



**bridgemedad**

# Bridgemedia Newsletter March 2022



# Saint Patrick's Day

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EMERALD  
GREEN  
SHAMROCK  
MARCH  
IRELAND  
CHRISTIANITY  
PATRICK  
TRADITION  
PARADE  
RAINBOW  
SNAKES  
POT OF GOLD  
LUCK  
FAIRY  
LEGEND  
SAINT  
CELTIC  
HOLIDAY



Happy Birthday to:

Residents: Hilary M-P

Kay S

Betty B

Day Club: Sandy Y

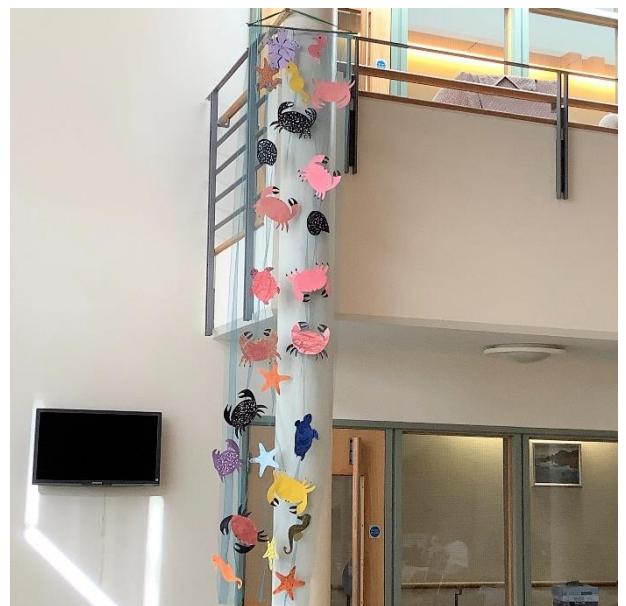
## **"Three ways to prepare for Easter positively!"**

*"Worship the Lord your God, and serve Him only." Deuteronomy 6:13/Matthew 4:10*

The season of Lent has been commemorated by the Christian Church for around 1800 years. Traditionally, Lent starts on Ash Wednesday and finishes on Easter Saturday, which this year is from March 2<sup>nd</sup> to April 16<sup>th</sup>. This is 46 days, but excluding Sundays is 40 days, and is always linked to Jesus's 40 days of fasting and temptation in the wilderness. People use this time in different ways to prepare for Easter, perhaps by giving things up, fasting or charitable giving. I like to think of it as a time of doing positive things rather than giving things up, and can think of nothing better than the three things which Jesus said to the devil during His time of temptation. In each case Jesus quoted from the book of Deuteronomy in the Old Testament. Firstly, the devil tried to get Jesus to turn stones into loaves of bread. Jesus replied, "People do not live on bread alone, but on every word that God speaks." A good thing for us to do if we don't already do it is to read a Bible passage each day. The devil then tried to get Jesus to throw himself from the top of the temple to see if God would save Him. To this Jesus replied, "Do not put the Lord your God to the test." We too can learn from this and try to trust God with the things that happen to us even when we find it difficult to understand them. Finally, the devil pretended that all the kingdoms of the world belonged to him and that he would give them to Jesus if only Jesus worshipped him. Jesus said emphatically, "Worship the Lord your God, and serve Him only." We too should try to worship and serve God faithfully. Three things for Lent: read the Bible, trust in God, and praise and worship God each day – Great ways to prepare for Easter!

## News at Bridgemead

Our most recent 'Themed Day' was Cornwall. On Friday we enjoyed a Cornish Lunch - Cod in Homemade Batter along with chips and peas followed by Apple Pie and Cornish Ice Cream. We watched, listened and enjoyed joining in with traditional Cornish Shanty Songs. In the afternoon the residents watched the film 'Fisherman's Friend'. During the film we had an interval with traditional scones and jam with clotted cream! What comes first the cream or the jam? As you can see we completed our "Under the Sea" display along with a 'human look alike' crab. Well done chef!



## **FRIENDS OF BRIDGEMEAD**

Hello Bridgemedians,

Do I detect the first signs of Spring in my garden! Daffodils, crocus, primroses and primulas join the beautiful delicate snowdrops – what a riot of colour! I'm no gardener – and neither is my husband but he keeps the flowerbeds tidy and this time of year we reap the benefits of his labours!

I am delighted to report that your committee plus Ryan, Bridgemed's new Manager and Heather, Head of Care had an informal meeting at Bridgemed on the 15<sup>th</sup> February. It was good to see each other face to face and make plans for the future. Earlier this year we met with Nick Coates the Chair of the Trustees and so can now look forward to engaging more with him and the Trustees in the future.

Sadly this means saying goodbye to Pam, the Manager of Bridgemed for the last 20 years! What sterling service she has given to Bridgemed - not least of all over these last few years of Covid! She has kept the residents and staff safe and well and continued to run the home as normally as possible. I know that Pam would be the first to give credit to all her staff for their loyalty and dedication to the care of the residents during this incredibly difficult time.

Another goodbye and thanks go to Bev who has supported the Friends in so many ways – sometimes representing Pam at our events or attending events with her husband – not to mention the Murder Mystery evenings she organised so successfully with Pam.

We wish both Pam and Bev very long and happy retirements.

We shall be holding a committee meeting on the 8<sup>th</sup> March when we are hoping to get back to business and start organising some fund raising events, so watch this space!

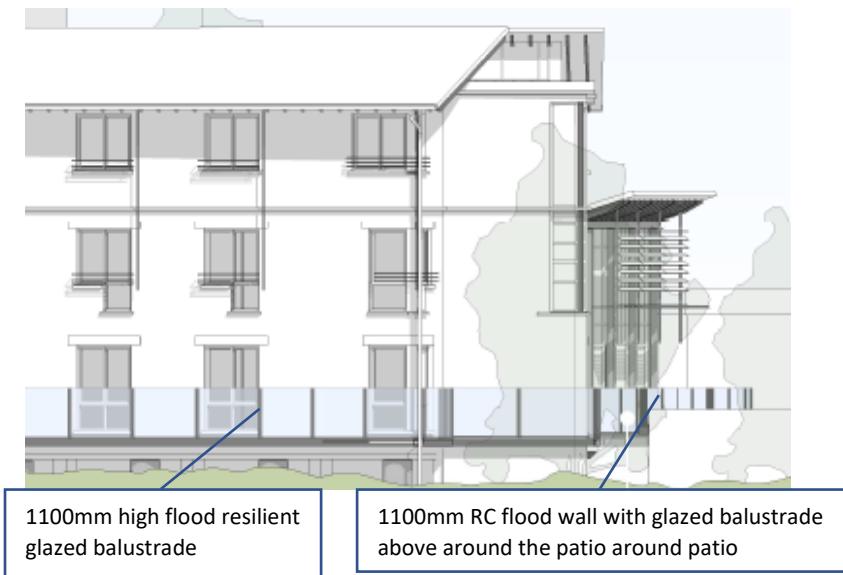
Already Pam has given us a project to finance – the updating of the roof garden – which I know is a haven of comfort and peace for both residents and staff. We shall be happy to be associated with this initiative.

Lastly, it would be very encouraging to hear from you – what activities would you enjoy? Do you have any ideas for future events? I would be delighted to hear from you.

Una

## TRUSTEE MESSAGE

We do so enjoy the river with its wildlife, kayaking and pleasure boats, don't we? But the river is a fickle friend as it has another job to do – carrying rainwater to the sea. When heavy rain falls on saturated ground it runs off quickly and the river gets faster, wider, and deeper and in extreme circumstances can break its banks and flood surrounding areas. When Bridgemead was built the architect set the Lower Ground floor so that if we remained here for 1000 years the river would come in no more than ten times or on average once a century. This was acceptable then, but climate change and better mathematics has increased the predicted frequency. High river levels are stressful and can be worrying, so, though we have well-rehearsed procedures to ensure residents' safety, the trustees decided to find a way of reducing the risk. They considered many options and selected a strong glass wall to hold the water back. Being glass makes sure that residents' view of the river can continue to delight. Constructing a high wall will take away much of the stress when the river rises during a storm.



Our architect, SRA, submitted a planning application for the work in February so we are moving forward. As Nick said in January, the challenge will be to raise nearly a million pounds for the work. We would value your prayers and support for this (daunting) project which we will complete next year.

John Todman, Bridge Care Trustee

## Bridgemead News Supplement

### Flood defences planning application



We have submitted a planning application to erect some new flood defences for Bridgemead. You may read about it in local media in the coming days . We have set out some background and ask you for your support which can be registered by following the link and adding a 'Support comment'. [Planning Application Flood Defence](#)

As you know the leafy, riverside grounds of Bridgemead provide a very real benefit to residents. Whether enjoying the passing river traffic or witnessing the abundant wildlife and changing seasons, there are always enriching scenes to see from residents' rooms or the rooftop garden.

But the river brings its own dangers. Even though Bridgemead was built to withstand the 1 in 100 year flood event we have had two narrow escapes in the past. In the most recent, in 2013, the river rose to within 150mm of the lower ground floor. Residents were packed and ready to leave, but fortunately the waters receded.

Whenever we have sustained rainfall for three or four days, staff become nervous wondering if they will have to move residents to a nearby shelter, which would be traumatic and physically dangerous for the vulnerable residents we care for.

Our design team has devised a sensitive riverside scheme that aims to reduce the risk of flooding from 1 in 20 years to 1 in 65 years; a dramatic improvement. We plan to erect a glass screen fixed to the rear wall of the home and around the grounds; the screen is designed to ensure that the delightful outlook enjoyed by residents is retained.

We have the solution. We have started the fundraising efforts. Please can you support this in some way.

## **Day Club**

If you, or anyone you know would be interested in attending Bridgemead Day Club we currently have spaces and at present we open only on a Wednesday. As and when numbers increase extra days will be added. We offer a whole range of activities and delicious freshly cooked lunches.

For more information please contact:

Hilary Humpage - 01225 484904 - email: [activities@bridgecare.org.uk](mailto:activities@bridgecare.org.uk)

## **Covid Update**

Unfortunately, we have a resident testing positive and a carer therefore visiting is again reduced to essential care giver only.

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 in 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.

We thank you for your continued support in this.

## **Local Giving**

**Bridgemed has a Local Giving Page set up. If anyone would be interested in giving, the link to it is: [www.bridgecare.org.uk/donate](http://www.bridgecare.org.uk/donate)**

**Please note that Bridgemedia can now be found on our website.**

**Go to [www.bridgecare.org.uk](http://www.bridgecare.org.uk), Bridgemedia can be found on the News page.**

**We also now have a page for Staff Vacancies on the website.**

**[https://www.bridgecare.org.uk/about/staff/vacancies/](http://www.bridgecare.org.uk/about/staff/vacancies/)**

**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.**

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