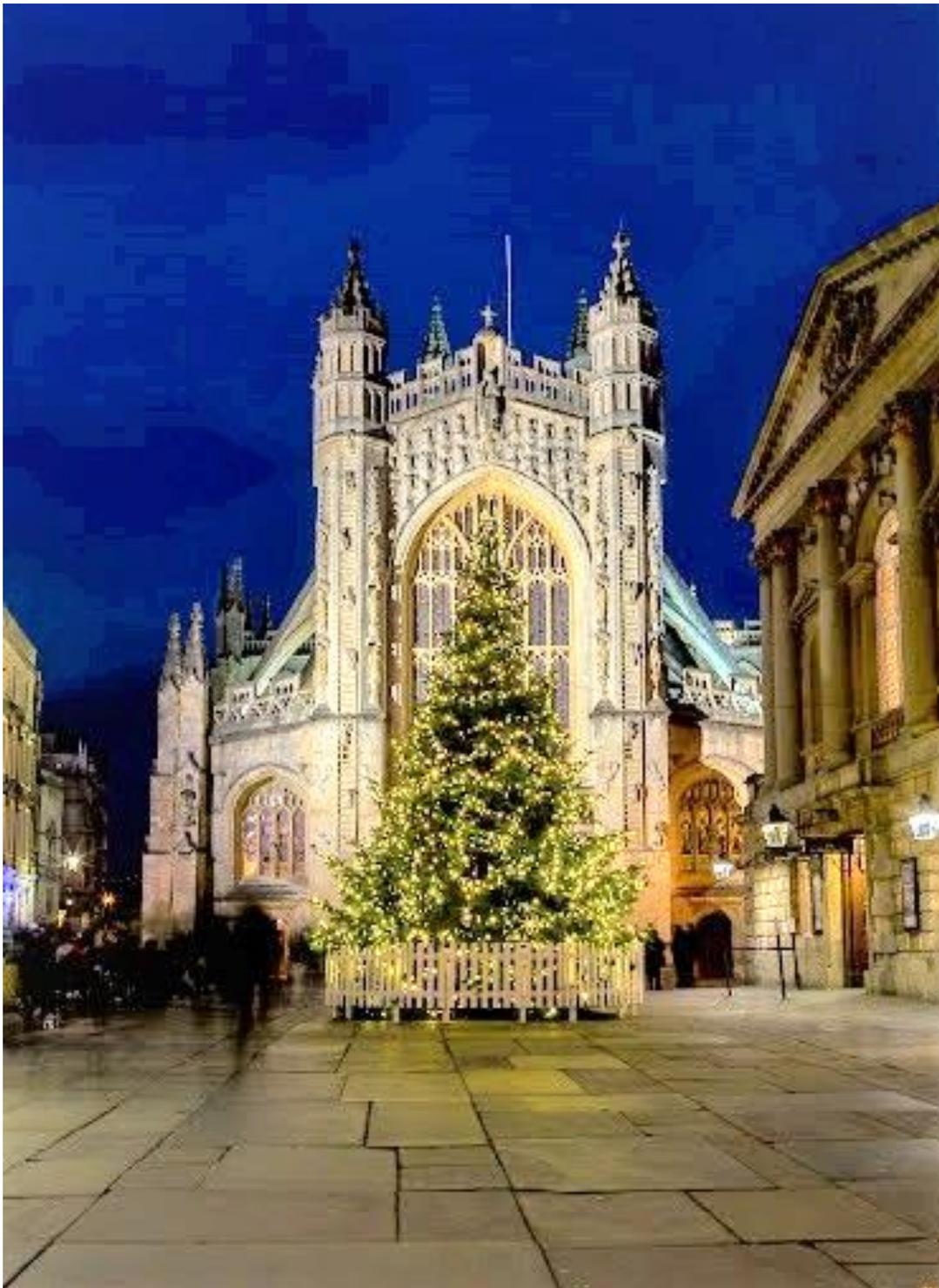




bridgemead

Bridgemia Newsletter December 2021



Environment Words

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

ENVIRONMENT
LAND
LIFE
PRESERVE
SKY
GRASS
PLASTIC
AIR
REPLANT
REDUCE
SAVE
CONSERVE
ALUMINUM
WATER
SOIL
COMPOST
PLANET
REUSE
TRASH
NATURE

FRIENDS OF BRIDGEMEAD

Dear Bridgemedians,

I'm on holiday at the moment and I apologise for my brief message to you all.

I Hope your are all safe and well.

On Tuesday 14th December 2021 at 6pm the Trustees and Friends of Bridgemead will be singing Carols at Bridgemead for the residents. After their performance mulled wine and mince pies will be served!

May I wish you all a very happy, healthy and peaceful Christmas and a Happy New Year.

Una

Alan Ashworth – Chaplain
“Light, Life and Hope!”

“A Saviour has been born to you; he is Christ the Lord.” Luke 2:11

We are coming towards the end of another year and it is hard to believe that Christmas is almost here. Christians call the month leading up to Christmas “Advent”. The word Advent means “coming”, and December is a time when Christians think about and give thanks for the coming of Jesus and prepare to celebrate what that means. Different churches have varying traditions for those four Sundays but most would light a candle on each of the Sundays. I would like to highlight just three words which for me sum up Advent: Light, Life and Hope! Each of these words link the Old Testament with the New Testament and are fulfilled in Jesus, the Saviour of the World. Light is signified by the candles and reminds of the words in Isaiah that speak about people who live in darkness seeing a great light (Isaiah 9:2), and the words of Jesus, “I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life” (John 8:12). This light opens our eyes towards God and shows us His way to live. In Genesis 2 it says that in the beginning God breathed life into human beings, and then Jesus said that He had come so that we might have life to the full (John 10:10). In other words, Jesus wanted us to understand the real meaning and purpose of life and to enjoy both life and God Himself. Again, Matthew 12:21 quotes Isaiah 42:4 in saying that Jesus is the “Hope of the Nations”. When we look at our world there are so many things that discourage us and test our faith, such as climate change, Covid, migrants travelling from one country to another. Some see few signs of hope in the world around us, but when we realise who Jesus is and why He came we can have that hope which many lack.

TRUSTEE MESSAGE

Greetings everyone at Bridgemed and fellow Bridgemedians

I'm looking out of the window at a crisply cold, clear, sunny day. By this time tomorrow we'll have had rain and sleet and gale force winds. Hopefully that will bring down the last of the leaves from the apple trees. There's nothing so effective at keeping me warm outside in winter as raking leaves off the lawn. In anticipation of the high winds my tall husband picked the last of the apples yesterday. They will see us through to next spring hopefully and I put some out for the birds too, all through the winter - that makes for happy not hungry blackbirds and it's such a joy for me to see them. Now the apple tree is clear we can also see the mistletoe. It started growing a few years ago; happily I didn't prune it by mistake before it was more prominent. Mistletoe is a parasite plant deposited by thrushes, or more likely in our garden, blackcaps. I'm hopeful we'll see berries on it for the first time this year. The mistletoe is still too small yet for picking so if I want to kiss anyone I'll have to persuade them to stand under the tree!

This week we've been enjoying our last cucumber and tomatoes out of the greenhouse. Very soon I'll have to bring in the last of the tomatoes to ripen indoors. And lift the last of the potatoes before the ground freezes as the main growing season comes to a close - other than Brussels sprouts and a few hardy greens. I enjoy the changing seasons and the different delights they bring; like the grey wagtail whose has been wagging its way around the pond. No sighting of the pied wagtails yet. The first iris stylosa flower has appeared. They came from my mum-in-law's garden so always remind me of her; they'll brighten my days until at least February I hope. My mum-in-law always picked a few for the Christmas table - I even have the vase she used. These are some of my fond memories in winter time; what are yours I wonder?

When I've finished this article and emailed it off to Hilary, I'll get the Christmas pudding mixed and steamed and hopefully bake the cake as well. The fruit has already been soaking a few days so time to get on with it. So many things are pointing towards Christmas now and by the time we are all receiving Bridgemed we will be into the Advent season - so not long to wait for Christmas celebrations. Do you have an advent calendar; you can get them on almost any theme you can think of these days - chocolates; gin(!); lego and I have an advent puzzle; it gives me a few pieces every day which completes Christmassy scene by 25th. Sadly none of these even hint at the real heart of the celebrations. I was told recently that many children don't have any idea about the real Christmas story or even what the Bible is.

That was very much on my mind preparing an advent school assembly this week. I was keen to tell the children about some of the extraordinary prophecies in the Bible about Jesus birth - tricky for children where the Bible, prophecy and even Jesus are all new ideas! Prophecies given by God 1,000, 700 and over 600 years before the event. Signs given by God so that we could be sure when Jesus was born he really was the long anticipated Jewish Messiah; our Emmanuel, named Jesus by God the Father - Jesus the one who would save us from our sins. I'm so thankful for the people who told me about these things when I was younger.

Some of you, dear readers, have known 80 or 90 or even 100 Christmases. Over the advent season I hope you enjoy a new or renewed sense of wonder and amazement and joy and thankfulness. God so wants us to know him and enjoy eternal life with him, that he came to earth as our Emmanuel - God with us.

Tilly

News at Bridgemed

During November we were fortunate to be visited by the 'Grow For Life' volunteers to help with the garden at Bridgemed. 'Grow for Life' are a Christian organisation and run gardening sessions as a therapeutic intervention for people affected by low confidence, depression, anxiety or isolation. Refreshments were enjoyed during their working morning as you can see! We are hoping to benefit from more visits in the future. If you would like any more information with regards the organisation you are able to visit their website on: info@growforlife.org.uk and www.growforlife.org.uk



Our latest Theme Day was 'Cruising the British Isles' on SS Bridgemed. Our menu for the day was based around our visits to Ireland for lunch, Scotland for afternoon tea and Wales for Supper!

We baked Welsh Cakes with the residents which they enjoyed with their supper. Alan Ashworth, our Chaplain, kindly lent us his griddle to cook the cakes and as you can see they were a great success



We had great fun with entertainment from 'Now & Then' in the afternoon and they arranged their performance around the cruise with a variety of music from England, Ireland and Scotland. Many thanks to 'Now & Then' for making it such an enjoyable afternoon.



Covid Update

No change regarding arrangements for visiting residents. 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 LFD test prior to admission.

There is still the option of meeting with our residents through the day lounge window or through video calls.

Visitors are able to arrange bookings for the Christmas period via Rosemary on reception. Unfortunately we are unable to offer visitors the opportunity to join Bridgemead for Christmas lunch this year.

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 Bridgemead

Christmas Day - By our Resident Poet

One bright star in the sky above,
A stable and a manger below.
The Holy age old story,
That we already know.

Today is Christmas Day
And Father Christmas will be out on his sleigh.
Bags of toys for girls and boys,
Ah, here come the family along with their noise!

The Christmas tree by the glowing log fire,
It's warm and cosy what more could we desire?
A nice glass of Sherry,
I'm sure will makes us merry!

The Festive Turkey with all its trimmings a sight to see,
Pulling crackers with mirth and glee.
Christmas pudding with brandy butter,
Makes my heart go all of a flutter.

The family party has had so much to eat,
They'll be lucky if they can still see their feet!
The opening of presents paper galore,
Wrapping paper all over the floor!

Time to enjoy with family and friends,
And this is where my poem ends.
We wish you all a Happy Christmas Day,
With good health and happiness along the way.

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/>

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

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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