



Birtley
House

WHAT'S ON

AUGUST HIGHLIGHTS

Monday	3 rd	Your Favourite Hymns with Revd Tilley
Tuesday	11 th	'Tell Us a Fact or 2'
Tuesday	18 th	Residents Meeting
Friday	21 st	Strengthen Your Skills
Tuesday	25 th	Afternoon Tea in the Garden
Friday	28 th	Improve Your Flexibility
Saturday	29 th	Seated Pilates
Monday	31 st	Enhance Mindfulness Through Creativity

Birtley Bus Outing on the 4th, 12th and 27th of August.

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

Times may vary.

2026 AUGUST PLANNER

MONDAY

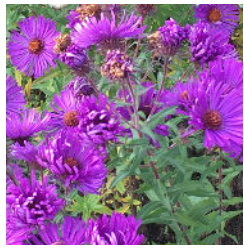
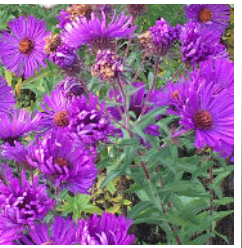
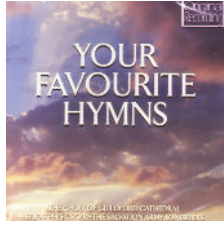
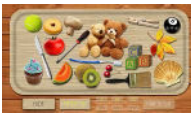
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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3	4	5	6	7	8
	BIRTLEY BUS OUTING 	'MINDFULNESS IN MOTION' SEATED TAI CHI 			 <i>Song Requests</i>
10	11	12	13	14	15
PARLOUR GAMES 	'TELL US A FACT OR 2'	BIRTLEY BUS OUTING 	Seated Exercise 	SHARPEN YOUR FOCUS WITH 'FREE ART' 	'CANAL JOURNEYS' 
17	18	19	20	21	22
DANCERCISE WITH HOLLI 	RESIDENTS MEETING 	ENTERTAINER MANDY 	 Meaningful Moments		TEST YOUR MEMORY 
24	25	26	27	28	29
WEST END SINGER JAMIE 	TEA IN THE GARDEN 	 OR BIRTLEY BUS OUTING	BIRTLEY BUS OUTING OR  Meaningful Moments	IMPROVE YOUR FLEXIBILITY 	SEATED PILATES 
31					
ENHANCE MINDFULNESS THROUGH CREATIVITY 					

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



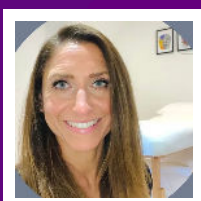
CHAPLAIN REVEREND LIZ TILLEY

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

