



bridgemed

BRIDGEMEDIA

Bridgemed Care Home Newsletter

January 2019

“God is faithful, always!”

“The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning, great is your faithfulness.”

Lamentations 3:22-23

The book of Lamentations was written by the prophet Jeremiah and is a very sad book to read.

Previously, in his prophecy, Jeremiah had warned the people of Israel that the Babylonians would come and invade Jerusalem, partially destroy the city and take most of its residents off to exile in Babylon. Jeremiah is now writing after all this had happened and was expressing how broken and distraught his people were.

Over and over again, Jeremiah uses phrases like, “How deserted lies the city, once so full of people”, “All the splendour has departed from Jerusalem” and “I remember my affliction, my bitterness and my soul is downcast within me.”

Yet in the middle of all his mourning Jeremiah uses these words in Chapter 3 about God’s faithfulness as he turns to God. He tells the people that if they look to God they will realise that even in the middle of this desperate situation, God’s faithfulness and his mercies never cease. In fact, if they only look they will see God’s faithfulness every morning when they wake up.

The last year may have been a very difficult year for you personally; perhaps having to move out of your own home, perhaps dealing with poor health, perhaps witnessing the passing on of loved ones.

Certainly for our country as our government tries to negotiate Brexit it has been a very uncertain year, and 2019 does not promise to be any better in that respect.

However you are feeling and whatever your situation is, you should be encouraged as you remember that God knows all about everything before it happens, and that his faithfulness and his mercies are new every morning. In ways that we do not know God is working his purposes out!

God is faithful, always!

Alan Ashworth

Trustee Statement

A Reminder of the 'T' Word

If I were to ask you what the most popular topic for discussion on radio and television had been over the past few months, I am fairly confident you would say the 'B' word - Brexit! Fortunately, other topics still make the airwaves, and my attention was recently caught by a 'T' word! This was the subject on several broadcasts on Radio 4 last month. I heard various people speaking, in different contexts, about the importance of touch, how fundamental touch is to the wellbeing of people, touch by one person to another.

It struck me how strange it is that, despite all our sophisticated education and methods of learning, we still need many reminders about many of the very basic human ways that people interact helpfully. Of course, I am aware that some people do not like to be touched, and also that there is both appropriate and inappropriate touching, but all the items I heard on the radio were speaking positively of touch, of appropriate, kind physical touching. Scientific investigations continue to research the beneficial effects to our sense of wellbeing when we are touched benignly. One quote I thought I had heard, and looked up afterwards says: "In recent years, a wave of studies has documented some incredible emotional and physical health **benefits** that come from **touch**. This research is suggesting that **touch** is truly fundamental to **human** communication, bonding, and health." Mothers seem to know this instinctively, -how a simple touch can soothe a baby, and actually we never grow out it!

Fortunately, here at Bridgemead, no reminders are needed about the importance of touch, those who care, staff, friends and visitors, are aware of this, but we all need to remember not to forget its importance. Nor should we forget to express our gratitude to those who continue this age old, but still very vital practice within our community. One particularly sad broadcast I heard, spoke of the large number of people who had had no touch from another person for several weeks, and only minimal, if any, meaningful conversations. That must add to their sense of loneliness significantly.

By the time you read this, Brexit will still be featuring heavily on radio and television, although it may have moved on a little, hopefully! Whatever happens with Brexit, I am absolutely sure we shall continue to appreciate kindness being expressed to us by many gentle touches. And, if 'touch' needs further commendation, have you ever counted the number of times the 4 Gospels record that Jesus touched another person as part of his kind, helpful ministry?

Ross Evans

Trustee

Word Search

January

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

AQUARIUS
CAPRICORN
COLDEST MONTH
FIRST MONTH
GREGORIAN
IANUARIUS
JANUS
JUVENALIA
ROMAN MYTHOLOGY
THIRTY ONE DAYS
WINTARMANOTH
WULF-MONATH

CALENDARS
CERVULA
DOOR TO THE YEAR
GARNET
IANUA
JANUARY
JULIAN
NEW YEARS DAY
SNOW
WARMEST MONTH
WOLF MONTH



January Birthdays

Residents

1st January - Sheila Reynolds

6th January - Sylvia Cook

23rd January - Bidie Duff



January Activities

3rd January - Alive – Interaction with Colin

4th January - Mike Renton playing piano and sing along

7th January - Phil Smith Sing along

9th January - Creative minds- Art with Grace

10th January - Holly Marks Interactive singing

11th January - Laurence Kell plays violin and mandolin

15th January - James Hogg Musical and memories

16th January - Golden Toes Singing together

21st January - Danny Guest- singing

22nd January - David Kniveton Flautist

24th January - Musica with Claire

28th January - Monkton Farleigh Singers

29th January - Forget-me-not Interactive musical entertainment



Friends of Bridgemedad

Hello Bridgemedians,

A short message this month to thank everyone who supported the Christmas Fayre in any way, and to report that a profit of £575 was made on the day.

A big thank you to the 'Friends' committee for their unfailing support and generosity throughout the year.

Finally may I wish you all the Seasons Greetings and a Peaceful 2019.

Have a wonderful time!

Una

Vacancies

Seeking to appoint:-

NURSING STAFF

We are seeking to appoint 1 Registered Nurse to join our team where you can help make a huge difference to our residents on a daily basis.

Day duty – We're looking for a R.N to work 4 shifts per week totalling 25 hours.

Day and night RN's—Full /part time

ADDITIONAL VACANCIES

- Carers—Full and part time.

Contact Mrs Pam Bourton for further information or an application form. Call 01225 484904 .

BATH HALF

The Bath Half Marathon takes place on 17th March 2019 and we are delighted to announce Bridgecare has a few places left.

The race, known as 'Bath Half' is one of the longest established and most popular city centre road events in the UK.

It is also the largest charity fundraising event in the South West region.

The course itself is fast and flat, so suitable for all abilities. It covers a two lap 13.1 mile (21.1km) distance and we are asking you to run for us.

If you wish to run on behalf of Bridgecare there is a £25 deposit and runners must raise a minimum of £200.

To book a place please contact fundraising@bridgecare.org.uk

We would be delighted to welcome you as part of our team.

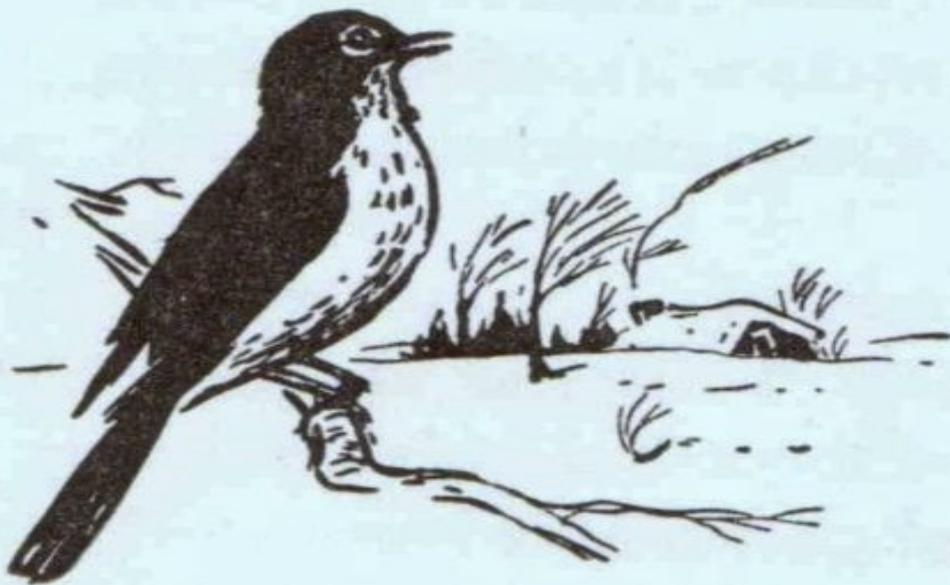
Book now to avoid disappointment.



THE WIND OF JANUARY

On the wind of January
Down flits the snow,
Traveling from the frozen North
As cold as it can blow.
Poor robin redbreast,
Look where he comes;
Let him in to feel your fire,
And toss him of your crumbs.

— *Christina Rossetti*



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 Bridgemedica can now be found on our website.

Go to www.bridgecare.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@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.

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Give us a call for more information about our services.

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