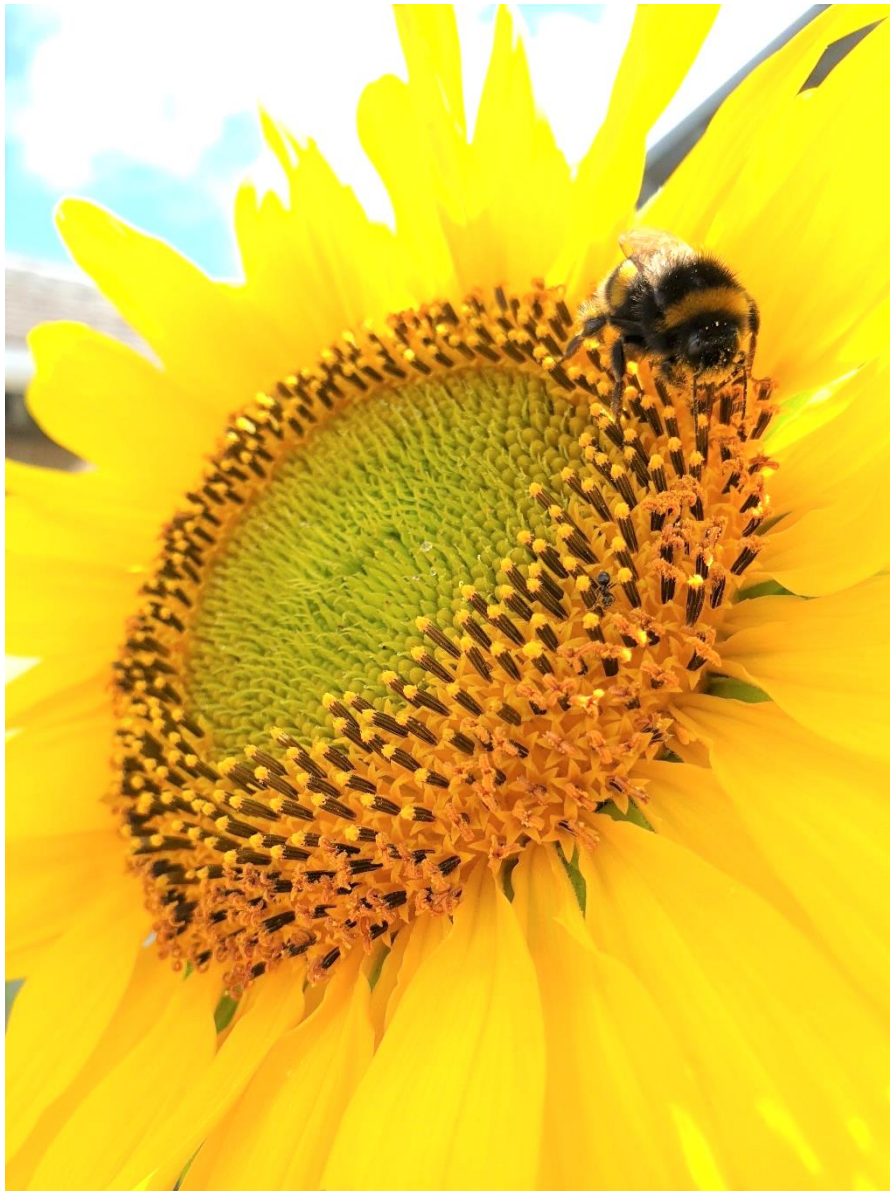




BRIDGEMEDIA

Newsletter

September 2021



***Sunflower on the roof garden
at Bridgemead***

Musical Instruments 1

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

ZITHER
BONGO DRUMS
PAN PIPE
PICCOLO
CORNET
HARMONICA
CLARINET
RECORDER
TROMBONE
GUITAR
SAXOPHONE
OBOE
OCARINA
FIDDLE
BAZOOKA
BAGPIPE
SNARE
FLUTE
VIOLA

FRIENDS OF BRIDGEMEAD

Hello Bridgemedians,

Well here we are in September and still no real news to report, but I am hopeful that the committee will soon be able to meet up and arrange a programme of events for 2022 – and maybe some form of Christmas celebration.

For the second year we shall not be holding an Annual General Meeting but the audited Financial Statement and Annual Report may be requested from me through Bridgemead or viewed on the Bridgemead website www.bridgemead.org.uk

It will be so good to be able to visit Bridgemead without all the necessary restrictions but we are so grateful to Pam and her team for keeping both residents and staff safe during these very difficult times.

We can't wait to 'get back to business!'

If any of your contact details have changed or if you are no longer able to support the Friends, or if you know someone who would like to join us please contact me on 01225 550794 or email me on mcculloughuna@gmail.com

Thank you

“This world is not my home.”

“We have this hope as an anchor for the soul, firm and secure.” Hebrews 6:19

The news media this week have shown us day after day the unfolding crisis in Afghanistan. There have been thousands of people who are leaving their homes and heading for Kabul Airport, some with the necessary paperwork and others going in the hope that they might be allowed to leave. “Leaving home” means leaving the country where they were born and bred – their homeland. However, it also means leaving the house that they have known as their home, and leaving behind most of their possessions. Those who do leave are going to a place that they do not know and to people that they have yet to meet, in the hope of finding a new home and a better life for themselves and their family. The Bible also links hope and home for the Christian. God created us and gave us life on this earth, but we are repeatedly reminded that we are only “sojourners” or people who stay in a place for a relatively short length of time. There is a folk song which says, “This world is not my home, I’m just a’ passing through.” Passing through might take eighty, ninety or even a hundred years but that is a very short time in the life of the world and even shorter in the light of eternity. God does offer us hope of a more complete life here and now; Jesus said, “I have come that you might have life and have it to the full” (John 10:10). However, the Christian’s real hope is for the future – eternal life in a perfect world with no sin, no sickness, no pain, no death and in the presence of God for evermore. This hope is not a vague hope in the modern sense of the word, but a confidence, an assurance, a certainty that God has promised to all who believe.

Trustee Message

Greetings everyone at Bridgemead and fellow Bridgemedians

The last time I wrote for Bridgemia was in January so now you will be anticipating tales of summer holidays - so here goes. Just 2 months ago and a week after my husband retired we bought a campervan. It's the same size as most white delivery vans. So we reckon we can go anywhere an Amazon parcel can be delivered. We've called it 'Yeti the abominable slow van' or Van for short. Early August found us staying just north of the Brecon National Park sharing a 2½ acre field in a Welsh valley, with 2 other vehicles, no electrical hook-up and definitely no signal for phone, email or tv - lovely.

We love the beautiful mid-Wales countryside and walking in the hills; setting off on foot without driving anywhere. I had my old OS map, my old compass which works with a good tap and a shake and a good brain which is also getting older and sometimes needs a 'tap and a shake' to get going - what could go wrong? Well firstly I didn't study the OS map of the area before setting off. We were surrounded by artillery ranges; evidenced one night by several loud 'booms' coming from the hills. Secondly my map is dated 1981; details like fences and paths weren't necessarily current and it was completely missing The Epynt Way which was established by the Ministry of Defence in 2004 around the perimeter of the Sennybridge Training Area and on our door step. Thirdly my flaky map-reading meant I wasn't certain I had located exactly where our campsite was on the map; and it's hard to get map-reading right if you are not starting from the right point in the first place. You guessed it; we got lost. Amazingly each time we most unexpectedly came across just the right person to set us back on the right path. Co-incidence or God-incidence? We are always happy to thank our Heavenly Father for help along the way.

But where were we on the map? Perchance one of the other campers who was there for only one night turned out to be a cartographer who actually mapped out the Epynt Way. Unsurprisingly he knew exactly where we were on my map and could tell us how to enjoy the closest section of the 50 mile walk that is the Epynt Way. We successfully navigated ourselves to the top of a hill but somehow the terrain did not relate to the map and we thought we were most likely off the path. So what? We could be adventurous but then perhaps not if we ended up in an active artillery range. We turned back trying a different way down and ended up, you guessed it, lost again. Only to be rescued this time by the farmer, who was able to tell us exactly where we had strayed off the path.

The next day we tried again - we knew exactly how to navigate the first hour or so of the walk without even referring to the map. But so few people had been walking in this area since lock-down, the farmer had pointed out, there were no well-trodden paths; reading the terrain and map accurately was essential. Again we had to turn around and retrace our steps and try another way hoping we were at last on the right track - literally. Our next helper was a local lady walking her dogs who was able to give us detailed 'must-do' instructions. Five hours later after a superb walk we arrived back at the campervan for a very welcome cup of tea.

As a Christian I have sometimes got a bit lost and needed help finding the right path with help of fellow Christians also following Jesus. Over the past 44 years I have read and re-read the Bible. Its truth led me onto the Christian path in the first place and with the Holy Spirit's help has guided me ever since. Will I ever lose my way or turn back? God's word promises me that my Heavenly Father always watches over me to lead and guide me on the right path if I trust in Him. Sometimes I get very weary and my foot may slip and I stumble but He will hold me fast. His road map, the Bible, is never out of date. And the journey's destination is assured; eternal peace and rest in Heaven.

Tilly Wood – Trustee



Update on Home Manager Recruitment from the Nick Coates, Chair of Trustees

As I announced in our May issue of Bridgemedias 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.

Our first priority is for the new Home Manager and we are actively recruiting with the help of Panoramic Care Recruitment Agency.

Nick, August 2021



Sadly we say goodbye to:

Rosemary S

Our Love and Thoughts go out to her family and friends



Happy Birthday to:

Residents: John K

Iris S

Thomas C

News at Bridgmead

The residents have completed the most recent display for the dining room. The title of the painting is "Summer Has Bloomed". They are enjoying seeing their work displayed for all to see.



During August we had a visit from Mini Concerts. Demi performed for us paying tribute to the Rock'n'roll greats of the 50's and 60's. The residents and staff enjoyed her performance and also 'Passers By' who joined in with their dancing moves. The residents found this very amusing.

On Friday last week we held a 'Garden Fete' for the residents. Hayley arranged games - Play Your Cards Right, Tin Can Alley, Skittles, Coconut Shy & Tombola. The residents enjoyed ice creams which were served from a traditional ice cream bike company. Staff also enjoyed the visit!



Covid Update

It is wonderful to have family and friends visiting Residents at Bridgemed once again.

We would like to remind visitors that visits still need to be booked in advance for weekdays and weekend visits. You need to book your visit via Rosemary on reception. We still need to monitor the number of visitors within the Home at any one time. We are following the government guidelines and we are still advised to continue with the wearing of PPE, social distancing and of course LFT test prior to admission.

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 Bridgemed.

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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