



# BRIDGEMEDIA

## Newsletter

### September 2020



# Nature and the Outdoors

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

ROADS  
HUNTING  
FISHING  
LANES  
CAMPING  
DRIVE WAY  
PARKS  
WATER  
BUSHES  
PONDS  
BARNs  
PICNIC  
GRASS  
TREES  
WAGONS  
ANIMALS  
LAKES  
RACCOON  
BIRDS  
TUNNEL

## How to Find Happiness Through the Year – Helen Steiner Rice

Everybody, everywhere  
seeks happiness, it's true  
But finding it and keeping it  
    seems difficult to do,  
Difficult because we think  
    that happiness is found  
Only in the places where  
    wealth and fame abound  
And so we go on searching  
    in 'palaces of pleasure'  
        Seeking recognition  
        and monetary treasure,  
        Unaware that happiness  
        is just a 'state of mind'  
Within the reach of everyone  
    who takes time to be kind –  
For in making OTHERS HAPPY  
    we will be happy too  
For the happiness you give away  
    returns to 'shine on you'.

**Alan Ashworth - Chaplain**

**“So little but so loved!”**

**“What is a human being, that you think of them; a mere mortal, that you care for them?” Psalm 8 verse 4**

Coronavirus has made us realise that there are many things that we as human beings don't understand and cannot solve. I cannot get my head around the number 7 billion or 7,000,000,000 – the approximate number of people who live on our earth. Even less can I imagine that our galaxy, the Milky Way, has about 100 billion stars and that the universe itself could have around 200 billion galaxies. When I think of this I begin to realise how small a place the earth really is and how little I am in the overall scheme of things. David, who wrote many of the Psalms, knew nothing about these sort of figures but said to God, “O Lord, our Lord, your greatness is seen in all the world! When I look at the sky, which you have made, at the moon and the stars, which you have set in their places – what is a human being, that you think of them; a mere mortal that you care for them?” He realised that he was so insignificant in the world and even more so in the universe and yet God cared about him. Jesus echoed this same thought in what is probably the best known verse in the Bible (John 3:16) when he said, “God so loved the world that he gave his only begotten Son, that whoever believes in him shall not perish but have eternal life.” Jesus died and rose again so that we could be forgiven and be able to be made right with God and prepared for life with him. That gift is available to each one of us as we trust in Jesus; we may be insignificant in the universe, we may feel so little but we are so loved by God and so precious to him.

## Trustee Message

The Trustees have continued to meet remotely on Zoom in the pandemic. We have had regular updates from Pam to keep us informed.

The Trustees have been very pleased to hear of the way staff have worked together to help each other in these very difficult times. It is a great tribute to them and Pam leading them that they have reacted in this way and we are all so grateful that the home has been kept free of covid-19.

In particular the Trustees would like to thank

- The residents for their patience and understanding in this difficult time. We have all realised how important our friends and relations are to us and it has been very tough for residents having this contact restricted.
- The families and friends for the above reason. As a result of following the rules the home has stayed safe.
- Pam and the staff for their cheerfulness in the difficulties and maintaining a good environment in the home.
- Our chaplain Alan Ashworth who has kept in regular contact with Pam and his invariable good humour and positivity has been a lift.
- Our heavenly Father for keeping us all safe.

This is short but very heart-felt.

Paul Booth



**Sadly we say "Goodbye" to both  
Michael W  
Betty J  
Our Love and thoughts go out to their  
family and friends**



**HAPPY BIRTHDAY TO:-**

**Residents :  
John K  
Iris S  
Thomas C**

### **News at Bridgemead**

**On Tuesday this week we organised an "Italian Day". The food for the day was true Italian style - Chicken Cacciatore, Tiramisu, Cannoli Tubes and Gelato Ice Cream etc. As you can see from the photos we had a fun filled day.**

**The residents are enjoying our theme of "Various Countries" we'll have to see which country we visit next!**





"Now & Then" performed for us at our most recent "Socially Distancing" concert. It was such a surprise to see them as the weather was so awful but they did a brilliant show and after a time the sun shone. Dick was always confident that the weather would improve! Many thanks to Dick, Roger and Chris



## **FRIENDS OF BRIDGEMEAD**

**Hello Bridgemedians,**

**Autumn – Season of mists and mellow fruitfulness – how did we manage to get to September so quickly! Has something been going on to divert our attention? Sadly yes, but I am delighted to know that you are all safe at Bridgemead and continue to be well looked after by all your carers.**

**I'm also pleased to report that all the Friends' committee members are keeping well and very much looking forward to arranging events for everyone to enjoy In the future.**

**I can't believe that I have a daughter about to celebrate her 50<sup>th</sup> birthday in October! Surely I am not much older than that myself – I must have been a child bride – but I wasn't . I've decided that I'm not going to count this year's birthday, pretend that it didn't happen, now that's a good idea – well I couldn't really celebrate it as I wanted so best to discount it – why don't you all do the same? 2020 will be the year of the unbirthday – there I feel so much better now – hope you do too!**

**I'm just getting ready to have a day's walking with the Secretary of the Friends, Brenda. When we are both available we pack up our lunch and head off. What a joy to spend the day in the country with a friend! It's the simple pleasures that we've all rediscovered over the past six months, let's hope that we still appreciate them when the present climate changes.**

**You all take care now,**

**Una**

## Coronavirus

**Since our last Bridgemedia the government has published guidance for Care Home residents to be reunited with friends and family, following guidance from our local Public Health Teams. We hope you all received your letters.**

**We are now able to offer the availability for 1 designated person (family/friend) to be able to visit a resident - 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 Bridgemed.**

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

### **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 Bridgemedia can now be found on our website.

Go to [www.bridgecare.org.uk](http://www.bridgecare.org.uk), click on Bridgemedia 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 Bridgemedia by e-mail, can you please let us know on [admin@bridgecare.org.uk](mailto:admin@bridgecare.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.

Have you missed a previous edition of our newsletter, click here to view our archive

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