



HELLO EVERYONE



WELCOME TO THE



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! 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.

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

Please Note Except Monday 29th October Shop Trolley will be on Tuesday 30th October instead

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.

Afternoon Activity with Lesley on Monday 1st October from 2pm

Come and join Lesley for an afternoon activity on Monday 1st October from 2pm in the large lounge. All very Welcome.

Village 'Coffee Pot' – (Coffee Morning) - Held at St Swithun's Church in Leonard Stanley Village on Tuesday 2nd & 16th October from 10.15am onwards with Lesley & Gilly

Village 'Coffee Pot' (Coffee Morning) on Tuesday 2nd & 16th 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 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!

Making Sweet Bags for Bingo Prizes – Tuesday 2nd & 16th October before Bingo in the Large Lounge

Please come and join us making up some sweet bags for bingo prizes on Tuesday 2nd & 16th October before bingo in the large lounge. All are very Welcome!

Bingo Session – Every Tuesday from 2pm in the Large Lounge

(Please Note Tuesday 30th October will be at 1.30pm as we have G-Fitness Exercise at 3.30pm)

(Also No Bingo on Tuesday 23rd October it will be on Friday 26th October just for this week)

Come and join us for our Bingo Session Every Tuesday from 2pm in the large lounge. 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 3rd 17th & 31st October from 11am in the Small Lounge

Come and join Pat from our local Church for 'Holy Communion' and a chat on Wednesday 3rd 17th & 31st October (usually every fortnight) at 11am in the small lounge. All very Welcome!

Hand and Nail Pamper Session with Lesley Wednesday 3rd 10th 17th 31st & Thurs 25th October from 10am

Enjoy a hand and nail pamper session with Lesley on Wednesday 3rd 10th 17th 31st & Thurs 25th October 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!

Village 'Women's Fellowship' held at the Village Hall on Wednesday 3rd October from 2.30 - 4pm

Note - Please let Gilly / Lesley know if you are interested in going to the 'Women's Fellowship' so she can make arrangements for staff to accompany you

Please let Gilly or Lesley know if you are interested in going to the 'Village Women's Fellowship' held at our village hall on Wednesday 3rd 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.

Minibus Trip – 'Gloucester Regimental Museum' on Thursday 4th October from 11am

Come and join us for a trip to 'Gloucester Regimental Museum' & lunch at 'Weatherspoons' Inn on Thursday 4th October from 11am.

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

Afternoon Quiz with Gilly – Thursday 4th October from 2pm in the Large Lounge

Come and join in with an afternoon Quiz with Gilly on Thursday 4th 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.

Pets for Therapy Dog Visit on Friday 5th & 19th October from 11am with Mary & 'Jet'

We look forward to welcoming 'Jet' the black Labrador and her servant Mary to Highborder Lodge on Friday 5th & 19th October 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.

Musical Entertainment with 'Mr Chetcuti' on Friday 5th October from 2pm in the Large Lounge

Come and join us for a musical afternoon with 'Mr Chetcuti' on Friday 5th October from 2pm in the large lounge. All very Welcome!!

Afternoon Quiz with Gilly – Saturday 6th 13th & 20th October from 2pm in the Large Lounge

Come and join in with an afternoon Quiz with Gilly on Saturday 6th 13th & 20th 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.

Afternoon Word Game / Hang Man with Lesley on Monday 8th October from 2pm in the Large Lounge

Come and join in with an afternoon of Word Games / Hang Man with Lesley on Monday 8th October from 2pm in the large lounge. All very Welcome!

Wheelchair Outings (Weather Permitting) with Gilly & Lesley – Tuesday 9th October from 10am

Gilly & Lesley will be doing some wheelchair outings (weather permitting) with residents on Tuesday 9th October from 10am.

Games & Music Afternoon with Gilly on Wednesday 10th October from 2pm in the Small Lounge

Come and join in with games and music afternoon on Wednesday 10th October from 2pm in the small lounge, go on we will have fun!! All very Welcome!

Minibus Trip – Gloucester Quays Shopping Trip - Thursday 11th October from 11am

Come and enjoy a shopping trip out at Gloucester Quays on Thursday 11th October from 11am. Please let Jacky, Lesley or Gilly know if you are interested.

One to One's with Gilly – Thursday 11th October from 11am

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

Short Story with Gilly on Thursday 11th October from 2pm in the Small Lounge

Come and join us for a short story with Gilly on Thursday 11th October from 2pm in the small lounge, don't worry if you fall asleep Gilly won't mind just try not to snore or dribble!! All very welcome!

Short Morning Minibus Trip – ‘The Black Shed’ & Canal Walk on Friday 12th October from 10am

Come and enjoy a short morning trip to ‘The Black Shed’ for a cuppa, cake & walk along the canal Friday 12th October from 10am. This trip is mainly for those residents that can only do short trips. Please let Jackie or Gilly know if you are interested.

Chat with Julia Visit on Friday 12th & 26th October from 11am

We look forward to welcoming Julia to Highborder Lodge on Friday 12th & 26th October 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!

Memory Game with Gilly (Well I think that’s her name if I can remember!!) – on Friday 12th October at 2pm in the Dining Room

Come and join Gilly for the ‘Memory Game’ on Friday 12th October from 2pm in the large lounge. I don’t know how this will go as Gilly’s memory is not good, she needs all the help she can get!!

All very Welcome

Afternoon TV Film with Lesley on Monday 15th October from 2pm in the Large Lounge

Come and join us for an afternoon TV film with Lesley on Monday 15th October from 2pm in the large lounge. All very Welcome.

Halloween Craft Session with Gilly & Lesley – Wednesday 17th October from 2pm

Come and join in with our Halloween Craft Session with Gilly & Lesley on Wednesday 17th October 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 – ‘Westonbirt Arboretum’ on Thursday 18th October from 11am

Come and enjoy a trip to ‘Westonbirt Arboretum’ on Thursday 18th October from 11am and enjoy the beautiful autumn colours of the trees. Please let Jacky, Lesley or Gilly know if you are interested.

One to One’s with Gilly – Thursday 18th October from 11am

Gilly will be doing some one to one’s with residents on Thursday 18th October 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 – Thursday 18th October from 2pm in the Large Lounge

Come and join in with an afternoon Quiz with Gilly on Thursday 18th 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.

Games – ‘Beetle Drive’ – Friday 19th October from 2pm in the Dining Room

Come and join in with a game of ‘Beetle Drive’ on Friday 19th October from 2pm in the dining room, it will be fun, oh and no real Beetles used!! Thank goodness for that!! All very Welcome!

Afternoon Word Game / Hang Man with Lesley on Monday 22nd October from 2pm in the Large Lounge

Come and join in with an afternoon of Word Games / Hang Man with Lesley on Monday 22nd October from 2pm in the large lounge. All very Welcome!

Short Morning Minibus Trip – ‘Highfield Garden Centre’ on Tuesday 23rd October from 10am

Come and join us for a morning trip to ‘Highfield Garden Centre’ on Tuesday 23rd October from 10am, and enjoy a cuppa and browse around the centre. Please let Gilly or Jackie know if you are interested.

Wheelchair Outings (Weather Permitting) Tuesday 23rd October from 11am with Gilly

Come and join us for some short wheelchair outings on Tuesday 23rd October from 11am with 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

Craft Session – Designing Personal Room Name Signs – Tuesday 23rd October from 2pm in Dining Room

Come and join us designing personal room name signs on Tuesday 23rd October from 2pm in the dining room. All Very Welcome!

Minibus Trip – ‘Edward Jenner Museum’ & Berkeley Arms Inn – Wednesday 24th October from 11am

Come and enjoy a trip to the ‘Edward Jenner Museum’ at Berkeley on Wednesday 24th October from 11am, so if you are interested in museums this is the trip for you.

Please let Jacky or Gilly know if you are interested.

Afternoon Quiz – Wednesday 24th October from 2pm in the Large Lounge

Come and join in with an afternoon Quiz on Wednesday 24th 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

‘Word Search’ – Thursday 25th October from 11am in the Large Lounge

Come and join in with ‘Word Search’ on Thursday 25th October from 11am in the large lounge. Go on join in it will get you thinking and it’s just a bit of fun, if we lose interest we can have a chat instead!!

Residents & Children Games & Singing Afternoon with Lesley & Gilly – Thursday 25th October from 2pm in our Large Lounge

Come and join us for a ‘Residents & Children’ games & singing afternoon on Thursday 25th October 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!!

Bingo Session – Friday 26th October from 2pm in the Large Lounge (Changed from Tues 23rd Oct)

Come and join in with our Bingo afternoon on Friday 26th October from 2pm in the large lounge.
All very Welcome

Musical Entertainment with ‘Music Maestro’ on Saturday 27th October from 2pm in the Large Lounge

Come and join us for a musical afternoon with the ‘Music Maestro’ on Saturday 27th October from 2pm in the large lounge. All very Welcome!!

‘Knit & Natter’ Group at Leonard Stanley Village Hall (Social Club) n Monday 29th October from 10am – 12 Noon

Come and join us at the Village Hall (Social Club) for the village ‘Knit & Natter’ group on Monday 29th October from 10am – 12 Noon, £2.50 each for entry and refreshments.

Please let Lesley or Gilly know if you are interested.

Classical Concert Afternoon – Monday 29th October from 2pm in the Large Lounge

Come and join us for a Classical Concert afternoon on Monday 29th October from 2pm in the large lounge. Lesley will be ready with the concert tuck!!

All very Welcome!

Wheelchair Outings (Weather Permitting) Tuesday 30th October from 11am

Come and join us for some short wheelchair outings on Tuesday 30th October from 11am with 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

Matthew Harris (G-Fitness) - Exercise Fun Session – Tuesday 30th October 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 back Matthew Harris (G-Fitness) Exercise Fun Session on Tuesday 30th October 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!

Halloween Baking Club with Chef Karen & Non Chef’s Gilly & Lesley – Wednesday 31st October from 2pm in the Dining Room

Come and join us for a Halloween baking session on Wednesday 31st October from 2pm, join in with the fun and laughs we have whilst creating some sort of baking masterpiece!! All are 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.

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 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!

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.

Birthstone for October: Opal & Tourmaline

Opal & Tourmaline have become the staple birthstones of October. Opal and Tourmaline are both some of the most beautiful and untraditional of all gemstones. Traditionally represented as pink, the tourmaline can come in many colours of the rainbow. Even seen with 3 colours in one stone, known as tri-coloured.

