper Quiz; the winner was chosen randomly by one of our Tuesday clients out of the 13 people who managed to get the maximum 60 points. Congratulations George – your quiet confidence paid off! The grand sum of £181 has been raised. Thank you to everyone that took part and look out for the next edition "Any Body" which will be on sale at the Race Night on Saturday 6<sup>th</sup> July and in the Day Centre from Monday 8<sup>th</sup>. Good luck.

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

Odd Fellows Pride of Kent Lodge

Three Horseshoes Pub

Glennis Crane

Rotary Club of West Wickham

Orpington Trefoil Guild

Petts Wood Lodge of Instruction

The Swanley Lodge, Province of West Kent

One Step Forward Club

Friday 7<sup>th</sup> June:

Friday 21<sup>st</sup> June:

Friday 5<sup>th</sup> July

Bees:

Sweet Harmony Choir

Back by popular demand:

Talk by Nikki Gammons

Jenny Collins

Best wishes,  
Sue and all the team

## In the Garden

It's a bright sunny day in the garden  
Yes, it's a beautiful day in the garden  
And the grass is as high as an elephant's eye  
And it looks like its reaching way up to the sky (dish on the wall!)

Oh what a beautiful morning, oh what a beautiful day  
I have a very strange feeling, nothing will be going my way!

My shed needs a really good clear out  
But heart seems to be in some doubt  
As I turn the key in the door,  
A mouse shouts "I can't take any more!"  
And runs up the path, with a mouldy cheese sandwich hanging from his jaw

There's my trusty old lawn mower, waiting for an oil and a clean,  
I'll get out the bike, there's 1, 2, 3 oh there's 4  
And a half can of beer and a biscuit on the floor.

There are pots on the shelf, with last year's seeds in  
And some really good old bits of string  
There are jam jars and old rusty paint tins  
So I had better sit down and take stock of all these things

I'll go in a little bit further, and what do I happen to see?  
A flower catalogue dated 1977 and a seed catalogue from 1963!

The chairs I will put in the garden,  
The bikes and the mower as well  
The sun is so hot, I think I will have to take stock  
Of all the wonderful things that I have found today.

I think 40 winks is in order, just to get things straight  
As I doze off to sleep, I hear the garden gate creak  
When my wife says "Come in its really getting quite late"

So goodbye to my bikes and the lawn mower,  
Tomorrow I'll give you a clean  
I did do my best, but I'm needing a rest  
And the grass really isn't as high as it seems!

Oh what a beautiful morning, oh what a beautiful day  
I DID have a wonderful feeling, everything DID go my way!  
Oh what a beautiful day.

\* \* \* \* \*