



THE BRIDGE

Issue. 03

Newsletter

October 2024

Recent Events



Great British Care Awards

We are thrilled to announce that The Bridge Care Home team has been selected as finalists in the Great British Care Awards in the Southeast Region! This recognition highlights the hard work and dedication of our amazing team.

Mayor & Mayoress Visit

We were honored to host the Mayor and Mayoress of Dartford for an unforgettable afternoon. They enjoyed a tour of the home, mingled with our residents and were entertained by the fantastic Pete Storm, creating an afternoon filled with joy and wonderful memories.



Open Day

On the 6th September, we celebrated the official community opening of The Bridge Care Home. The MP for Dartford joined us, sharing inspiring words and helping to kick off the day with style. It was a beautiful event filled with music, great food and heartwarming moments with residents, families and neighbours.



Trip to Buckingham Palace

The residents of The Bridge had an unforgettable experience as they toured the majestic Buckingham Palace! From the breath taking State Rooms to the rich history surrounding every corner, it was a day filled with wonder and royal splendor.

Summer Fete Success

Our Big Summer Fete in August was a massive hit, featuring community stalls, a petting zoo and an ABBA tribute band. The day was filled with laughter, music, and delicious food, especially the crowd-favourite hog roast. Thank you to everyone who made the event unforgettable!



Giveaway Winners

Congratulations to all the winners of our giveaways over the past couple of months. All winners have enjoyed their prizes which have ranged from massages and manicures to fine dining. Follow us on Facebook to enter our upcoming giveaways.



Health & Wellbeing

BridgeFit

In this month's newsletter, we are excited to share the remarkable fitness progress of our residents who have been attending the Bridgefit and 121 fitness sessions. Over the past few months, we have seen significant improvements in both physical and mental well-being among participants.

Regular attendance at these sessions has not only enhanced the residents' physical fitness but has also played a crucial role in boosting their mental health. Engaging in structured exercise helps release endorphins, which can alleviate feelings of stress and anxiety. Many residents have reported feeling more energised, happier, and promoting a sense of community and support during each session.

Moreover, participating in regular exercise has greatly supported the residents' mobility and motor skills. The tailored exercises in our Bridgefit and 121 sessions focus on improving strength, balance, and coordination, which are essential for maintaining independence in daily activities. As residents continue to engage in these fitness routines, we observe enhanced flexibility and stability, reducing the risk of falls and injuries. This commitment to fitness not only benefits their physical health but also empowers them to move with confidence and ease. We encourage all residents to keep up their participation in these sessions, as the benefits are clear.





Healthy Vitamin Shots

In addition to their fitness progress, our residents have been enjoying the freshly made vitamin shots during their Bridgefit sessions. These nutritious shots are not only delicious but also packed with essential vitamins and minerals that help boost immunity. We encourage our residents to try a variety of vitamin shots, allowing them to discover which blends they enjoy the most while reaping the health benefits. These vitamin shots play a significant role in supporting joint health, which is crucial for fall prevention. By enhancing joint function and reducing inflammation, residents can move more freely and confidently during their exercise sessions. This is particularly important as we age and maintaining strong and healthy joints contributes to overall mobility.



Our Health and Wellbeing Lead monitors the residents' balance levels on a quarterly basis, and we are pleased to report some improvements in this area. The combination of regular exercise and the nutritional support from vitamin shots is proving to be an effective strategy for enhancing our residents' overall well-being.

Community Engagement

Age UK

Age UK regularly joins us for a day filled with activities, meals, and socialising. Their visits are always a joy for both residents and staff.



**CROSSROADS
COUNSELLING**
AT THE BRIDGE

Crossroads Counselling

We are offering our therapy room to Crossroads for providing counselling to carers every Wednesday for 14 weeks. This initiative supports the mental health and well-being of those who care for others.

World Alzheimer's Brunch

In recognition of World Alzheimer's Month, we hosted a special brunch that brought together our community to raise awareness about dementia. A heartfelt thank you to our Dementia Champion for his moving speech and dedication to supporting those affected by Alzheimer's.





Dining

Fine Dining

We are proud of our fine dining offerings. Residents and guests can enjoy a special meal experience by booking in advance. Perfect to bring friends and family together to celebrate special occasions such as birthdays or anniversaries.



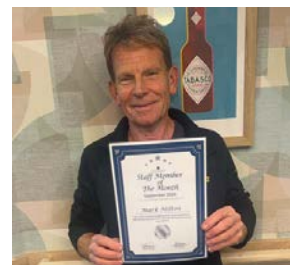
Autumn Menu

We have received great feedback from our new Autumn menus. Dishes feature a delicious selection of seasonal dishes, crafted to bring warmth and comfort as the days grow cooler.

Special Recognition

Employee of the Month

Well done to KH for August and MM for September. They received a certificate, Prosecco and a gift voucher!



First Aid Courses

Congratulations to the staff doing their practical first aid course.

Did You Know?

Stacey B, The Bridge's Deputy Manager, is a qualified rescue diver! When she's not helping our residents, she's trained to dive deep and lend a hand in underwater rescues!



Birthdays

Resident Birthdays

FW - 22/08 | ABB - 24/09

Staff Birthdays

Tosin O - 05/08 | Kath F - 28/08 | Abby M - 20/08 | Olivia I - 08/09
 Olga V - 01/10 | Judith O - 10/10 | Sian O - 16/10 | Megan F - 20/10
 Jenny F - 22/10 | Demi F - 28/10 | Ellie D - 30/10

Champions

We're proud to recognise Joel W as our Dementia Champion and Garry H as our Dignity Champion for their unwavering commitment to excellence in care at The Bridge Care Home.

Joel W

As Dementia Champion, Joel is dedicated to creating an environment that supports sensory engagement and clear communication for residents living with dementia. Joel ensures individualised care plans are in place, detailing personalised approaches that truly honour each resident's needs. Continuously expanding his expertise through training, Joel shares his insights with the team, making sure everyone is equipped with the best practices in dementia care.



Garry H

Our Dignity Champion, Garry, is committed to fostering a culture of respect and dignity in all aspects of care. He regularly observes and audits care interactions to ensure dignity is upheld and actively promotes this value across shifts. Garry also sources training materials and video resources, consistently refining his understanding to ensure that dignity is woven into every care plan.

Upcoming Events

Cockney Night
22nd October | 5.30pm



Fireworks Night
5th November | 5.00pm



Casino Night
29th November | 5.30pm



What People Are Saying!

We're grateful for the wonderful reviews on Carehome.co.uk and Google. Your feedback is invaluable to us! Please take a moment to share your experience. Thank you for being a part of The Bridge Care Home community.



The Bridge Care Home

"The Bridge Care Home has been the perfect place for my nan over the past few months. Every member of staff is so lovely and caring and nothing is ever too much. They have so much patience and their caring nature shines through in everything they do. I am amazed by the excellent customer service that is shown by the workers. The support and kindness they all offer makes each day brighter for the residents and for their families who visit. Not only has my nan been in The Bridge for the past few months, but also my mum has spent some repite time in there following a hip replacement. The incredible service and love and care they have both received during their stays is something we will always be thankful for as a family. So much gratitude for everything you have done. Special thank you to the deputy manager and home manager, who have been absolute stars to both my mum and my nan. Couldn't ask for anything more. Those girls have such loving natures. Thank you!"



- carehome.co.uk review