

**HELLO EVERYONE**  
**WELCOME TO THE November EDITION OF THE**  
**HIGHBORDER LODGE NEWSLETTER!**

**Bingo with Leslie / Gilly Every Tuesday from 2pm in the Top Lounge**

Come and join us for Bingo Sessions every Tuesday afternoon at 2pm in the top lounge with Lesley / Gilly. Do come along if you would like to take part and enjoy lots of laughs, a bit of singing along the way and of course win a prize! All are very welcome.

**Holy Communion (Every Fortnight) – Wednesday 2<sup>nd</sup>, 16<sup>th</sup> & 30<sup>th</sup> November from 11am in the Small Lounge**

Come and join Pat from our local church for 'Holy Communion' and a chat on Wednesday 2<sup>nd</sup>, 16<sup>th</sup> & 30<sup>th</sup> November (every fortnight) at 11am in the small lounge. All very Welcome.

**One to One Wheelchair Outing around our village – Wednesday 2<sup>nd</sup> 16<sup>th</sup> & 30<sup>th</sup> November from 11am**

Please let Gilly know if you are interested in a Wheel out around our village on Wednesday 2<sup>nd</sup>, 16<sup>th</sup> & 30<sup>th</sup> November (As usual Weather Permitting).

**Bible Stories with Marie & Sharon – Wednesday 2<sup>nd</sup> November from 1.30pm in the Small Lounge**

Come and join us for some 'Bible Stories' with Marie & Sharon on Wednesday 2<sup>nd</sup> November from 1.30pm in the small lounge. Marie & Sharon are coming in to read at a nice slow gentle speed and will also stop reading to chat about the story along the way. All very welcome.

**Two Minibus Trips –Thursday 3<sup>rd</sup> November**

**Morning trip to 'Saul Canal Cafe' for Lunch from 11.30am**

**Followed by an afternoon trip to 'Blooms' Garden Centre 2pm**

On Thursday 3<sup>rd</sup> November from 11.30am come and join us for a morning drive out through the lovely countryside to 'Saul Canal Cafe' for lunch and a chat, or an afternoon trip to 'Blooms' Garden Centre at 2pm for a browse and afternoon cuppa. The choice is yours!!

**Pets for Therapy Dog Visit on Friday 4<sup>th</sup> November from 11am**

We look forward to welcoming for the first time Betsy the chocolate Labrador and her servant Julia to Highborder Lodge on Friday 4<sup>th</sup> November from 11am onwards, Julia will be bringing in Betsy on opposite weeks to Mary & Murphy so you can look forward to a cuddle from Betsy, its ok Murphy said he won't be jealous!!

### **'Bonfire Banger Tea' – Saturday 5<sup>th</sup> November from 4.30pm**

We look forward to having a lovely 'Bonfire Banger Tea' on Saturday 5<sup>th</sup> November from 4.30pm, its ok that doesn't mean Chef will be serving up burnt food!!

Everyone very Welcome!

### **Aromatherapy Massage with Jackie Leake – Next visit's will be Monday 7<sup>th</sup> & 21<sup>st</sup> November from 10am onwards**

Jacky will continue to visit us every two weeks to do hand, foot, head or shoulder massages and of course have a chat! Everyone finds it a very relaxing and enjoyable experience. Jacky's next visits will be on Monday 7<sup>th</sup> & 21<sup>st</sup> November from 10am onwards. Please keep up the continued support of this very valued service and remember the more residents that use this service the lower the price for all. Please see a member of staff if you are interested in this service and they will be happy to add you to Jacky's list.

### **Shopping Trolley – Every Monday**

The shopping trolley is still scheduled to visit your bedroom or the lounges every Monday either morning or afternoon, please ask a member of staff if you need to purchase anything at any other time and they will be happy to help. For those residents that are new, our shop sells confectionary, crisps and bathroom items. We also have a selection of greeting cards available for purchase in the front entrance; please see a member of staff if you are interested in having a look.

### **Matthew Harris (G-Fitness) - Exercise Fun Session – Tuesday 8<sup>th</sup> & 22<sup>nd</sup> November from 3.30pm – 4.30pm usually after Bingo either in the small or large lounge TBC on the day**

If you like a bit of fun and laughs this exercise activity is the one for you when we welcome Matthew Harris (G-Fitness) Exercise Fun Session on Tuesday 8<sup>th</sup> & 22<sup>nd</sup> November from 3.30pm – 4.30pm usually following our bingo session in either the small or large lounge TBC on the day. Go on you know you want to join in!! All very welcome!

### **Cards Session with Gilly on Wednesday 9<sup>th</sup> November from 11am in the Conservatory**

Come and join in with a card session with Gilly on Wednesday 9<sup>th</sup> November from 11am in the conservatory, oh and no cheating, oh well ok just a bit!! Go on it will be fun!! All Very Welcome.

### **Bingo with Gilly Wednesday 9<sup>th</sup> November from 2pm in the Top Lounge Apologies had to change from Tuesday to Wednesday Just for this week**

Come and join us for Bingo on Wednesday 9<sup>th</sup> November just for this week then back to the usual Tuesday afternoons at 2pm for the rest of the month held in the top lounge with Lesley / Gilly. Do come along if you would like to take part and enjoy lots of laughs, a bit of singing along the way and of course win a prize!

All are very welcome.

### **Word Games – Thursday 10<sup>th</sup> November from 11am in the Small Lounge**

Come and join in with 'Word Games' on Thursday 10<sup>th</sup> November from 11am in the small lounge, go on join in it will get you thinking and it's just a bit of fun and the sessions do vary!! If we get bored we can have a chat instead!! All very Welcome!

### **Minibus Trip – Pub Lunch 'The Anchor Inn' – Thursday 10<sup>th</sup> November from 11.30am**

Come and enjoy a chat / laugh & pub lunch out at 'The Anchor Inn' at Epney (just local) on Thursday 10<sup>th</sup> November from 11.30am. Please let Gilly or Jacky know if you are interested.

### **Afternoon 'Quiz it' with Gilly – Thursday 10<sup>th</sup> November from 2pm - 4pm in the Conservatory**

Come and join in with an afternoon Quiz on Thursday 10<sup>th</sup> November from 2-4pm in the Conservatory, go on have a go and remember it's not a test it's just for fun!! All very Welcome!

### **Pets for Therapy Dog Visit on Friday 11<sup>th</sup> & 25<sup>th</sup> November from 11am**

We look forward to welcoming Murphy the chocolate Labrador and of course his servant Mary Hall back to Highborder Lodge on Friday 11<sup>th</sup> & 25<sup>th</sup> November from 11am onwards, so if you're in need of a cuddle Murphy's the name!!

### **Short Minibus Trip (Two Residents) with Jacky & Norman on Friday 11<sup>th</sup> November from 2pm**

Come and join Jacky & Norman for a Two-to-Two Short Minibus Trip out for those residents that just want a short trip out with just two people; this month it will be on Friday 11<sup>th</sup> November from 2pm. This extra small trip will be available once a month in addition to the normal minibus trips. Please let Jacky or Gilly know if you are interested.

### **Musical Entertainment with 'Bert Lush' – Saturday 12<sup>th</sup> November from 2pm in the Top Lounge**

We welcome back 'Bert Lush' on Saturday 12<sup>th</sup> November from 2pm in the top lounge, so get ready for a lovely musical afternoon followed by a cuppa and biscuit or cake and enjoy our usual chat and laugh about times gone by with our friend Bert!! All are very welcome!

### **TV afternoons with Lesley – Monday 14<sup>th</sup> & 28<sup>th</sup> November from 2pm in the Small Lounge**

Join Lesley for more TV afternoons on Monday 14<sup>th</sup> & 28<sup>th</sup> November from 2pm in the small lounge, so get ready with the TV tuck and stand by to choose which programme to watch!! Then enjoy a chat about the programme afterwards. All are very welcome!

### **'Coffee Pot' – (Coffee Morning) - Held at St Swithun's Church in Leonard Stanley Village on Tuesday 15<sup>th</sup> November from 10.15am onwards**

'Coffee Pot' (Coffee Morning) on Tuesday 15<sup>th</sup> November from 10.15am onwards at St Swithun's church. This is another chance to meet new people from the village and enjoy a chat and coffee. Please let Gilly know if you would like to go to the Church coffee morning so she can make arrangements to take you. (Just a small donation for Coffee / Tea and Biscuits). All are very welcome!

### **Making Sweet Bags for Bingo Prizes – Tuesday 15<sup>th</sup> & 29<sup>th</sup> November before Bingo in the Large Lounge**

Please come and join Gilly and Lesley making up some pretty sweet bags for bingo prizes on Tuesday 15<sup>th</sup> & 29<sup>th</sup> November before bingo in the large lounge. Do come along for this activity and enjoy a chat and a laugh even if you don't stay for the bingo session! All are very welcome!

### **Residents Meeting on Wednesday 16<sup>th</sup> November from 2-3pm in the Top Large Lounge**

We will be having a Residents Meeting on Wednesday 16<sup>th</sup> November from 2-3pm in the top large lounge, so if you have anything you would like to discuss please feel free to do so, or if nothing else just come along for the tea and cake!! The minutes of the meeting will be made available for anyone who was unfortunately unable to attend.

All very welcome!

### **Games Session after Residents Meeting – Wednesday 16<sup>th</sup> November from 3 – 4pm in the large lounge**

Come and join in with the 'Games Session' on Wednesday 16<sup>th</sup> November from 3- 4pm in the large lounge, go on loosen up and have a giggle you know you will enjoy it!! All very welcome!

### **Minibus Trip Shopping Trip on Thursday 17<sup>th</sup> November from 11.30am**

Come and join us for a shopping trip and lunch out on Thursday 17<sup>th</sup> November from 11.30am, it will be nice to have a browse around the shops you never know you may spot something you like! Please let Jacky or Gilly know if you are interested.

### **Afternoon 'Quiz it' with Gilly on Saturday 19<sup>th</sup> November from 2-3pm in the Conservatory**

Come and join in with an afternoon quiz on Saturday 19<sup>th</sup> November from 2-3pm in the Conservatory, go on have a go and remember it's not a test it's just for fun!! All very Welcome!

### **'Guess What's in the Box'? (by Touch & Feel) – Tuesday 22<sup>nd</sup> November from 11am in the small lounge**

Have a go at 'Guess What's in the Box'? (by Touch & Feel) on Tuesday 22<sup>nd</sup> November from 11am in the small lounge, come on it's just a bit of fun! All very Welcome!

### **Memory Lane – Wednesday 23<sup>rd</sup> November from 11am in the small lounge**

Come and join us for a 'Memory Lane' activity with Gilly on Wednesday 23<sup>rd</sup> November from 11am in the small lounge. All very Welcome.

### **Village 'Women's Fellowship' held at the Village Hall on Wednesday 23<sup>rd</sup> November from 2.30- 4pm**

Please let Gilly know if you are interested in going to the 'Village Women's Fellowship' held at our village hall on Wednesday 23<sup>rd</sup> November from 2.30pm – 4pm, this will be another chance to meet people living in the village. (£1 entry charge and .50p for refreshments). Go on be brave and give it a go!! (A member of staff will accompany residents).

## **Two Minibus Trips –Thursday 24<sup>th</sup> November**

### **Morning Trip ‘The Ragged Cot Inn’ from 10.30am & Afternoon Trip Highfield Garden Centre from 2pm**

Come and join us for a morning minibus trip to ‘The Ragged Cot Inn’ on Thursday 24<sup>th</sup> November from 10.30am for a pint / morning coffee and back home to Highborder Lodge for lunch OR an afternoon minibus trip to ‘Highfield Garden Centre’ from 2pm for a browse around and a cuppa. The choice is yours as they say or you could be cheeky and go on both!!

Please let Jacky or Gilly know if you are interested.

## **Craft Session – Card Making with Gen & Judy – Friday 25<sup>th</sup> November from 2pm**

Come and join in with our Craft Session making Christmas cards with Gen & Judy on Friday 25<sup>th</sup> November from 2pm, go on have a go it’s more fun making your own Christmas cards!!

All very Welcome.

## **Short Story with Gilly – Tuesday 29<sup>th</sup> November from 11am in the Small Lounge**

Come and join us for another short story on Tuesday 29<sup>th</sup> November from 11am in the small lounge, don’t worry if you fall asleep I won’t mind just try not to snore!! All welcome!

## **May Fashions Mobile Shopping – Wednesday 30<sup>th</sup> November from 2pm in the Top Large Lounge**

We welcome ‘Mays Fashions’ Mobile Shop to Highborder Lodge on Wednesday 30<sup>th</sup> November from 2pm in the top large lounge, so come along and enjoy a browse and don’t feel you have to buy anything unless something takes your fancy!!

Everyone very Welcome!!

## **Visitors Reminder regarding ‘Fire Evacuation Procedure’**

Just to remind visitors if you hear the fire alarm please proceed to the nearest fire exit and assemble in the car park. Please do not return into the building until it is announced safe to do so. Please note maintenance always test the fire alarms every Tuesday at 9am, however if the fire alarm is continuous please evacuate the building. Thank you

## **Family / Friends reminder regarding taking residents out**

Just to remind Family & Friends please remember to let a member of staff know if you are taking one of our residents off site and also remember to sign out, it would also be helpful to know whether they will be back for meal time so we can keep our kitchen updated. Thank you for your assistance in this matter.

## **Hand and Nail Pamper Session’s with Lesley**

The hand and nail pamper session consists of your hands being gently soaked & then having some hand lotion gently rubbed in and then filing and painting your nails. This is proving to be popular with the ladies at Highborder Lodge. Please let Lesley know if you are interested and she will be happy to add you to her list!

### **Monthly Library Visits – Next Visit to be advised**

Please join us for a visit to the Stonehouse Library once a month. The next visit to be advised, Gilly will put a poster up as soon as she is informed of a date, so if you would like to go along to the library to browse and pick your own books please let a member of staff know so they can put you on the library outing list.

### **Door Code**

Apologies for regularly changing the door code but this is part of our regulations and in the interest of all who reside and are employed by Highborder Lodge please do not give out the key code to the front door to anyone you do not know.

### **Comments, Concerns or Complaints**

If you have any Worries, Concerns or Complaints please address to the Manager or Deputy Manager, all complaints will be treated seriously and in confidence. Please refer to your resident's handbook or the information for clients, visitors & staff book found in the front entrance.

### **Comments Book – (How well did we do or not?)**

For any new residents and families / friends just to make you aware we have a 'Comments Book' situated in the front entrance next to the signing in book, please feel free to make use of this book, as this supports improvements to the service delivered.

### **Lost and Found Items**

Please contact the office if you have lost any items and we will do our best to help.

### **Sunday Lunch invitation - for families to join their Highborder Lodge relative for a Private Lunch. Visitors Lunches are £7.50 for a two course meal each relative.**

Relatives will be made very welcome to join their resident family member for a private Sunday Lunch or any day in the week. There will obviously be a reasonable small charge of £7.50 for each relative. Please remember to let the office know in advance if you have guests staying for meals so our chef can get extra supplies in! Thank you.

### **Personal Flower arrangement for your own room**

If you would like to do your own flower arrangement to have in your own room please see Gilly and she can get some flowers and an oasis for you, obviously there will be a small cost for the flowers and oasis but it won't be very much. Please let Gilly know if you are interested and she will be happy to help you!

### **Minibus Trips Every Thursday**

If you fancy a trip out for a pleasant drive around our wonderful countryside and a stop off for refreshments please let Gilly know so she can book your seat on the bus. Also please let Gilly know if you have any other ideas for small trips out and she will do her best to arrange this for you.

### **Activities with Gilly**

Activities could be anything from Flower arranging, coffee mornings at the village Church, to walks out or wheels out in the wheelchair for some fresh air (weather permitting), a chat and a cup of tea, craft activities or various minibus trips some including lunch out. If you have any other suggestions or ideas I will be only too pleased to hear from you. Gilly and other members of staff will also try to fit in some unscheduled one to one's when possible.

### **Reminder for Trips Out**

Please remember to let Gilly or Jacky know if you would like to go on a trip so you can be added to the list in the diary to save any disappointment, on some occasions we have spaces available on the day where someone has decided not to go but on the whole it is better to book your place.

### **Personal Expenditure Accounts**

We would welcome anyone wishing to check their personal account when visiting residents as this would help greatly with keeping our administration costs to a minimum. Thank you for your assistance in this matter.

### **Personal Appointments – from 1<sup>st</sup> July 2016**

Just to inform any new residents & families that our minibus will only be made available for emergency appointments as it is primarily used for our residents outings. We would like to emphasise that it is the responsibility of families to provide an escort for their relative but in extenuating circumstances, we will endeavour to provide an escort, the cost of which will be incurred by the family / relative. This can be deducted from residents personal expenditure if required. Please see the office if you have any concerns regarding appointments / hospital transport and we will do our best to help.

### **Polite Notice – Car Parking near the Garden Borders**

Please do not park too near the garden borders as our gardener needs to be able to have enough space to tend them, also you may damage the plants. Thank you for your kind attention in this matter.

### **New Residents – Laundry labelling**

Just a little reminder to our new respite and permanent residents to please remember to label all clothing on admission to Highborder Lodge. Thank you for your kind assistance in this matter.

### **Visitors Signing in Sheet – adding a car registration column**

On occasions our car park can be very full and lead to double parking for short periods of time so to assist the office with being able to locate car owners during these busy times we will be updating our 'visitors signing in sheets' to include a car registration column, we would be very grateful for your assistance in this matter.

## **Residents News**

We would like to extend a very warm welcome to our new permanent and respite residents and hope their stay will be very happy here at Highborder Lodge.

On a very sad note one of our residents has sadly passed away, we would like to pass on our sincere condolences to her family; our resident will be very sadly missed by all at Highborder Lodge.

## **Staff News**

We would also like to welcome our new staff to our team and hope they will be happy here at Highborder Lodge.

***Thank you for taking the time to read this. If you would like to make any comments or contributions then do please let our Manager Caroline or any of the office staff know!***



. The November flower is the Chrysanthemum. This mostly perennial plant is also called the 'mum' and symbolizes cheerfulness and love.

