

# News from <sup>LXXV</sup> Bridge House

CARE HOME

Dear Friends

Well, Autumn is firmly here! We have been reflecting on all of the lovely things we've been up to in recent weeks and thought you'd like to see some of our photographs too.

## Music at The Proms



It's such a great atmosphere when our favourite local musicians come to perform. What a treat it's been to enjoy incredible music in the wonderful company of our friends from the different floors. Thanks to socially distanced performances from Ben, who played Bach on the violin as well as lead us in a classic sing-a-long on piano, and violinist Victoria Yellop, it was like having our very own BBC Proms right here at Bridge House! And when the Bank Holiday weekend rolled round and we were unable to visit our favourite pub garden, we decided to bring the Public House to us for the afternoon, with games of cards and dominoes washed down with a classic pint of shandy and some crisps. Bliss!



## Remembering beautiful memories

We love to reminisce about our resident's cherished memories and so we created the Bridge House "Playlists of Life" sessions, where we listen to music and discuss the happy memories they spark. When our Lifestyle Co-Ordinator, Chantelle, was interviewed recently by BBC broadcaster Lauren Laverne on Music for Dementia, she explained "Music is universal, it's a very easy thing to use to connect with people, even those with no communication." We also find other ways too, our resident Navy man, Graham, loves to tell us about sailing. So, the team printed him diagrams of boats and showed him videos of his favourite places to sail, igniting some wonderful memories.

# Bringing the great outdoors inside

Our green-fingered residents love to experience nature, and so it's always wonderful to see everyone's creativity shine through in our regular flower arranging sessions. Here our residents design beautiful floral displays over a cup of tea and slice of cake to then take back to their rooms and adorn our community areas, bringing a long-lasting sensory element to one of our favourite activities. Of course, when the sun was out we took the opportunity to plant a new vegetable patch and tidy up the flower beds for Autumn! In anticipation of colder days to come, we also decided to expand our indoor sensory garden by creating a new Hope & Positivity garden with colourful flowers and inspirational quotes.



## A trip around the world

Our Lifestyle team have been in their element these past few months arranging many a virtual trip around the globe for our cultured residents. We even turned the Bistro into Italian restaurant "Bella Bridge" for a three-course Italian supper complimented by Peach Bellini's! Wearing our best berets, we celebrated Bastille Day with a social evening of cheese & wine, baguettes and croissants, whilst taking requests of everyone's favourite French music. For our trip to Spain, we practiced our flamenco dancing and sipped Sangria while sampling paella and churros. One of our residents told us: "Every time we have one of these nights I completely forget that I live in a care home!"



With love,  
**Lucy Porter, Home Manager**

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We always love reading your comments on Facebook!  
Here are a few recent ones:

"A huge heartfelt thank you for the wonderful care and love you are giving to my mum and all the residents. I can't thank you enough for keeping her spirits lifted with your kindness and love." Karen

"Your originality of organising activities, from sports yesterday to artistic sweetie displays today is incredible. You are certainly keeping them busy with so many varied activities. Thank you for keeping them so happy." Ann

"Amazing people. Such hardworking, kind, caring and loving people... Thank you. Love to you all." Laura

