



HELLO EVERYONE
AUGUST
WELCOME TO THE EDITION OF THE
HIGHBORDER LODGE NEWSLETTER!

'Coffee Pot' – (Coffee Morning) - Held at St Swithun's Church in Leonard Stanley Village on Tuesday 1st & 15th August from 10.15am onwards (Weather Permitting as walking to the Village Church)

Village 'Coffee Pot' (Coffee Morning) on Tuesday 1st & 15th August 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 1st, 15th & 29th August before Bingo in the Large Lounge

Please come and join Gilly and Lesley making up some pretty sweet bags for bingo prizes on Tuesday 1st, 15th & 29th August 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.

Bible Stories with Marie & Sharon – Wednesday 2nd August from 2pm in the Dining Room

Come and join us for some 'Bible Stories' with Marie & Sharon on Wednesday 2nd August from 2pm in the dining room. 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.

Afternoon Quiz with Carer - Wednesday 2nd August from 2pm in the Large Lounge

Come and join in with a Quiz with Carer on Wednesday 2nd August from 2pm in the large lounge, go on have a go and remember it's not a test it's just for fun!! All very Welcome!

'Women's Fellowship' held at Village Hall every other Wednesday each month from 2.30 - 4pm (Please note there is no Women's Fellowship again until September due to the village organiser's holidays etc.)

'Village Women's Fellowship' will resume in September. Please let Gilly know if you are interested.

Two x Minibus Trips – Thursday 3rd August

Morning Trip – Saul Canal Café for lunch 10.30am

Afternoon Trip – Nympsfield Café for afternoon Cuppa 2pm

Come and join us for a morning trip out to Saul Canal Café Thursday 3rd August for a stroll along the canal then lunch & chat whilst watching the canal boats and wild life on the water.

Or

Come and join us for our afternoon trip to The Nympsfield Café, hopefully we will get to see the gliders gently swooping around the sky whilst we have a cuppa cake or ice cream.

The choice is yours as 'Cilla' used to say!!

Minibus Trip - Stratford Park Walk & Coffee at the Museum on Friday 4th & 18th August

(Also Friday 1st September)

(Please note that during August these walks will just be Highborder Lodge as the Official Social Meetings are having an August break due to organiser's holidays etc).

Come and join us for a park walk and cuppa at Stratford Park Museum on Friday 4th & 18th August (Also includes 1st September), if it rains we will have a look around the Museum instead.

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

Pets for Therapy Dog Visit on Friday 4th & 18th August 11am with Mary & 'Murphy'

(Also Friday 1st September)

We look forward to welcoming Murphy the chocolate Labrador and of course his servant Mary Hall back to Highborder Lodge on Friday 4th & 18th August (Also Friday 1st September) from 11am onwards, so if you're in need of a cuddle Murphy's the name!!

Games Exercise Session with Gilly on Saturday 5th August from 2pm=3pm in the Large Lounge

Come and enjoy a Games Exercise Session with Gilly on Saturday 5th August from 2-3pm in the large lounge, come on it will be fun! Sometimes I wonder who gets the most exercise you or me!!

All very Welcome!

Shopping Trolley – Every Monday

The shopping trolley is still scheduled to visit bedroom's and lounges every Monday either morning or afternoon, please ask a member of staff if you need to purchase anything from our shop trolley at any other time and they will be happy to help. For those residents that are new, our shop trolley 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 afternoon with Lesley – Monday 7th August from 2pm in the Small Lounge

Join Lesley for more TV afternoons on Monday 7th August 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' – Tuesday 8th August from 11am in the Large Lounge / Conservatory Area

Come and join in with 'Word Search' on Tuesday 8th August from 11am in the large lounge / conservatory area. 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 Tuesday's from 2-4pm Will Resume in September

'Men's Club' social meeting's at 'The Old Crown Inn' at Paganhill, Stroud on second and fourth Tuesday of each month from 2-4pm will resume in September
Please let Gilly know if you are interested.

Holy Communion (Every Fortnight) – Wednesday 9th & 23rd August from 11am in the Small Lounge

Come and join Pat from our local Church for 'Holy Communion' and a chat on Wednesday 9th & 23rd August (every fortnight) at 11am in the small lounge. All very Welcome.

Short Story with Gilly – Wednesday 9th August from 11am in the Large Lounge / Conservatory area

Come and join us for another short story on Wednesday 9th August from 11am in the large lounge / conservatory area, don't worry if you fall asleep I won't mind just try not to snore!! All very welcome!

Wheelchair Outings (Weather Permitting) on Wednesday 9th August from 2pm

Gilly will be doing some Wheelchair Outings on Wednesday 9th August from 2pm (obviously weather permitting), so come and enjoy a chat and wheel out in our lovely friendly village.

Please let Gilly know if you are interested.

Minibus Trip – 'Slimbridge Wildfowl Trust' – Thursday 10th August from 11am

Come and join us for a trip to 'Slimbridge Wildfowl Trust' on Thursday 10th August from 11am.
Please let Gilly know if you are interested and she will do her best to book your seat on the minibus!!

Pets for Therapy Dog Visit on Friday 11th & 25th August from 11am with Julia & 'Betsy'

We look forward to welcoming Betsy the chocolate Labrador and her servant Julia to Highborder Lodge on Friday 11th & 25th August 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 with 'Bert Lush' – Saturday 12th August from 6.30pm in the Large Lounge

We welcome back 'Bert Lush' on Saturday 12th August from 6.30pm in the large 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!

Aromatherapy Massage with Jackie Leake – Next visit's will be Monday 14th & 28th August 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 14th & 28th August 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.

Quiz with Lesley on Monday 14th August from 2pm in the large Lounge/ Conservatory area

Come and join in with a quiz with Lesley on Monday 14th August from 2pm in the large lounge / conservatory area, go on have a go and remember it's not a test it's just for fun!! All very Welcome!

Game of Cards – Wednesday 16th August from 11am in the Large Dining Room

Come and join in with a game of cards on Wednesday 16th August from 11am in the large dining room. Oh and don't forget No Cheating! Oh ok just a bit! Go on come and join in it will be fun! All very welcome!

'Call My Bluff' Game on Wednesday 16th August from 2pm in the Large Lounge

Come and join in with 'Call My Bluff' Game on Wednesday 16th August from 2pm in the large lounge. Go on have a go! We can have some laughs with this game!!

Minibus Trip – Burford Garden Centre for Lunch & Browse on Thursday 17th August from 10.30am

Come and join us on Thursday 17th August from 10.30am for a trip to Burford Garden Centre for lunch & browse.

Please let Gilly know if you are interested.

Games – 'Beetle Drive' – Monday 21st August from 2pm in the Dining Room

Come and join in with a game of 'Beetle Drive' on Monday 21st August from 2pm in the dining room, it will be fun, oh and no real Beetles used!! Thank goodness for that!!

All very Welcome!

Wheelchair Outings (Weather Permitting) on Tuesday 22nd August from 11am

Gilly will be doing Wheelchair Outings on Tuesday 22nd August from 11am (obviously weather permitting), so come and enjoy a chat and wheel out in our lovely friendly village.

Please let Gilly know if you are interested.

Matthew Harris (G-Fitness) - Exercise Fun Session – Tuesday 22nd August 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 22nd August 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!

Activity with Lesley or Carer on Wednesday 23rd August from 2pm in the Large Lounge

Come and join in with an afternoon activity with Lesley or Carer on Wednesday 23rd August from 2pm in the large lounge.

Go on have some fun!!

Minibus Trip – Weston-Super-Mare on Thursday 24th August from 10.30am (Of Course Weather Permitting!!)

Come and join us for a trip to Weston-Super-Mud on Thursday 24th August from 10.30am, it will be lovely to get some sea air and have some traditional fish & chips!!

Craft Session with Gilly – Thursday 24th August from 2pm in the dining room

Come and join in with another Crazy Craft Session with Gilly on Thursday 24th August 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!! Give it a try. All very Welcome.

Afternoon Quiz with Gilly on Saturday 26th August from 1.30pm - 3pm in the top lounge

Come and join in with an afternoon quiz on Saturday 26th August 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!

Classical Concert Afternoon with Lesley – Monday 28th August from 2pm in the Small Lounge

Come and join us for another Classical Concert afternoon with Lesley on Monday 28th August from 2pm in the small lounge. All very Welcome!

Word Association Games – Tuesday 29th August from 11am in the dining room

Come and join in with 'Word Association Games' on Tuesday 29th August from 11am in the dining room, 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!

Memory Card Game – Wednesday 30th August from 11am in the Large Dining Room

Come and join in with the 'Memory Card Game' on Wednesday 30th August 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!

Musical Entertainment with 'Misha Dawn' – Wednesday 30th August from 2pm in the Large Lounge

We would like to welcome 'Misha Dawn' on Wednesday 30th August from 2pm in the large lounge after lunch, so get ready for a lovely musical afternoon.

All are very welcome!

Minibus Trip – 'Abbey House Gardens' Malmesbury on Thursday 31st August from 10.30am

(Weather permitting, if raining we will look around the 'Abbey at Malmesbury')

Come and join us for a trip to 'Abbey House Gardens' at Malmesbury on Thursday 31st August from 10.30am with lunch at a local pub in a nearby area. If you enjoy beautiful gardens this is the trip for you! Please let Gilly or Jacky know if you are interested.

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

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.

Visitors Reminder - Smoking

Just a kind reminder to our visitors we have a strict non smoking policy within our home and gardens. Thank you for your kind attention.

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!



**The August birth flowers are the gladiolus and the poppy.
The gladiolus, or 'sword lily,' represents remembrance, calm, integrity, and infatuation.
Gladiolus indicates that the heart is being "pierced with love."
The other August flower is the poppy.
A red poppy signifies pleasure;
A white poppy is given for consolation; and,
A yellow poppy wishes wealth and success.**