



HELLO EVERYONE

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

Customer Evaluation Surveys

We will soon be sending out our 'Customer Evaluation Surveys' and would be grateful if you could kindly take the time to fill them in and return them at your earliest convenience.

Thank you for your co-operation in this matter.

Residents Meeting on Wednesday 6th September at 2pm

Our next 'Residents Meeting' is scheduled for Wednesday 6th September from 2pm, so do come along for an update on everything and have a general chat about anything you wish to discuss. If nothing else we can just enjoy a cuppa oh and cake!! All very Welcome!!

Pets for Therapy Dog Visit on Friday 1st, 15th & 29th September from 11am with Julia & 'Betsy'

We look forward to welcoming Betsy the chocolate Labrador and her servant Julia to Highborder Lodge on Friday 1st, 15th & 29th September 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!!

'The Gentle Park Walks' & Coffee at the Museum in Stratford Park will be every other Friday
The next dates are Friday 1st, 15th & 29th September

Come and join us for 'The Gentle Park Walks' Event Meetings held at Stratford Park Museum on Friday 1st, 15th & 29th September. 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.

Wheelchair Outings (Weather Permitting) with a Carer on Saturday 2nd September from 2.30pm

A carer will be doing some Wheelchair Outings on Saturday 2nd September from 2.30pm (obviously weather permitting), so come and enjoy a chat and wheel out in our lovely friendly village.

Please let staff know if you are interested.

Hand and Nail Pamper Session's with Lesley Every Monday Morning from 9.30am

The hand and nail pamper session's are every Monday morning from 9.30am, these sessions consist 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!

Afternoon Quiz with Lesley – Monday 4th September from 2pm in the Large Lounge

Come and join in with a Quiz with Lesley on Monday 4th September 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!

'Coffee Pot' – (Coffee Morning) - Held at St Swithun's Church in Leonard Stanley Village on Tuesday 5th & 19th September from 10.15am onwards (Weather Permitting as walking to the Village Church)

Village 'Coffee Pot' (Coffee Morning) on Tuesday 5th & 19th September 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!

Minibus Trip – Short Supermarket Shopping Trip with a Carer & Sid - Tuesday 5th, 12th, 19th, & 26th September from 10.30am

Come and join us for a Morning Supermarket Shopping Trip for a browse and cuppa on Tuesday 5th, 12th, 19th & 26th September from 10.30am. Remember all the years you hated shopping and now somehow it doesn't seem so bad!! Please let Heather / Jacky / Gilly know if you are interested.

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.

Matthew Harris (G-Fitness) - Exercise Fun Session – Tuesday 5th & 19th September 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 5th & 19th September 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 6th & 20th September from 11am in the Small Lounge

Come and join Pat from our local Church for 'Holy Communion' and a chat on Wednesday 6th & 20th September (every fortnight) at 11am in the small lounge.

All very Welcome.

'Word Search' – Wednesday 6th September from 11am in the Large Lounge / Conservatory Area

Come and join in with 'Word Search' on Wednesday 6th September 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!!

Residents Meeting - Wednesday 6th September from 2pm in the Large Lounge

Our next 'Residents Meeting' is scheduled for Wednesday 6th September from 2pm, so do come along for an update on everything and have a general chat about anything you wish to discuss. If nothing else we can just enjoy a cuppa oh and cake!! All very Welcome!!

Minibus Trip – 'Slimbridge Wildfowl Trust' – Thursday 7th September from 11am

Come and join us for a trip to 'Slimbridge Wildfowl Trust' on Thursday 7th September from 11am. Please let Gilly know if you are interested and she will do her best to book your seat on the minibus!!

Talking Stroud News – Friday 8th, 15th, 22nd & 29th September from 2pm in the large Lounge with a Carer or Gilly

Come and listen to the Talking Stroud News on Friday 8th, 15th, 22nd & 29th September from 2pm in the large lounge with a Carer or Gilly. All very welcome.

Pets for Therapy Dog Visit on Friday 8th & 22nd September 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 8th & 22nd September from 11am onwards, so if you're in need of a cuddle Murphy's the name!!

Musical Entertainment with 'Which One's Gerry' – Saturday 9th September from 2pm in the Large Lounge

We welcome back 'Which One's Gerry' on Saturday 9th September from 2pm in the large lounge, so get ready for a musical afternoon. All are very welcome!

Aromatherapy Massage with Jackie Leake – Next visit's will be Monday 11th & 25th September 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 11th & 25th September 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.

Games Afternoon with Lesley on Monday 11th September from 2pm in the Dining Room

Come and enjoy a Games afternoon with Lesley on Monday 11th September from 2pm in the dining room, come on it will be fun!! All very Welcome!

Short Story with Peter from the Village – Tuesday 12th September from 11am in the Large Lounge / Conservatory area

Come and join us for another short story but this time with Peter from the village on Tuesday 12th September from 11am in the large lounge / conservatory area, don't worry if you fall asleep Peter won't mind just try not to snore or dribble!!

All very welcome!

Making Sweet Bags for Bingo Prizes – Tuesday 12th & 26th September before Bingo in the Large Lounge

Please come and join Gilly and Lesley making up some pretty sweet bags for bingo prizes on Tuesday 12th & 26th September 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!

'Men's Club' Meeting at 'The Old Crown Inn' at Paganhill, Stroud on Tuesday 12th & 26th September from 2pm – 4pm

There is a 'Men's Club' meeting at 'The Old Crown Inn' at Paganhill, Stroud on Tuesday 12th & 26th September 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.

Quiz with a Carer – Wednesday 13th September from 11am in the Large Lounge

Come and join in with a Quiz with a Carer on Wednesday 13th September from 11am in the large lounge, go on have a go and remember it's not a test it's just for fun!!

All very Welcome!

Talk on The Gloucester Boat Disaster with Paul Barnett - Wednesday 13th September at 2pm in the Large Lounge

Paul Barnett will be coming to do a talk on The Gloucester Boat Disaster on Wednesday 13th September from 2pm in the large lounge, so come and join us for a very interesting afternoon.

All very welcome!

Two x Minibus Trips – Thursday 14th September

Morning Trip – Saul Canal Café for lunch 10.30am

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

Come and join us for a morning trip out to Saul Canal Café Thursday 14th September at 10.30am 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 'Highfield Garden Centre' from 2pm for a browse and cuppa & cake. The choice is yours as 'Cilla' used to say!!

Avon Calling!! with Julie Coles on Saturday 16th September from 2pm in the top lounge

Come and join us with an 'Avon' afternoon with Julie Coles on Saturday 16th September from 2pm in the top lounge, Julie will be bringing samples from the Avon catalogue so feel free to have a look and place an order if you are interested if not just enjoy a browse!

All very welcome.

TV Afternoon with Lesley – Monday 18th September from 2pm in the Small Lounge

Join Lesley for more TV afternoons on Monday 18th September from 2pm in the small lounge, so get ready with the snacks and stand by to choose which programme to watch!! Then enjoy a chat about it afterwards. All are very welcome!

Wheelchair Outings (Weather Permitting) on Wednesday 20th September from 11am

Gilly will be doing some Wheelchair Outings on Wednesday 20th September 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.

Village 'Women's Fellowship'

Social Afternoon- Cream Tea at the Whitminster Inn - Wednesday 20th September from 2.30pm (Time to be confirmed)

Please let Gilly or Karen know if you are interested in going to the 'Village Women's Fellowship' social afternoon on Wednesday 20th September from 2.30pm (Time to be confirmed), they will be having a Cream Tea at the Whitminster Inn, this will be another chance to meet people living in the village. Sid will be taking us on the HBL minibus, well done Sid!!

Minibus Trip – Clevedon Visit on Thursday 21st September from 10.30am

Come and join us for a trip to Clevedon on Thursday 21st September from 10.30am, it will be lovely to get some sea air and a stroll along the sea front. Please let Jacky or Gilly know if you are interested!

Wheelchair Outings (Weather Permitting) with a Carer on Saturday 23rd September from 2.30pm

A carer will be doing some Wheelchair Outings on Saturday 23rd September from 2.30pm (obviously weather permitting), so come and enjoy a chat and wheel out in our lovely friendly village. Please let staff know if you are interested.

Classical Concert Afternoon with Lesley – Monday 25th September from 2pm in the Small Lounge

Come and join us for another Classical Concert afternoon with Lesley on Monday 25th September from 2pm in the small lounge. All very Welcome!

Quiz with Gilly – Tuesday 26th September from 11am in the Conservatory

Come and join in with a Quiz on Tuesday 26th September from 11am in the conservatory, go on have a go it will get you thinking and it's just a bit of fun! All very Welcome!

Games Exercise Session with Gilly on Wednesday 27th September from 11am in the Conservatory

Come and enjoy a Games Exercise Session with Gilly on Wednesday 27th September from 11am in the conservatory, come on it will be fun! Sometimes I wonder who gets the most exercise you or me!! All very Welcome!

'Mays Fashions' Mobile Shop – Wednesday 27th September from 2pm in the Large Lounge

We would like to welcome 'Mays Fashions' mobile shop on Wednesday 27th September from 2pm in the large lounge, so do come along and enjoy having a browse. All very welcome!!

Minibus Trip – Visit to Westonbirt Arboretum – Thursday 28th September from 11am

Come and join us for a trip to Westonbirt Arboretum on Thursday 28th September 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.

Musical Entertainment with 'Bert Lush' – Saturday 30th September from 6.30pm in the Large Lounge

We welcome back 'Bert Lush' on Saturday 30th September 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!

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.

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, 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!

September Birth Flowers: The Aster / Forget-Me-Not & Morning Glory

Aster / Forget-me-not - Patience, Daintiness and Remembrance. This flower conveys deep emotional love and affection.

Asters - are mainly symbols of powerful love. Perhaps because of their positive symbolism, according to folklore they were once burned to ward off serpents.

The other September flower is the Morning Glory. Morning glories are simple symbols of affection.

As its name insinuates, the Morning Glory is a flower that blooms in the morning hours. However, by the time the sun has fallen, the flower has died. Each morning will give birth to a brand new flower on the plant. Because they bloom in the morning, they are often pollinated by hummingbirds, bees, butterflies and other daytime birds and insects.

Many species of Morning Glory have seeds that contain LSA which is a drug that is up to 10% as potent as LSD. To discourage the growing of Morning Glory specifically for drugs, some cultivators are treating the seeds before they sell them with a chemical that can not be washed off and will cause vomiting and sickness if ingested.

