



bridgemead

Bridgemia Newsletter January 2023



**A Big "Thank You" to the Gammon Family
in Southstoke Road, Bath.
"Lighting up their Home" to raise money for Bridgemead**

Physical Activity and Nutrition

N	I	B	I	F	R	O	S	T	B	I	T	E	I
O	S	S	E	S	R	U	R	E	B	I	F	M	I
I	E	M	I	N	E	R	A	L	S	E	O	K	H
T	T	S	N	U	O	E	O	O	I	X	I	S	H
I	I	N	I	T	N	I	A	R	P	S	O	C	Y
R	T	I	A	R	S	N	T	B	S	S	H	Y	P
T	E	M	R	I	N	T	R	R	R	O	I	R	O
U	P	A	T	E	C	A	L	O	R	I	E	S	T
N	P	T	S	N	W	O	R	K	O	U	T	I	H
O	A	I	O	T	A	R	H	U	N	G	E	R	E
E	G	V	R	S	E	T	D	I	P	I	L	E	R
O	H	Y	D	R	A	T	I	O	N	S	F	I	M
R	S	I	S	O	R	O	P	O	E	T	S	O	I
U	E	X	E	R	C	I	S	E	T	T	E	T	A

NUTRIENTS
 STRAIN
 CALORIES
 EXERCISE
 FIBER
 HYPOTHERMIA
 APPETITE
 HYDRATION
 NUTRITION
 WORKOUT
 MINERALS
 FROSTBITE
 OSTEOPOROSIS
 VITAMINS
 HUNGER
 LIPID
 SPRAIN



Sadly we say goodbye to:

Miles M

Our love and thoughts go out to his family and friends



Happy Birthday to:

Resident: Sylvia C

Alan Dickson - Chaplain
Jesus said: remember me

Hello again everyone. I hope you have all had a good Christmas and I wish you every blessing for the New Year.

It's very normal to think of the beginning of a new year as a time to consider the one just past, and to try to think positively about the next one. Sometimes we do this quite intentionally, perhaps write new year resolutions, but even if we don't do that sort of thing, my experience is that the move from December into January almost automatically brings such thoughts to mind.

When I was visiting Bridgemoor just before Christmas, one of the residents said to me "*Christmas used to be about Jesus*". This observation by an elderly lady was very perceptive, reflecting the apparent unstoppable shift to secularisation of Christmas in our country. The lady's comment was stating that for many of our citizens, Jesus has become absent from their Christmas, but her observation reflected not only that Jesus is absent from their Christmas, but also absent from their lives altogether.

Several times in the book of Psalms in the Bible, the writers encourage people to think back about the past. For example, Psalm 105, verse 5 says "*Remember the wonders he (God) has done.*" The psalm is largely reminding the Israelites of what God had done for them as a nation during their history. Jesus himself, the evening before he was crucified, asked his disciples and all his followers to remember Him, to remember that he came from heaven into the world as that Christmas baby in Bethlehem – but then eventually to be the one who would die for our sins, so that we could be forgiven. This is what Christians believe and what the Bible teaches about Jesus - that he is the Son of God who lived on earth 2000 years ago, that he died for our sins, but then rose from the dead.

I Corinthians 15 (NLT)

I passed on to you what was most important and what had also been passed on to me. Christ died for our sins, just as the Scriptures said. ⁴ He was buried, and he was raised from the dead on the third day, just as the Scriptures said.

If your immediate reaction is to say, "*I don't believe all this*", do you know that at least 200 prophecies in the Old Testament about Jesus were fulfilled during his life on earth. Just to mention one very clear one about where Jesus would be born that first Christmas time.

Micah 5 v 2 (NLT)

*"But you, Bethlehem Ephrathah,
though you are small among the clans^[b] of Judah,
out of you will come for me
one who will be ruler over Israel,
whose origins are from of old,
from ancient times."*

This prophecy was written about Bethlehem, 700 years before the birth of Jesus. Matthew 2: v1-6 confirms the birth of Jesus in Bethlehem as the fulfilment of Micah's prophecy. So, Christmas always has been and always will be about Jesus. As we commence 2023, if you haven't remembered Jesus this Christmas, or have never thought about Him much at all, perhaps the beginning of this new year is your moment to seriously remember Him and to consider who he was and is.



FRIENDS OF BRIDGEMEAD

Hello Bridgemedians,

I hope that you all had a peaceful and happy Christmas and that you are all set to start 2023.

Your committee is due to meet up in January to prepare the programme of fundraising events for 2023, it will be the first full year of events that we have been able to arrange since 2019!

We very much look forward to meeting many of you at our events which will be announced in the February newsletter.

My thanks as usual to all the committee, Ryan, Heather and all the staff at Bridgemead for their support throughout the year.

Happy New Year to you all!

**Best wishes,
Una**

News at Bridgemead

During December we had a great variety of entertainment at Bridgemead. We started December by unveiling our Advent Calendar which was produced by our residents and Day Club clients. We certainly found some great artists amongst us in fact we're now in the process of starting an art class in 2023.



We had visits from various Choirs - all of them brilliant as they brought so much pleasure to our residents. Some of the Choirs have requested a visit during Spring/Summer terms 2023 as they so enjoyed performing for us at Bridgemead so this will be something we can all look forward to.



Paragon School



The Silver Ring Choir

We also had lots of fun with other entertainers such as Now & Then, Jilly Bryant with her group playing the ukulele, Phil Smith, and the Trustees singing Carols



Some more residents had an outing to Whitehall Garden in Whitchurch. A good time was had by all.



ENTERTAINMENT AT BRIDGEMEAD JANUARY 2023

Thursday	5 th	11am	Bathwick St Mary School Choir
Wednesday	11 th	2pm	Danny Guest
Tuesday	17 th	2pm	David Kniveton
Friday	20 th	2pm	Phil Smith

A message from Ryan Iyavoo - Registered Manager

As we draw towards the end of my first year as Manager, it's so rewarding to look back and reflect on just how much we've achieved. Since becoming Registered Manager of Bridgemead back in January, I have been proud and privileged to have witnessed some amazing moments of joy. These have been made possible by our dedicated staff and volunteers and thanks to the work of our many supporters. This brings me onto our Flood Resilience appeal where we're raising essential funds to ensure that the Residents of Bridgemead are safe in their forever home.

I hope that you've had the opportunity to watch our heart-warming campaign video showing the impact on flooding to Bridgemead.

[Bridgemead - Impact residents and staff with new flood defences - YouTube](#)

As part of the appeal, we're calling for donations to support this area of work and we'd be grateful for any support that you can offer. The commitment shown by our supporters to Bridgemead, in terms of donations as well as your good will, has helped us to enhance the lives of many people.

Finally I cannot end this message without saying a huge thank you to all of you for your continuing support.



Come and join Bridgemedad Day Club 10am – 4pm

**Arrive at 10am and enjoy a cup of coffee or tea
along with a chat and if you would like a challenge
how about a group quiz or crossword?**

A lovely lunch will be provided.

**In the afternoon we have various activities
ranging from Entertainers, Arts and Crafts, Sing-alongs
and much more.**

At 3pm the ‘Grand Finale’ - Tea and cake.

**“Thank you for a most enjoyable day”
just one of many compliments from
Club Members.**

Cost: £31 per visit – payable monthly in arrears

Giving

**Find out how to give to support different aspects of what we do
on <https://www.bridgecare.org.uk/volunteer/how-do-i-donate/> or by giving online
at <https://www.bridgecare.org.uk/donate/>**

**We continue to retain a Local Giving page the link for which can be found at the bottom
of <https://www.bridgecare.org.uk/volunteer/how-to-fundraise/>**

Bridgemedad

Find Bridgemedad on our home page at <https://www.bridgecare.org.uk/>

**If you would prefer to receive your copy of Bridgemedad by e-mail, please let us know
on admin@bridgecare.org.uk**

**All contributions to this newsletter are welcome from residents, relatives, staff and volunteers. If you have
something you think would be of interest, anecdotes, personal recollections, news events, short poems or
anything relevant would be welcome.**

Jobs

We also now have a page for Staff Vacancies on the website.

<https://www.bridgecare.org.uk/about/staff/vacancies/>

Copyright © Bridgecare 2019, All rights reserved.

Our mailing address is:

81 St John's Rd, Bath BA2 6PZ

Telephone number 01225 484 904



**Come and join Bridgemean Day Club 10am – 4pm
Arrive at 10am and enjoy a cup of coffee or tea
along with a chat and if you would like a challenge
how about a group quiz or crossword?**

A lovely lunch will be provided.

**In the afternoon we have various activities
ranging from Entertainers, Arts and Crafts, Sing-alongs
and much more.**

At 3pm the ‘Grand Finale’ - Tea and cake.

**“Thank you for a most enjoyable day”
just one of many compliments from
Club Members.**

Cost: £31 per visit – payable monthly in arrears

**Carers for and friends of Day Club members - please consider contributing to our
funding at Bridgemean – in particular we have a major flood risk mitigation building
project which urgently needs funding.**

<https://www.bridgemean.org.uk/donate/>