



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

1<sup>st</sup> January - Sheila Reynolds

6<sup>th</sup> January - Sylvia Cook

23<sup>rd</sup> January - Bidie Duff



### January Activities

3<sup>rd</sup> January - Alive – Interaction with Colin

4<sup>th</sup> January - Mike Renton playing piano and sing along

7<sup>th</sup> January - Phil Smith Sing along

9<sup>th</sup> January - Creative minds- Art with Grace

10<sup>th</sup> January - Holly Marks Interactive singing

11<sup>th</sup> January - Laurence Kell plays violin and mandolin

15<sup>th</sup> January - James Hogg Musical and memories

16<sup>th</sup> January - Golden Toes Singing together

21<sup>st</sup> January - Danny Guest- singing

22<sup>nd</sup> January - David Kniveton Flautist

24<sup>th</sup> January - Musica with Claire

28<sup>th</sup> January - Monkton Farleigh Singers

29<sup>th</sup> 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 .

# BATHHALF

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](mailto:fundraising@bridgecare.org.uk)

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

Book now to avoid disappointment.

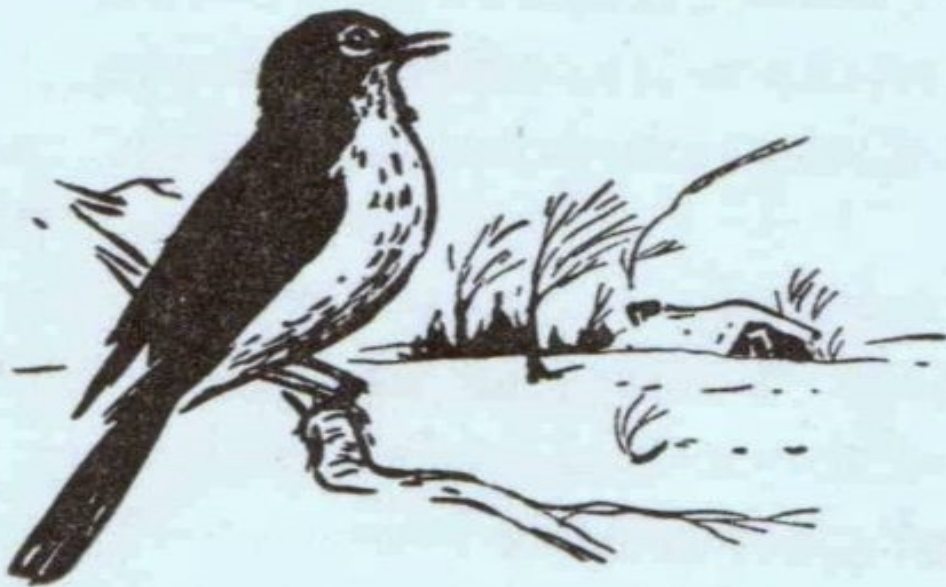




## THE WIND OF JANUARY

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](http://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](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.

Published by Bridge Care Ltd, Bridgemead, 81 St John's Road, Bathwick, Bath BA2 6PZ. Bridge Care is a company limited by guarantee and registered as a charity under number 299400. Limited Company registration number 2001246 (England).

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