



A still life arrangement of various vegetables and fruits in wicker baskets on a wooden table. The scene is set indoors, with a large, round, woven basket of dried wheat or barley in the background. In the foreground, a wooden table holds several baskets: one with yellow and white pumpkins, another with green and white striped squash, a small basket with green and purple grapes, and a large basket with leeks and green beans. Under the table, a large basket is filled with potatoes, and a smaller basket contains mushrooms and green beans. The lighting is warm and natural, highlighting the textures of the produce and the woven baskets.

Autumn

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

HARVEST
 CHILLY
 THANKFUL
 WHEAT
 MAZE
 RED
 COLORS
 MAPLE TREE
 GEESE
 SWEATER
 ORCHARD
 PUMPKIN
 PEAR
 BROWN
 HAY
 LEAVES
 RAKE
 OCTOBER
 APPLE
 ORANGE

Harvest

Harvest is a time of sharing and peace
 Autumn colours create their masterpiece
 Reaping the rewards of perfect weather
 Vegetable and fruit we gather together
 Everyone thankful for nature's good work
 Scooping handfuls of leaves falling from trees
 Time to embrace the harvest taste

“Give thanks with a grateful heart.”

“Great is Your faithfulness, O Lord.” Lamentations 3:23

During the last couple of years there have been many things happening in the world to disturb or discourage us. There has been the Covid-19 pandemic, floods, forest fires, earthquakes, plagues of locusts and mice, the situation in Afghanistan as well as things which have happened in our own personal lives. Reactions to these have been mixed: some people have asked the question, “Where is God in all this?” while others have reached out to God and prayed. I have thought many times of the responses of characters in the Bible such as Jeremiah. Jeremiah lived around 600BC and saw the deportation of Jewish people from Judah to Babylon and the destruction of large parts of Jerusalem. He wrote the Book of Lamentations; a lament is an expression of grief and sorrow, and Jeremiah felt that very deeply. Almost in the middle of his book of elegies he also expresses the love and sorrow which God has for His people as he writes: “Yet this I call to mind and therefore I have hope: Because of the Lord’s great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness.” (Lamentations 3:21-23) This reminds us that whatever we go through, the Lord never changes, He is always faithful and He is with us afresh each new day. We particularly think of this as we come once again to celebrate harvest and God’s provision for us. We may not do this in the way that people did in the past by bedecking our churches with fruit and veg, but we should be grateful for all that we have in our country of plenty, and remember those who are not so fortunate in other parts of the world. “All good gifts around us are sent from heaven above, then thank the Lord, O thank the Lord for all His love.”

TRUSTEE MESSAGE

As trustees one of our responsibilities is to ensure the effective running of Bridgemean care home. We do this through using our collective skills and individual professional experience. Over time the needs for running the home will change and existing trustees will retire, so periodically, we will add to and complement the board skills through the recruitment of new trustees. In recent months we have welcomed 3 new trustees to the board, who each bring new skills and experience, in order of arrival they are Nick Olley, Sue Halliday and Tim Dewes.

This month we celebrated Pam Bourton's 20 years of service as Registered Manager at Bridgemean. Please join me in extending a huge thank you to Pam for her years of dedication and care provided to residents and their families past and present. As has already been announced, Pam plans to retire in March and a number of trustees have been involved in the recruitment of her successor. Following good progress over the summer we hope to make a formal announcement in the near future.

Earlier this year we began the roll-out of a new IT system to digitise the record keeping of resident care information. The core commissioning of the system is now complete although exploiting the management information provided through the technology will be ongoing. The system will now more straightforwardly evidence the quality of care provided to both management and external bodies such as CQC.

As I write, I am enjoying a holiday with my son and his family in the Lake District. The walks offer so much breathtaking scenery everywhere you look. Between us, we have enjoyed spectacular views from Skiddaw, Cat Bells and Helvellyn all of which are an enduring reminder of the magnificence of God's creative hand. Our 2 year old granddaughter was thrilled to be paddling in the lakes and exploring the natural world around her. I must say that it has been such a joy and privilege to be out and about again!

Ed Zedlewski



FRIENDS OF BRIDGEMEAD

Hello Bridgemedians,

The Autumn is rapidly approaching, but I am not concerned as it's such a beautiful season – to quote John Keats.....'Season of mists and mellow fruitfulness'. Also the colours of the trees and countryside are so stunning at this time aren't they? I also look upon the Autumn as a blessing for me, as my daughters were born in October and November and my husband's birthday is also in November – the downside is that it's an expensive time too!!

Not too much to report I'm afraid as our intended September committee meeting had to be postponed until next month - unfortunately too late in October to make the November newsletter.

I am very grateful to one of our committee members, Sandra Stephens, who has kindly offered to be 'stand in' Secretary until we can elect a permanent officer at the AGM.

I am also very pleased to tell you that two ladies have shown an interest to come onto the Friends committee, so we might soon be up to quota!

A thank you to Chairman of the Trustees Nick Coates, who has agreed to attend our October meeting.

As always a big shout out for Pam and her team who continue to keep everyone safe!

Una



Sadly we say goodbye to:
Dayclub - Paul B
Our Love and thoughts go out the his family and friends



HAPPY BIRTHDAY TO:-
Residents: Irene W
Sue T
David P
Christine I
Day Club: Iris H

A Poem by our Resident Poet

FOOD

Now lots of people like eating fish,
In a pie, or some other tasty dish.
But most people's favourite is fish and chips,
Which I have to say is no good for the hips!
We are told that vegetable and fruit are good for you,
They give vitamins and minerals and flavour too!
Milk, eggs, butter and bread,
Now we take all those as already read.
Our diet has changed over the last few years,
Lots of spicy food and pasta appears.
These meals are what the young folk eat,
All cooked, Cartoned, wrapped and ready to heat.
I think if the English has to choose a winner,
I'm sure it would be a full Christmas Dinner.
We are so lucky to have so many foods around us,
Anyone who could name them all would be a genius.

News at Bridgmead

As mentioned in Ed's message this month we celebrated Pam's 20 years of service as Registered Manager at Bridgmead. During the afternoon Residents, Staff and Trustees joined together with Pam to congratulate her for her dedication to Bridgmead. We all enjoyed the 'Afternoon Tea' especially the cakes!!



Our last themed day was 'The Isle of Man'. One of our residents grew up on the 'Isle of Man' and he enjoyed sharing his memories and interesting facts with regards the island. The menu for the day was Manx Pasties with vegetables followed by Trifle. In the afternoon we had Manx Style Berry Bonnag which was baked by our residents. A recipe to be repeated! For supper kippers and crusty bread were on the menu.



Covid Update

We plan to start to allow volunteers to come into the home for Quiet Times and Services. This will be closely monitored with the need to follow all the precautions as with other visitors. We will also require the volunteers to be vaccinated.

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 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 Bridgemead

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.bridgecare.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@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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