



THE BRIDGE

Issue. 08

Newsletter

March 2026

A Message From Demi

Dear Residents, Families, and Friends,

Welcome to the latest edition of our care home newsletter and our first for 2026. I am delighted to share with you the wonderful moments, achievements, and updates from our home over the past month. As Manager, I am incredibly proud of our dedicated team who work tirelessly every day to provide high-quality, compassionate care. Our residents remain at the heart of everything we do, and it is a privilege to support you in a safe, comfortable, and happy environment.

This month, we have enjoyed many special activities, celebrations, and meaningful moments together and residents surely had a wonderful Christmas. From social events to creative sessions and community visits, it has been lovely to see so many smiles.

We continue to listen carefully to your feedback and ideas, as they help us grow and improve. Your support and involvement mean so much to us, and we are always grateful for the trust you place in our team.

Thank you for being part of our wonderful community. I hope you enjoy reading this newsletter and learning more about what we have been up to. If you ever have any questions, suggestions, or concerns, please do not hesitate to speak with me or a member of the team.

Demi Fuller

Home Manager

Welcoming Spring

Spring is almost here, bringing longer days, brighter mornings, and a wonderful sense of renewal throughout our home. The gardens are beginning to come alive with colour, and our gardener has been working hard this planting season, ensuring that all the blossoming bulbs, including daffodils, are left to bloom beautifully in time for Easter.

Over the next few months, residents will have plenty of opportunities to enjoy spring-themed activities. Our schedules are full of gardening sessions, gentle walks in the fresh air, and creative crafts inspired by the season — giving everyone a chance to get hands-on and embrace the joys of spring.

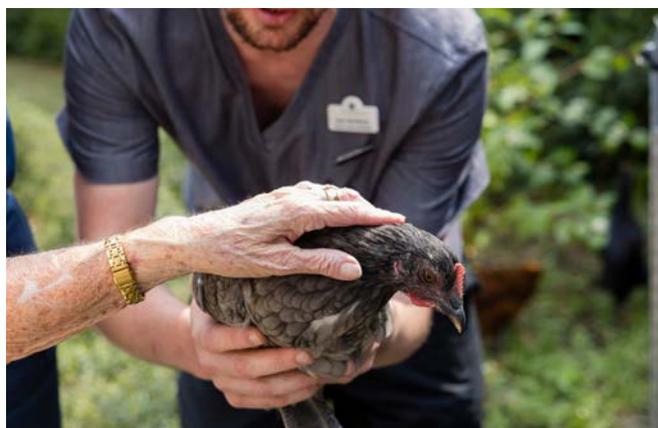
Spring is also a time for memories. One resident fondly recalled:
“I used to help my mother plant tulips in our garden every spring. I can still remember the smell of the soil and the excitement of seeing the first buds appear.”
– Resident VH

These shared memories help bring warmth, smiles, and lively conversations throughout the home as we celebrate this vibrant season together.



Spring Tip

Take a moment to enjoy the little things this spring! Try planting a small pot of flowers on your windowsill, or go for a short walk in the garden and notice the first blossoms. Did you know that spending time in nature and seeing bright colours can lift your mood and give you a burst of energy? Even a few minutes of sunshine can make a big difference!



Resident's Corner

Christine Sparkes

This month, we are celebrating our lovely Christine Sparkes, who has chosen the quote:

"Do not dwell in the past. Do not dream of the future. Concentrate the mind on the present."

Christine also shared...

"I live my life believing that it's pointless fretting about the past, and why worry about the future, it might not happen. Make the most of today."

Despite the hurdles she has faced, Christine is always smiling and embracing life. She lives life to the fullest, taking part in activities and enjoying trips out. Her positive outlook, energy, and zest for life make her an absolute inspiration to us all!



Winter Events

Bonfire Night



Mad Hatters Tea Party



Christmas Fete





Dining Corner

Bar Bistro

We're excited to share the next Bistro menu, running from 1st April – June:

Fish Goujon Ciabatta

Crispy golden fish goujons nestled in a toasted artisan ciabatta, layered with shredded lettuce, tangy tartar sauce, and a squeeze of fresh lemon. Finished with a sprinkle of fresh parsley and served with a side of slaw

Roasted Butternut Squash Soup

Velvety roasted butternut squash blended with a hint of warming nutmeg and garlic, finished with a swirl of crème fraîche and toasted pumpkin seeds. Served with a slice of crusty bread.

Homemade Scotch Egg

A perfectly soft-boiled free-range egg, encased in seasoned sausage, coated in golden breadcrumbs, and baked or fried to crispy perfection. Served warm with tangy mustard mayo, a side of dressed seasonal salad, and piccalilli.

Stuffed Peppers

Vibrant bell peppers filled with a Savory mix of herbed rice, seasonal vegetables, and melted cheese, baked until tender and golden. Finished with a drizzle of tomato coulis and fresh basil.

Daily Dining

Our daily dining menu for residents will also be changing on 1st April for spring! To ensure your preferences are included, please join us for the menu planning meeting in the Bistro at 2pm on 16th February. Residents and families are warmly invited to share their choices and ideas for daily meals.

Bistro Opening Times & Booking Info

Light bites are available 10am–6pm and do not need to be booked – just pop in!
Main meals delivered on the trolleys must be booked by 11am on the day.



Fine Dining

Our Fine Dining events have been a huge success! Thank you to the families for your lovely feedback. We're pleased you've been able to enjoy time with your loved ones!



Meet Our New Head Chef, Matias!

We are thrilled to welcome Matias as our Executive Head Chef. With a wealth of experience in both care homes and restaurants, he brings exceptional culinary expertise and a true passion for food. Having owned a thriving restaurant in Ibiza, he combines creativity and precision in every kitchen he leads. Recently promoted to this exciting new role, Matias is eager to bring his vision and talent to our team.



Health & Wellness

Embrace Movement, Embrace Life!

Even small amounts of movement can make a big difference in how we feel, both physically and mentally. Think about incorporating a short walk in the garden, gentle stretching in your room, or joining in on group activities. Every bit of movement helps keep our bodies and minds active and engaged.

Nourish Your Body, Nurture Your Soul

What we eat plays a huge role in our overall wellbeing. Focus on enjoying delicious, balanced meals that are packed with nutrients. Remember to stay hydrated throughout the day by drinking plenty of water. Sometimes, a warm cup of tea or a flavorful broth can be incredibly comforting and revitalizing.

Connect and Share: The Power of Community

Strong connections with others are vital for happiness. Make time to chat with friends, share stories, or simply enjoy each other's company. Participating in social activities can bring so much joy and a sense of belonging.

Find Your Calm: Moments of Peace

In our busy lives, it's important to carve out moments for relaxation and mindfulness.

This could be listening to calming music, enjoying a good book, spending time in nature, or practicing deep breathing exercises. Finding these moments of peace can help reduce stress and promote a sense of inner tranquility.



Resident of the Month

Shirley has truly blossomed since joining us at The Bridge! Once hesitant and unsteady, she now confidently attends our Bridgefit chair exercise classes twice a week and can stand from her chair unassisted, working on her strength and balance without her walking frame. Her journey is a wonderful example of how consistency and support can transform wellbeing.



Staff Highlights

A big well done to Marion, Carlee, Julie, and Sarah for their dedication and for being awarded Staff of the Month over the past quarter!

This recognition is just a small way of showing how grateful we are to have such wonderful team members. Your commitment and compassion make a huge difference to the lives of our residents every day, and we are so proud to have you as part of our home. Thank you for everything you do - you are truly appreciated!



Friendly Reminders

Dates for Your Diary

Menu Meeting

16th Feb 2pm

Resident & Relatives Meeting

22nd April 6pm - Bistro

Send in Email for Staff of the Month

3rd week of the month.





Upcoming Events



70's Revival
March



Easter Celebrations
April



Cockney Knees-Up
May

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

"We have been visiting our friend for over a year at the Bridge Care Home and would have no hesitation in recommending the Care Home to anyone. All the staff are excellent as are all the facilities and food, etc. Having been to other Care Homes in the past we can only say that in our experience this one is exceptional. Keep up the good work."



- carehome.co.uk review