



# **BRIDGEMEDIA**

## **Newsletter**

### **November 2020**



# Types of Vegetables

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

CABBAGE  
 ZUCCHINI  
 RUTABAGA  
 RADISH  
 TURNIP  
 SWEDE  
 SPINACH  
 POTATO  
 CASSAVA  
 BEET  
 LEEK  
 CAULIFLOWER  
 PARSNIP  
 GINGER  
 CELERY  
 PEA  
 CARROT  
 PUMPKIN  
 ARUGULA

## Autumn Leaves Edel T. Copeland

Golden, crisp leaves falling softly from almost bare trees,  
 Lifting and falling in a hushed gentle breeze.  
 Slowly dropping to the soft cushioned ground,  
 Whispering and rustling a soothing sound.

Coppers, golds, and rusted tones,  
 Mother Nature's way of letting go.  
 They fall and gather one by one,  
 Autumn is here, summer has gone.

Crunching as I walk through their warm, fiery glow,  
 Nature's carpet rich and pure that again shall grow.  
 To protect and shield its majestic tree,  
 Standing tall and strong for the world to see.

They rise and fall in the cool, crisp air.  
 It's a time of change in this world we share,  
 Nature's importance reflecting our own lives,  
 Letting go of our fears and again, too, we shall thrive.

## **Alan Ashworth – Chaplain**

### **“Our Father ...”**

**The last six months or more have been very difficult for many people all over the world. However, I think that it has been particularly hard for residents and staff in care homes like Bridgemead, and also for their families. For several months residents were not allowed to see any visitors at all, and even now that contact is limited and somewhat unnatural. Viv and I have been very fortunate in that we have each other, are in good health and always able to get out for walks and to shops when necessary. Even so, we have found prayer a really great encouragement during this time. We always pray regularly but knowing that we “can bring everything to God in prayer” has been even more special now than normal. Jesus spent a lot of time praying and also urged his disciples to pray. Jesus referred to God as his Father and even used the term “Abba” which shows a familiarity, rather like papa or daddy. Jesus taught his disciples what we know as The Lord’s Prayer as recorded in Matthew 6 and Luke 11. This prayer can either be used as a set prayer or as a pattern for how to pray. It starts and finishes with God’s greatness: “Our Father in Heaven” and “For yours is the kingdom, the power and the glory ...”, which reminds us that we are speaking with someone so much greater than ourselves. We pray for the world around us by using the words, “Your kingdom come, your will be done ...”. We can then pray for our own daily needs as we say, “Give us today our daily bread”, which includes our spiritual needs and our desire to know God’s presence. We pray for forgiveness as we all need to be forgiven, and we also ask for God’s protection from evil. Jesus said, “This is how you should pray” because he knew the difference that prayer can make to our lives, especially in times like the present!**

## **Trustee Message**

**We have been to Westonbirt Arboretum twice in the last few months. Once in August with 5 of our young grandchildren and secondly in October with another couple our age. I am sure that you will understand that the 2 visits were different, partly because of the seasons, but also due to the type of visitors. The little children were keen to run around, play hide and seek, climb along the trailing branches and to find the 'gruffalo' (a character from a children's book!) Visiting with other people our age was far more sedate and we enjoyed looking closely at the different trees, finding out their names and origins and taking photos.**

**There are so many different varieties and species of trees and they come from all over the world. There are incredibly tall pine trees with no branches until you reach the very top, there are elegant cedars with beautiful branches sweeping around the trunk, there are colourful Acers and dark, dark yews but they all have been chosen by the enthusiastic collector, Robert Holford. He has chosen them and placed them in just the right position, some in long avenues leading off into a beautiful view, some in sunny glades where their gorgeous autumn colours look incredible. Some of the darker, less showy trees make exactly the right backdrop for the more exotic and colourful. Some of the trees provide shelter for smaller specimens and of course for a huge range of wildlife. Some trees provide exactly the right qualities for a great game of hide and seek!**

**Maybe the trees are like people? We are all very different, we look different, we have different gifts and abilities, some of us are extrovert and some introvert and quiet. Lots of us provide help and support to others; some are just lots of fun!**

**In God's family, we are all different but all important and have been chosen, just like Robert Holford chose his trees many years ago to be part of his beautiful arboretum.**

**Ross Evans**

## News at Bridgemead

During October we have had outside entertainment with Mini Concerts and also "Now & Then". On both occasions the weather was kind to us as you can see.



Unfortunately on the date booked for "Danny Guest" the weather was not so kind so we have re-scheduled for the 4th November.

The residents have been busy painting poppies which will be displayed across the dining room for Remembrance Day. We still have more to complete but as you can see their hard work is going really well.







**We visited "The Wild West" for the most recent "Themed Day". As always great fun was had by all. For lunch we enjoyed "Desperate Dan Cow Pie"!!!**

**During the afternoon we played "Tin Can Alley" and "Wild West Bean Bag".**





**Sadly we say "Goodbye" to  
Irene C  
Our Love and thoughts go out to her  
family and friends**



**HAPPY BIRTHDAY TO:-**

**Residents:-  
Mary W  
Sally K**

**Day Club:-  
Hilda M**

### **FRIENDS OF BRIDGEMEAD**

**Hello Bridgemedians,**

**Well another month passes and we now find ourselves in the depths of Autumn – and what a treat! All of a sudden our landscape is painted in vibrant orange, red, brown and rust! Isn't nature wonderful! Just taking a walk in the countryside or looking out at all these beautiful colours is so uplifting! I love the crisp Autumn, windy days and unexpected sunshine – so invigorating!**

**I do hope that you are all still coping well, it's been a long time hasn't it, and I fear several more months of restrictions still to come.**

**I understand that everyone in Bridgemead is still working very hard to keep all the residents and staff safe and well – what an achievement! Lots of caring, organisation and plain hard work has gone into maintaining a virus free environment – well done everyone!**

**Your committee has not yet met to discuss the way ahead but I think that we must soon get together – probably virtually - to discuss the future plans. I shall be contacting members soon to arrange this, we still have an annual general meeting to discuss.**

**Enough from me, I do hope that you are all keeping fit and well and finding things to fill your days.**

**Take good care.  
Una**

## Coronavirus

Pam is constantly being bombarded with information from Government and Local Government with regards to Covid-19. At present there are no changes with regards to visiting.

We are still offering the availability for 1 designated person (family/friend) to be able to visit residents - Socially Distancing - in the Conservatory

We are continuing with the visiting of residents at the windows in the Day Club area, at the front of Bridgemead. We are now requesting that all visitors at the windows in the Day Club area will need to wear masks. Visitors will also need to book in at the reception window at which point their temperature will be taken and relevant questions asked with regards health. We would suggest that any visitors at the window to bring some form of chair/stool for their own comfort.

You will need to contact Bridgemead on 01225 484904 or 01225 444869 to arrange your 20 minutes appointment for either the Conservatory or Window visits.

We continue to swab staff weekly and residents monthly as guidelines So far we have remained negative. We continue to pray that we all remain safe.

### 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 Bridgemedica can now be found on our website.

Go to [www.bridgcare.org.uk](http://www.bridgcare.org.uk), click on Bridgemedica 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 Bridgemedica 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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