



HELLO EVERYONE



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

Avon Calling!! with Julie – Delivery on Tuesday 3rd October of any goods not yet received

Julie our Avon representative will be delivering any goods ordered but not yet received on Tuesday 3rd October, Next visit date will be in November News Letter.

Sad loss of Pets for Therapy Dog ‘Murphy’

It was so very sad to hear of the loss of our Pets for Therapy dog ‘Murphy’ last month, obviously Mary was heartbroken, we have such lovely memories of ‘Murphy’ he really was a lovely dog so full of character he will be very much missed by us all. Mary will still come and have a chat with us from time to time.

Hand and Nail Pamper Session’s with Lesley Every Monday Morning from 10am

(Not on Monday 9th October as Lesley off that day)

The hand and nail pamper session’s are every Monday morning from 10am, 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 2nd October from 2pm in the Large Lounge

Come and join in with a Quiz with Lesley on Monday 2nd October 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 3rd & 17th October from 10.15am onwards (Weather Permitting as walking to the Village Church)

Village ‘Coffee Pot’ (Coffee Morning) on Tuesday 3rd & 17th October 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!

Shop Trips – Every Tuesday with Lesley & Jacky from 10.30am

Starting in September there will no longer be a shop trolley instead we will be replacing it with additional small scheduled trips out with Lesley & Jacky to one of the large supermarkets to allow residents to purchase their own personal items whilst also enjoying a cuppa and chat, (this is as well as their continued family / friends personal shopping support), however we can still purchase items for residents who are not on the shop trip that day. It will be good for residents to be able to choose their own confectionary, bathroom items, make-up or other bits & bobs, these trips will also occasionally include lunch out. For those residents that are unable to go out and don't have support in this area from family and friends we will continue to purchase their items for them. We will also continue to hold a selection of greeting cards from 'The Yew Tree Stores' for purchase in the front entrance; please see a member of staff if you are interested in having a look at the cards. In addition to these Tuesday morning trips our carer Heather will also occasionally be doing some additional trips in her car as she holds a business license.

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

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

(Also just for the last week of October the Bingo will be on Monday 30th October)

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 3rd & 17th October 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 3rd & 17th October 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 4th & 18th October from 11am in the Small Lounge (Unfortunately there will be no 'Holy Communion' this week – Wed 4th Oct)

Come and join Pat from our local Church for 'Holy Communion' and a chat on Wednesday 18th October (usually every fortnight) at 11am in the small lounge. All very Welcome!

'Word Search' – Wednesday 4th October from 11am in the Large Lounge / Conservatory Area

Come and join in with 'Word Search' on Wednesday 4th October 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!!

Bible Stories with Marie & Sharon – Wednesday 4th October from 2pm in the dining room

Come and join us for some 'Bible Stories' with Marie & Sharon on Wednesday 4th October 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!

Village 'Women's Fellowship' held at the Village Hall on Wednesday 4th & 18th October 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 4th & 18th October 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!

Morning Activity with Lesley – Every Thursday Morning from 9.30am – 12.30pm

Come and join Lesley for a morning activity every Thursday morning from 9.30am to 12.30pm All very Welcome!

Minibus Trip – Pub Lunch Out on Thursday 5th October from 11am

Come and enjoy a chat / laugh & pub lunch out on Thursday 5th October from 11am. Any pub suggestions very welcome! Please let Jacky or Gilly know if you are interested.

Talking Stroud News – Friday 6th & 20th October & Saturday 14th & 28th October from 11am & in the large Lounge

Come and listen to the Talking Stroud News on Friday 6th & 20th October & Saturday 14th & 28th October from 11am in the large lounge. All very Welcome!

Wheelchair Outings (Weather Permitting) with Carer on Saturday 7th October from 2.30pm

A Carer will be doing some Wheelchair Outings on Saturday 7th October from 2.30pm (obviously weather permitting), so come and enjoy a chat and wheel out in our lovely friendly village. Please let Carers know if you are interested.

Aromatherapy Massage with Jackie Leake – Next visit's will be Monday 9th & 23rd October 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 9th & 23rd October 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.

TV afternoons – Monday 9th October from 2pm in the Small Lounge
(Lesley not in today)

Join a Carer for more TV afternoons on Monday 9th October from 2pm in the small lounge, so get ready with the film tuck and stand by to choose which programme to watch!! Then enjoy a chat about the programme afterwards.

All are very welcome!

Games Exercise Session – Tuesday 10th October from 11am in the Conservatory

Come and enjoy a 'Games Exercise Session' on Tuesday 10th October from 11am in the conservatory, come on it will be fun! All very Welcome!

Making Sweet Bags for Bingo Prizes – Tuesday 10th & 24th October before Bingo in the Large Lounge

Please come and join Gilly and Lesley making up some pretty sweet bags for bingo prizes on Tuesday 10th & 24th October 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 10th & 24th October from 2pm – 4pm

There is a 'Men's Club' meeting at 'The Old Crown Inn' at Paganhill, Stroud on Tuesday 10th & 24th October 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.

Games – Cards with Gilly – Wednesday 11th October from 11am in the Large Lounge / Conservatory Area

Come and join in with a game of cards on Wednesday 11th October from 11am in the large lounge / Conservatory area. 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!

Quiz with Gilly – Wednesday 11th October from 2pm in the Large Lounge

Come and join in with a Quiz with Gilly on Wednesday 11th October 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!

Musical Entertainment with 'Music Maestro' – Wednesday 11th October from 6.30pm in the Large Lounge

We welcome back 'Music Maestro' on Wednesday 11th October from 6.30pm in the large lounge after tea, so get ready for a musical evening with drinks and some evening nibbles, no not that sort of nibbles, naughty!! All are very Welcome!

Minibus Trip – Pub Lunch followed by 'Afternoon Talk' on 'Roman Gardens' held at Stratford Park on Thursday 12th October from 11am

Come and enjoy a pub lunch out followed by an 'Afternoon Talk' at Stratford Park about 'Roman Gardens' on Thursday 12th October.

Please let Gilly know if you are interested.

Pets for Therapy Dog Visit on Friday 13th & 27th October from 11am with Julia & 'Betsy'

We look forward to welcoming 'Betsy' the chocolate Labrador and her servant Julia to Highborder Lodge on Friday 13th & 27th October from 11am onwards so if you are in need of a cuddle from 'Betsy' and a chat with Julia they will be around to see you.

'The Gentle Park Walks' & Coffee at the Museum in Stratford Park will be every other Friday
The next dates are Friday 13th & 27th October

Come and join us for 'The Gentle Park Walks' Event Meetings held at Stratford Park Museum on Friday 13th & 27th October. 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.

Fish & Chip or Chinese Takeaway Quiz Evening on Friday 13th October from 5pm

Come and enjoy a Fish & Chip or Chinese Takeaway and Quiz Evening on Friday 13th October from 5pm. Please let Jacky, Heather or Gilly know if you are interested.

Games Afternoon (Word Games & Hang Man) with Lesley on Monday 16th October from 2pm in the Large Lounge

Come and enjoy a Games afternoon (Word Games & Hang Man) with Lesley on Monday 16th October from 2pm in the large lounge, come on it will be fun!! All very Welcome!

Wheelchair Outings (Weather Permitting) on Wednesday 18th October from 11am and again 2pm

Gilly will be doing some Wheelchair Outings on Wednesday 18th October from 11am and again 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.

Two x Minibus Trips – Thursday 19th October

Morning Trip – 'The Ragged Cot Inn' for a Morning Cuppa or Pint or Something Stronger!! 10.30am
Afternoon Trip – Highfield Garden Centre for an afternoon Browse, Cuppa & Cake 2pm

Come and enjoy a lovely country drive out to 'The Ragged Cot Inn' on Thursday 19th October at 10.30am for a morning cuppa or pint or even something stronger!! Then back to Highborder Lodge for your lunch Or for an afternoon trip to 'Highfield Garden Centre' from 2pm for a browse and cuppa & cake.

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

Talk & Taster Session with 'Godsell Cheese' - Friday 20th October at 2pm in the Large Lounge

We will be having a Talk & Taster session with local farm company 'Godsell Cheese' on Friday 20th October from 2pm in the large lounge, so come and join us for a very interesting afternoon.

All very Welcome!

Afternoon Quiz with Gilly – Saturday 21st October from 1.30pm – 2.30pm in the Large Lounge

Come and join in with an afternoon Quiz with Gilly on Saturday 21st October from 1.30pm –2.30pm in the large 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 23rd October from 2pm in the Small Lounge

Come and join us for another Classical Concert afternoon with Lesley on Monday 23rd October from 2pm in the small lounge. All very Welcome!

Short Story with Peter from the Village – Tuesday 24th October from 11am in the Large Lounge / Conservatory area

Come and join us for another short story with Peter from the village on Tuesday 24th October 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!

Afternoon Quiz with Carer – Wednesday 25th October from 2.30pm in the Large Lounge

(Gilly not here today)

Come and join in with an afternoon Quiz on Wednesday 25th October from 2.30pm in the large lounge, go on have a go it will get you thinking and it's just a bit of fun! All very Welcome!

Minibus Trip – Pub Lunch & M & S Cribbs Causeway Shopping on Thursday 26th October from 11am

Come and join us for a pub lunch followed by a shopping trip to M & S Cribbs Causeway on Thursday 26th October from 11am, it will be lovely to have lunch and a lovely browse around M & S shops.

Please let Jacky or Gilly know if you are interested!

Musical Entertainment with 'Bert Lush' – Saturday 28th October from 6.30pm in the Large Lounge

We welcome back 'Bert Lush' on Saturday 28th October 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!

Bingo with Leslie – Monday 30th October from 2pm in the Top Lounge

(On a Monday just for this week)

Come and join us for our Bingo Session on Monday 30th October from 2pm in the top lounge with Lesley. Do come along if you would like to take part and enjoy lots of laughs, and of course win a prize!

All are very welcome.

Halloween Craft Session with Lesley & Gilly – Tuesday 31st October from 1.30pm in the dining room

Come and join in with our Halloween Craft Session with Lesley & Gilly on Tuesday 31st October from 1.30pm 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.

Halloween Tea – Tuesday 31st October from 5pm in the Dining Room

Come and join in if you dare with our spooky Halloween Tea on Tuesday 31st October from 5pm in the dining room. We will also be having a competition for the best staff fancy dress, which will be judged by our residents, spooky!! Please find a slip at the end of the News Letter to fill in on Tuesday 31st October when we do our Halloween Tea & fancy dress competition.

Thank you for taking the trouble to take part.

Employee of the Month

Caroline has suggested we start having an 'Employee of the month', starting from this month (October), this will be judged by our residents. Please find a slip at the end of the News Letter to fill in at your convenience by the end of the month.

Thank you for taking the trouble to take part.

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 by Friday 13th October. Thank you for your co-operation in this matter.

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 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.

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 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!

October Birth Month Flowers: The Marigold & Cosmos

October's birthday flower, the vibrant **marigold**, is a Mediterranean native plant and has been prized for both its beauty and versatility. They come in a range of colours including white, gold and yellow; however, probably the most popular is bright orange. There are two types of marigolds, tagetes and calendula.

Marigolds are often given as a sign of warm or fierce undying love or as a way of saying that you're content to be with the recipient.

There are about 50 species of marigolds that range in height from six inches to five feet tall.



Cosmos are a symbol of order, peace, and serenity. These semi-tall annuals are often planted along borders.

Cosmos will attract birds, bees, and butterflies to your garden.

Halloween Fancy Dress Competition

Tuesday 31st October

Name of the Staff Member who you think should win the fancy dress competition:-

Name:.....

Employee of the Month

Tuesday 31st October

Name of the Staff Member who you think should win 'Employee of the Month':-

Name:.....
