

# WHAT'S ON



**Birtley**  
House



## JUNE HIGHLIGHTS



**MEN'S HEALTH  
WEEK** 15-21 JUNE

Monday	1 <sup>st</sup>	Magic with Dave
Tuesday	2 <sup>nd</sup>	Residents' Committee meeting
Saturday	6 <sup>th</sup>	'The Queen's Palaces' DVD
Tuesday	9 <sup>th</sup>	Celebrating Carers' Day
Tuesday	16 <sup>th</sup>	Land's End to John O' Groats with Stuart
Saturday	27 <sup>th</sup>	Poetry Afternoon
Tuesday	30 <sup>th</sup>	Little Harriers Day Nurseries

**Birtley Bus Outing on the 3<sup>rd</sup>, 11<sup>th</sup>, 19<sup>th</sup> and 23<sup>rd</sup> of June.**  
Highlights are in addition to our week day activities at 2.30 p.m.  
Times may vary.

# 2026 JUNE PLANNER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 MAGIC WITH DAVE 	2 RESIDENTS' COMMITTEE MEETING 	3 BIRTLEY BUS OUTING 	4 <b>Seated Exercise</b> 	5 Let's Get CRAFTY! 	6 The Queen's Palaces 
8 DANCERCISE WITH HOLLI 	9 CELEBRATING CARERS 	10 PAMPER AND RELAX 	11 BIRTLEY BUS OUTING 	12 TACTILE STIMULATION 	13 SEATED PILATES 
15 PICTURE QUIZ 	16 LAND'S END TO JOHN O' GROATS WITH STUART 	17 STIMULATION FOR THE BRAIN <b>Who Am I?</b> 	18 'MINDFULNESS IN MOTION' SEATED TAI CHI 	19 BIRTLEY BUS OUTING 	20 MUSIC TO BOOST OUR MOODS  Song Requests
22 HOLY COMMUNION SERVICE OR GAMES & PUZZLES	23 BIRTLEY BUS OUTING 	24 <b>Seated Exercise</b> 	25 BIRTLEY ANNUAL STRAWBERRY TEA PARTY 	26 REMEMBER THE 80'S 	27 
29 SEATED PILATES 	30 	31 			



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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



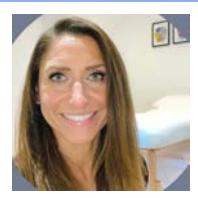
## CHAPLAIN REVEREND LIZ TILLEY

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.



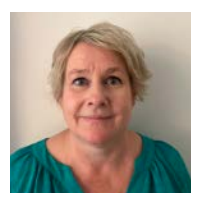
## PHYSIO WITH JANET OR BECCA

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

