

**HELLO EVERYONE**



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

**Highborder Lodge Christmas Eve Raffle**

A Huge thank you to everyone that supported our Christmas Eve Raffle by donating items and purchasing raffle tickets and coming along for the raffle draw, please see the notice board for further details, all proceeds made are for our 'Residents Activity Fund'.

Thank you all so much for your kind support we really appreciate it.

**Some of Last Month's Minibus Trips**

**Gloucester Cathedral Carol Service & Cloisters Market Stalls**

Everyone enjoyed the Gloucester Cathedral trip on Saturday 8<sup>th</sup> December & Cloisters Market Stalls, oh and also seeing the Reindeer, there was so much to see and the Christmas Carol Service was really lovely too.

**Christmas Pub Lunch Meals at 'The Berkeley Arms'**

Everyone that went on the Christmas Pub Meals on Thursday 13<sup>th</sup> & Wednesday 19<sup>th</sup> December at 'The Berkeley Arms' had a very enjoyable time the pub staff were very helpful, the food was lovely so lots of Christmas Merriment!!

**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.

**Hairdresser - Judy – Every Wednesday & Thursday Afternoon's starting from approximately 1.30pm**

For those residents that are new we have a hairdresser that visits every Wednesday & Thursday afternoon's starting from approximately 1.30pm after lunch. If you would like your hair done please see a member of staff and they will enter your name in our diary. Our hairdresser's fees are very reasonable, and we usually just deduct off your personal account to keep payments straight forward for our residents.

### **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 – Usually Every Monday 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, and if required Lesley will also do some personal item shopping.

### **Classical Concert Afternoon – New Year's Eve Monday 31<sup>st</sup> December from 2pm in the Large Lounge**

Come and join us for a Classical Concert afternoon on New Year's Eve Monday 31<sup>st</sup> December from 2pm in the large lounge. Lesley will be ready with the concert tuck!! All very Welcome!

### **Hand and Nail Pamper Session with Lesley Wednesday 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, & 30<sup>th</sup> January from 10am**

Enjoy a hand and nail pamper session with Lesley on Wednesday 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> & 30<sup>th</sup> January from 10am, these sessions consist of your hands being gently soaked & then having some hand lotion gently rubbed in and then filing and painting your nails. This is proving to be popular with the ladies at Highborder Lodge.

Please let Lesley know if you are interested and she will be happy to add you to her list!

### **Afternoon Word Game / Hang Man with Lesley on Wednesday 2<sup>nd</sup> January from 2pm in the Large Lounge**

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

### **Minibus Trip – 'The Bumble Bee Inn' on Thursday 3<sup>rd</sup> January from 11am**

Come and join us for a 'New Year' pub lunch at 'The Bumble Bee Inn' on Thursday 3<sup>rd</sup> January from 11am. Please let Jackie / Gilly know if you are interested.

### **One to One's with Gilly – Thursday 3<sup>rd</sup> January from 11am**

Gilly will be doing some one to one's with residents on Thursday 3<sup>rd</sup> January 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 3<sup>rd</sup> January from 2pm in the Large Lounge**

Come and join in with an afternoon Quiz with Gilly on Thursday 3<sup>rd</sup> January from 2pm in the large lounge, go on have a go and remember it's not a test it's just for fun!! All very Welcome.

### **Chat with Julia Visit on Friday 4<sup>th</sup>, 18<sup>th</sup> January & 1<sup>st</sup> February from 11am**

We look forward to welcoming Julia to Highborder Lodge on Friday 4<sup>th</sup>, 18<sup>th</sup> January & 1<sup>st</sup> February 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 4<sup>th</sup> Tuesday 8<sup>th</sup> Friday 18<sup>th</sup> & 25<sup>th</sup> January & Friday 1<sup>st</sup> February from 2pm in the Large Lounge**

Come and join us for our Bingo Session on Friday 4<sup>th</sup> Tuesday 8<sup>th</sup> Friday 18<sup>th</sup> & 25<sup>th</sup> January & Friday 1<sup>st</sup> February 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.

### **Afternoon Quiz with Gilly – Saturday 5<sup>th</sup> 19<sup>th</sup> 26<sup>th</sup> January & 2<sup>nd</sup> February from 2pm in the Large Lounge**

Come and join in with an afternoon Quiz with Gilly on Saturday 5<sup>th</sup> 19<sup>th</sup> 26<sup>th</sup> January & 2<sup>nd</sup> February 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.

### **TV Afternoon with Lesley on Monday 7<sup>th</sup> January from 2pm in the Large Lounge**

Come and join us for a TV afternoon with Lesley on Monday 7<sup>th</sup> January from 2pm in the large lounge. Lesley will have some film tuck at the ready!! All very Welcome.

### **One to One's with Lesley & Gilly – Tuesday 8<sup>th</sup> January from 10am**

Lesley & Gilly will be doing some one to one's with residents on Tuesday 8<sup>th</sup> January from 10am, so if you fancy a chat, playing a game or a wheelchair outing (weather permitting) Lesley / Gilly will be around to see you.

### **Holy Communion (Every Fortnight) – Wednesday 9<sup>th</sup> & 23<sup>rd</sup> January from 11am in the Small Lounge**

Come and join Pat from our local Church for 'Holy Communion' and a chat on Wednesday 9<sup>th</sup> & 23<sup>rd</sup> January (usually every fortnight) at 11am in the small lounge. All very Welcome!

### **Afternoon Quiz with Lesley – Wednesday 9<sup>th</sup> January from 2pm in the Large Lounge**

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

### **Minibus Trip – 'The George Inn' at Frocester on Thursday 10<sup>th</sup> January from 11am**

Come and join us for a New Year pub lunch at 'The George Inn' at Frocester on Thursday 10<sup>th</sup> January from 11am. Please let Jackie / Gilly know if you are interested.

### **One to One's with Gilly – Thursday 10<sup>th</sup> January from 11am**

Gilly will be doing some one to one's with residents on Thursday 10<sup>th</sup> January from 11am, so if you fancy a chat, playing a game or a wheelchair outing (weather permitting) Gilly will be around to see you.

### **Games with Gilly – Thursday 10<sup>th</sup> January from 2pm in the Dining Room**

Come and join in with a games afternoon with Gilly (Oh go on!!) on Thursday 10<sup>th</sup> January from 2pm in the dining room. All very Welcome!!

### **Pets for Therapy Dog Visit on Friday 11<sup>th</sup> & 25<sup>th</sup> January from 11am with Mary & 'Jet'**

We look forward to welcoming 'Jet' the black Labrador and her servant Mary to Highborder Lodge on Friday 11<sup>th</sup> & 25<sup>th</sup> January 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 Quiz with Gilly – Friday 11<sup>th</sup> January from 2pm in the Large Lounge**

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

### **Musical Entertainment with 'D & W Entertainers' on Saturday 12<sup>th</sup> January from 2pm in the Large Lounge**

Come and join us for a musical afternoon with 'D & W Entertainers' on Saturday 12<sup>th</sup> January from 2pm in the large lounge. All very Welcome!!

### **Afternoon Word Game / Hang Man with Lesley on Monday 14<sup>th</sup> January from 2pm in the Large Lounge**

Come and join in with an afternoon of Word Games / Hang Man with Lesley on Monday 14<sup>th</sup> January from 2pm in the large lounge. All very Welcome!

### **Highborder Lodge Hosting the Village 'Coffee Pot' – (Coffee Morning) – Normally Held at St Swithun's Church in Leonard Stanley Village on Tuesday 15<sup>th</sup> January from 10am onwards with Lesley & Gilly**

Highborder Lodge will be hosting the Village 'Coffee Pot' (Coffee Morning) on Tuesday 15<sup>th</sup> January from 10am until lunch time. This is another chance to meet new people from the village and enjoy a chat and coffee. All are very welcome!

### **Music Therapy with Becky from 'The Music Project' – Tuesday 15<sup>th</sup> January from 2.30pm in the Large Lounge**

Come and join us for a Music Therapy Session with Becky from 'The Music Project' on Tuesday 15<sup>th</sup> January from 2.30pm in the large lounge, this is part of a government funded music and children project where the children from the local school join us for a music therapy session, there will be a few sessions with the children over January, February, March followed by a feed-back session with Becky in April. Becky will be starting the sessions on her own without the children for an introduction to these sessions on Tuesday 15<sup>th</sup> January.

Come and join in all very welcome!

### **Afternoon Exercise / Games Session on Wednesday 16<sup>th</sup> January from 2pm in the large Lounge**

Come and join us for an exercise games session on Wednesday 16<sup>th</sup> January from 2pm in the large lounge, come on we can make it fun!! All Welcome!!

### **Minibus Trip – Gloucester Quays Shopping on Thursday 17<sup>th</sup> January from 11am**

Come and join us for a minibus trip to Gloucester Quays on Thursday 17<sup>th</sup> January from 11am, also enjoying a nice pub lunch nearby. Please let Jackie or Gilly know if you are interested.

### **One to One's with Gilly – Thursday 17<sup>th</sup> January from 11am**

Gilly will be doing some one to one's with residents on Thursday 17<sup>th</sup> January 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 17<sup>th</sup> January from 2pm in the Large Lounge**

Come and join in with an afternoon Quiz with Gilly on Thursday 17<sup>th</sup> January from 2pm in the large lounge, go on have a go and remember it's not a test it's just for fun!! All very Welcome.

### **Making Sweet Bags for Bingo Prizes – Friday 18<sup>th</sup> January before Bingo in the Large Lounge**

Please come and join us making up some sweet bags for bingo prizes on Friday 18<sup>th</sup> January before bingo in the large lounge. All are very Welcome!

### **Afternoon Word Game / Hang Man with Lesley on Monday 21<sup>st</sup> January from 2pm in the Large Lounge**

Come and join in with an afternoon of Word Games / Hang Man with Lesley on Monday 21<sup>st</sup> January from 2pm in the large lounge. All very Welcome!

### **One to One's with Lesley & Gilly – Tuesday 22<sup>nd</sup> January from 10am**

Lesley & Gilly will be doing some one to one's with residents on Tuesday 22<sup>nd</sup> January from 10am, so if you fancy a chat, playing a game or a wheelchair outing (weather permitting) Lesley / Gilly will be around to see you.

### **Music Therapy with Becky & School Children – Tuesday 22<sup>nd</sup> January from 2pm in the Large Lounge**

Come and join us for a Music Therapy Session with Becky from 'The Music Project' & School Children on Tuesday 22<sup>nd</sup> January from 2pm in the large lounge, it will be lots of fun.

All very welcome!

### **Afternoon Craft Session on Wednesday 23<sup>rd</sup> January from 2pm in the Dining Room**

Come and join us for a craft session on Wednesday 23<sup>rd</sup> January from 2pm in the dining room, oh go on we will have a laugh!! Might even get the sherry bottle out, now that's worth taking part isn't it!!

All Very Welcome!

### **Minibus Trip – 'Nailsworth Garden Centre' on Thursday 24<sup>th</sup> January from 11am**

Come and join us for a trip to 'Nailsworth Garden Centre' on Thursday 24<sup>th</sup> January from 11am for a browse around the centre including a lovely lunch. Please let Jackie, Lesley or Gilly know if you are interested.

### **One to One's with Gilly – Thursday 24<sup>th</sup> January from 11am**

Gilly will be doing some one to one's with residents on Thursday 24<sup>th</sup> January 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 24<sup>th</sup> January from 2pm in the Large Lounge**

Come and join in with an afternoon Quiz with Gilly on Thursday 24<sup>th</sup> January from 2pm in the large lounge, go on have a go and remember it's not a test it's just for fun!! All very Welcome

### **Afternoon Word Game / Hang Man with Lesley on Monday 28<sup>th</sup> January from 2pm in the Large Lounge**

Come and join in with an afternoon of Word Games / Hang Man with Lesley on Monday 28<sup>th</sup> January from 2pm in the large lounge. All very Welcome!

### **One to One's with Lesley & Gilly – Tuesday 29<sup>th</sup> January from 10am**

Lesley & Gilly will be doing some one to one's with residents on Tuesday 29<sup>th</sup> January from 10am, so if you fancy a chat, playing a game or a wheelchair outing (weather permitting) Lesley / Gilly will be around to see you.

### **Music Therapy Follow-up Session with Becky – Tuesday 29<sup>th</sup> January from 2pm in the Large Lounge**

Come and join us for a Music Therapy follow-up Session with Becky from 'The Music Project' on Tuesday 29<sup>th</sup> January from 2pm in the large lounge, it will be lots of fun.

All very welcome!

### **Afternoon Quiz with Lesley – Tuesday 30<sup>th</sup> January from 2pm in the Large Lounge**

Come and join in with an afternoon Quiz with Lesley on Tuesday 30<sup>th</sup> January from 2pm in the large lounge, go on have a go and remember it's not a test it's just for fun!! All very Welcome.

### **Minibus Trip - Gloucester Water Museum on Thursday 31<sup>st</sup> January from 11am**

Come and join us for a minibus trip to 'Gloucester Water Museum' on Thursday 31<sup>st</sup> January from 11am, and also enjoy a nice pub lunch somewhere nearby.

Please let Jackie or Gilly know if you are interested.

### **One to One's with Gilly – Thursday 31<sup>st</sup> January from 11am**

Gilly will be doing some one to one's with residents on Thursday 31<sup>st</sup> January from 11am, so if you fancy a chat, playing a game or a wheelchair outing (weather permitting) Gilly will be around to see you.

### **Activity with Gilly – Thursday 31<sup>st</sup> January from 2pm in the Large Lounge**

Come and join in with an afternoon activity with Gilly on Thursday 31<sup>st</sup> January from 2pm in the large lounge. 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 / Contact

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.

### **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.

## 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 January birth flowers are the **Carnation** and the **Snowdrop**.

The Carnation

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

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

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