

WHAT'S ON



Birtley
House

FEBRUARY HIGHLIGHTS

Monday	2 nd	10.30 am Coffee Morning
Wednesday	4 th	Songs from the Musicals with Jamie
Friday	6 th	'Joseph and the Amazing Technicolour Dreamcoat'
Friday	13 th	Music with Kevin Jacot
Monday	16 th	Seated Exercises
Friday	20 th	Birtley Band
Tuesday	24 th	Music from the St Catherine's School Pupils
Wednesday	25 th	Entertainer Mandy
Thursday	26 th	Residents meeting
Friday	27 th	'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
2	3	4	5	6
10.30AM COFFEE MORNING 2.30PM PUTTING DIGNITY AT THE HEART 2-4.30 LIZ TILLEY VISITS	PICTURE QUIZ 	2.30PM SONGS FROM THE MUSICAL WITH JAMIE 	SEATED EXERCISES 	10.30 LITTLE HARRIERS CHILDREN 2.15PM JOSEPH AND THE AMAZING TECHNICOLOR DREAMCOAT
9	10	11	12	13
REMEMBER THE 1940'S?	DANCERCISE WITH HOLLI 	CELEBRATION DAY 	RESIDENTS COMMITTEE MEETING 	MUSIC WITH KEVIN 
16	17	18	19	20
SEATED EXERCISES 	ONE TO ONE 	ASH WEDNESDAY WITH LIZ TILLEY	BINGO 	BIRTLEY BAND 
23	24	25	26	27
SEATED EXERCISES 	MUSIC FROM THE ST CATHERINE'S SCHOOL PUPILS 	ENTERTAINER MANDY 	RESIDENTS MEETING 	'INSIDE THE FACTORY'
				



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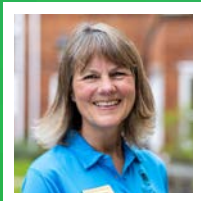
WELLBEING AT BIRTLEY HOUSE

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



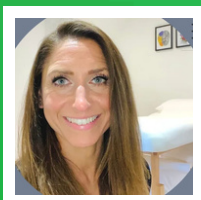
CHAPLAIN REVEREND LIZ TILLEY

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

