



**bridgemed**

**Bridgemed  
Newsletter  
September 2023**



**SUMMER OF WELLBEING  
SOUTHGATE BATH**

# Sewing Basket

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

- ELASTIC
- PINS
- MARKING PEN
- PIN CUSHION
- PATTERNS
- NEEDLES
- MEASURING TAPE
- HEM GAUGE
- BINDING
- SNIPS
- SCRAPS
- THREAD
- THIMBLE
- BUTTONS
- BOBBINS
- SNAPS
- TRACING WHEEL
- CHALK
- LACE
- BODKIN



Happy Birthday to Residents:  
Iris S  
T Clarke



Sadly we say goodbye to Madge N  
Our love and thoughts go out to her family and friends.

## Alan Dickson - Chaplain

### Jesus said: “I am the Light of the World”. John 8 v 12

Last month I wrote about Jesus’s statement I am the Bread of Life. There are seven “I am” statements” in John’s Gospel.

The second such statement is *“I am **the** light of the world. Whoever follows me will never walk in darkness, but will have the light of life.”* What does this statement of Jesus mean?

Isaiah Chapter 9 v 2 reads

*“The people walking in darkness have seen a great light; on those living in the land of deep darkness a light has dawned”.*

That chapter in Isaiah chapter continues to talk about Jesus coming into the world – perhaps you might recognise these verses from the Bible readings we hear at Christmas services?

*“For unto us a child is born, unto us a son is given, and the government will be on his shoulders. And he will be called Wonderful Counsellor, Mighty God, Everlasting Father, Prince of Peace.”*

Jesus, by saying *“I am the Light of the World”*, was describing himself as the fulfillment of these old prophecies made 700 years earlier. By declaring that he was the *“Light of the world”* He was claiming that He is **the exclusive and only source of spiritual light** for mankind. He came to enlighten the world, including us, to know what God is really like – **God hates sin, but He loves mankind** so much that Jesus came to take away our sin by dying on the cross. Only Jesus can show us the way to God, to take away our darkness (sin), and to lead us to the light of a new life of serving Him which eventually will take us to heaven to be with Him for ever.

The first chapter of John also tells us about Jesus coming into the world as the true light, to become the one who would deal with sin. If you would like to read that chapter, here is the link.

<https://www.biblegateway.com/passage/?search=John+1+&version=NIV>

## Trustee Message

I woke up Bank Holiday Monday thinking I must get on with my Bridgemediia article but instead found myself wondering how long we've had bank holidays and why – cue google.

I was amazed to discover we've been enjoying long weekends for nearly 150 years! Statutory bank holidays were introduced in 1871 by banker and politician John Lubbock, the first Baron of Avebury, who curiously also tried to teach his poodle to read – well win some, lose some. The original meaning was of course the banks were closed, postponing any financial dealings until the next day. But ever with their eye on monetary gain, they were concerned they would go bankrupt closing on a weekday. But Lubbock's work meant no one was trading so there was nothing to worry about.

Of course, these days to most of us the important part of the phrase is *holiday*. A lovely long weekend off work for those in full-time employment. To those of us, including most of the readers I suspect, who no longer work full-time we have to check the calendar to know a Bank Holiday is scheduled. Instead of planning something special like a long weekend away or a day at the seaside, a picnic, or a visit to a National Trust property (other worthy organisations are available) or garden we find it is a quieter day than usual, we choose to stay away from the traffic and crowds. Instead we plan for mid-week breaks; when the roads are quieter, the venues less crowded and cheaper deals may be available. Happily, for me, my at-home Bank Holiday was perfect weather for working in the garden. A much needed catch-up, as we have been enjoying some of those last-minute mid-week jaunts in our camper van recently and the garden was looking neglected.

The first August venture was to join a friend at a campsite halfway between Tintagel and Boscastle. The site was right on the South-West coastal path up on a cliff with wonderful views overlooking the coastal bays and the sea. Not surprisingly it was windswept and the last of our few days there coincided with Storm Antoni. It even caused a small wave on the top of my mug of tea as the van was buffeted by wind. Happily, we fitted in a walk one day to Tintagel and the next in the opposite direction to Boscastle. The path was surprisingly busy, though we only chatted to one young woman, a student, doing the whole 500 miles. Stopping to chat to people is a great excuse for a short stop. That reminds me, have you ever read the very amusing book *500 Mile Walkies* by Mark Wallington, I read it many years ago. I've just looked for my copy but it too seems to have gone walkies. We also chatted with a number of people from mainland Europe. So much so, I asked why they were holidaying in the UK, which was clearly not for the weather! It turns our footpaths, coastal and otherwise are very special and they don't really occur in the same way abroad. Sometimes we forget to appreciate the wonderful things about Britain right under our noses. We left for home as Storm Antoni was sweeping across the country. We drove back across Dartmoor and parked up for a cuppa. My husband Tim went to open the door from the inside and quickly shut it again in case it was torn from its hinges. We both love to walk but that day we gave it a miss and didn't see even one person striding the moor.

Last week our mid-week venture took us to another part of the South-West coastal path. Another cliff top site with views out to sea between West Bay and Eype. This time the weather was warm and sunny for 3 days in a row and only a bit misty on the morning we left. This summer we've had to be grateful for small mercies and make the most of every warm and sunny day. We did by having two swims in the sea, one at Burton Bradstock and the other at Eype, which is only a 10-15 walk from the Campsite but surprisingly uncrowded. Happy days. Our going home day coincided with the Melpash agricultural show and was a lovely end to a very relaxing short holiday.

Another advantage for us with mid-week breaks is more often being at home to go to our church on Sundays, which is such a joy. We try to take full advantage of our Creator's advice and to take a break from the normal demands of life one day in seven, laying down our week-day responsibilities and chores and worries to take a walk or put our feet up. It's like a one-day holiday every week. What a blessing.

Tilly Wood  
Trustee

### FRIENDS OF BRIDGEMEAD

Hello Bridgemedians,

I don't know what you feel but I'm finding that this year is flying by – it doesn't seem five minutes ago that I was looking forward to the spring and now summer is nearly over! During the last couple of months we've had weather from all seasons – and sometimes all in the same day!

September 29<sup>th</sup> is the date of our Musicals Quiz with Soup and Pud. - tables of 4 please. The evening starts at 7pm at Bridgemead, please bring your own drinks – glasses will be provided.

Tickets will soon be on sale from Bridgemead, or please contact any committee member for details.

More details of future events will be in the October issue of Bridgemedians.

Enjoy this bit of sunshine we are currently experiencing,

Una

## News at Bridgemoad

At the end of July, another trip was organised to visit Weston Super Mare. The weather was kind to them all and as you can see they all had great fun!!



**At Bridgemean we were privileged to be asked by Nurry Lee – an International Concert Pianist - if we would be able to hold a Piano Recital played by Nurry. Her visit to Bridgemean was in aid of the Motor Neuron Disease Association and any donations would be very much appreciated.**

**We had a fantastic afternoon listening to Nurry's performance and we were all so proud, to have raised almost £500, for the Motor Neuron Disease Association which is very close to all our hearts.**



### **ENTERTAINMENT AT BRIDGEMEAD SEPTEMBER 2023**

<b>15th September</b>	<b>Shannon Kitchen - Singer</b>
<b>22nd September</b>	<b>Danny Guest</b>
<b>26th September</b>	<b>Mike Renton - Sing-a-long</b>
<b>27th September</b>	<b>'Now &amp; Then' - Group</b>



**Come and join Bridgemed 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  
Bridgemed – in particular we have a major flood risk mitigation building project which urgently  
needs funding.**

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

#### **Giving**

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

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

#### **Bridgemed**

**Find Bridgemed on our home page at <https://www.bridgcare.org.uk/>**

**If you would prefer to receive your copy of Bridgemed by e-mail, please let us know  
on [admin@bridgcare.org.uk](mailto:admin@bridgcare.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.bridgcare.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



