



# **BRIDGEMEDIA**

## **Newsletter**

### **August 2021**



***Busy Bee with the Lavender in the Garden  
at Bridgemead***

# Fun things to do

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

EXERCISE  
GOLF  
POLO  
WALKING  
HOBBIES  
EATING  
CARDS  
PETS  
BASEBALL  
POKER  
READING  
RUNNING  
PARK  
FOOTBALL  
DRIVING  
PLAYING  
RIDING  
TOYS  
PUZZLES  
MOVIES

## A Poem by our Resident Poet

### All Rounders

When we are off work and have sometime for leisure,  
Make sure you fill this time with things that give you pleasure.  
Rugby, Cricket, Tennis and Football,  
are the most popular spectator sports of all.  
There are water sports like sailing and rowing  
And time to improve the garden by weeding and mowing.  
There are so many other things we like to do  
Like baking and cooking and bird watching too.  
Stamp collecting was popular way back  
And the prize of a collection was the "Old Penny Black".  
Learning the piano is a great thing to do,  
At parties and events, they will be looking for you.  
Knitting, crocheting, embroidery and sewing  
And very soon some exciting TV viewing.  
This year the Olympic Games are held in Japan,  
Where the best in the world shows us all if they can.  
The perfect execution of every move we see,  
Years of dedication must be the key.  
There are so many ways to enjoy our free time  
But I have no more room to include them in this little rhyme!!  
As always, we all hope you're happy and well  
And I'm sure you all have your own stories to tell.

## **“God knows us and is with us!”**

*“O Lord, you have searched me and you know me.” Psalm 139:1*

The Book of Psalms in the Bible contains 150 psalms and half of them were written by King David. David was a shepherd, who defeated Goliath with a sling and stone and who was chosen by God to replace Saul as King of Israel. Psalm 23 was written by David and is probably the best known of all the Psalms and to some the best known passage in the whole of the Bible. David also wrote Psalm 139 which is probably my favourite. I think that there are two predominant thoughts about God in this psalm, firstly that He knows us and secondly that he is with us as we turn to Him. God knows us from the time of our conception, through our birth and right through to the present time. God knows what we do, what we think and what we say, and even more remarkably He knows these things before they happen. He knows us even better than we know ourselves! The wonderful thing is that He loves us through all of this! Then, David speaks about God being with him by asking questions: “Where can I go from your Spirit? Where can I flee from your presence?” David answers these by saying that whether he goes to a high place or to the depths of the sea, whether he goes to the other side of the ocean, by day and by night God will be with him! My wife knows me better than anyone else, my good points and my faults. We do most things together and so we spend a lot of time with each other. However, God knows me so much better than she does and is with me all the time. Some people might think that is a scary thought, but for me it is a great strength and a great comfort!

## **FRIENDS OF BRIDGEMEAD**

**Dear Bridgemedians,**

**It is with much sadness I tell you that long-time supporter of Bridgemead, and loyal Secretary of the 'Friend's' committee, Brenda Smith, passed away peacefully on Tuesday 13<sup>th</sup> July surrounded by her loving family.**

**Brenda was a dear friend of mine, and when I asked her to join the Friend's committee she immediately agreed, becoming an enthusiastic and hard-working member. When the position of Secretary became vacant she readily agreed to fulfil that role which she did with much efficiency and humour, continuing until her passing. Brenda was very much a 'can do' person – she supported me over the many years of her association with Bridgemead and I know that everyone who knew her will be saddened by her passing. I have lost an excellent committee member but more importantly a much loved friend.**

**On a happier note, the Friend's committee met at my house for an informal get-together on a warm, sunny evening in July. It was good to see each other and although we made no arrangements for future events, we did decide to review the situation later in the year – so watch this space!**

**I hope you have a good August and that the weather is kind to you.**

**A big thank you to Pam and all the staff at Bridgemead for continuing to keep the residents safe and well.**

**Due to unforeseen circumstances our Annual General Meeting has not yet taken place but will hopefully go ahead later in the year.'**

**Keep smiling  
Una**



**HAPPY BIRTHDAY TO:-  
Residents: Rosemary S**

## Clare Biss - Trustee Message

Greetings everyone! I hope that you are having a good summer?

I have been thinking this month about our expectations, and that things don't often work out as we would like them to.

Take the good old British weather. "Funny old weather this, isn't it?" I heard on the Towpath last month, and I had to agree, having gone out with the dog on a bright and sunny morning – only to be drenched within the hour. Today in contrast I can only emerge early morning and late evening, well creamed and hatted as the heat is so intense.

Us Brits have always had a bit of a reputation for talking about the weather – probably because it rarely lives up to expectations, whether they be planned expeditions or family get-togethers, so much longed for and precious after such a chaotic and stressful year.

One way we have always coped with our weather has been to make Jokes about it, like Flanders and Swann back in the fifties; the weather was obviously just as wayward then as it is today!

‘Farmers fear unkindly May – frost by night and hail by day.  
June just rains and never stops, forty days and spoils the crops  
in July the sun is hot. Is it shining – no its not!  
August, cold and dank and wet, brings more rain than any yet....’ Etc.

My own preference is for a warm balmy summer, not too hot and not too cold with just the right amount of rain (overnight of course!). However, if our expectations are not always met, the unexpected can be a delightful surprise: the occasional ‘jay’s wing’ blue sky, a fabulous sunset, a light refreshing shower or the sight of dappled sunlight on sparkling water just behind Bridgemean on a day like this which is particularly stunning.

Change is all around us at the moment, and today after so many months all restrictions are lifted, so surely we can expect that we can all meet together safely again. Yet Covid appears to be on the rise again despite the vaccination programme that promised so much. Perhaps it's just a question of all of us doing our best to act sensibly and take responsibility for our own health, and to continue to take care not to put others at risk. This is, after all, what the staff at Bridgemean have been so determined to do and have been doing so successfully over so many months.

I pray that Bridgemean will always be a place of peace and safety where our God is trusted to ‘watch over our coming and going both now and for evermore’ (Ps 121 v 8).

## REQUEST FROM BRIDGEMEAN

Due to the weather conditions over the last couple of months the gardens at Bridgemean need some love and attention. We would love to hear from anybody who would be willing to volunteer any of their valuable time – any amount of time would be very much appreciated. If you are able to volunteer please phone Bridgemean on 01225 484904.



### News at Bridgemead

On Thursday this week Yorkshire was our "Themed Day". Some of our residents are from Yorkshire and we have enjoyed listening to their memories/traditions from their homeland.

We had our own 'Nora Batty' and 'Cleggy' which amused many at Bridgemead.



In the morning we made a traditional Yorkshire cake – Parkin. The residents enjoyed making the cake and one of our residents asked if she could “lick the spoon” after the treacle had been added! As you can see her request was fulfilled!



## **Covid Update**

**It is wonderful to have visitors coming once again into the home on a regular basis. As you know following guidance given on 19<sup>th</sup> July 2021, we no longer have the same restrictions imposed by government.**

**We are pleased to announce that with immediate effect there is no limitation on number of visitors allowed per resident, however we are still advised to continue with the wearing of PPE, social distancing and of course LFD test prior to admission.**

**Visits will need to be booked in advance, via Rosemary on reception, as we still need to monitor the number of visitors within the Home at any one time.**

**There is still the option of meeting with our residents through the day lounge window or through video calls.**

**We thank you for your continued support in this. All staff continue to work hard keeping everyone safe and well and we pray that this continues.**

**Management of Bridgemead.**

**Information sheet for visitors to Bridgemead**

**Do not visit if you are feeling unwell and/or should be self-isolating**

**When to self-isolate:**

- You have any symptoms of coronavirus (a high temperature, a new, continuous cough or a loss or change to your sense of smell or taste) now or in the last 7 days**
- You are waiting for a coronavirus test result.**
- You have tested positive for coronavirus – this means you have coronavirus.**
- You live with someone who has symptoms, is waiting for a test result or has tested positive**
- You have been advised by NHS Test and Trace, or Public Health England, to self-isolate**

## Information for visiting:

- Visits will need to be pre-booked to enable us to manage the safety of residents by limiting the volume of people through the home at any one time, as well as support additional cleaning.
  - Visits will be limited to 30 minutes duration.
  - On arrival, please register at reception where you will be asked questions about your health, and temperature taken. You will then need to go to the conservatory and carry out a rapid lateral flow test or show proof of test taken prior to visit. You will be issued with a face mask, gloves, and apron to wear.
  - Please allow an extra 30 minutes for this test prior to the visit if necessary. Details of registering this test will be given to you.
  - In the event of an outbreak in the Home, visits will be stopped immediately.
- During your visit**
- Social distancing measures must be maintained during the visit, including other residents, staff, and any other visitors.
  - We strongly advise against physical contact to keep everyone safe. You may hold hands, but please remember social contact increases the chance of passing on infection.
  - When you visit you are not just coming into the home of your loved ones, you are also in the home of many other residents, so please follow the advice and instructions from the staff.
  - We reserve the right to ask you to leave the premises if guidelines are not followed.
  - Visitors will not be able to use facilities such as family rooms and toilets.

### Local Giving

Bridgemed has a Local Giving Page set up. If anyone would be interested in giving, the link to it

is: <https://localgiving.org/charity/bridgemed/>- <http://www.localgiving.org/charity/bridgemed>

Please note that Bridgemed can now be found on our website.

Go to [www.bridgemed.org.uk](http://www.bridgemed.org.uk), click on Bridgemed and you will find the latest issue.

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

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

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