

OVAL/CIRCLE TIME UPDATE

11<sup>th</sup> JUNE 2020

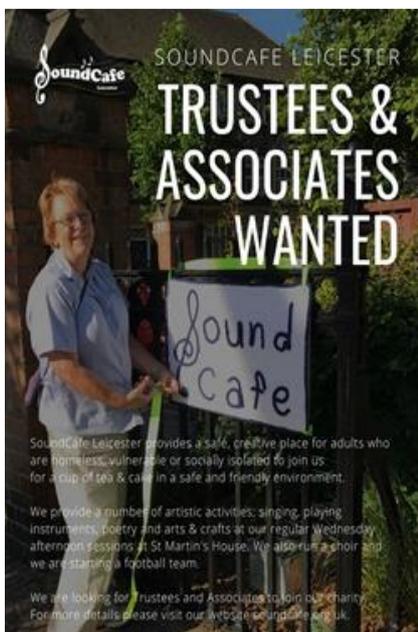


Welcome to our new style Oval/Circle Time update. We hope you like it. We welcome any comments you may have on this new style. If you have anything you would like included please send it through and we will share it for you.



We are delighted to be able to tell you that Paragon Bank Plc have generously donated £10,000.00 to SoundCafe. This money will enable us to continue to support our guests when we emerge from lockdown.

Do you know anyone who would make a wonderful Trustee of SoundCafe? We are currently recruiting for new Trustees and Associates please check out our Facebook page and website for more details.



THOUGHT FOR THE WEEK:

“Kind words can be short and easy to speak, but their echoes are truly endless.”

Mother Theresa

CARERS WEEK 8-14<sup>th</sup> JUNE 2020



The theme of this year's Carer's Week is "making caring visible" which at this time of national crisis is more important than ever. For more details you can access their website: <https://www.carersweek.org/>

NATIONAL BIKE WEEK 6<sup>th</sup>-14<sup>th</sup> JUNE 2020

It is also National Bike Week and if anyone off you like to get out and about on you bike, Leicester City Council have information on their website for activities etc [Bike Week](#).

Following on from the Government guidelines in relation to face coverings, Rachel has been busy making some of her own:



If you fancy making your own click on the following You Tube links:

<https://www.youtube.com/watch?v=NpzIVitLsOM&feature=youtu.be>

<https://www.youtube.com/watch?v=PTqJxsNWcrs>

**POETRY CORNER**

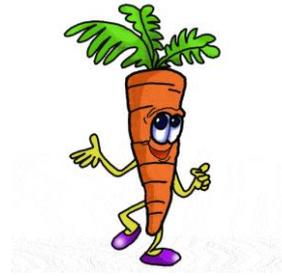
**ORANGE TIPS**

Orange tip butterflies  
flitting from white  
may to white cow parsley.  
Always on the go.  
Always flittering fluttering  
hither and thither.

I'm glad I'm not an orange tip  
butterfly.  
Just looking at  
all that flittering and fluttering  
makes me feel

absolutely exhausted.

**Compost Corner**



Our resident gardener's compost corner is coming along well. His onions are doing well, his strawberries and blackcurrants are happening too.

Thank you to Rachel for supplying some of her garden pictures.



**Cultural Corner**

Do you like listening to classical music? Why not check out the Kanneh- Mason family. You may recall that Sheku played at the Royal Wedding.

<http://www.kannehmasons.com/media/>



**Message from Helen**

Helen has said that whilst she is unable to communicate on the telephone, she would love to hear from you via her email address. She appreciates that you may have been saddened by her decision to step down as a Trustee and may feel cut off from her due to the pandemic and not being able to see her in person. Her email address is: [revhelenhayes63@gmail.com](mailto:revhelenhayes63@gmail.com).

**Facebook and Twitter Updates**

Please check out our Facebook page and Twitter as we are now posting regular updates and look backs at SoundCafe. Also do not forget our new website too.



*That is all for this week!  
Take care and stay safe.*



**Photo Gallery**

If you have any photographs no matter how wacky which you would like to share, please let us have them. We are going to put together a COVID-19 life in lockdown gallery. So, get snapping!

