



HELLO EVERYONE



WELCOME TO THE **March** **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.

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 & 29th March from 11am

We look forward to welcoming Julia to Highborder Lodge on Friday 1st 15th & 29th 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 29th & Saturday 23rd March from 2pm in the Large Lounge

Come and join us for our Bingo Session on Friday 1st 8th 15th 29th & Saturday 23rd 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 9th & 30th March from 2pm in the Large Lounge

Come and join in with an afternoon Quiz with Gilly on Saturday 2nd 9th & 30th 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.

Activity with Lesley Monday 4th March at 2pm in the large lounge

Come and join Lesley on Monday 4th March from 2pm in the large lounge for an afternoon activity. All very Welcome!

Village 'Coffee Pot' – (Coffee Morning) - Held at St Swithun's Church in Leonard Stanley Village on Tuesday 5th & 19th March from 10.15am onwards

Village 'Coffee Pot' (Coffee Morning) on Tuesday 5th & 19th March 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 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!

Afternoon Exercise / Games Session on Tuesday 5th March from 2pm in the large Lounge

Come and join us for an exercise games session on Tuesday 5th March from 2pm in the small or large lounge (TBC), come on we can make it fun!! All Welcome!!

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

Enjoy a hand and nail pamper session with Lesley on Wednesday 6th 13th 20th & 27th March 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 March from 11am in the Small Lounge

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

All very Welcome!

Afternoon Quiz with Lesley – Wednesday 6th March from 2pm in the Large Lounge

Come and join in with an afternoon Quiz with Lesley on Wednesday 6th 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.

Minibus Trip – Clevedon on Thursday 7th March from 11am

Come and join us for a trip to Clevedon on Thursday 7th March from 11am, it will be lovely to get some sea air and have a stroll along the sea front, they also have some lovely flowers along the sea front, plus of course enjoying 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 – Thursday 7th March from 11am

Gilly will be doing some one to one's with residents on Thursday 7th March 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 Word Game / Hang Man with Gilly on Thursday 7th March from 2pm in the Large Lounge

Come and join in with an afternoon of Word Games / Hang Man with Gilly on Thursday 7th March from 2pm in the large lounge. All very Welcome!

Pets for Therapy Dog Visit on Friday 8th & 22nd March 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 March 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 TV with Lesley on Monday 11th March from 2pm in the Large Lounge

Come and join us for afternoon TV with Lesley on Monday 11th March from 2pm in the large lounge. Lesley will have some TV tuck at the ready!! All very Welcome.

Music Therapy with Becky & School Children – Tuesday 12th March 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 12th March from 2pm in the large lounge, it will be lots of fun.

All very welcome!

Craft Session on Wednesday 13th March from 2pm in the Dining Room

Come and join us for a craft session on Wednesday 13th March 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 – 'Highfield Garden Centre' on Thursday 14th March from 11am

Come and join us for a trip to 'Highfield Garden Centre' on Thursday 14th March from 11am, 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 March from 11am

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

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

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

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

Musical Entertainment with 'Music Maestro' on Saturday 16th March from 2pm in the Large Lounge

Come and join us for a musical afternoon with the 'Music Maestro' on Saturday 16th March from 2pm in the large lounge. All very Welcome!!

Matthew (G-Fitness) - Exercise Fun Session – Monday 18th March from 2pm 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 Monday 18th March 2pm 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 Knit & Natter with Lesley / Gilly – Tuesday 19th March at 2pm in the large lounge

Come and join us for a 'Knit & Natter' afternoon on Tuesday 19th March from 2pm in the large lounge. Lesley said she noticed we had quite a few people interested in knitting so thought it would be a good idea to have our own little 'Knit & Natter' group, even if you can't knit anymore come along for a chat!! All very welcome!

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

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

Minibus Trip – 'The Pheasant Inn' on Thursday 21st March from 11am

Come and join us for a lovely pub lunch at 'The Pheasant Inn' on Thursday 21st March 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 March from 11am

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

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

'The Gentle Park Walks' & Coffee at the Museum in Stratford Park on Friday 22nd March at 10.30am

Come and join us for 'The Gentle Park Walks' Event Meetings held at Stratford Park Museum on Friday 22nd March from 10.30am. These events are held to enable people to socialise whilst enjoying a walk or wheel in the park followed by a chat over a nice cuppa in the Museum, and of course also have a look around the Museum if the weather is not good for walking in the park. Please let Gilly know if you are interested so she can make staff and transport arrangements.

'Woodchester Winery' Talk on Friday 22nd March from 2pm in the Large Lounge

Come and join us for a talk on local business 'Woodchester Winery' on Friday 22nd March from 2pm in the large lounge. Unfortunately we will not be wine tasting but it will be very interesting to know about the winery.

All very Welcome!

Activity with Lesley Monday 25th March at 2pm in the large lounge

Come and join Lesley on Monday 25th March from 2pm in the large lounge for an afternoon activity. All very Welcome!

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

Lesley & Gilly will be doing some one to one's with residents on Tuesday 26th March 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 March 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 26th March from 2pm in the large lounge, it will be lots of fun.

All very welcome!

Afternoon Word Game / Hang Man with Lesley on Wednesday 27th March from 2pm in the Large Lounge

Come and join in with an afternoon of Word Games / Hang Man with Lesley on Wednesday 27th March from 2pm in the large lounge. All very Welcome!

Afternoon Minibus Trip – Slimbridge Wildfowl Trust on Thursday 28th March from 11am

Come and enjoy a trip to Slimbridge Wildfowl Trust on Thursday 28th March from 11am. Please let Jacky, Lesley or Gilly know if you are interested.

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

Gilly will be doing some one to one's with residents on Thursday 28th March 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 28th March from 2pm in the Large Lounge

Come and join in with an afternoon Quiz with Gilly on Thursday 28th 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.

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!



A photograph of a single yellow daffodil flower in full bloom, set against a soft-focus background of a field of similar flowers. The flower is the central focus, with its six petals clearly visible. The background is a mix of green and yellow, suggesting a field of daffodils in bloom.

March Birth Flower

DAFFODIL

The **Daffodil** symbolizes affection, new beginning, optimism and sympathy.

If you were born in March:

You are outgoing and affectionate,

You are creative and have
a good sense of humor.

You are a peace-lover and strive
to resolve conflicts.

You are a caring and loving person.

You are kind and compassionate.

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