



Birtley
House

WHAT'S ON

SEPTEMBER HIGHLIGHTS

Friday	4 th Dance Show with Carer Shruti
Friday	11 th Music with Kevin Jacot
Monday	14 th Dancercise with Holli
Thursday	17 th Multisensory Workout
Friday	18 th Film Friday 'Nigh at the Museum'
Monday	21 st Music with Nev and Claire
Friday	25 th How Things are Made; Cake Decorating for Macmillan
Tuesday	29 th End of Summer Party

Birtley Bus Outing on the 1st , 10th of August.

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

Times may vary.

2026 SEPTEMBER PLANNER

MONDAY

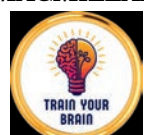
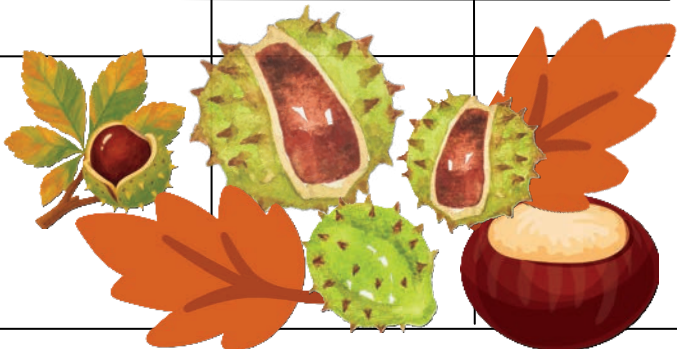
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

	1	2	3	4	5
	BIRTLEY BUS OUTING 	 VISUAL THINKING QUIZ	'MINDFULNESS IN MOTION' SEATED TAI CHI 	DANCE SHOW WITH CARER SHRUTI 	DVD: 'CANAL JOURNEYS' 
7	8	9	10	11	12
RESIDENTS COMMITTEE MEETING 	 Meaningful Moments		BIRTLEY BUS OUTING 	MUSIC WITH KEVIN JACOT 	
14	15	16	17	18	19
DANCERCISE WITH HOLLI 			MULTI- SENSORY WORKOUT 	FILM: NIGHT AT THE MUSEUM' 	 Meaningful Moments
21	22	23	24	25	26
MUSIC WITH NEV AND CLAIRE 	SEATED PILATES 				WORD GAMES FOR MACMILLAN 
28	29	30			
		HARVEST COMMUNION OR 			



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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



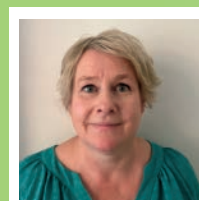
We have a dedicated Chaplain Liz Tilley, who visits twice weekly and gets to know our residents well to be able to support them emotionally and spiritually wherever needed. She also provides monthly religious services for the home congregation.

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

