



**HELLO EVERYONE**

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

Well everyone enjoyed our Western-super-mud trip, a good time was had by all, it's so nice to get some sea air and of course good old sea front Fish & Chips!!

Everyone also enjoyed the Bourton-on-water trip there's so much to see, it's such a lovely quaint village, nice traditional pub food and everyone enjoyed a nice ice cream looking out on the river, perfect day!!

Our residents also enjoyed the shorter trips, Highfield Garden Centre there's always lots to look at and The Black Shed Café on our local river at Slimbridge, taking in the wild life and canal boats gently cruising past whilst having a nice meal and chat, a very relaxing time for all!!

**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! The brochure is usually located on the table below the notice board near the front entrance. Please see Gilly if you would like to order something.

**Minibus Trip – 'The Stables Café' at Saul Junction on Wednesday 1<sup>st</sup> August 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 the way and watching the ducks & swans on Wednesday 1<sup>st</sup> August from 10.30am.

Please let Lesley know if you are interested.

**Wheelchair Outings (Weather Permitting) Wednesday 1<sup>st</sup> August from 2pm with Lesley & Gilly**

Come and join us for some short wheelchair outings on Wednesday 1<sup>st</sup> August from 2pm with Lesley & Gilly, so if you are in need of a bit of cheering up this should do the trick enjoying a wheel out in our lovely village!

Please let Lesley or Gilly know if you are interested

### **Minibus Trip - Westonbirt Arboretum on Thursday 2<sup>nd</sup> August from 11am**

Come and join us for a trip to Westonbirt Arboretum on Thursday 2<sup>nd</sup> August from 11am for a lovely wheelchair ride around this beautiful area and enjoying a nice lunch and chat. Please let Jackie / Gilly know if you are interested.

### **One to One's with Lesley – Thursday 2<sup>nd</sup> August from 11am**

Lesley will be doing some one to one's with residents on Thursday 2<sup>nd</sup> August from 11am, 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.

### **Afternoon Quiz with Lesley on Thursday 2<sup>nd</sup> August at 2pm in the Large Lounge**

Come and join in with an afternoon Quiz with Lesley on Thursday 2<sup>nd</sup> August from 2pm in the large lounge, go on have a go and remember it's not a test it's just for fun!! All very Welcome

### **Chat with Julia Visit on Friday 3<sup>rd</sup>, 17<sup>th</sup> & 31<sup>st</sup> August from 11am**

We look forward to welcoming Julia to Highborder Lodge on Friday 3<sup>rd</sup>, 17<sup>th</sup> & 31<sup>st</sup> August 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!

### **Afternoon Activity with Gilly on Friday 3<sup>rd</sup> August from 2pm in the Large Lounge**

Come and join Gilly for an afternoon activity on Friday 3<sup>rd</sup> August from 2pm in the large lounge.

All very Welcome!

### **Afternoon Quiz with Gilly – Saturday 4<sup>th</sup>, 11<sup>th</sup> & 25<sup>th</sup> August from 2pm in the Large Lounge**

Come and join in with an afternoon Quiz with Gilly on Saturday 4<sup>th</sup>, 11<sup>th</sup> & 25<sup>th</sup> August from 2pm in the large lounge, go on have a go and remember it's not a test it's just for fun!! All very Welcome

### **Aromatherapy Massage with Jackie Leake – Every Monday from 10am onwards**

Jackie will continue to visit us every Monday from 10am 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 in this service and they will be happy to add you to Jackie's list.

### **Shop Trolley with Lesley – Every Monday this month 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.

### **Colour & Chat Afternoon with Lesley on Monday 6<sup>th</sup> August from 2pm in the Dining Room**

Come and join Lesley for a 'Colour and Chat' afternoon on Monday 6<sup>th</sup> August from 2pm in the dining room, 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 7<sup>th</sup> & 21<sup>st</sup> August from 10.15am onwards with Lesley & Gilly**

Village 'Coffee Pot' (Coffee Morning) on Tuesday 7<sup>th</sup> & 21<sup>st</sup> August from 10.15am onwards at St Swithun's church. This is another chance to meet new people from the village and enjoy a chat and coffee. Please let Gilly 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!

### **Minibus Trip – Stroud Cinema to see 'Mamma Mia' (Here we go again) on Tuesday 7<sup>th</sup> August from 1.15pm (Afternoon Matinee - Film Starts at 2pm)**

Come and join us for a trip to our local Stroud cinema to see 'Mamma Mia' (Here we go again) on Tuesday 7<sup>th</sup> August from 1.15pm (Afternoon Matinee - Film Starts at 2pm). Please let Lesley or Gilly know if you are interested.

### **Holy Communion (Every Fortnight) – Wednesday 8<sup>th</sup> & 22<sup>nd</sup> August from 11am in the Small Lounge**

Come and join Pat from our local Church for 'Holy Communion' and a chat on Wednesday 8<sup>th</sup> & 22<sup>nd</sup> August (usually every fortnight) at 11am in the small lounge. All very Welcome!

### **Hand and Nail Pamper Session with Lesley Wednesday 8<sup>th</sup>, 15<sup>th</sup>, Thursday 23<sup>rd</sup> & Wednesday 29<sup>th</sup> August from 10am**

Enjoy a hand and nail pamper session with Lesley on Wednesday 8<sup>th</sup>, 15<sup>th</sup>, Thursday 23<sup>rd</sup> & Wednesday 29<sup>th</sup> August 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!

### **'Just Jive' Dance Demonstration on Wednesday 8<sup>th</sup> August from 2pm in the Dining Room Area**

Come and enjoy a 'Just Jive' demonstration of dance on Wednesday 8<sup>th</sup> August from 2pm in our dining room. This is one NOT to miss!!

All very Welcome!!

### **Minibus Trip Marks & Spencer's Shopping Trip – Thursday 9<sup>th</sup> August from 11am**

Come and join us for a shopping trip to Marks & Spencer's on Thursday 9<sup>th</sup> August from 11am, so if you are a 'Shopaholic' or if you just like the occasional shopping trip this is the trip for you, oh our driver will be pleased he so loves shopping trips!! Sorry Norman!! And no Norman you are feeling well just incase you think you have a headache coming on!! Don't men love shopping!!

### **One to One's with Gilly – Thursday 9<sup>th</sup> August from 11am**

Gilly will be doing some one to one's with residents on Thursday 9<sup>th</sup> August 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 Activity with Gilly – from Thursday 9<sup>th</sup> August at 2pm in the Large Lounge**

Come and join Gilly for an afternoon Activity on Thursday 9<sup>th</sup> August from 2pm in the large lounge. All very Welcome

### **Pets for Therapy Dog Visit on Friday 10<sup>th</sup> & 24<sup>th</sup> August from 11am with Mary & 'Jet'**

We look forward to welcoming 'Jet' the black Labrador and her servant Mary to Highborder Lodge on Friday 10<sup>th</sup> & 24<sup>th</sup> August 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.

### **Making Sweet Bags for Bingo Prizes – Friday 10<sup>th</sup> & Tuesday 21<sup>st</sup> August before Bingo in the Large Lounge**

Please come and join us making up some sweet bags for bingo prizes on Friday 10<sup>th</sup> & Tuesday 21<sup>st</sup> August before bingo in the large lounge. All are very Welcome!

### **Bingo Session – Friday 10<sup>th</sup>, Tuesday 14<sup>th</sup>, 21<sup>st</sup> & 28<sup>th</sup> August from 2pm in the Large Lounge**

Come and join us for our Bingo Session on Friday 10<sup>th</sup>, Tuesday 14<sup>th</sup>, 21<sup>st</sup> & 28<sup>th</sup> August from 2pm in the large 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.

### **TV Afternoon with Lesley on Monday 13<sup>th</sup> August from 2pm in the Large Lounge**

Come and join us for a TV afternoon with Lesley on Monday 13<sup>th</sup> August from 2pm in the large lounge. All very Welcome.

### **Minibus Trip – 'Nailsworth Garden Centre' on Tuesday 14<sup>th</sup> August from 10.30am**

Come and join us for a morning trip to 'Nailsworth Garden Centre' on Tuesday 14<sup>th</sup> August from 10.30am, and enjoy a cuppa and browse around the centre.

Please let Lesley know if you are interested.

### **One to One's with Gilly – Tuesday 14<sup>th</sup> August from 11am**

Gilly will be doing some one to one's with residents on Tuesday 14<sup>th</sup> August from 11am, so if you fancy a chat, playing a game or a wheelchair outing (weather permitting) Gilly will be around to see you.

### **Play Your Cards Right – Wednesday 15<sup>th</sup> August from 2pm in the Large Lounge**

Come and join us for a game of 'Play Your Cards Right' on Wednesday 15<sup>th</sup> August from 2pm in the large lounge. All very Welcome!!

**Minibus Trip – Clevedon on Thursday 16<sup>th</sup> August from 11am  
(Of Course Weather Permitting!!)**

Come and join us for a trip to Clevedon on Thursday 16<sup>th</sup> August from 11am, it will be lovely to get some sea air and have a stroll along the sea front plus have a lovely pub lunch looking out on the sea!!

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

**One to One's with Gilly or Lesley – Thursday 16<sup>th</sup> August from 11am**

Gilly or Lesley will be doing some one to one's with residents on Thursday 16<sup>th</sup> August from 11am, so if you fancy a chat, playing a game or a wheelchair outing (weather permitting) Gilly or Lesley will be around to see you.

**Afternoon Quiz with Gilly or Lesley – Thursday 16<sup>th</sup> August at 2pm in the Large Lounge**

Come and join in with an afternoon Quiz with Lesley or Gilly on Thursday 16<sup>th</sup> August from 2pm in the large lounge, go on have a go and remember it's not a test it's just for fun!! All very Welcome

**Games & Music Afternoon with Gilly on Friday 17<sup>th</sup> August from 2pm in the Large Lounge**

Come and join in with a games and music afternoon on Friday 17<sup>th</sup> August from 2pm in the large lounge, go on we will have fun!! All very Welcome!

**Musical Entertainment with 'Music Maestro' on Saturday 18<sup>th</sup> August from 2pm in the Large Lounge**

Come and join us for a musical afternoon with the 'Music Maestro' on Saturday 18<sup>th</sup> August from 2pm in the large lounge. All very Welcome!!

**Afternoon Word Game / Hang Man with Lesley on Monday 20<sup>th</sup> August from 2pm in the Large Lounge**

Come and join in with an afternoon of Word Games / Hang Man with Lesley on Monday 20<sup>th</sup> August from 2pm in the large lounge. All very Welcome!

**One to One's with Lesley & Gilly – Wednesday 22<sup>nd</sup> August from 11am**

Lesley & Gilly will be doing some one to one's with residents on Wednesday 22<sup>nd</sup> August from 11am, so if you fancy a chat, playing a game or a wheelchair outing (weather permitting) Lesley & Gilly will be around to see you.

**Afternoon Minibus Trip – Slimbridge Wildfowl Trust on Wednesday 22<sup>nd</sup> August from 2pm**

Come and enjoy an afternoon trip to Slimbridge Wildfowl Trust on Wednesday 22<sup>nd</sup> August from 2pm. Please let Jacky, Lesley or Gilly know if you are interested.

**Afternoon Quiz – Wednesday 22<sup>nd</sup> August from 2pm in the Large Lounge**

Come and join in with an afternoon Quiz on Wednesday 22<sup>nd</sup> August from 2pm in the large lounge, go on have a go and remember it's not a test it's just for fun!! All very Welcome

### **Craft Session with Gilly & Lesley – Thursday 23<sup>rd</sup> August from 2pm**

Come and join in with our Craft Session with Gilly & Lesley on Thursday 23<sup>rd</sup> August 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.

### **Musical Entertainment with ‘Mr Chetcuti’ on Friday 24<sup>th</sup> August from 2pm in the Large Lounge**

Come and join us for an afternoon’s musical entertainment with ‘Mr Chetcuti’ on Friday 24<sup>th</sup> August from 2pm in the large lounge. All Very Welcome!!

### **Classical Concert Afternoon – Monday 27<sup>th</sup> August from 2pm in the Large Lounge**

Come and join us for a Classical Concert afternoon on Monday 27<sup>th</sup> August from 2pm in the large lounge. Lesley will be ready with the concert tuck!! All very Welcome!

### **Minibus Trip – ‘The Stables Café’ at Saul Junction Canal on Tuesday 28<sup>th</sup> August 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 the way and watching the ducks & swans on Tuesday 28<sup>th</sup> August from 10.30am.

Please let Lesley know if you are interested.

### **Residents & Children Games & Singing Afternoon with Lesley & Gilly – Wednesday 29<sup>th</sup> August from 2pm in our Large Lounge**

Come and join us for a ‘Residents & Children’ games & singing afternoon on Wednesday 29<sup>th</sup> August from 2pm in the large lounge. Please let Lesley / Gilly know if you will be bringing children for an idea on numbers. For all the young at heart!! See you soon!!

### **Minibus Trip – Bristol Zoo on Thursday 30<sup>th</sup> August from 11am**

Come and enjoy a trip to Bristol Zoo on Thursday 30<sup>th</sup> August from 11am, so if you are an animal lover this is the trip for you.

Please let Jacky, Lesley or Gilly know if you are interested.

### **One to One’s with Gilly or Lesley – Thursday 30<sup>th</sup> August from 11am**

Gilly or Lesley will be doing some one to one’s with residents on Thursday 30<sup>th</sup> August from 11am, so if you fancy a chat, playing a game or a wheelchair outing (weather permitting) Lesley or Gilly will be around to see you.

### **Guess What? Afternoon – Thursday 30<sup>th</sup> August from 2pm in the Large Lounge**

Come and join in with Guess What? Afternoon on Thursday 30<sup>th</sup> August from 2pm in the large lounge,. Are you intrigued? Well come and find out more but don’t get too excited!! All very Welcome.

**Potting Plants / Garden Chat with our Gardener Sid & Gilly (Non Gardener) – Friday 31<sup>st</sup> August from 2pm in the Conservatory, Outside or Small Lounge - Location to be confirmed**

Here we go with a potting plants / garden chat session with Sid our gardener & Gilly (non gardener) on Friday 31<sup>st</sup> August from 2pm in the conservatory, court yard or small lounge depending on the weather, so garden tools at the ready!!

All very Welcome!

**Highborder Lodge Social Fun Day with Music & Refreshments – Sunday 2<sup>nd</sup> September from 2pm**

Come and join us for a Social Fun Day afternoon on Sunday 2<sup>nd</sup> September from 2pm. There will be Refreshments available in the way of Burgers, Cakes & Cream Scones etc.

Residents Friends, Family and people from our village etc. are all very welcome!!

More details to follow on our notice board, so watch this space!!

**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.

**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.

## **Hospital Transport – Arriva Transport Solutions**

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