



THE BRIDGE

Issue. 10

Newsletter

September 2026

A Message From Demi

Dear Residents, Families, and Friends,

As we welcome our June, July and August newsletter, I would like to take a moment to reflect on what has been a wonderfully busy and enjoyable few months here. The sunshine has certainly made an appearance, and it has been lovely to see everyone making the most of the warmer weather—whether enjoying time outdoors, taking part in activities or simply spending time together.

A special thank you to all of our residents who have been so busy helping us prepare for our Summer Fete. Your creativity, enthusiasm and hard work helped make the day such a success. We were delighted with the amazing turnout, and it was great to see so many residents, families, friends and members of our local community coming together to enjoy it!

We are also delighted to have reached full occupancy, with 71 residents now calling our home their home. It is lovely to see new friendships developing, residents building strong bonds and everyone enjoying their time together. I would also like to say a heartfelt thank you to all of our families for your continued support, kindness and involvement over the last quarter. It means so much to our residents and the whole team.

Finally, a huge well done and thank you to all of our wonderful staff. Your dedication, compassion and outstanding care never go unnoticed. Every day, you work hard to make sure our residents feel valued, supported, happy and, most importantly, at home. I am incredibly proud of everything you do.

Here's to more sunshine, laughter, friendship and happy memories as we head into the rest of the summer.

Warmest wishes,

Demi Fuller

Home Manager

June Highlights

The Races at Lingfield

A wonderful day at The Races at Lingfield, soaking up the atmosphere, placing a few friendly bets, & cheering on our favourite horses. Some residents were lucky enough to come home a few pounds richer!



Kingfisher Mark Boat

A fabulous day was spent aboard the Kingfisher Mark boat, sailing along the River Medway. Residents took in the stunning riverside views, spotted local wildlife and enjoyed spending time together on the water. The day was filled with smiles, plenty of fresh air and happy memories.

Seaside Event

In June we had a fabulous seaside-themed afternoon, with fish and chips, an ice cream van, paddling pools and sandpits. We were also joined by the wonderful Mr Muddles, who entertained the children with his puppet show and magic tricks. A wonderful afternoon was had by everyone in the sunshine!



July Highlights

Penelope's Tea Room

A lunch date at Penelope's Tea Room and Restaurant was thoroughly enjoyed by all. Sitting amidst the beautiful surroundings and gorgeous décor, residents shared stories, enjoyed great company and plenty of laughter, and created special memories together.



Buckingham Palace

The residents enjoyed a fabulous day out at Buckingham Palace, sightseeing and soaking up the history and beauty of this amazing landmark. They wandered through the State Rooms, following in the footsteps of royalty.

Hawaiian Afternoon

Our July marketing event was a fabulous Hawaiian afternoon, filled with laughter and tropical vibes. We enjoyed fantastic performances from a steel band and circus performer, while the cocktails flowed and the wonderful music created an incredible atmosphere.



August Highlights

International Beer Day

We enjoyed International Beer Day, on a particularly hot afternoon, sampling lots of different selections of beers from around the world. We also enjoyed wines, spirits, ciders and nibbles, giving everyone the chance to discover some new favourites!



Fire Brigade Visit

We had a fabulous visit from the Fire Brigade from Dartford Fire Station to chat with the residents about a typical day in the life of a firefighter, sharing lots of interesting stories and insights into their important work. It was a fantastic opportunity to take a closer look around the fire engine!

Summer Fete

The sun was shining for our Summer Fete, as we welcomed lots of visitors to enjoy everything on offer. The day featured a wide variety of stalls, birds of prey, a BBQ, bouncy castle, DJ, ice cream van and a special visit from Henny the multicoloured unicorn!



Words of Wisdom

Christine Sparkes

From Christine Sparkes to the younger generation, giving advice. Christine suggests that everyone should enjoy, and make the most of every day, when you're young. Always keep your sense of humour. Keep your family close to you as much as you can always. Our Christine has 1 sister and 2 brothers.



Resident Highlight



Sheila Prime

Sheila lived in Dartford for 60 years with her family. She grew up in a children's home until she was 16, which she said she has very happy memories of, and was then fostered until the age of 17. When Sheila was at secondary school, she met her husband Keith, whom she married, and they had two sons, Ian and Roger, and four grandchildren. When Sheila was younger, she worked as a shorthand and audio typist for an insurance company, and she loves doing puzzles, reading and knitting. She also had a caravan in Herne Bay for 13 years, where she and her family enjoyed lovely summer holidays, and she was an active member of her local church choir.

Memories Corner

Music Memories

We asked a few of the residents about their favourite musicians, and singers from years gone by. Sheila loved the music and piano playing of Russ Conway, her favourite track was Side Saddle, which she would play constantly and would drive the household crazy! Brenda loved Frank Sinatra when she was younger, her favourite being My Way, Frank's most famous song of all time, loved the world over. Wendy is a massive Roy Orbison fan, her favourite track being Pretty Woman, which had a resurgence when the film Pretty Woman was re-leased in 1990. Norma was a huge Elvis fan, firm favourites of hers were All Shook Up, and Blue Suede Shoes. We often have an Elvis Tribute act in the home, which to be honest, most of our residents say is their favourite! Hazel loved



the smooth dulcet tones of Nat King Cole singing love songs. A firm favourite of Christine's was Matt Munroe, with one of her favourites, being Portrait Of My Love. Mavis was big Dean Martin fan, and was lucky enough to see him live on stage, singing Little Ole Wine Drinker Me, which was synonymous with his reputation!

Resident Memories

When we spoke with Jackie Robinson about her memorable childhood memories, she was keen to share that the ones that stick in her memory are of sports days at her primary school in the summers. Taking part in the egg & spoon race & the 3 legged race with her school friends, where she was always keen not to come last in any of the races! A favourite holiday memory of hers, was on her 50th birthday, where she went on a cruise to the Norwegian Fjords, with the stunning scenery, she was even able to handle the baby huskies. Jackie worked for the Co-op for 19 years in Dartford, in an admin and clerical role, which she really enjoyed. Family traditions



that Jackie recalls were always at Christmas & Easter, where she would go to St James Church in Welling, and later to Christchurch in Dartford with her family.

A Taste of What's to Come

We've been listening carefully to all the wonderful suggestions and feedback from our residents, and we're pleased to have taken these ideas into consideration as we develop our new menus. We're excited to bring you more choice, variety and, most importantly, dishes that reflect what our residents enjoy.

Here's a little glimpse from our fine dining menu, along with a sneak peek at some of the dishes from our upcoming Bistro Menu.





Bar Bistro Menu

The Gallery - MENU -

PASTRIES

CROISSANT

PAIN AU CHOCOLAT

PAIN AUX RAISIN

CAKE OF THE DAY

LIGHT BITES

STEAK & CARAMELISED ONION BAGUETTE

Succulent slices of rare-cooked steak layered in a toasted artisan baguette with sweet caramelised onions, melted Gruyère, and a light smear of garlic aioli. Finished with a touch of fresh rocket for peppery crunch served with crisps

BROCCOLI & STILTON SOUP

A rich and creamy soup of tender broccoli, infused with sharp Stilton cheese and a hint of garlic. Finished with a drizzle of cream and a sprinkle of toasted seeds for texture served with crisp roll

GOAT'S CHEESE & BEETROOT SALAD

Roasted golden and red beets served on a bed of mixed baby leaves, topped with creamy goat's cheese medallions, candied walnuts, and a light honey-balsamic dressing. Finished with micro herbs for a fresh, elegant touch.

MINI CRISPY CHICKEN SLIDERS

Golden, crispy chicken bites nestled in soft mini brioche buns, layered with shredded lettuce and a tangy house-made mayonnaise. Finished with a light sprinkle of fresh herbs for extra flavor served with chips

Please make us aware of any allergies & dietary requirements you may have

Meet Our Team



Oliver | Sous Chef

Oliver is one of our amazing Sous Chefs. He is dedicated, pays great attention to detail, and is always ready to go the extra mile to help our residents and anyone who needs him. His passion and care shine through in everything he does. One of Oliver's most popular dishes is his "Marry Me Chicken," which has become a firm favourite among our residents! Oliver is also a big Formula 1 fan! He loves the excitement and speed of F1, and when he's not at work, you'll often find him enjoying his passion for driving his sports car wherever he goes.



Amy | Domestic Team

This month, we'd love to introduce you to Amy, one of the members of our Domestic Team! Amy works hard behind the scenes to help keep The Bridge clean and comfortable for our residents. As our Domestic Team don't always have the opportunity to meet families, we thought it would be nice to help you get to know them!

Fun fact about Amy

Amy recently took on Kent's biggest Aqua Run at St Andrews Lakes with her family! She completed an impressive hour on the course and came away with a few bruises to remember it by.

Health & Wellbeing

This Month, We Celebrate Jacky's Health and Wellbeing Progress!

When Jacky first moved into The Bridge Care Home in November 2025, her mobility and balance were quite poor. Through weekly one-to-one exercise sessions, regular walking practice and her own determination, she gradually built her strength, balance and confidence.

A major milestone came in June when Jacky began walking without her Zimmer frame, with support and reassurance close by. What initially felt "nerve-racking" soon became a source of confidence.

Jacky is now walking independently along her corridor without her frame, gradually increasing her distance and using the handrail when needed.

In Jacky's own words:

"Compared to when I first moved in, I have made considerable improvement, and I feel sure that this improvement will continue."

A fantastic achievement and example of how small steps can lead to big progress.



Upcoming Events



1920's Social
12 September



Halloween Party
31 October



Guy Fawkes/Diwali
6 November

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

"We are so happy with the care my mother receives here. The staff are absolutely wonderful: caring, patient & attentive. The home itself is beautifully maintained. Everyone contributes to making it a pleasure for us to visit loved ones. It's a relief to know my Mum is safe and so well cared for. I'm immensely grateful to everyone at The Bridge."



- carehome.co.uk review