

HELLO EVERYONE



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

Avon Calling!! with Julie Cole

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!

Pets for Therapy Dog

Very good news, Mary's new rescue dog 'Jet' has now passed her 'Pets for Therapy' Doggy exam so will be visiting us this month, so we can all look forward to seeing lovely 'Jet'. Also a big 'Well Done' to Mary for giving a rescue dog a home and her brilliant training to bring 'Jet' to this standard in such a short time. We will have to have a welcome treat ready for 'Jet', oh and something for Mary also!! Not a dog treat for Mary obviously!!

Chat with Mary Visit on Friday 1st June from 11am

We look forward to welcoming Mary to Highborder Lodge on Friday 1st June 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!

Bingo Session – Friday 1st June from 2pm in the Top Lounge

Come and join us for our Bingo Session Friday 1st June from 2pm in the top lounge with 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.

Classical Concert Afternoon – Saturday 2nd June from 2pm in the Large Lounge

Come and join us for a Classical Concert afternoon on Saturday 2nd June from 2pm in the large lounge. All very Welcome!

Afternoon Quiz with Joan – Sunday 3rd June from 2.30pm in the Large Lounge

Come and join in with an afternoon Quiz with Joan on Sunday 3rd June from 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

Aromatherapy Massage with Jackie Leake – Monday 4th June 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 visit will be on Monday 4th 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 Jackie's list.

Shop Trolley with Lesley – Monday 4th June from 10am

The shopping trolley is still scheduled to visit your bedroom and the lounges every week, 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.

Minibus Trip – 'Thistledown Café' at Nympsfield on Monday 4th June from 2pm

Come and enjoy a nice afternoon cuppa & chat at 'Thistledown Café' which is a lovely tranquil country café at Nympsfield on Monday 4th June from 2pm.

Please let Jacky or Gilly know if you are interested.

Colour & Chat Afternoon with Lesley on Monday 4th June from 2pm in the Conservatory

Come and join Lesley for a 'Colour and Chat' afternoon on Monday 4th June from 2pm in the conservatory, go on it can be very relaxing.

All very Welcome!

Village 'Coffee Pot' – (Coffee Morning) - Held at St Swithun's Church in Leonard Stanley Village on Tuesday 5th June from 10.15am onwards with Lesley & Gilly

Village 'Coffee Pot' (Coffee Morning) on Tuesday 5th 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 or Lesley 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!

Potting Plants with our Gardener Sid & Gilly (Non Gardener) – Tuesday 5th June from 2pm in the Conservatory

Here we go with a potting plants session with Sid our gardener & Gilly (non gardener) on Tuesday 5th June from 2pm in the conservatory, so garden tools at the ready!! All very Welcome!

One to One with Lesley – Tuesday 5th June from 2pm

Lesley will be doing some one to one's with residents on Tuesday 5th June from 2pm, so if you fancy a chat, having your nails done, playing a game or a wheelchair outing (weather permitting) Lesley will be around to see you.

Hand and Nail Pamper Session with Lesley Wednesday 6th June from 10am

Enjoy a hand and nail pamper session with Lesley Wednesday 6th June 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!

Talk & Slide Show about P.O.W with Colin Chapman on Wednesday 6th June from 2pm in the Top Lounge

Come and join us for a Talk & Slide Show about P.O.W with Colin Chapman on Wednesday 6th June from 2pm in the top lounge. All very Welcome!!

Minibus Trip - Burford Garden Centre on Thursday 7th June from 11am in the Top Lounge

Come and join us for a trip to 'Burford Garden Centre' on Thursday 7th June at 11am for a browse around their large centre, there is so much to see, we will also be having a pub lunch on the way. Please let Jackie or Gilly know if you are interested.

One to One with Lesley – Thursday 7th June from 11am

Lesley will be doing some one to one's with residents on Tuesday 8th May from 11am, so if you fancy a chat, playing a game or a wheelchair outing (weather permitting) Lesley will be around to see you.

Afternoon Word Game / Hang Man with Lesley – Thursday 7th June from 2pm in the Large Lounge

Come and join in with an afternoon Word Game / Hang Man with Lesley on Thursday 7th June 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

Chat with Julia Visit on Friday 8th June from 11am

We look forward to welcoming Julia to Highborder Lodge on Friday 8th June from 11am onwards for a Chat & Cuppa, so if you are in need of a good old chat Julia will be pleased to see you!

Bingo Session – Friday 8th June from 2pm in the Top Lounge

Come and join us for our Bingo Session Friday 8th June from 2pm in the top lounge with 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.

Afternoon Quiz with Gilly – Saturday 9th June at 2pm in the Large Lounge

Come and join in with an afternoon Quiz with Gilly on Saturday 9th June 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

Short Morning Shopping Trip to Sainsbury's – Monday 11th June from 10.30am

Come and join us for a very short trip to Sainsbury's on Monday 11th June from 10.30am for a browse, then back home for lunch. Please let Lesley know if you are interested.

TV Afternoon with Lesley on Monday 11th June from 2pm in the Large Top Lounge

Come and join us for a TV afternoon with Lesley on Monday 11th June from 2pm in the top lounge. All very Welcome.

Shop Trolley with Lesley – Tuesday 12th June from 10am

The shopping trolley is still scheduled to visit your bedroom and the lounges every week, 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.

Making Sweet Bags for Bingo Prizes – Tuesday 12th June before Bingo in the Large Lounge

Please come and join us making up some sweet bags for bingo prizes on Tuesday 12th June before bingo in the large lounge. All are very Welcome!

Bingo Session with Lesley – Tuesday 12th June from 2pm in the Top Lounge

Come and join us for our Bingo Session on Tuesday 12th June 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.

Holy Communion (Every Fortnight) – Wednesday 13th June from 11am in the Small Lounge

Come and join Pat from our local Church for 'Holy Communion' and a chat on Wednesday 13th June (usually every fortnight) at 11am in the small lounge. All very Welcome!

Hand and Nail Pamper Session with Lesley Wednesday 13th June from 10am

Enjoy a hand and nail pamper session with Lesley Wednesday 13th June 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!

Minibus Trip – Pub Lunch Out at Portishead on Wednesday 13th June from 11am

Come and enjoy a nice pub lunch out at Portishead on Wednesday 13th June from 11am, and then take in some of the lovely costal views.

Please let Jacky or Lesley know if you are interested.

Afternoon Quiz with Lesley on Wednesday 13th June at 2pm in the Large Lounge

Come and join in with an afternoon Quiz with Lesley on Wednesday 13th June 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

One to One with Lesley – Thursday 14th June from 11am

Lesley will be doing some one to one's with residents on Thursday 14th June from 11am, so if you fancy a chat, playing a game or a wheelchair outing (weather permitting) Lesley will be around to see you.

Afternoon Activity with Lesley – Thursday 14th June from 2pm in the Large Lounge

Come and join Lesley for an afternoon Activity on Thursday 14th June from 2pm, if nice weather Lesley may do some wheelchair outings or a group activity in the large lounge.

Pets for Therapy Dog Visit on Friday 15th June from 11am with Mary & New Dog 'Jet'

We look forward to welcoming 'Jet' the black Labrador and her servant Mary to Highborder Lodge on Friday 15th June from 11am onwards so if you are in need of a cuddle from 'Jet' and a chat with Mary they will be around to see you.

Afternoon Minibus Trip – 'The Stables Café' at Saul Junction on Friday 15th June from 2pm

Come and enjoy a nice afternoon cuppa & chat whilst watching the canal boats, and if the weather is nice a wheelchair stroll along the canal taking in the lovely peaceful countryside along way and watching the ducks & swans on Friday 15th June from 2pm.

Please let Lesley know if you are interested.

Afternoon Quiz with Joan – Saturday 16th June from 2.30pm in the Large Lounge

Come and join in with an afternoon Quiz with Joan on Saturday 16th June from 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

Aromatherapy Massage with Jackie Leake – Monday 18th June 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 visit will be on Monday 4th 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 Jackie's list.

Minibus Trip – 'The Stables Café' at Saul Junction on Monday 18th June from 10.30am

Come and enjoy a nice morning cuppa & chat whilst watching the canal boats, and if the weather is nice a wheelchair stroll along the canal taking in the lovely peaceful countryside along way and watching the ducks & swans on Monday 18th June from 10.30am. Please let Lesley know if you are interested.

Shop Trolley with Lesley – Monday 18th June from 2pm

The shopping trolley is still scheduled to visit your bedroom and the lounges every week, 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.

Village 'Coffee Pot' – (Coffee Morning) - Held at St Swithun's Church in Leonard Stanley Village on Tuesday 19th June from 10.15am onwards with Lesley & Gilly

Village 'Coffee Pot' (Coffee Morning) on Tuesday 19th 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 or Lesley 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!

Bingo Session with Lesley & Gilly – Tuesday 19th June from 2pm in the Top Lounge

Come and join us for our Bingo Session Tuesday 19th June 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 19th June from 3.30pm – 4.30pm 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 19th June from 3.30pm – 4.30pm usually following one of our activity sessions in the large lounge. Go on you know you want to join in!!

All very Welcome!

Hand and Nail Pamper Session with Lesley Wednesday 20th June from 10am

Enjoy a hand and nail pamper session with Lesley Wednesday 20th June 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!

Craft Session with Gilly & Lesley – Wednesday 20th June from 2pm

Come and join in with our Craft Session with Gilly & Lesley on Wednesday 20th June from 2pm, go on have a go we will have lots of laughs!! We might even break open the sherry bottle then our crafts will look a lot better than reality!! All very Welcome.

Minibus Trip – Pub Lunch Out at Winchcombe on Thursday 21st June from 11am

Come and enjoy a nice pub lunch out at Winchcombe on Thursday 21st June from 11am. Please let Jacky or Lesley know if you are interested.

One to One's with Gilly – Thursday 21st June from 11am

Gilly will be doing some one to one's with residents on Thursday 21st June from 11am, so if you fancy a chat, playing a game or a wheelchair outing (weather permitting) Gilly will be around to see you.

Afternoon Quiz with Gilly – from Thursday 21st June at 2pm in the Large Lounge

Come and join in with an afternoon Quiz with Gilly on Thursday 21st June 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

Chat with Julia Visit on Friday 22nd June from 11am

We look forward to welcoming Julia to Highborder Lodge on Friday 22nd June from 11am onwards for a Chat & Cuppa, so if you are in need of a good old chat Julia will be pleased to see you!

Colour & Chat Afternoon with Gilly on Friday 22nd June from 2pm in the Conservatory

Come and join Gilly for a 'Colour and Chat' afternoon on Friday 22nd June from 2pm in the conservatory, go on it can be very relaxing. All very Welcome!

Musical Entertainment with 'Music Maestro' on Saturday 23rd June from 2pm in the Top Lounge

Musical Entertainment with 'Music Maestro' on Saturday 23rd June from 2pm, so come and enjoy a musical afternoon. All Very Welcome!!

Willow Trust Boat Trip from Saul Canal – Monday 25th June from 10am

Come and join us for a 'Willow Trust' boat trip on Monday 25th June from 10am, it will be lovely to take in the wonderful scenery along the canal going towards Sharpness, we will be stopping along the way for a picnic and then returning back along the canal to Saul Junction.

Please let Jackie, Lesley or Gilly know if you are interested

Guess What's in the Box? – Tuesday 26th June from 11am in the Small Lounge

Come and join in with 'Guess What's in the Box' by touch and feel, with Gilly on Tuesday 26th June from 11am in the small lounge, oh and don't worry Gilly won't put anything horrid in the box so don't worry, it's only for fun. All very Welcome!!

Shop Trolley with Lesley – Tuesday 26th June from 10am

The shopping trolley is still scheduled to visit your bedroom and the lounges every week, 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.

Bingo Session with Lesley & Gilly – Tuesday 26th June from 2pm in the Top Lounge

Come and join us for our Bingo Session Tuesday 26th June 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.

Holy Communion (Every Fortnight) – Wednesday 27th June from 11am in the Small Lounge

Come and join Pat from our local Church for 'Holy Communion' and a chat on Wednesday 27th June (usually every fortnight) at 11am in the small lounge. All very Welcome!

Hand and Nail Pamper Session with Lesley Wednesday 27th June from 10am

Enjoy a hand and nail pamper session with Lesley Wednesday 27th June 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!

Games & Music Afternoon with Lesley & Gilly on Wednesday 27th June from 2pm in the Top Lounge

Come and join in with a games and music afternoon on Wednesday 27th June from 2pm in the top lounge, go on we will have fun!! All very Welcome!

Minibus Trip – Bourton-on-Water on Thursday 28th June from 10.30am

Come and join us for a trip to Bourton-on-Water on Thursday 28th June from 10.30am and enjoy having a look around this very quaint village plus enjoying a lovely pub lunch beside the river. Please let Gilly or Jacky know if you are interested.

One to One's with Lesley – Thursday 28th June from 11am

Lesley will be doing some one to one's with residents on Thursday 28th June from 11am, so if you fancy a chat, playing a game or a wheelchair outing (weather permitting) Lesley will be around to see you.

Afternoon Quiz with Lesley – from Thursday 28th June at 2pm in the Large Lounge

Come and join in with an afternoon Quiz with Lesley on Thursday 28th June 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

Pets for Therapy Dog Visit on Friday 29th June from 11am with Mary & New Dog 'Jet'

We look forward to welcoming 'Jet' the black Labrador and her servant Mary to Highborder Lodge on Friday 29th June from 11am onwards so if you are in need of a cuddle from 'Jet' and a chat with Mary they will be around to see you.

Minibus Trip to Stratford Park on Friday 30th June from 2pm

Come and join us for a trip to Stratford Park on Friday 30th June from 2pm for a wheelchair stroll and also a look around the pretty 'Museum Gardens' and of course a cuppa and chat.

Afternoon Quiz with Gilly – Saturday 30th June from 2pm in the Large Lounge

Come and join in with an afternoon Quiz with Gilly on Saturday 30th June 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

Information for our admin office

Please would you be kind enough to let the office know your 'National Insurance Number' if not already done so to assist with our office admin. Thank you so much for your assistance 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 outside at the designated 'Fire Assembly Point'. Please do not return into the building until it is announced safe to do so. 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.

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.

Hospital Transport

Please see the office if you would like the phone number for Arriva Transport or if you require assistance arranging 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

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 Neil Ward or any of the office staff know!



The June birth flowers are the **Rose** and the **Honeysuckle**.

The Rose has more meanings than one can count! A Pink Rose means perfect happiness, while a Red Rose means "I love you."

A White Rose signifies innocence and purity, while a Yellow Rose conveys jealousy or a decrease in love.

A Bouquet of Roses means sincere gratitude, whereas a Single Rose amplifies the meaning of the colour (a single Red Rose means "I REALLY love you").

So be careful with your Roses in-case you get the wrong meaning!! Or just simply enjoy them for their beauty!

The other June flower is **Honeysuckle**, which is a strong symbol for the everlasting bonds of love.

