



HELLO EVERYONE

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

Some of Last Month's Minibus Trips

New Year Pub Lunch at 'The Bumble Bee'

Everyone really enjoyed the New Year pub lunch out at 'The Bumble Bee Inn' on Thursday 3rd January, the food was very nice and the access and facilities were also good which helped our residents. Lots of fun by all!!

Pub lunch at 'The George Inn'

Again everyone enjoyed the pub lunch at 'The George Inn' on Thursday 10th January, they all enjoyed their meals and drinks and enjoyed a good old chat, drunken lot!!

Gloucester Quays Shopping Trip

Everyone enjoyed the trip to Gloucester Quays on Thursday 17th January for a bit of shopping and they also enjoyed a nice lunch, a good time by all!

Nailsworth Garden Centre

The trip to Nailsworth Garden Centre on Thursday 24th January went well and they all enjoyed having a look around the centre, they also enjoyed their lunches, sadly the toilet facilities are still poor being outside the main building in the cold, which put everyone off the centre a little bit, so next time we visit this centre we will go when the weather is warmer!

Gloucester Water Museum

We sadly had to cancel going to 'Gloucester Water Museum' on Thursday 31st January as the weather was particularly cold together with the anticipation of snow looming, so they decided to go for a meal close to home just in-case weather deteriorated. Everyone enjoyed the outing and meal out.

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.

Please see a member of staff for further information.

Chat with Julia Visit on Friday 1st 15th February & 1st March from 11am

We look forward to welcoming Julia to Highborder Lodge on Friday 1st 15th February & 1st March 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 1st 8th 15th 22nd February & Friday 1st March from 2pm in the Large Lounge

Come and join us for our Bingo Session on Friday 1st 8th 15th 22nd February & 1st March 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 2nd 16th 23rd February & 2nd March from 2pm in the Large Lounge

Come and join in with an afternoon Quiz with Gilly on Saturday 2nd 16th 23rd February & 2nd March 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 – 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.

Afternoon TV with Lesley on Monday 4th February from 2pm in the Large Lounge

Come and join us for afternoon TV with Lesley on Monday 4th February from 2pm in the large lounge. Lesley will have some film tucked at the ready!! All very Welcome.

One to One's with Lesley & Gilly – Tuesday 5th February from 10am

Lesley & Gilly will be doing some one to one's with residents on Tuesday 5th February 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 5th February from 2pm in the Large Lounge

Come and join us for a Music Therapy Session with Becky from 'The Music Project' & the School Children on Tuesday 5th February from 2pm in the large lounge, it will be lots of fun.

All very welcome!

Hand and Nail Pamper Session with Lesley Wednesday 6th 13th 20th & 27th February from 10am

Enjoy a hand and nail pamper session with Lesley on Wednesday 6th 13th 20th & 27th February 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!

Holy Communion (Every Fortnight) – Wednesday 6th & 20th February from 11am in the Small Lounge

Come and join Pat from our local Church for 'Holy Communion' and a chat on Wednesday 6th & 20th February (usually every fortnight) at 11am in the small lounge.

All very Welcome!

Minibus Trip - Gloucester Water Museum on Thursday 7th February from 11am

Come and join us for a minibus trip to 'Gloucester Water Museum' on Thursday 7th February 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 7th February from 11am

Gilly will be doing some one to one's with residents on Thursday 7th February 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 7th February from 2pm in the Large Lounge

Come and join in with an afternoon Quiz with Gilly on Thursday 7th 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.

Pets for Therapy Dog Visit on Friday 8th & 22nd February from 11am with Mary & 'Jet'

We look forward to welcoming 'Jet' the black Labrador and her servant Mary to Highborder Lodge on Friday 8th & 22nd February 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 Gill & 'The Steel Band' on Saturday 9th February from 2pm in the Dining Room

Come and join us for a wonderful musical afternoon with Gill & 'The Steel Band' on Saturday 9th February from 2pm in the dining room, this music will make you think you are in the Caribbean islands.

All very Welcome!!

Afternoon Word Game / Hang Man with Lesley on Monday 11th February from 2pm in the Large Lounge

Come and join in with an afternoon of Word Games / Hang Man with Lesley on Monday 11th February from 2pm in the large lounge. All very Welcome!

One to One's with Lesley & Gilly – Tuesday 12th February from 10am

Lesley & Gilly will be doing some one to one's with residents on Tuesday 12th February 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.

Talk on 'Hedgehog Rescue' – Tuesday 12th February from 2pm in the Large Lounge

Come and listen to an afternoon Talk on 'Hedgehog Rescue' on Tuesday 12th February from 2pm in the large lounge, this will be a very interesting talk on how the local rescue team help these adorable creatures. All Very Welcome!!

Valentine's Craft Session on Wednesday 13th February from 2pm in the Dining Room

Come and join us for a Valentine's craft session on Wednesday 13th February 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!! Get ready with your cupid arrow!! All Very Welcome!

Minibus Trip – 'Highfield Garden Centre' on Thursday 14th February from 12 Noon

Come and join us for a trip to 'Highfield Garden Centre' on Thursday 14th February from 12 Noon, and enjoy a look around the centre there's always so much to see, including the pond with the ducks & geese etc. Please let Jackie / Gilly know if you are interested.

One to One's with Gilly – Thursday 14th February from 11am

Gilly will be doing some one to one's with residents on Thursday 14th February 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 14th February from 2pm in the Large Lounge

Come and join in with an afternoon Quiz with Gilly on Thursday 14th 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.

Making Sweet Bags for Bingo Prizes – Friday 15th February before Bingo in the Large Lounge

Please come and join us making up some sweet bags for bingo prizes on Friday 15th February before bingo in the large lounge. All are very Welcome!

Afternoon Show – Monday 18th February from 2pm in the Large Lounge

Come and join us for an afternoon show on Monday 18th February from 2pm in the large lounge. This will leave you doing Irish tap along the corridors to tea!! Oh ok maybe just in your mind then!! Lesley will be ready with the show tap tuck!!

All very Welcome!

One to One's with Lesley & Gilly – Tuesday 19th February from 10am

Lesley & Gilly will be doing some one to one's with residents on Tuesday 19th February 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.

Matthew (G-Fitness) - Exercise Fun Session – Tuesday 19th February from 2.30pm 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 (G-Fitness) Exercise Fun Session on Tuesday 19th February 2.30pm 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!! Lots of fun!! All Very Welcome.

Afternoon Potting with Sid & Lesley on Wednesday 20th February from 2pm in the Conservatory

Come and join in with afternoon Potting with Sid & Lesley on Wednesday 20th February from 2pm in the Conservatory. All very Welcome!

Minibus Trip – 'The Beacon Inn' on Thursday 21st February from 11am

Come and join us for a lovely pub lunch at 'The Beacon Inn' on Thursday 21st February from 11am, we can enjoy a good old chat and laugh whilst tucking into some lunch!! Pub jokes at the ready!!

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

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

Gilly will be doing some one to one's with residents on Thursday 21st February 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 21st February from 2pm in the Large Lounge

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

Afternoon Word Game / Hang Man with Lesley on Monday 25th February from 2pm in the Large Lounge

Come and join in with an afternoon of Word Games / Hang Man with Lesley on Monday 25th February from 2pm in the large lounge. All very Welcome!

One to One's with Lesley & Gilly – Tuesday 26th February from 10am

Lesley & Gilly will be doing some one to one's with residents on Tuesday 26th February 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 26th February from 2pm in the Large Lounge

Come and join us for a Music Therapy Session with Becky from 'The Music Project' & the School Children on Tuesday 26th February from 2pm in the large lounge, it will be lots of fun.

All very welcome!

Residents Meeting – Wednesday 27th February at 2pm in the Large Lounge

Our next 'Residents Meeting' is scheduled for Wednesday 27th February from 2pm, so do come along for an update on everything and have a general chat about anything you wish to discuss. If nothing else we can just enjoy a cuppa & biscuits!! All very Welcome!!

Minibus Trip – 'The George Inn' on Thursday 28th February from 11am

Come and join us for a lovely pub lunch at 'The George Inn' on Thursday 28th February from 11am, we can enjoy a good old chat and laugh whilst tucking into some lunch!!

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

One to One's with Gilly – Thursday 28th February from 11am

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

Staff Meeting Thursday 28th February from 2pm in the Dining Room

After the Staff Meeting

Afternoon Quiz with Gilly – Thursday 28th February from 3pm in the Large Lounge

Come and join in with an afternoon Quiz with Gilly on Thursday 28th February from 3pm in the large lounge, go on have a go and remember it's not a test it's just for fun!!

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.

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!



February Birth Flowers Violet & Iris

Faithfulness, wisdom and hope. Violets convey the meaning that you will always be true. Violets come in shades not only purple, which is what people commonly think of, but also in white.

Because **Iris** is the symbolic **flower** of the Greek goddess **Iris** who was also the messenger of love, it seems fitting that the elegant **Iris** is the **birthday flower** of February. Traditionally, **Iris** symbolises eloquence, faith, wisdom and hope, much as February carries with it the promise that spring will soon return.

