

WHAT'S ON



Birtley
House



JULY HIGHLIGHTS

Wednesday	1 st	11 am Kevin Jacot.
Friday	3 rd	Outdoor Games.
Monday	13 th	Revd Liz Tilley's Holiday Photos of Jersey.
Tuesday	14 th	Reminiscence with Heather, 1977.
Wednesday	15 th	Afternoon Tea By The Lake.
Thursday	16 th	'Mindfulness In Motion' Tai Chi
Monday	27 th	Sweet Like Chocolate.
Wednesday	29 th	West End Singer Jamie.

Birtley Bus Outing on the 17th, 20th and the 30th of July.
Highlights are in addition to our week day activities at 2.30 p.m.
Times may vary.

2026 JULY PLANNER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



1
LIAM MUSIC
WITH KEVIN



6

7

8

9

10

11



DANCERCISE
WITH HOLLI



EXERCISES FOR
THE BRAIN



ENHANCE YOUR
FINE MOTOR
SKILLS



13

14

15

16

17

18

LIZ TILLEY
HOLIDAY PHOTOS
OF JERSEY



REMINISCENCE
WITH
HEATHER.1977



AFTERNOON
TEA BY THE
LAKE

'MINDFULNESS IN
MOTION' SEATED
TAI CHI



BIRTLEY BUS
OUTING



AFTERNOON
ACTIVITY

20

21

22

23

24

25

BIRTLEY BUS
OUTING



OR
A to Z

JEWELLERY
SALE WITH
BELINDA



SEATED
PILATES



AFTERNOON
ACTIVITY

27

28

29

30

31

SWEET LIKE
CHOCOLATE



Seated
Exercise

WEST END
SINGER JAMIE



BIRTLEY BUS
OUTING



Birtley
House

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

