



Birtley
House

WHAT'S ON

MAY HIGHLIGHTS

Tuesday	5 th	World Hand Hygiene Day with Carole
Wednesday	6 th	'Mindfulness in Motion' Seated Tai Chi
Friday	8 th	VE Day Party with Kevin on the Piano
Monday	11 th	Dancercise with Holli
Tuesday	12 th	International Nurses' Celebration Day
Wednesday	13 th	Walk & Talk for Mental Health
Thursday	14 th	Craft 'Wear It Green Day'
Monday	18 th	Professional Singer Jamie
Wednesday	20 th	Pamper and Relax
Friday	22 nd	Birtley Bus Outing
Friday	29 th	Tickle the Tastebuds 'Flavour the Quaver'
Saturday	30 th	Remembering the 70's

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

2026 MAY PLANNER

MONDAY






























TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

				1	2
					TACTILE STIMULATION 
4	5	6	7	8	9
STIMULATION FOR THE BRAIN 	WORLD HAND HYGIENE DAY 	'MINDFULNESS IN MOTION' SEATED TAI CHI 	Let's Get CRAFTY 	VE DAY PARTY WITH KEVIN ON THE PIANO 	
11	12	13	14	15	16
DANCERCISE WITH HOLLI 	INTERNATIONAL NURSES' DAY 	WALK & TALK FOR MENTAL HEALTH 	Wear It Green Day 	MUSIC REQUESTS WITH PERCUSSION 	
18	19	20	21	22	23
SINGER JAMIE 	FRUIT FIESTA JOINED BY NUTRITIONIST CLAIRE 	PAMPER AND RELAX 	BIRTLEY BUS OUTING 	BIRTLEY BUS OUTING 	FILM ON SATURDAY 
25	26	27	28	29	30
HOLY COMMUNION SERVICE OR BINGO	PLANTS FOR THE COURTYARD 	Seated Exercise 	RESIDENTS' COMMITTEE MEETING 	TICKLE THE TASTEBUDS 'FLAVOUR THE QUAVER' 	REMEMBERING THE 70'S 



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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



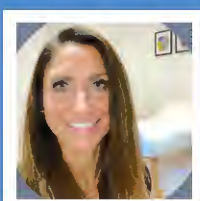
CHAPLAIN REVEREND LIZ TILLEY

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.



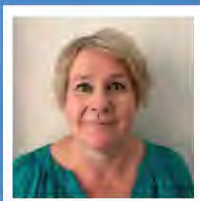
PHYSIO WITH JANET OR BECCA

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

