



# THE BRIDGE

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Issue. 06

Newsletter

July 2025

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## A Message From Demi

Dear Residents, Families and Friends,

I'm delighted to welcome you to this edition of our Newsletter. As always, it's a pleasure to share some of the lovely moments, achievements, and updates from life here at The Bridge.

Over the past few weeks, we've enjoyed a wonderful mix of activities, celebrations, and new beginnings. From birthdays, fine dining, and garden strolls to visits from entertainers and family get-togethers, our home has been full of laughter, music, and fun! It's a real privilege to witness the sense of community and warmth that continues to grow here.

I want to take a moment to thank our incredible staff for their ongoing dedication and compassion. Their hard work behind the scenes—and on the floor—makes a huge difference every single day. I'd also like to thank the families and friends who continue to support and engage with us. Your involvement brings such joy to our residents, and it means a lot to all of us.

In this issue, you'll find highlights from recent events, upcoming activities to look forward to, and a few spotlights on both residents and staff. We've also included useful updates, fun stories, and photos capturing the spirit of our home.

As always, if you have any suggestions, ideas, or feedback, I'd love to hear from you. This is your newsletter, and we want it to reflect what matters most to you.

*Demi Fuller*

Home Manager

# Recent Events



## Father's Day BBQ

Our Father's Day celebration was full of sunshine, sizzling BBQ! With classic Elvis tunes and live entertainment from Stuart Antony, there was no shortage of dancing and fun! Cold beers, delicious food, and plenty of laughs made it a perfect tribute to the incredible dads and granddads in our community. We can't wait to do it again next year!

## Circus Night

We had an incredible time at our circus evening, where Arthur Hyam wowed us with his lively, interactive show. Residents, families and staff all joined in the fun! Circus-themed treats like popcorn, festive cakes and vibrant décor brought the Big Top to life. A huge thank you to Arthur and our amazing team for creating such a magical and joy-filled evening!



## Southend Seaside

Our residents enjoyed a wonderful day out at the Southend Seaside, soaking up the sunshine and sea air on a scenic coastal trip. From relaxing strolls to dipping toes in the sand, it was a refreshing and joyful outing full of smiles, connection, and fresh sea breezes.

## Frameless Immersive Art Exhibition

Our residents were treated to a vibrant and sensory-rich experience at the Frameless Immersive Art Exhibition. Surrounded by dynamic, larger-than-life projections, they explored famous works of art in a whole new way — stepping right into the heart of the masterpieces. The atmosphere was full of awe, curiosity, and joy as everyone took in the colours, movement, and music. It was a day of pure inspiration and wonder, creating lasting memories for all who attended.



## Wellness With Lewis

We're excited to welcome Lewis, our new gym instructor here at The Bridge! He's already made a great impression with his friendly, easygoing sessions focused on gentle movement, posture and balance.

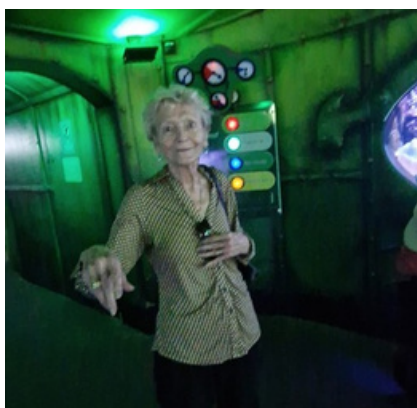
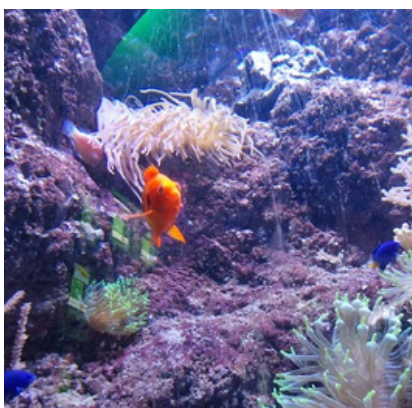
From chair-based stretches to resistance band workouts, Lewis helps residents stay active in a fun, relaxed way. It's all about moving more, feeling better and enjoying a good laugh along the way!







# Gallery





# Dining

## New Bar Bistro Menu

We're excited to unveil our fresh Bar Bistro Menu, featuring comforting classics and seasonal favourites made with care by our talented kitchen team. Highlights include Chef's Daily Soup – a warm, freshly prepared bowl served with a crusty artisan roll, perfect for any day. Try our Grilled Chicken & Basil Panini, packed with flavour and served with fries and a crisp side salad. Or enjoy the delicate Heritage Tomato & Aged Cheddar Quiche, a satisfying vegetarian option that's as beautiful as it is delicious.





# Special Recognition

## Resident of the Month

### **Margaret**

Margaret has become a much-loved part of our community since joining The Bridge earlier this year. Her positivity, warmth, and energy light up every room she enters – whether it's bingo night, a singalong, or just a quiet chat over tea. Congratulations, Margaret!



## Employees of the Month

**Alexis**

**Beth**

**Maria**

## New Care Manager

### **Ana Otel**

Ana brings over five years of experience in care and leadership roles within our company. Her calm, compassionate nature and commitment to person-centred care make her a fantastic addition to the team. We're thrilled to have her lead our home forward.



# Seasonal Wellness Tips

## October

### Keep Warm, Stay Active

- Wear layers of clothing that can be added or removed throughout the day.
- Do light indoor activity such as chair exercises or stretching to help keep joints mobile and spirits lifted.
- Flu season begins now so be sure to get your annual flu jab.



## November

### Boost Immunity & Comfort

- Enjoy hearty meals like soups and stews packed with vegetables and protein for immunity.
- It's important to keep drinking fluids regularly!
- The shorter days can affect mood. Social time, light activities, and regular chats with staff or loved ones can help.

## December

### Festive, But Health-Focused

- Enjoy seasonal treats but keep a balanced diet where possible - watch sugar and salt intake.
- Colds and viruses are more common now. Practice regular handwashing and let staff know early if you feel unwell.
- Keep rooms comfortably warm and ensure socks, slippers and blankets are within reach



# Family & Friends Corner

## Dates for Your Diary

### Relatives' Meetings

We warmly invite you to attend and share your thoughts, ask questions, and hear updates about life at The Bridge.

- Thursday 24th July
- Tuesday 28th October



## Dining Reminders

Please note the following dining reminders to help us serve you better:

- Fine Dining must be booked at least 1 week in advance.
- Please respect Protected Mealtimes.
- The Bistro is open 9am–5pm.
- Daily menu meals must be ordered before 11am the same day.

## New Clothing

Please give new clothes to Reception for labelling before they go into drawers to help prevent lost property.

## Valuables

Please avoid keeping valuables in the home to help keep belongings safe!

## Thank You

Thank you to all families who completed our surveys! Your feedback helps us keep improving care.





## Upcoming Events



### Hawaiian Night 26th July | 6:00 pm

Join us for Hawaiian Night at The Bridge! Celebrate a tropical evening of live entertainment, tasty food, and refreshing drinks!

RSVP | [events@thebridgecarehome.co.uk](mailto:events@thebridgecarehome.co.uk)

## What People Are Saying!

We're grateful for the wonderful reviews on [Carehome.co.uk](https://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

"I can not explain how lovely it has been and the staff could not do enough for us. We had food and drinks laid on for us which was amazing... Since we have been visiting we have always been made welcome... Mum has been so happy and has been doing so much more than she did in her old home. Thank you all so much."



- [carehome.co.uk](https://carehome.co.uk) review