



# BRIDGEMEDIA

## Newsletter

### March 2021



# Spring Flowers

D	L	L	S	A	C	S	C	A	L	I	L	S	R
A	A	R	H	R	P	Y	Y	A	W	J	A	I	S
I	S	A	O	I	N	L	S	I	O	I	O	S	D
S	E	C	L	P	L	O	R	N	I	D	R	Y	L
Y	U	U	Y	I	O	I	Q	D	A	H	L	I	A
S	T	H	L	A	S	U	T	R	T	P	O	Y	H
L	M	S	Y	I	I	H	T	N	I	C	A	Y	H
F	E	R	L	L	F	O	R	S	Y	T	H	I	A
I	R	T	S	D	R	A	D	N	E	V	A	L	M
W	Y	S	T	E	R	I	A	L	F	S	L	E	N
M	C	R	E	P	E	M	E	R	T	L	E	P	Y
I	L	M	A	I	L	L	I	W	T	E	E	W	S
O	I	T	E	C	A	R	N	A	T	I	O	N	S
S	S	A	C	C	D	A	F	F	O	D	I	L	S

JONQUILS  
 SWEET WILLIAM  
 CROCUS  
 WYSTERIA  
 DAHLIA  
 TULIPS  
 CARNATIONS  
 DAFFODILS  
 CREPE MERTLE  
 FORSYTHIA  
 HYACINTH  
 LILAC  
 LAVENDAR  
 PANSY  
 LILLY  
 DAISYS  
 IRIS

## **“The Good Shepherd lays down his life for the sheep”**

*“As the time approached for him to be taken up to heaven, Jesus set his face to go to Jerusalem.” Luke 9:51*

Lent is the six week period leading up to the beginning of Easter week and begins on Ash Wednesday. Christians use this time in a variety of ways; some fast and give things up, others take on new things and others use it as a time to think more about their faith. I like to focus on the things that Jesus said or did, and the people he met in the period immediately before he died on the cross. Luke chapter 9 records three things that happened to Jesus over quite a short period of time. First, Jesus asked his disciples who other people thought that he was and then who they thought that he was. Peter very confidently said, “You are the Christ, the Son of the living God.” After a discussion as to what this meant the disciples were totally dumbfounded when Jesus said that he would suffer and be rejected by the religious leaders, must be killed and on the third day raised to life. This was not what they had expected for the Messiah. Secondly, they went up a mountain where Jesus’ appearance was completely changed to look like a heavenly being, and they heard God’s voice saying that Jesus was his Son. Jesus then reminded the disciples of what he had said about being put to death. Finally, Luke very concisely says that Jesus then “set his face to go to Jerusalem.” Some translations add “resolutely” or “steadfastly” as if to emphasise the fact that Jesus went there boldly in the knowledge of what was going to happen to him. This thought is repeated in John 10:11 when Jesus said, “I am the Good Shepherd, the Good Shepherd lays down his life for the sheep.” Jesus willingly and freely laid down his life for us because he loves us. What a wonderful thought to focus upon!

## FRIENDS OF BRIDGEMEAD

Hello Bridgemedians,

I hope that you are all well and still coping with the strange situation in which we find ourselves.

Well here we are approaching Springtime – my favourite season – with great hopes for a true renewal!

Did you have pancakes on Shrove Tuesday I wonder, well I did! It was the first time in years that I sampled one – or two - and I did enjoy them! I wonder why most of us only cook them once a year, when they are an inexpensive, delicious sweet. Having filled ourselves with pancakes everyone is then ready for Lent. I wonder shall we all be able to celebrate Easter as we choose.

I and two other Friend's committee members have published a Newsletter for our Guild, it has been so difficult trying to keep the 80 plus members together over the last year, and this seemed a good idea. So many people have contributed poems, stories, recipes and news items that we are now preparing our second. A big thank you here to Hilary, your Day Manager, who gave me lots of advice for getting it set up!

Your committee keep in touch with each other and look forward to when we can meet up again.

Keep well everyone,

Keep safe,  
Una



Sadly, we say "Goodbye" to Dr Ken HS



**HAPPY BIRTHDAY TO:-**

Residents: Hilary MP  
Shelagh H  
Kay S  
Betty B

Day Club: Sandy Y

## Trustee Message

Psalm 37 verse 4 begins 'Take delight in the Lord...'. But what does that mean? When we see the wonderful things he has provided for us it's not hard to be delighted in God. And surely God made us with a longing to admire and enjoy the wonders of his creation. But when we see things around us that make us unhappy its harder to understand this command. However, when we incline our hearts towards Him then He promises to draw near to us – and our focus is moved from what we desire and instead long for the things he desires for us. As I write this, I realise that this is very much a message I need to hear again and maybe it is for you too.

The announcements of a schedule leading the country out of lockdown over the next few weeks and months will come as wonderful news and a huge relief to all of us. As I woke the next day to listen to the stories of how the government plans affect each of us, much of the country was also bathed in some early Spring sunshine bringing a further opportunity for new optimism in the future. On my garden lawn there is a flood of crocuses again, providing delightful colour and contrast against the grass.

Since the start of 2021 we have been implementing a new IT system at Bridgemead that will enable much better access to information and improved reporting capabilities. The staff are currently working through the training programme, so if you see care and nursing staff working with handheld devices around Bridgemead you will understand why!

The trustees continue to meet monthly over a zoom video conference call to address Bridge Care business matters, in addition to any other interactions that individuals trustees may have with Bridgemead on specific areas of interest or expertise. We remain very conscious of the sacrifices being made by residents and their friends and families and this is never far from our thoughts as we consider the future needs of Bridgemead. As we are permitted to move out of lockdown restrictions, I very much look forward to seeing residents fully reunited with loved ones again.

Ed Zedlewski



## News at Bridgemead

On the front cover of this Bridgemedias are photos of just some of the lovely window boxes in each of the Residents rooms. We still have more to bloom and the Residents are enjoying to see what comes next!

Residents are still enjoying passers by who wave. We've had lots of lovely messages and cards from various wavers expressing their delight of being able to wave to our residents and how much it makes their day. One message received read " I walk to and from work every day with the biggest smile on my face because of you. Thank you for making my day. I have even told my family back home in the Lake District how happy it makes me being able to wave every day". How amazing is that!!

Our own resident poet has been busy again this month. This is the latest contribution which we all thoroughly enjoy sharing during our activities.

## SEASONS

I looked out of my window late one night,  
and saw a white world lit up by moonlight.

A beautiful world it was to behold  
everything still but oh so cold.

I dressed myself in winter attire  
and went to sit by the lovely log fire.

The following days the snow had all gone,  
the earth was as always and the trees looked so wan

And so, it went on for a month or two  
and we all put up with it was else could be do?

But forward we look to the next best thing  
the coming of the glorious colourful spring.  
Yes, quietly and gently the Spring breezes in  
and what real delights this season will bring.

The plants pop up and sky is clear blue  
the green leaves on the trees are all coming through.  
And the bluebell wood is like a magical world  
a lovely blue carpet freshly unfurled

**Soon it's time for Summer to come  
and lo and behold – here comes the sun.**

**Short nights and long sunny days  
mother nature's so constant in so many ways.**

**We sit in the sun without a hat  
but we're very soon told "you mustn't do that"!**

**The Summer soon passes and Autumn is near  
a time of mellow fruitfulness is almost here.  
The green leaves on the trees turn a golden brown  
and the earth is clad in it's winter gown.**

**Days get cooler as the weeks go by  
it will soon be Christmas – my oh my!**

**And now the winter is here once again  
with cold blustering winds and downpours of rain.**

**The seasons have passed  
and winter is last.**

**So we must be glad for the various seasons  
mother nature must have her very good reasons.**

**Now it is time for me to close**

**I feel the winter has made me doze.**

**Goodnight to you all and I wish you the best  
having read this poem you'll need a good rest!**

**God bless you all and turn out the light  
and lovely dreams right through the night.**

## Covid Update

Again we have had no positive Covid 19 cases.

We are starting visiting in the conservatory/window from March 1st. This again will be for 1 appointed family member only.

All relatives should have received a letter either by post or email regarding changes in visiting. Below is a copy of the letter which has been sent out.

25<sup>th</sup> February 2021

Dear Residents, Families and Friends,

Following new government guidelines released yesterday, we wish to update you on our visiting policy.

As we want to allow residents to have visitors as soon as safely possible, we are pleased to announce that with effect from Monday 1<sup>st</sup> March 2021, visits for one family member will be reinstated using the following guidance. Pre-booked visits will take place in the conservatory, unless there are reasons that a resident is unable to leave their room, in which case alternative arrangements will be considered.

Other visitors can continue to meet with our residents through the day lounge window or through video calls. Appointments for this can be arranged as before, via Rosemary on reception.

Please advise us of any changes to the designated visitor.

Hopefully as we come out of lockdown, visiting within the Home will be permitted, but we will let you know when this can happen.

The nurses, carers, housekeeping, and kitchen staff continue to work incredibly hard keeping everyone safe and well. Thank you for your continued support, patience and understanding throughout this challenging time.

Management of Bridgemead

### Local Giving

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

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

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

Go to [www.bridgcare.org.uk](http://www.bridgcare.org.uk), click on Bridgemia 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 Bridgemia by e-mail, can you 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.

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