



**HELLO EVERYONE**

**HAPPY  
NEW YEAR**

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

**Christmas Gifts for the staff**

A very big 'thank you' to everyone who kindly gave gifts into the office for all our staff, we are all so grateful and appreciate your kindness.

**Christmas Raffle Draw – Friday 22<sup>nd</sup> December**

Another very big thank you to everyone that supported the Christmas Raffle Draw on Friday 22<sup>nd</sup> December with supplying prizes and coming along on the draw day to join in the fun, please see the notice board for funds raised for our residents fund. Thank you for your valued continued support.

**Christmas Day Visit from Father Christmas (Alias Christine's Hubby)**

A huge thank you to Christine's husband for being our Highborder Lodge Father Christmas for the morning we so appreciated it.

**Avon Calling!! with Julie**

Julie will be dropping off some 'Avon' books to have a browse through this month so feel free to have a look and place an order if you are interested if not just enjoy a browse!

**Aromatherapy Massage with Jackie Leake – Next visit's will be Monday 1<sup>st</sup>, 15<sup>th</sup> & 29<sup>th</sup> January from 10am onwards**

Jackie 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. Jackie's next visits will be on Monday 1<sup>st</sup>, 15<sup>th</sup> & 29<sup>th</sup> January 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 Jackie's list.

### **Hand and Nail Pamper Session's with Lesley Every Monday Morning from 10am**

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 Activity with Lesley – Monday 1<sup>st</sup> January from 2pm in the Large Lounge**

Come and join in with an afternoon activity with Lesley on Monday 1<sup>st</sup> January from 2pm in the large lounge. All very Welcome!

### **Short Story with Gilly – Tuesday 2<sup>nd</sup> January from 11am in the Conservatory area**

Come and join us for another short story with Gilly on Tuesday 2<sup>nd</sup> January from 11am in the conservatory area, don't worry if you fall asleep Gilly won't mind just try not to snore or dribble!! All very welcome!

### **Please Note there will be no Village Coffee Pot held during January it starts again in February 'Coffee Pot' – (Coffee Morning) - Held at St Swithun's Church in Leonard Stanley Village on the First & Third Tuesday's of Each Month from 10.15am onwards**

Village 'Coffee Pot' (Coffee Morning) held on the first & third Tuesday's of each month 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 Morning with Lesley & Sid 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 & Sid 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 & bods, 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.

### **Making Sweet Bags for Bingo Prizes – Tuesday 2<sup>nd</sup> 16<sup>th</sup> & 30<sup>th</sup> January before Bingo in the Large Lounge**

Please come and join Gilly and Lesley making up some sweet bags for bingo prizes on Tuesday 2<sup>nd</sup> 16<sup>th</sup> & 30<sup>th</sup> January before bingo in the large lounge. 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)

(Please Note – Bingo will be on Monday 22<sup>nd</sup> January instead of Tuesday 23<sup>rd</sup> January just for one week).

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.

**Please Note there is no Village Women's Fellowship held during January it starts again in February 'Women's Fellowship' held at the Village Hall (Every two weeks)**

Please let Gilly know if you are interested in going to the 'Village Women's Fellowship' held at our village hall in 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!! (Staff will accompany residents). All very Welcome!

**Classical Concert Wednesday 3<sup>rd</sup> January from 2pm in the Small Lounge**

Come and join us for another Classical Concert afternoon on Wednesday 3<sup>rd</sup> January from 2pm in the small lounge. All very Welcome!

**Minibus Trip – New Year Pub Lunch Out on Thursday 4<sup>th</sup> January from 11am**

Come and enjoy a chat / laugh & New Year pub lunch out on Thursday 4<sup>th</sup> January from 11am. Please let Jacky or Gilly know if you are interested.

**Morning & Afternoon Activities with Lesley – on Thursday 4<sup>th</sup> January**

Come and join in the fun with Lesley for some morning & afternoon activities on Thursday 4<sup>th</sup> January including 'Word Games' & 'Hang Man'. All Very Welcome!

**Pets for Therapy Dog Visit on Friday 5<sup>th</sup> & 19<sup>th</sup> January from 11am with Julia & 'Betsy'**

We look forward to welcoming 'Betsy' the chocolate Labrador and her servant Julia to Highborder Lodge on Friday 5<sup>th</sup> & 19<sup>th</sup> January 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.

**Afternoon Quiz with Gilly – Saturday 6<sup>th</sup> January from 2pm in the Large Lounge**

Come and join in with an afternoon Quiz with Gilly on Saturday 6<sup>th</sup> January 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

**Afternoon Activity with Lesley – Monday 8<sup>th</sup> January from 2pm in the Large Lounge**

Come and join in with an afternoon activity with Lesley on Monday 8<sup>th</sup> January from 2pm in the large lounge. All very Welcome!

### **Games – Cards with Gilly – Tuesday 9<sup>th</sup> January from 11am in the Conservatory Area**

Come and join in with a game of cards on Tuesday 9<sup>th</sup> January from 11am in the 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!

### **Matthew Harris (G-Fitness) - Exercise Fun Session – Tuesday 9<sup>th</sup> & 23<sup>rd</sup> January 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 9<sup>th</sup> & 23<sup>rd</sup> January from 3.30pm – 4.30pm usually 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 10<sup>th</sup> & 24<sup>th</sup> January from 11am in the Small Lounge**

Come and join Pat from our local Church for 'Holy Communion' and a chat on Wednesday 10<sup>th</sup> & 24<sup>th</sup> January (usually every fortnight) at 11am in the small lounge.

All very Welcome!

### **Afternoon Quiz with Carer– Wednesday 10<sup>th</sup> January from 2-3pm in the Large Lounge**

Come and join in with an afternoon Quiz with Carer on Wednesday 10<sup>th</sup> January from 2-3pm 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 10<sup>th</sup> January from 6.30pm in the Large Lounge**

We welcome back 'Music Maestro' on Wednesday 10<sup>th</sup> January from 6.30pm in the large lounge after tea, so get ready for a musical evening with drinks and some evening nibbles. All are very welcome!

### **Minibus Trip – Pub Lunch & M & S Cribbs Causeway Shopping on Thursday 11<sup>th</sup> January from 11am**

Come and join us for a pub lunch followed by a shopping trip to M & S Cribbs Causeway on Thursday 11<sup>th</sup> January 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!

### **Morning & Afternoon Activities with Lesley – on Thursday 11<sup>th</sup> January**

Come and join in the fun with Lesley for some morning & afternoon activities on Thursday 11<sup>th</sup> January including 'Word Games' & 'Hang Man'. All Very Welcome!

### **Chat with Mary Visit on Friday 12<sup>th</sup> & 26<sup>th</sup> January from 11am**

We look forward to welcoming Mary to Highborder Lodge on Friday 12<sup>th</sup> & 26<sup>th</sup> January from 11am onwards for a Chat & Cuppa, so if you are in need of a good old chat Mary will be pleased to see you!

**No Pets for Therapy Dog Visit on Friday 12<sup>th</sup> January from 2pm with Jo & 'Rosie'**

Next Scheduled Visit will be on Friday 26<sup>th</sup> January from 2pm

**Craft Flower Session with Gilly – Saturday 13<sup>th</sup> January from 2pm in the dining room**

Come and join in with our Craft Flower Session with Gilly on Saturday 13<sup>th</sup> January 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.

**Aromatherapy Massage with Jackie Leake on Monday 15<sup>th</sup> January from 10am onwards**

Jackie will be visiting Monday 15<sup>th</sup> January from 10am onwards and 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. 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 and they will be happy to add you to Jackie's list.

**Afternoon Activity with Lesley – Monday 15<sup>th</sup> January from 2pm in the Large Lounge**

Come and join in with an afternoon activity with Lesley on Monday 15<sup>th</sup> January from 2pm in the large lounge. All very Welcome!

**Games Exercise Session – Tuesday 16<sup>th</sup> January from 11am in the Conservatory**

Come and enjoy a 'Games Exercise Session' on Tuesday 16<sup>th</sup> January from 11am in the conservatory, come on it will be fun! All very Welcome!

**Afternoon Quiz – Wednesday 17<sup>th</sup> January from 2pm in the Large Lounge**

Come and join in with an afternoon Quiz on Wednesday 17<sup>th</sup> January 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

**Minibus Trip to Highfield Garden Centre on Thursday 18<sup>th</sup> January from 11am**

Come and join us for a trip to Highfield Garden Centre on Thursday 18<sup>th</sup> January from 11am for a browse around the centre and lunch and a chat. Please let Jacky or Gilly know if you are interested.

**Morning & Afternoon Activities with Lesley – on Thursday 18<sup>th</sup> January**

Come and join in the fun with Lesley for some morning & afternoon activities on Thursday 18<sup>th</sup> January including 'Word Games' & 'Hang Man'. All Very Welcome!

**Pets for Therapy Dog Visit on Friday 19<sup>th</sup> January from 11am with Julia & 'Betsy'**

We look forward to welcoming 'Betsy' the chocolate Labrador and her servant Julia to Highborder Lodge on Friday 19<sup>th</sup> January 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.

### **'Call My Bluff' Game on Saturday 20<sup>th</sup> January from 2pm in the Large Lounge**

Come and join in with 'Call My Bluff' Game on Saturday 20<sup>th</sup> January from 2pm in the large lounge. Go on have a go! We can have some laughs with this game, Just for fun!!

### **Bingo Session will be on Monday 22<sup>nd</sup> January from 2pm (Just for this week)**

Come and join us for our Bingo Session on Monday 22<sup>nd</sup> January from 2pm in the top lounge with Lesley. 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.

### **'Word Search' – Tuesday 23<sup>rd</sup> January from 11am in the Conservatory**

Come and join in with 'Word Search' on Tuesday 23<sup>rd</sup> January from 11am in the conservatory. 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!!

### **Line Dancing Display with Julie & Co – Tuesday 23<sup>rd</sup> January from 2pm in the Large Lounge**

Come and watch our local line dancers and maybe join in doing some line chair dancing!! on Tuesday 23<sup>rd</sup> January from 2pm in the large lounge. Go on it will be fun! All very Welcome!

### **Matthew Harris (G-Fitness) - Exercise Fun Session – Tuesday 23<sup>rd</sup> January from 3.30pm – 4.30pm after Line Dancing display 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 23<sup>rd</sup> January from 3.30pm – 4.30pm following the line dancing display in the large lounge. Go on you know you want to join in!! All very Welcome!

### **Holy Communion (Every Fortnight) – Wednesday 24<sup>th</sup> January from 11am in the Small Lounge**

Come and join Pat from our local Church for 'Holy Communion' and a chat on Wednesday 24<sup>th</sup> January (usually every fortnight) at 11am in the small lounge.

All very Welcome!

### **Afternoon Quiz with Carer – Wednesday 24<sup>th</sup> January from 2-3pm in the Large Lounge**

Come and join in with an afternoon Quiz with Carer on Wednesday 24<sup>th</sup> January from 2-3pm 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 'Which Ones Gerry' – Wednesday 24<sup>th</sup> January from 6.30pm in the Top Lounge**

Come and join us for a Musical Evening with 'Which One's Gerry' on Wednesday 24<sup>th</sup> January from 6.30pm in the top lounge.

All are very welcome including family and friends.

### **Minibus Trip – Bristol Aquarium on Thursday 25<sup>th</sup> January from 11am**

Come and enjoy a trip to Bristol Aquarium on Thursday 25<sup>th</sup> January from 11am. Please let Jacky or Gilly know if you are interested.

### **Morning & Afternoon Activities with Lesley – on Thursday 25<sup>th</sup> January**

Come and join in the fun with Lesley for some morning & afternoon activities on Thursday 25<sup>th</sup> January including 'Word Games' & 'Hang Man'. All Very Welcome!

### **Chat with Mary Visit on Friday 26<sup>th</sup> January from 11am**

We look forward to welcoming Mary to Highborder Lodge on Friday 26<sup>th</sup> January from 11am onwards for a Chat & Cuppa, so if you are in need of a good old chat Mary will be pleased to see you!

### **Pets for Therapy Dog Visit on Friday 26<sup>th</sup> January from 2pm with Jo & 'Rosie'**

We look forward to welcoming 'Rosie' the chocolate Labrador and her servant Jo to Highborder Lodge on Friday 26<sup>th</sup> January from 2pm onwards so if you are in need of a cuddle from 'Rosie' and a chat with Jo they will be around to see you.

### **Games – 'Beetle Drive' – Saturday 27<sup>th</sup> January from 2pm in the Dining Room**

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

### **Aromatherapy Massage with Jackie Leake – Next visit will be Monday 29<sup>th</sup> January from 10am onwards**

Jackie will be visiting on Monday 29<sup>th</sup> January from 10am onwards and 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. 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 and they will be happy to add you to Jackie's list.

### **Afternoon Activity with Lesley – Monday 29<sup>th</sup> January from 2pm in the Large Lounge**

Come and join in with an afternoon activity with Lesley on Monday 29<sup>th</sup> January from 2pm in the large lounge. All very Welcome!

### **Games Exercise Session – Tuesday 30<sup>th</sup> January from 11am in the Conservatory**

Come and enjoy a 'Games Exercise Session' on Tuesday 30<sup>th</sup> January from 11am in the conservatory, come on it will be fun! All very Welcome!

### **Concert Afternoon – Wednesday 31<sup>st</sup> January from 2pm in the Small Lounge**

Come and join us for another Concert afternoon on Wednesday 31<sup>st</sup> January from 2pm in the small lounge. 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.

### **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 co-operation.

## 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.

***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 or any of the office staff know!***



The January birth flowers are the Carnation and the Snowdrop.

### The Carnation

The carnation comes in several different colours, which convey different meanings, much like roses. A pink carnation means affection, while a red carnation means 'I love you.'

White carnations mean pure love, striped carnations mean regret that a love is not shared, and yellow means rejection or disappointment.

The Snowdrop meaning is Purity, Hope, Rebirth and Consolation or Sympathy

