

RB LI LIVING

GAVIN ASTOR HOUSE



THE FRIENDS OF GAVIN ASTOR HOUSE FIREWORKS NIGHT

All are welcome to join Gavin Astor House residents, families and friends, and RB LI staff, at the annual Gavin Astor House fireworks display on Monday 5th November! Food and drink will be available to purchase on the night. The event starts at 6pm and finishes

at 7:30pm. The entrance fee is suggested donation of £2.

For more information about the event please call 01622 791 056 email gah@rbli.co.uk or speak to our staff members at the reception.

IDEAS FOR CHRISTMAS OR BIRTHDAY PRESENTS



If you're looking for great presents for a friend or relative who lives at Gavin Astor House, we'll hopefully give you one or two extra suggestions to keep up your sleeve!

- Lovely Hand and body lotions, creams and soaps and pampering shower gels
- Fluffy dressing gown and slippers
- Appointment with our beauticians or hairdressers
- Soft blanket or a scarf to keep out the winter cold
- Old photos in a digital photo frame
- Crossword puzzle book or a traditional puzzle
- Colouring book for adults and set of colouring pens to go with this gift
- Cards or a board game such as Scrabble, Trivia games, Checkers, Dominoes etc.
- Plan a special outing (we have a mini bus that you can pre-book)
- Bringing in a nice meal or favourite family treats to spend a lovely day together
- Toiletries such as lip balm, deodorant, body spray, perfume or aftershave
- Books or audio books to enjoy
- Arts and crafts supplies or kits



ROYAL BRITISH LEGION INDUSTRIES CELEBRATES 99TH BIRTHDAY

On Monday 3rd September, Royal British Legion Industries donned a party hat as it celebrated a momentous birthday in its near 100-year history.

Having been established in 1919, RBLI celebrated its 99th year of existence this month, during which time the charity has improved the lives of hundreds of thousands of people and their families.

Beginning life at Aylesford's Preston Hall, RBLI provided accommodation and employment to soldiers returning from the Great War with tuberculosis.

To find out more about our history please visit: www.rbli.co.uk/our-history

LEAVING A LASTING LEGACY

HELP OUR VETERANS NOW AND IN THE FUTURE

By remembering RBLI in your Will, your legacy will transform the lives of veterans and give them the second chance they so desperately deserve – now and for many years to come.

Legacies are so vitally important for our charity as they help us improve the lives of veterans every day.

Every donation could help a veteran through our life-changing LifeWorks course, support a sign maker in employment through our social enterprise or play a part in ensuring a fully adapted-home is available when they need it. Your legacy will have a long-term impact, as we give veterans and disabled people the tools to transform their own lives, meaning they have a better, brighter and most importantly, more sustainable, independent future.

Our supporters have helped us achieve great things, and made a real difference to the lives of thousands of veterans.

“I would recommend RBLI’s nursing home in the knowledge that my mother could receive no better care. She is very happy and nothing is too much for the excellent staff who always show kindness and respect. Families are always welcome and help is always on hand. Thank you.” - Jane, Daughter of RBLI resident.

Would you consider a gift that costs you nothing today but helps our nation’s veterans when they desperately need it?

Your legacy can be life changing – giving security, independence and support. When the time is right for you, please remember RBLI in your Will.

WE WOULD LIKE TO THANK YOU

If you have already remembered RBLI in your Will, or intend to in the future, we’d love to hear from you. Not only will this help us make plans for the future of RBLI, but, more importantly, it means that we can thank you properly for your support. Anything you tell us will be confidential.

THE ULTIMATE GIFT

Remember, the young men and women who serve our country today are the veterans of the future. With your help we can make sure that RBLI is here for them in their time of need.

For more information and advice, please contact us on 01622 795961 or

legacy@rbli.co.uk or visit rbli.co.uk/legacies



Alex's story

Alex Stringer, who sustained life-changing injuries after stepping on an IED during a tour of Afghanistan in 2013 at just aged 22, moved into Victory House after his marriage began to break down in 2016.

The triple amputee, who served in the Royal Logistic Corps, said the opportunity has provided him with a fresh start and he now has a new-found sense of independence.

NOVEMBER

- 1** **MUSICAL: ANYTHING GOES**
THURSDAY 2:30PM
LEWIS DINING ROOM
- 2** **1-2-1: WITH SARAH**
FRIDAY
- 5** **PAMPER AFTERNOON: HANDS & NAILS**
MONDAY 2:30PM
MCALLISTER DINING ROOM
- 5** **FRIENDS OF GAH: FIREWORKS NIGHT**
MONDAY 6PM
GAVIN ASTOR HOUSE
- 6** **MUSIC: BOB WILFORD**
TUESDAY 2:30PM
LEWIS DINING ROOM
- 7** **BINGO AFTERNOON**
WEDNESDAY 2:30PM
MCALLISTER DINING ROOM
- 8** **PETS AS THERAPY: LOTTIE**
THURSDAY 10AM
GAVIN ASTOR HOUSE
- 9** **1-2-1: WITH SARAH**
FRIDAY
- 11** **REMEMBRANCE DAY SERVICE**
SUNDAY 2:45PM
GARDEN OF HONOUR
- 12** **FILM AFTERNOON: TBA**
MONDAY 2:30PM
LEWIS TV LOUNGE
- 13** **CANINE CAPERS: PADDY, BELLA AND INDI**
TUESDAY 11AM
LEWIS TV LOUNGE
- 14** **TRIP OUT: CHRISTMAS SHOPPING**
WEDNESDAY
TBA
- 14** **PAMPER AFTERNOON: NAILS & BEAUTY WITH LITA**
WEDNESDAY 2-5PM
07747 445827 TO MAKE AN APPOINTMENT
- 15** **MUSIC: THE AMAZING NINA CLARKE**
THURSDAY 10:45AM
ROOM TO ROOM
- 15** **AYLESFORD CHURCH SERVICE**
THURSDAY 2:30PM
LEWIS DINING ROOM
- 16** **1-2-1: WITH SARAH**
FRIDAY
- 19** **READING AFTERNOON**
MONDAY 2:30PM
MCALLISTER DINING ROOM
- 20** **MUSIC: PJ & ROSE SINGERS**
TUESDAY 2:30PM
LEWIS DINING ROOM
- 21** **POETRY: SUE SPIEL PERFORMING PAM AYRES POETRY**
WEDNESDAY 2:30PM
LEWIS DINING ROOM
- 22** **REMINISCING WITH OLD PHOTOS, BRING AN OLD ALBUM!**
THURSDAY 2:30PM
LEWIS TV LOUNGE

NOTE! ACTIVITIES ARE SUBJECT TO CHANGE PENDING STAFF LEAVE, RESIDENTS WISHES, HOME ENTERTAINMENT AND THE WEATHER. PLEASE REFER TO THE NOTICE BOARDS FOR UP TO DATE INFORMATION.

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FRIENDS & RELATIVES AGM (ALL WELCOME)
FRIDAY 2:30PM
LEWIS DINING ROOM

26

FILM AFTERNOON: TBA
MONDAY 2:30PM
LEWIS TV LOUNGE

27

DECORATING GAVIN ASTOR HOUSE
READY FOR CHRISTMAS
TUESDAY

28

MUSIC: SAXOPHONIST MICHAEL LACK
WEDNESDAY 2:30PM
LEWIS DINING ROOM

29

PETS AS THERAPY: LOTTIE
THURSDAY 2PM
GAVIN ASTOR HOUSE

30

1-2-1: WITH SARAH
FRIDAY

DECEMBER

1

FRIENDS OF GAH: CHRISTMAS FAYRE
SATURDAY 2-5PM
GAVIN ASTOR HOUSE

3

CHRISTMAS: WRITING CARDS FOR FAMILY & FRIENDS
MONDAY 2PM
SARAH GOING ROOM TO ROOM

4

CHRISTMAS: BINGO
TUESDAY 2:30PM
LEWIS DINING ROOM

5

PANTO: ROBINSON CRUSOE BY SHOOTING STARS
WEDNESDAY 2.30PM
LEWIS DINING ROOM

5

PAMPER AFTERNOON: NAILS & BEAUTY WITH LITA
WEDNESDAY 2-5PM
07747 445827 TO MAKE AN APPOINTMENT

6

1-2-1: WITH SARAH
THURSDAY

7

MUSIC: THE MARIONETTES SONG SHOW
FRIDAY 2:30PM
LEWIS TV LOUNGE

10

FILM AFTERNOON: CHRISTMAS IN LONDON
MONDAY 2:30PM
LEWIS TV LOUNGE

11

MUSIC: THE AMAZING NINA CLARKE
TUESDAY 10:45AM
ROOM TO ROOM

12

MUSIC: SINGER RICKY FONTAYNE
WEDNESDAY 2:30PM
LEWIS DINING ROOM

13

MUSIC: BOXLEY HAND BELL RINGERS
THURSDAY 2:30PM
LEWIS DINING ROOM

14

1-2-1: WITH SARAH
FRIDAY

17

FILM AFTERNOON: CLASSIC CHRISTMAS CAROL MUSICAL
MONDAY 2:30PM
LEWIS TV LOUNGE

17

MUSIC: CHRISTMAS CAROLS WITH BARMING GUIDES & BROWNIES
MONDAY 6:30-8PM
ROOM TO ROOM

DECEMBER

- 18** **PANTO: PUSS IN BOOTS BY SHOOTING STARS**
TUESDAY 2.30PM
LEWIS DINING ROOM
- 18** **CHRISTMAS: CHRISTMAS PARTY AFTER PANTO SHOW WITH A SPECIAL VISITOR**
TUESDAY
LEWIS DINING ROOM
- 19** **NEW! MUSIC: SINGER OLIVIA ALCOCK 60'S AND 70'S MUSIC**
WEDNESDAY 2:30-3:30PM
LEWIS DINING ROOM
- 19** **PAMPER AFTERNOON: NAILS & BEAUTY WITH LITA**
WEDNESDAY 2-5PM
07747 445827 TO MAKE AN APPOINTMENT
- 20** **CHRISTMAS: AYLESFORD CHURCH SERVICE**
THURSDAY 2:30PM
LEWIS DINING ROOM
- 21** **1-2-1: WITH SARAH**
FRIDAY
- 24** **1-2-1: FAMILY DAY: WITH SARAH**
MONDAY
- 27** **1-2-1: FAMILY DAY: WITH SARAH**
THURSDAY
- 28** **1-2-1: WITH SARAH**
FRIDAY
- 31** **FILM AFTERNOON: TBA**
MONDAY 2:30PM
LEWIS TV LOUNGE

**1
DEC**

CHRISTMAS FAYRE

The annual Gavin Astor House Christmas Fayre is going to be held on Saturday 1st December from 2-5pm. The Christmas Fayre will have raffle, stalls, refreshments and Father Christmas. All families and friends of residents and staff are encouraged to join us on this fun winter event!

Raffle prizes for Christmas Hamper needed

We encourage everyone to donate raffle prizes for our Christmas Hamper. These can

include wine, Christmas pudding, chocolates, biscuits, tinned fruit etc.! Any donations for the Christmas Hamper will be greatly received, which will be raffled at our Christmas Fayre on the 1st December.

Please donate the items to Sarah Winter or Claire Maisey, Friday 23rd November.

KEY CONTACT DETAILS

Gavin Astor House email: gah@rbli.co.uk
Gavin Astor House website: rbli.co.uk
Annie, Aromatherapist: 07967 830810
Maggie, Aromatherapist: 07775 427928

RECEPTION

Jan, Hairdresser (every Friday): 07842 214722
Lita, Beautician: 07747 445827
Sarah Winter: 01622 791056

01622 791056