

Kenneth House Newsletter!

Autumn 2019!



We hope everyone has had a fun-tastic summer! Everyone at Kenneth House is excited to share some of the amazing things we have been doing with all our Freeways friends!!!

We're all going on a summer holiday 🎵🎵

John, Lucy M and Kevin have had some lovely sun, sea and sand on their holiday to Paignton... They enjoyed a boat trip, a trip on an old fashioned steam train, and some games on the pier... And popped in to say to say Hi to some of the animals at Paignton Zoo!





Lucy M said: "I enjoyed my holiday very much and Arrow Barrow (Alvaro, one of the staff who supported us) had 4 breakfasts! One, two, three, four!!! He is a growing man! My favourite thing about going on holiday was going on the old steam train. I really liked going for our Christmas and Easter meals on the Britton Railway train as



Social Evening!

As many of you know we do a social evening at Kenneth House and have loved how many of our friends from other houses have been joining us recently for music quizzes, boccia, bingo and karaoke. We have even been having fun with Weakest Link and Bruce Forsyth themed evenings!



John said: "I really enjoy Social Evening, seeing our friends. I like bingo, puzzles and music quizzes. I like the popcorn, that's alright to!"

For anyone interested in coming along Social Evening is on a Thursday evening from 7-9, £2.

The residents of Kenneth House wanted to share some of the exciting things they have been doing:

Kevin Has recently preformed as a part of the choir he attends "The Umbrella Singers" at The Vassall Centre. They sang in front of a large crowd and had a great time singing some favourite songs like "Rawr" by Katy Perry!

Kevin said: "The Umbrella Singers is good fun; we have good fun doing a bit of singing. We go to different

Lucy P has got a new tattoo, "You'll never walk alone"! This was her 4rd tattoo and she has plans for a 5th one!



Di got on swimmingly at the Aquarium!



Derek has been enjoying supporting Bristol City football club, going to games at the City Ground, buying merchandise and seeing all of his friends, other Bristol City Fans there! He also enjoys going to Greville Smyth Park.



Derek said: "In my spare time I love going to Windmill Hill City Farm and seeing the animals. I love going to Hengrove Cinema in south Bristol. I absolutely love going to the Bristol City Ground on match days and going to the park there and seeing all my friends."

Lucy M has inspired a week of Vegan themed food! She has been very interested to learn about why people choose to eat Vegan and try out some vegan cooking and meals! Throughout Vegan week one of our meal options was Vegan so anyone who wanted to could give it a go!

Lucy M said: "I liked the food, Lasagne was nice. I've learnt a lot about yogurts and stuff with Almond and things, not milk. Learnt a lot about how being Vegan can help all of the world. I'm going to make a Vegan cake, that will be nice!"



John has been enjoying going for picnics down at the docks in the nice weather.



John said: "I love going to the Harbour for picnics, I just like old parts of Bristol. I got books with all the history!"

Taaya Shangula, Assistant Manager at Kenneth House is interviewed by Derek, Lucy m and Lucy P

Derek: How are you finding being assistant manager?

It can be stressful at times but rewarding and a new learning experience.

Lucy p: How did you find out about Freeways?

My ex-wife used to work for Freeways and recommended it here.

Derek: Do you sometimes enjoy going to football games at the Bristol City Grounds?

Now that I'm the assistant manager I don't get to support you, Derek, to the Bristol City games so often and I really do miss that.

Lucy P: I have 4 tattoos and want another. Have you got any? Do you want more?

I have around 7 or 8 tattoos, I have a tribal one on my arm, and I would definitely get more tattoos!

Derek: I enjoy food. What is your favourite food?

I have always enjoyed a good lasagne.

Lucy P: I love music, do you love music? Who's your favourite?

I absolutely love music; I listen to music more than I watch films or TV. I like meaningful music, I like people like Bob Marley and Sam Cooke. I also like rap but don't think I have a favourite.

Derek: My perfect day would be going to the Bristol City Football Ground and getting Caribbean food or KFC. What would be your perfect day?

A very, very, hot summer's day, waking up to music and having an amazing breakfast. Go out and about, maybe have a couple of drinks.

Lucy M: Do you like going to the pub to drink?

Every now and again. I enjoy going somewhere with a bit of music, where you can dance and have a drink or two.

Lucy P: Do you love shopping? What is your favourite shop?

I used to love clothes shopping but I'm not as fussy as I used to be. These days I do more online shopping but H and M is my go to store.



