

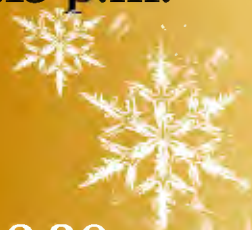


Birtley
House



WHAT'S ON DECEMBER HIGHLIGHTS

Monday	2nd	Christingle craft
Tuesday	3rd	Jewellery sale with Belinda
Wednesday	4th	Christingle service 2.15 p.m.
Tuesday	10th	'Uke n Sing' performance
Thursday	12th	Festive cupcakes
Friday	13th	Festive music with Kevin Jacot
Tuesday	17th	Carousel Theatre 2 p.m.
Wednesday	18th	Wintershall Choir Christmas concert 7 p.m.
Monday	23rd	Festive songs with Mandy
Tuesday	24th	Christmas Communion service 2.15 p.m.
Wednesday	25th	Christmas lunch
Tuesday	31st	New Year's Eve celebrations



Highlights are in addition to our week day activities at 2.30 p.m.

2024 DECEMBER ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CHRISTINGLE MAKING CRAFT 	3 JEWELLERY SALE WITH BELINDA 	4 CHRISTINGLE SERVICE 2.15 PM 	5 ONE -TO- ONE	6 FESTIVE WORD GAMES 
9 'FESTIVE QUIZ OR EXCERCISES	10 'UKE N SING' 	11 CHRISTMAS CRAFT 	12 FESTIVE CUPCAKES 	13 PIANO WITH KEVIN JACOT 
16 FESTIVE QUIZ OR EXCERCISES	17 CAROUSEL THEATRE  2 P.M.	18 CHRISTMAS DISPLAYS 2.30 P.M.  WINTERSHALL CHOIR CHRISTMAS CONCERT 7 P.M.	19 CHRISTMAS CENTRE PIECES CRAFT 	20 CHRISTMAS BINGO 
23 MANDY SINGING PERFORMANCE 	24 CHRISTMAS COMMUNION 2.15PM 	25 MERRY CHRISTMAS 	26 FESTIVE FILM 'A CHRISTMAS GIFT FROM BOB' 2 P.M. 	27 FITNESS FRIDAY 
30 SHORT FILM THE BOY THE MOLE THE FOX AND THE HORSE 	31 NEW YEAR'S EVE PARTY 			



Birtley
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WELLBEING AT BIRTLEY HOUSE

PLUS WE HAVE OUR REGULAR VISITING SPECIALISTS AND THERAPISTS.
PROVIDING INDIVIDUAL SESSIONS TAILORED TO YOUR NEEDS.
PLEASE NOTE THAT BOOKING IS REQUIRED VIA RECEPTION



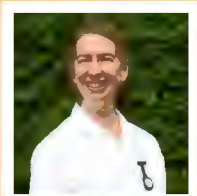
PHYSIO WITH JANET OR TRISH

Many of our residents benefit from weekly physiotherapy sessions which include walking re-education, strengthening and balancing exercises. Physio takes place wherever best suits the resident: in their room, the dedicated physio area, or the gardens. The sessions are found to be extremely beneficial for improving and maintaining a resident's mobility. Residents enjoy immense satisfaction from improvements and their resulting growth in confidence.



MASSAGE, REFLEXOLOGY AND REIKI WITH VAL

With over 30 years experience Val's treatments can provide a range of benefits including (but not limited to) an increased range of motion, reduced swelling, and improving circulation alongside enhanced sleep quality, decreased anxiety, all of which can be rewarding to see.



FOOTCARE WITH VANESSA

Vanessa visits Birtley House every week to assist with our residents' good footcare and maintenance. Services include trimming nails, reducing thickened nails alongside, corn and hard skin removal. Vanessa can also assist with any additional issues such as fungal infections or athletes foot.



HAIRDRESSING WITH LISA

Lisa has an on-site salon area where she offers a range of hairstyling options including styling, cuts, wash sets and blow-drys; regardless of whether the hair do is for a special occasion or just because, creating a look can make our residents feel beautiful and uplift spirits and confidence.



CHAPLAIN REVEREND LIZ TILLEY

We have a dedicated Chaplain Liz Tilley, who visits twice weekly and gets to know our residents well to be able to support them emotionally and spiritually wherever needed. She also provides monthly religious services for the home congregation.

EVERYONE WELCOME!



BIRTLEY HOUSE - DRAWING ROOM

News & natter mornings held regularly
10 a.m. to 11 a.m.



BIRTLEY HOUSE - CAFÉ 39

Open every
Weekday between 10 a.m. and 5 p.m.
Weekends between 10 a.m. and 4 p.m.



ALWAYS AVAILABLE

Puzzles and magazines,
table football plus art easel

