

# WHAT'S ON



Birtley  
House



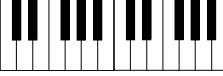
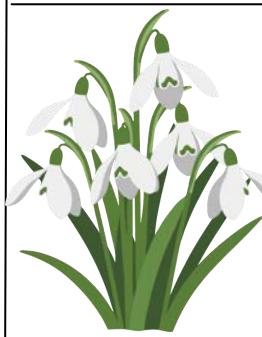
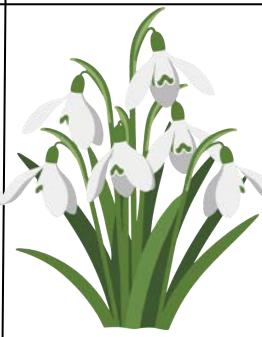
## FEBRUARY HIGHLIGHTS

Monday	2 <sup>nd</sup> 10.30 am Coffee Morning
Wednesday	4 <sup>th</sup> Songs from the Musicals with Jamie
Friday	6 <sup>th</sup> 'Joseph and the Amazing Technicolour Dreamcoat'
Friday	13 <sup>th</sup> Music with Kevin Jacot
Monday	16 <sup>th</sup> Seated Exercises
Friday	20 <sup>th</sup> Birtley Band
Tuesday	24 <sup>th</sup> Music from the St Catherine's School Pupils
Wednesday	25 <sup>th</sup> Entertainer Mandy
Thursday	26 <sup>th</sup> Residents meeting
Friday	27 <sup>th</sup> 'Inside the Factory'

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



# 2026 FEBRUARY ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> 10.30AM COFFEE MORNING 2.30PM PUTTING DIGNITY AT THE HEART 2-4.30 LIZ TILLEY VISITS	<b>3</b> PICTURE QUIZ 	<b>4</b> 2.30PM SONGS FROM THE MUSICAL WITH JAMIE 	<b>5</b> SEATED EXERCISES 	<b>6</b> 10.30 LITTLE HARRIERS CHILDREN 2.15PM JOSEPH AND THE AMAZING TECHNICOLOR DREAMCOAT
<b>9</b> REMEMBER THE 1940'S?	<b>10</b> DANCERCISE WITH HOLLI 	<b>11</b> CELEBRATION DAY 	<b>12</b> RESIDENTS COMMITTEE MEETING 	<b>13</b> MUSIC WITH KEVIN 
<b>16</b> SEATED EXERCISES 	<b>17</b> ONE TO ONE 	<b>18</b> ASH WEDNESDAY WITH LIZ TILLEY 	<b>19</b> BINGO 	<b>20</b> BIRTLEY BAND 
<b>23</b> SEATED EXERCISES 	<b>24</b> MUSIC FROM THE ST CATHERINE'S SCHOOL PUPILS 	<b>25</b> ENTERTAINER MANDY 	<b>26</b> RESIDENTS MEETING 	<b>27</b> 'INSIDE THE FACTORY'
				



# 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



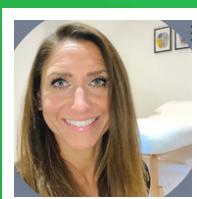
## CHAPLAIN REVEREND LIZ TILLEY

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.



## PHYSIO WITH JANET OR BECCA

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.



## 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.

## FOOTCARE WITH NEAT FEET



Neat Feet services are delivered by April and Emma, both qualified Foot Health Practitioners who bring a wealth of knowledge and experience. April's 20 years as a registered nurse and Emma's experience in Occupational Therapy ensures that you will receive compassionate and personalised attention during their visits.

## 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

