



HELLO EVERYONE

February

WELCOME TO THE EDITION OF THE
HIGHBORDER LODGE NEWSLETTER!

Residents Meeting on Tuesday 31st January from 2-3pm in the Top Large Lounge

We will be having a Residents Meeting on Tuesday 31st January 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!

Late Afternoon 'Quiz it' with Gilly – Tuesday 31st January from approx 3pm - 4pm in the large lounge following the meeting

Come and join in with an afternoon Quiz on Tuesday 31st January from 3-4pm in the large lounge following the meeting, go on have a go and remember it's not a test it's just for fun!! All very Welcome!

Memory Lane – Wednesday 1st February from 11am in the large lounge

Come and join us for a 'Memory Lane' activity with Gilly on Wednesday 1st February from 11am in the large lounge. All very Welcome.

Bible Stories with Marie & Sharon – Wednesday 1st February from 1.30pm in the Small Lounge

Come and join us for some 'Bible Stories' with Marie & Sharon on Wednesday 1st February 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.

Making Sweet Bags for Bingo Prizes –Wednesday 1st February before Bingo in the Large Lounge

Please come and join Gilly and Lesley making up some pretty sweet bags for bingo prizes on Wednesday 1st February 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!

Bingo with Leslie / Gilly Wednesday 1st February from 2pm in the Top Lounge

Come and join us for Bingo on Wednesday 1st February from 2pm in the usual top lounge, sorry had to change the usual Tuesday because of the residents meeting this week. 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.

Minibus Trip - 'Almondsbury Garden Centre' for Lunch and a browse on Thursday 2nd February from 11.30am

On Thursday 2nd February from 11.30am come and join us for a trip to 'Almondsbury Garden Centre' for lunch and a browse around the centre, and enjoy a drive through the country lane's , taking in our lovely countryside along the way. Please let Jacky or Gilly know if you are interested.

Pets for Therapy Dog Visit on Friday 3rd & 17th February from 11am

We look forward to welcoming Murphy the chocolate Labrador and of course his servant Mary Hall back to Highborder Lodge on Friday 3rd & 17th February from 11am onwards, so if you're in need of a cuddle Murphy's the name!!

TV afternoons with Lesley – Saturday 4th February from 2pm in the Small Lounge

Join Lesley for more TV afternoons on Saturday 4th February 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!

Aromatherapy Massage with Jackie Leake – Next visit's will be Monday 6th & 20th February 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 6th & 20th February 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.

TV afternoons with Lesley – Monday's from 2pm in the Small Lounge

Join Lesley for more TV afternoons on Monday's 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!

Short Story with Gilly – Tuesday 7th February from 11am in the Small Lounge

Come and join us for another short story on Tuesday 7th February from 11am in the small lounge, don't worry if you fall asleep I won't mind just try not to snore!! All welcome!

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

Please Note Two Changes to Bingo days this month which are

Wednesday 1st Feb instead of Tuesday 31st Jan

& Thursday 16th Feb instead of Tuesday 14th Feb all other bingo Tuesdays remain the same.

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.

Matthew Harris (G-Fitness) - Exercise Fun Session – Tuesday 7th & 21st February 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 7th & 21st February 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!

Holy Communion (Every Fortnight) – Wednesday 8th & 22nd February from 11am in the Small Lounge

Come and join Pat from our local church for 'Holy Communion' and a chat on Wednesday 8th & 22nd February (every fortnight) at 11am in the small lounge. All very Welcome.

Minibus Trip – Pub Lunch Out – Thursday 9th February from 11.30am

Come and enjoy a chat / laugh & pub lunch out on Thursday 9th February from 11.30am. Please let Gilly or Jacky know if you are interested.

Short Minibus Trip (Two Residents) with Jacky & Norman on Friday 10th February from 9.30am then back to Highborder Lodge for lunch

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 10th February from 9.30am. 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.

Pets for Therapy Dog Visit on Friday 10th & 24th February from 11am

We look forward to welcoming Betsy the chocolate Labrador and her servant Julia to Highborder Lodge on Friday 10th & 24th February 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, it's ok Murphy said he won't be jealous!!

Musical Entertainment – Music Maestro – Saturday 11th February from 2pm in the Top Lounge

We welcome back 'Music Maestro' on Saturday 11th February from 2pm in the top lounge, so get ready for a lovely musical afternoon. All are very welcome!

Games Session – Velcro Darts & Punch Balloon – Tuesday 14th February from 11am in the Small Lounge

Come and enjoy a 'Games Session' using the Velcro Darts & Punch Balloon on Tuesday 14th February from 11am in the small lounge, come on it will be fun! All very Welcome!

Valentine Craft Session with Lesley & Gilly – Tuesday 14th February from 2pm

Come and join in with our Valentine Craft Session with Lesley & Gilly on Tuesday 14th February from 2pm, go on have a go we will have lots of laughs!! We might even break open the sherry bottle then our crafts will look alot better than reality!! All very Welcome.

Games – Cards with Gilly – Wednesday 15th February from 10.30am in the Large Dining Room

Come and join in with a game of cards on Wednesday 15th February from 10.30am in the large dining room. Hopefully we will find a game to suit all! Well let's hope! Oh and No Cheating! Oh ok just a bit! Go on come and join in it will be fun! All very welcome!

Village 'Women's Fellowship' held at the Village Hall on Wednesday 15th February from 2.30- 4pm

Please let Gilly or Karen know if you are interested in going to the 'Village Women's Fellowship' held at our village hall on Wednesday 15th February 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!! (Karen & Gilly will accompany residents). All very Welcome.

Minibus Trip - 'Saul Canal Cafe' for Lunch on Wednesday 16th February from 11.30am

Come and join us on Thursday 16th February from 11.30am for a drive out through the lovely countryside to 'The Stables Cafe' at Saul Canal for lunch and a chat. Please let Jacky or Gilly know if you are interested.

Making Sweet Bags for Bingo Prizes –Thursday 16th February before Bingo in the Large Lounge

Please come and join Gilly and Lesley making up some pretty sweet bags for bingo prizes on Thursday 16th February 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!

Bingo with Gilly Thursday 16th February from 2pm in the Top Lounge

Apologies had to change from Tuesday to Thursday this week

Come and join us for our Bingo Session on Thursday 16th February from 2pm for this week then back to the usual Tuesday afternoons at 2pm for the rest of the month. 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 very welcome.

Afternoon 'Quiz it' with Gilly on Saturday 18th February from 2-3pm in the Conservatory

Come and join in with an afternoon quiz on Saturday 18th 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!

'Coffee Pot' – (Coffee Morning) - Held at St Swithun's Church in Leonard Stanley Village on Tuesday 21st February from 10.15am onwards

'Coffee Pot' (Coffee Morning) on Tuesday 21st February 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!

One to One Wheelchair Outing around our village – Wednesday 22nd February from 11am

Please let Gilly know if you are interested in a Wheel out around our village on Wednesday 22nd February (As usual Weather Permitting).

Baking Club with Chef Karen & Non Chef Gilly – Wednesday 22nd February from 2pm in the Dining Room

Come and join us for a baking session on Wednesday 22nd February from 2pm, join in with the fun and laughs we have whilst creating some sort of baking masterpiece!! All are very welcome!

Minibus Trip Shopping Trip to M & S Cribbs Causeway on Thursday 23rd February from 11.30am

Come and join us for a shopping trip to M & S Cribbs Causeway and lunch out on Thursday 23rd February 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.

Musical Entertainment with 'Bert Lush' – Saturday 25th February from 6.30pm in the Top Lounge

We welcome back 'Bert Lush' on Saturday 25th February from 6.30pm in the top lounge after tea, so get ready for a musical evening followed by a cuppa or something stronger!! and some evening nibbles, biscuit or cake and enjoy our usual chat and laugh about times gone by with our friend Bert!!

All are very welcome!

Word Games – Tuesday 28th February from 11am in the Small Lounge

Come and join in with 'Word Games' on Tuesday 28th February 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!

Making Sweet Bags for Bingo Prizes – Tuesday 28th February before Bingo in the Large Lounge

Please come and join Gilly and Lesley making up some pretty sweet bags for bingo prizes on Tuesday 28th February 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!

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 1st July 2016 **Please see Notice Board for further information**

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 two of our residents have sadly passed away, we would like to pass on our sincere condolences to their families they will both 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!



Pancake Day, or **Shrove Tuesday**, is the traditional feast day before the start of Lent on Ash Wednesday. Lent - the 40 days leading up to Easter - was traditionally a time of fasting and on **Shrove Tuesday**, Anglo-Saxon Christians went to confession and were "shriven" (absolved from their sins).



February: This month is associated with St. [Valentine](#)'s Day and red roses. However, the flower for the month is [Violet](#). The flower symbolises faithfulness, Wisdom and Hope. Gifting violets in the Victorian era conveyed the message 'I'll always be true'. The word 'violet' is believed to originate from the word 'vias' which translates to mean 'wayside.' An older English name for the plant is "heartease." Other February flowers are [Primrose](#) which symbolises modesty, distinction, virtue, and the [Iris](#) which shares its name with the messenger of the Gods and Greek goddess of the rainbow, Iris.