



BRIDGEMEDIA

Newsletter

May 2021



Types of Gemstones

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

TOPAZ
 EMERALD
 KUNZITE
 AQUAMARINE
 ONYX
 AZURITE
 CITRINE
 SAPPHIRE
 AMETHYST
 JASPER
 DIAMOND
 PEARL
 RUBY
 GARNET
 TANZANITE
 PERIDOT
 JADE
 OPAL

Welcome May

May You be happy.

May You be well.

May You be safe.

May You find comfort.

May You have strength.

May You have courage.

May You find healing.

May You have peace.

May You have joy.

May You be filled with loving kindness.

May You be blessed today and always.

Alan Ashworth - Chaplain

“God’s presence and power”

***“The Father will give you another Counsellor
to be with you for ever.” John 14:16***

As I was growing up, my father shared an allotment with my grandfather. I can recall one or both of them regularly quoting the proverb, “Don’t cast a clout until May is out!” The advice was referring to gardening and meaning, “Don’t trust the weather until May is out!” However, it was never clear whether this referred to the month of May or to the mayflower which is another name for hawthorn blossom. I was recently thinking of this and went on to Google on the internet, but that didn’t give any definite answer, saying only that it might be either. During the month of May Christians celebrate both Jesus’ ascension into heaven and Pentecost when the Holy Spirit came upon the disciples. The thoughts in the proverb remind me of Jesus’ words to the disciples just before he went up to heaven: “Do not leave Jerusalem, but wait for the gift of the Holy Spirit my Father promised, which you have heard me speak about.” Jesus had already told his disciples that after he left them God would send another Counsellor, encourager, helper: in other words, someone like Jesus himself who would be with them for ever. Jesus had always told his disciples that if they were going to continue his work they could never do it by themselves but would always need the help, power and strength of Jesus and the Holy Spirit. In fact, Jesus went as far as to say to his disciples, “Apart from me you can do nothing”, that is spiritually or for God. God’s promise for us too is that whoever believes in Jesus receives the Holy Spirit or the Spirit of Jesus. This is what Jesus meant when he said to his followers, “I am with you always even to the very end of the age.”

FRIENDS OF BRIDGEMEAD

Hello Bridgemedians,

Well here I am again – you must get fed up with reading all my meanderings and not being able to attend any events at Bridgemead – but I think the tide is turning and the future looks brighter!

On April 13 after so many months of not being able to see our family we met up with both our daughters and most of the grandchildren at their holiday cottages in Colerne. It was a tad chilly – well actually very cold - as we ate our supper al fresco in the pretty garden, but it was wonderful to be together again! It made me realise how lucky we are to have such a close and supportive family and how, over these long, difficult months so many people have relied on others to get them through this ordeal.

This brings me around to all the staff at Bridgemead, I know Pam runs a tight ship, she always has, but the care and attention needed to keep the Bridgemead residents free from any infection has been enormous, our thanks and love go to them all!

I really hope that in a few weeks your committee can meet up, even if it's in my garden, to plan fund raising events for the coming year,

Stay safe and keep well

Una

Greetings from the Nick Coates, the new Chair of Trustees

This is my first piece for Bridgemedial. I have recently been appointed Chair of the Bridgemedial board of Trustees, having been a trustee since 2016. You may have seen me when I have been visiting the home or at an event but, just in case and because I now have a lockdown beard, this item comes with a photograph.



Bridgemedial provides terrific care. Despite the challenging circumstances of the last year, Pam and her staff have continued to be dedicated to the home. At every trustee meeting, the trustees are expressing thanks for and praying God's blessing over our staff and residents.

So it is with some trepidation that we are planning for the retirement of Pam and Bev. We have been anticipating this for some time and fortunately they have given us plenty of notice. They don't leave until the end of March 2022. As a result we can put in place, as both you and they would want us to, a smooth transition plan.. Recruitment for a new Home Manager will have started by the time you read this.

We give thanks to God that we have come through another winter without the River Avon flooding and instead we can look forward to the enjoyment and beauty that it provides to residents during the rest of the year. We are taking the opportunity to look again at what steps we can take to mitigate our flood risk. John Todman has assembled a team both within the trustees and from outside experts to advise us on this. It will be less ambitious, but just as practical, as our previous project.

When you think of replacing a bath you probably don't come up with a price-tag of over £10,000! We have already replaced one bath with help from donors including Bath Disability Trust and the Friends of Bridgemedial. But now we need to replace the second bath - we have already secured £2,500 towards this but more donations are required. Could you give something towards this or do you know someone who could. One resident told Health Watch when they inspected Bridgemedial in 2017 that *she really appreciated* being able to bathe every day.

Finally, I am trying to raise the profile of Bridgemedial. It's not that we are short of people wanting to live here, but more that it helps with staff recruitment. We are on www.carehome.co.uk and it would be great if you could leave us a review. Search for Bridgemedial and click on 'Submit a review' near the bottom of the page.

It's great that visiting is back but I look forward to being in real-life contact with you all in the, hopefully warmer, summer. Until then ..

Nick, May 2021

A Poem by our Resident Poet

May or May Not!

The winter months have now gone away
And sunny days of May are on their way.
The cherry blossom pink and white
All so lovely fresh and bright.

The leaves on the trees are coming through
And there are flowers of every colour too.
The River Bus is up and down all day
How glorious for us to travel that way.

We look forward to our holiday each year
Even though we may spend it here.
So May is a month holding good things
Let's hope it won't fly by as if it had wings.

Now that this little poem is done.
We wish good health, peace
and Happiness to everyone.





**Sadly we say "Goodbye" to:
Margaret H
Our Love and thoughts go out to her family and friends.**



HAPPY BIRTHDAY TO: Residents:

**Madge N
Mary S
Peggy L
Rosemary G**

Covid Update

Having commenced visiting on the 14th April 2021, at Bridgemead, unfortunately one resident tested positive on the 16th April for Covid. We therefore had to revert to visiting only in the conservatory. We are now nearing the end of the 14 day isolation period and Bridgemead will be open to visiting from the 30th April 2021. The following information sheet explains our visiting arrangements.

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:

- There can be two named visitors per resident, although only one at a time. A baby is not considered as a named visitor.
- 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, and 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. Details of registering this test will be given to you.
- This test will be carried out at the Home, but plans will follow to allow this test to be carried out at your home prior to visit.
- 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.

Please continue to include us in your prayers.

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, 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

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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