



HELLO EVERYONE

**WELCOME TO THE  JUNE EDITION OF THE
HIGHBORDER LODGE NEWSLETTER!**

Clothes - Lost Property Table - Saturday 17th & Sunday 18th June (All Day) - in the top lounge

Come and have a look through the lost property clothing to see if you can identify any missing clothes on Saturday 17th & Sunday 18th June in the top lounge. Any unwanted clothing left will be taken to the Charity Shop. Good Luck!! Oh dear guess who forgot to put this table out last month!!

Minibus Trip – Pub Lunch Out - The Ship at Brimscombe on Thursday 1st June from 11.30am

Come and enjoy a chat / laugh & pub lunch out at The Ship at Brimscombe on Thursday 1st June from 11.30am. Please let Jacky or Gilly know if you are interested.

**'The Gentle Park Walks' & Coffee at the Museum in Stratford Park will be on two Fridays each month
The next dates are Friday 2nd & 16th June**

Come and join us for 'The Gentle Park Walks' Event Meetings held at Stratford Park Museum on Friday 2nd & 16th June. These events are held to enable people to socialise whilst enjoying a walk or wheel in the park followed by a chat over a nice cuppa in the Museum, and of course also have a look around the Museum if the weather is not good for walking in the park.

Please let Gilly know if you are interested so she can make staff and transport arrangements.

Pets for Therapy Dog Visit on Friday 2nd 16th & 30th June from 11am with Julia & 'Betsy'

We look forward to welcoming Betsy the chocolate Labrador and her servant Julia to Highborder Lodge on Friday 2nd 16th & 30th June 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!!

Aromatherapy Massage with Jackie Leake – Next visit's will be Monday 5th & 19th June 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 5th & 19th June 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.

Quiz with Lesley on Monday 5th June from 11am in the Top Lounge

Come and join in with a Quiz with Lesley on Monday 5th June from 11am in the top lounge, go on have a go and remember it's not a test it's just for fun!! All very Welcome!

Village 'Coffee Pot' – (Coffee Morning) - Held at St Swithun's Church in Leonard Stanley Village on Tuesday 6th & 20th June from 10.15am onwards

Village 'Coffee Pot' (Coffee Morning) on Tuesday 6th & 20th June 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 6th & 20th June before Bingo in the Large Lounge

Please come and join Gilly and Lesley making up some pretty sweet bags for bingo prizes on Tuesday 6th & 20th June 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 Every Tuesday from 2pm in the Top Lounge

(Please Note – Bingo 1.30pm Start on Exercise days with Matthew)

Come and join us for our Bingo Session's every Tuesday from 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.

Short Story with Gilly – Wednesday 7th June from 11am in the Large Lounge

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

Bible Stories with Marie & Sharon – Wednesday 7th June from 1.30pm in the Small Lounge

Come and join us for some 'Bible Stories' with Marie & Sharon on Wednesday 7th June 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.

Village 'Women's Fellowship' held at the Village Hall on Wednesday 7th & 21st June 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 7th & 21st June 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!! (Staff will accompany residents). All very Welcome.

Minibus Trip – Visit to Westonbirt Arboretum – Thursday 8th June from 11am

Come and join us for a trip to Westonbirt Arboretum on Thursday 8th June from 11am for a lovely stroll around the Arboretum and lunch at the Cafe. (Hope the weather is kind to us!!).

Please let Jacky or Gilly know if you are interested.

Pets for Therapy Dog Visit on Friday 9th & 23rd June from 11am with Mary & 'Murphy'

We look forward to welcoming Murphy the chocolate Labrador and of course his servant Mary Hall back to Highborder Lodge on Friday 9th & 23rd June from 11am onwards, so if you're in need of a cuddle Murphy's the name!!

Musical Entertainment with 'Bert Lush' – Saturday 10th June from 6.30pm in the Top Lounge

We welcome back 'Bert Lush' on Saturday 10th June from 6.30pm in the top lounge after tea, so get ready for a musical evening with drinks and some evening nibbles, plus some laughs with our friend Bert!!

All are very welcome!

TV afternoons with Lesley – Monday 12th June from 2pm in the Small Lounge

Join Lesley for more TV afternoons on Monday 12th June 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!

'Word Search' – Thursday 13th June from 11am in the Large Lounge

Come and join in with 'Word Search' on Thursday 13th June from 11am in the large lounge. Go on join in it will get you thinking and it's just a bit of fun, if we lose interest we can have a chat instead!!

'Men's Club' Meeting at 'The Old Crown Inn' at Paganhill, Stroud on Tuesday 13th & 27th June from 2pm – 4pm

There is a 'Men's Club' meeting at 'The Old Crown Inn' at Paganhill, Stroud on Tuesday 13th & 27th June from 2pm – 4pm for anyone that would like to go along to see what it's like, we will go on our Highborder Lodge minibus. There will of course be refreshments available some strong and some not!! These meetings take place on the second and fourth Tuesday of each month. Please let Gilly know if you are interested.

Matthew Harris (G-Fitness) - Exercise Fun Session – Tuesday 13th & 27th June from 3.30pm – 4.30pm after Bingo in the Large Lounge

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 13th & 27th June from 3.30pm – 4.30pm following our bingo session in the large lounge. Go on you know you want to join in!!

All very welcome!

Holy Communion (Every Fortnight) – Wednesday 14th & 28th June from 11am in the Small Lounge

Come and join Pat from our local church for 'Holy Communion' and a chat on Wednesday 14th & 28th June (every fortnight) at 11am in the small lounge. All very Welcome.

Memory Card Game – Wednesday 14th June from 11am in the Large Dining Room

Come and join in with the 'Memory Card Game' on Wednesday 14th June from 11am in the large dining room. Hopefully we will remember which card is which!! 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!

Afternoon Story with Ryan Fergus – Wednesday 14th June from 2pm in the Top Lounge

Come and join us for an afternoon story with Ryan Fergus on Wednesday 14th June from 2pm in the top lounge. All are very Welcome!!

Two Minibus Trips on Thursday 15th June

Morning Trip 11am - 'Stables Cafe' Saul Canal for Lunch

Afternoon Trip 2pm – Highfield Garden Centre for Cuppa, Cake & Browse

Come and join us on Thursday 15th June from 11am for a drive out through the lovely countryside to 'The Stables Cafe' at Saul Canal for lunch and a chat. Or an afternoon trip at 2pm to Highfield Garden Centre for a cuppa, cake & browse. As Cilla says the choice is yours.

Please let Jacky or Gilly know if you are interested.

Afternoon Quiz with Gilly on Saturday 17th June from 1.30pm - 3pm in the top lounge

Come and join in with an afternoon quiz on Saturday 17th June from 1.30pm - 3pm in the top lounge, go on have a go and remember it's not a test it's just for fun!!

All very Welcome!

Games – 'Beetle Drive' – Monday 19th June from 2pm in the Dining Room

Come and join in with a game of 'Beetle Drive' on Monday 19th June from 2pm in the dining room, it will be fun, oh and no real Beetles used!! Thank goodness for that!!

All very Welcome!

Games Exercise Session with Gilly on Wednesday 21st June from 11am in the Top Lounge

Come and enjoy a Games Exercise Session with Gilly on Wednesday 21st June from 11am in the top lounge, come on it will be fun! All very Welcome!

Craft Session with Gilly – Wednesday 21st June from 2pm in the dining room

Come and join in with our Craft Session with Gilly on Wednesday 21st June from 2pm in the dining room, 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.

Minibus Trip - Toddington Steam Train – Thursday 22nd June from 11am

All Aboard!! for a Toddington Steam Train Trip & lunch at the Cafe on Thursday 22nd June from 11am, I can smell that lovely steam train smell already!! Choo Choo!!

Please let Gilly or Jacky know if you are interested.

Musical Entertainment with Cabaret Artist ‘Sadie’ for an Evening Show Called ‘All Aboard’– Saturday 24th June from 6.30pm in the Top Lounge

We welcome back Cabaret Artist ‘Sadie’ for an Evening Show called ‘All Aboard’ on Saturday 24th June from 6.30pm in the top lounge after tea, so get ready for a wonderful musical evening show, including some evening drinks and nibbles.

All are very welcome!

Classical Concert Afternoon with Lesley / Carer – Monday 26th June from 2pm in the Small Lounge

Come and join us for another Classical Concert afternoon on Monday 26th June from 2pm in the small lounge.

All very Welcome!

Word Games – Tuesday 27th June from 11am in the Small Lounge

Come and join in with ‘Word Games’ on Tuesday 27th June 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 to Weston Super Mare - Wednesday 28th June from 11am

Come and join us for a trip to Weston Super Mare on Wednesday 28th June from 11am with some lovely sea views and lunch at ‘Winston’s Fish Bar’, then if the weather is ok a walk along the sea front.

Please let Jacky / Gilly know if you are interested.

Quiz with Gilly on Thursday 29th June from 11am in the Top Lounge/ Conservatory area

Come and join in with a quiz on Thursday 29th June from 11am in the top lounge / conservatory area, go on have a go and remember it's not a test it's just for fun!!

All very Welcome!

Potting Plants with our Gardener Sid & Gilly (Non Gardener) – Thursday 29th June from 2pm in the Small Dining Room or Outside Weather Permitting

Here we go with a potting plants session with Sid our gardener & Gilly (non gardener) on Thursday 29th June from 2pm in the small dining room or outside weather permitting, so garden tools at the ready!!

All 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 on 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

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

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.

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!

Rose - Love and Appreciation, while other meanings depend on each colour. The meanings of Roses can vary from Love, Passion, Beauty and Perfection. The meaning depends upon the colour. For example, Red says love and romance, White symbolises innocence, purity, and remembrance.



Honeysuckle - Synonymous with beautiful scent and buzzing bees in the garden, honeysuckle symbolises happiness and devoted affection in the form of a lover's embrace – probably derived from the fact that it is a climbing plant which clings to its supports. There's superstition surrounding honeysuckle too; it was believed it induced dreams about love and passion, and bringing honeysuckle blossom indoors was thought to prompt a wedding in the household.