



**HELLO EVERYONE**



# November



**WELCOME TO THE**

**EDITION OF THE**

**HIGHBORDER LODGE NEWSLETTER!**

### Highborder Lodge Christmas Bazaar – Sunday 18<sup>th</sup> November from 2pm – 4pm

Highborder Lodge will be having a Christmas Bazaar on Sunday 18<sup>th</sup> November from 2pm – 4pm with all proceeds going towards our 'Residents Activity Funds' We will be having a few Stalls including a Bric-a-brac stall, Guess weight of cake and Raffle. There will also be refreshments available.

We would love to see you there!

We are collecting Raffle Prizes and Bric-a-brac items so if there is anything you could kindly donate we would really appreciate it.

### Last Month's Minibus Trips

Everyone enjoyed the trip to 'Gloucester Quays Museum' as suggested by our resident Ken, they all said it was really worth the visit and they also enjoyed lunch at the local 'Weatherspoon's Inn'.

Our shopping trip to 'Gloucester Quays' went well and our residents enjoyed looking around the good old 'Marks & Sparks' store and after a busy morning shopping they enjoyed lunch at the local 'Weatherspoon's Inn'!!

Our residents visited 'Westonbirt Arboretum' and enjoyed the autumn beauty of the surrounding trees and also enjoyed seeing the 'Gruffalo' carvings which are magnificent, they also enjoyed a lovely lunch at the 'Arboretum Café'.

Everyone really enjoyed the visit to 'The Edward Jenner' Museum at Berkeley, they all found it most interesting, then enjoyed lunch out at 'The Berkeley Arms' just a short distance from the museum.

Our residents 'Children afternoon' went very well, a huge thank you to our staff member Christine who always supports us by bringing in her grandchildren and without her continued support we would be very stuck as we don't seem to be able to get any children to take part in these afternoon's, our residents really enjoy watching the children play and interacting with them in games.

Our Halloween 'Baking Club' afternoon went well and our residents enjoyed doing very artistic Halloween decorating on biscuits & cakes and also enjoyed putting various toppings on the tea time pizzas. A big thank you to our Chef'ess Karen who prepared everything ready for this activity.

Also a big thank you to some of our staff for making the effort in dressing up in Halloween outfits and make-up etc. they all looked great!!

### **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 Beacon Inn' on Thursday 1<sup>st</sup> November**

Come and join us for a trip to 'The Beacon Inn' on Thursday 1<sup>st</sup> November from 11am for a lovely pub lunch out. Please let Jackie / Gilly know if you are interested.

### **Afternoon Quiz with Gilly – Thursday 1<sup>st</sup> November from 2pm in the Large Lounge**

Come and join in with an afternoon Quiz with Gilly on Thursday 1<sup>st</sup> November 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 2<sup>nd</sup> 16<sup>th</sup> & 30<sup>th</sup> November from 11am with Mary & 'Jet' (Please note there is no visit on Friday 2<sup>nd</sup> November as it is Mary's Wedding Anniversary)**

We look forward to welcoming 'Jet' the black Labrador and her servant Mary to Highborder Lodge on Friday 16<sup>th</sup> & 30<sup>th</sup> November 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 Board Games with Gilly – Friday 2<sup>nd</sup> November from 2pm in the Dining Room**

Come and join us for afternoon board games on Friday 2<sup>nd</sup> November from 2pm in the dining room, go on we will have some laughs!! All Very Welcome.

### **Afternoon Quiz with Gilly – Saturday 3<sup>rd</sup> & 24<sup>th</sup> November & 1<sup>st</sup> December from 2pm in the Large Lounge**

Come and join in with an afternoon Quiz with Gilly on Saturday 3<sup>rd</sup> & 24<sup>th</sup> November & 1<sup>st</sup> December 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.

**Village 'Coffee Pot' – (Coffee Morning) - Held at St Swithun's Church in Leonard Stanley Village on Tuesday 6<sup>th</sup> & 20<sup>th</sup> November from 10.15am onwards with Lesley & Gilly**

Village 'Coffee Pot' (Coffee Morning) on Tuesday 6<sup>th</sup> & 20<sup>th</sup> November 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 6<sup>th</sup> & 20<sup>th</sup> November before Bingo in the Large Lounge**

Please come and join us making up some sweet bags for bingo prizes on Tuesday 6<sup>th</sup> & 20<sup>th</sup> November before bingo in the large lounge. All are very Welcome!

**Bingo Session – Every Tuesday from 2pm in the Large Lounge  
(Please Note Tuesday 27<sup>th</sup> November will be at 1.30pm as we have G-Fitness Exercise at 3.30pm)**

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.

**Shop Trolley with Lesley – Usually Every Monday from 10am  
Please Note Except Monday 5<sup>th</sup> November will be on Wednesday 7<sup>th</sup> November &  
Monday 26<sup>th</sup> November Shop Trolley will be on Tuesday 27<sup>th</sup> November 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 Word Game / Hang Man with Lesley on Wednesday 7<sup>th</sup> November & Monday 19<sup>th</sup> November from 2pm in the Large Lounge**

Come and join in with an afternoon of Word Games / Hang Man with Lesley on Wednesday 7<sup>th</sup> November & Monday 19<sup>th</sup> November from 2pm in the large lounge. All very Welcome!

**Minibus Trip – 'Highfield Garden Centre' on Thursday 8<sup>th</sup> November from 11am**

Come and join us for a trip to 'Highfield Garden Centre' for a browse around the centre including a lovely lunch on Thursday 8<sup>th</sup> November from 11am.

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

**One to One's with Lesley – Thursday 8<sup>th</sup> November from 11am**

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

### **Memory Game with Lesley on Thursday 8<sup>th</sup> November from 2pm in the Dining Room**

Come and join Lesley for the 'Memory Game' on Thursday 8<sup>th</sup> November from 2pm in the dining room, go on join in you will have some fun & laughs!! All very Welcome.

### **Short Morning Minibus Trip – 'The Stables Café' at Saul on Friday 9<sup>th</sup> November from 10am**

Come and join us for a short morning minibus trip to 'The Stables Café' at Saul on Friday 9<sup>th</sup> November from 10am, it will be lovely to have a short stroll along the canal followed by a cuppa, cake & chat.

Please let Jackie or Gilly know if you are interested.

### **Hand and Nail Pamper Session with Lesley Friday 9<sup>th</sup> November & Wednesday 14<sup>th</sup> 21<sup>st</sup> & 28<sup>th</sup> November from 10am**

Enjoy a hand and nail pamper session with Lesley on Friday 9<sup>th</sup> November & Wednesday 14<sup>th</sup> 21<sup>st</sup> & 28<sup>th</sup> November 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!

### **Chat with Julia Visit on Friday 9<sup>th</sup> & 23<sup>rd</sup> November from 11am**

We look forward to welcoming Julia to Highborder Lodge on Friday 9<sup>th</sup> & 23<sup>rd</sup> November 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 Quiz with Lesley – Friday 9<sup>th</sup> November from 2pm in the Large Lounge**

Come and join in with an afternoon Quiz with Lesley on Friday 9<sup>th</sup> November from 2pm in the large lounge, go on have a go and remember it's not a test it's just for fun!! All very Welcome.

### **Musical Entertainment with 'Bert Lush' on Saturday 10<sup>th</sup> November from 2pm in the Large Lounge**

Come and join us for a musical afternoon with 'Bert Lush' on Saturday 10<sup>th</sup> November from 2pm in the large lounge. All very Welcome!!

### **'Remembrance Day' – Sunday 11<sup>th</sup> November**

Our staff will be serving a Sherry with lunch to toast our 'War Heroes' for 'Remembrance Day'. The main TV will be on in the morning to follow the 'Remembrance Day' Main Service and Parade.

### **Afternoon TV with Lesley on Monday 12<sup>th</sup> November from 2pm in the Large Lounge**

Come and join us for afternoon TV with Lesley on Monday 12<sup>th</sup> November from 2pm in the large lounge. All very Welcome.

### **Wheelchair Outings (Weather Permitting) / Or indoor One to One's with Gilly & Lesley – Tuesday 13<sup>th</sup> November from 10am**

Gilly & Lesley will be doing some wheelchair outings (weather permitting) or indoor One to One's with residents on Tuesday 13<sup>th</sup> November from 10am.

**Holy Communion (Every Fortnight) – Wednesday 14<sup>th</sup> & 28<sup>th</sup> November from 11am in the Small Lounge**

Come and join Pat from our local Church for 'Holy Communion' and a chat on Wednesday 14<sup>th</sup> & 28<sup>th</sup> November (usually every fortnight) at 11am in the small lounge. All very Welcome!

**Craft Session – Wednesday 14<sup>th</sup> November from 2pm in Dining Room**

Come and join us for a craft session on Wednesday 14<sup>th</sup> November from 2pm in the dining room. All Very Welcome!

**Minibus Trip – Pub Lunch at 'The Rose Tree' on Thursday 15<sup>th</sup> November from 11am**

Come and join us for a pub lunch out at 'The Rose Tree' on Thursday 15<sup>th</sup> November from 11am for a lovely lunch and chat. Please let Jackie, Lesley or Gilly know if you are interested.

**One to One's with Gilly – Thursday 15<sup>th</sup> November from 11am**

Gilly will be doing some one to one's with residents on Thursday 15<sup>th</sup> November 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 15<sup>th</sup> November from 2pm in the Large Lounge**

Come and join in with an afternoon Quiz with Gilly on Thursday 15<sup>th</sup> November 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 16<sup>th</sup> November from 2pm in the Dining Room**

Come and join in with a game of 'Beetle Drive' on Friday 16<sup>th</sup> November from 2pm in the dining room, it will be fun, oh and no real Beetles used!! Thank goodness for that!! All very Welcome!

**Musical Entertainment with 'Music Maestro' on Saturday 17<sup>th</sup> November from 2pm in the Large Lounge**

Come and join us for a musical afternoon with the 'Music Maestro' on Saturday 17<sup>th</sup> November from 2pm in the large lounge. All very Welcome!!

**Highborder Lodge Christmas Bazaar – Sunday 18<sup>th</sup> November from 2pm – 4pm**

Highborder Lodge will be having a Christmas Bazaar on Sunday 18<sup>th</sup> November from 2pm – 4pm with all proceeds going towards our 'Residents Activity Funds' We will be having a few Stalls including a Bric-a-brac stall & Guess the weight of the cake etc. and Raffle. There will also be refreshments available.

We would love to see you there!!

**Afternoon Baking Club on Wednesday 21<sup>st</sup> November from 2pm**

Come and join us for an afternoon Baking Club activity on Wednesday 21<sup>st</sup> November from 2pm in the large lounge, come on join in just for fun!! All very Welcome.

### **Minibus Trip – Gloucester Quays Victorian Market on Thursday 22<sup>nd</sup> & 29<sup>th</sup> November from 11am**

Come and enjoy a trip to the Gloucester Quays Victorian Market on Thursday 22<sup>nd</sup> & 29<sup>th</sup> November from 11am, this will be a lovely trip with so many market stalls to see, so Jackie suggested we do two trips to give more residents a chance to go, good thinking Jackie!

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

### **One to One's with Gilly – Thursday 22<sup>nd</sup> November from 11am**

Gilly will be doing some one to one's with residents on Thursday 22<sup>nd</sup> November 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 22<sup>nd</sup> November from 2pm in the Small Lounge**

Come and join us for a short story with Gilly on Thursday 22<sup>nd</sup> November 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 – 'Highfield Garden Centre' on Friday 23<sup>rd</sup> November from 10am**

Come and join us for a short morning minibus trip to 'Highfield Garden Centre' on Friday 23<sup>rd</sup> November from 10am, it will be lovely to have a browse around the centre and of course have a cuppa, cake & chat. Please let Jackie or Gilly know if you are interested.

### **Afternoon Craft Session Making Christmas Cards with Gen – Friday 23<sup>rd</sup> November from 2pm**

Come and join in with our afternoon craft session making Christmas Cards with Gen on Friday 23<sup>rd</sup> November from 2pm, go on have a go we will have lots of laughs!! We might even break open the sherry bottle, well we need the practice ready for Christmas!! All very Welcome.

### **'Knit & Natter' Group at Leonard Stanley Village Hall (Social Club) on Monday 26<sup>th</sup> November from 10am – 12 Noon**

Come and join us at the Village Hall (Social Club) for the village 'Knit & Natter' group on Monday 26<sup>th</sup> November 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 26<sup>th</sup> November from 2pm in the Large Lounge**

Come and join us for a Classical Concert afternoon on Monday 26<sup>th</sup> November from 2pm in the large lounge. Lesley will be ready with the concert tuck!!

All very Welcome!

### **Wheelchair Outings (Weather Permitting) Tuesday 27<sup>th</sup> November from 11am with Gilly**

Come and join us for some short wheelchair outings on Tuesday 27<sup>th</sup> November 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 27<sup>th</sup> November 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 27<sup>th</sup> November from 3.30pm – 4.30pm usually following our bingo session in the large lounge. Go on you know you want to join in!! Matthew will also keep us entertained with his usual jokes, mostly bad ones!! All Very Welcome.

**'Call My Bluff' Game on Wednesday 28<sup>th</sup> November from 2pm in the Small Lounge**

Come and join us for the 'Call My Bluff' game on Wednesday 28<sup>th</sup> November from 2pm in the small lounge, go on we will have a laugh!! All very Welcome.

**One to One's with Gilly – Thursday 29<sup>th</sup> November from 11am**

Gilly will be doing some one to one's with residents on Thursday 29<sup>th</sup> November 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 29<sup>th</sup> November from 2pm in the Large Lounge**

Come and join in with an afternoon Quiz with Gilly on Thursday 29<sup>th</sup> November 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.

**May's Fashions Mobile Shop – Friday 30<sup>th</sup> November from 2pm in the large lounge**

'May's Fashions' Mobile Shop will be visiting us on Friday 30<sup>th</sup> November from 2pm in our large lounge, so do come along and enjoy a browse and chat even if you are only window shopping it's nice to just have a look!! All very Welcome!!

**Other Activities available in our Village – Families maybe interested to take their resident relative**

Knit & Natter Group - Monday's from 10am – 12 Noon - At Leonard Stanley Village Hall  
Entry & Refreshments £2.50

Short Mat Bowls - Wednesday's from 9.30am – 12 Noon at Leonard Stanley Scout Hut

Women's Fellowship – (Fortnightly) Wednesday afternoon from 2.30pm – 4pm  
At Leonard Stanley Village Hall  
Refreshments & Entry together £1.50

Leonard Stanley Film Club  
Saturday's from 9.45am onwards until finish of film  
At Leonard Stanley Village Hall (Social Club)  
Refreshments £1 Coffee & Biscuits – (£12 per Year Membership)

**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**

Please see the office if you would like the phone number for hospital 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!**



*"Lest we forget"*

*"They shall not grow old, as we that are left grow old,  
Age shall not weary them nor the years condemn,  
At the going down of the sun and in the morning,  
We shall remember them"*

## November Birth Flower - Chrysanthemum

Compassion, friendship, joy. Chrysanthemums have different meanings. Red is for love, white means innocence, and yellow denotes unrequited love.

november

BIRTH FLOWER

*loyalty*  
*honesty*  
*love*  
*deep passion*  
*get well wishes*



CHRYSANTHEMUM

november

BIRTHSTONE

- ◆ *Promotes vitality and energy for the wearer*
- ◆ *Known for creating wealth*
- ◆ *Available in a variety of colors, ranging from yellow to deep orange*
- ◆ *Secondary stone: topaz*



CITRINE