



Birtley
House

WHAT'S ON

OCTOBER HIGHLIGHTS

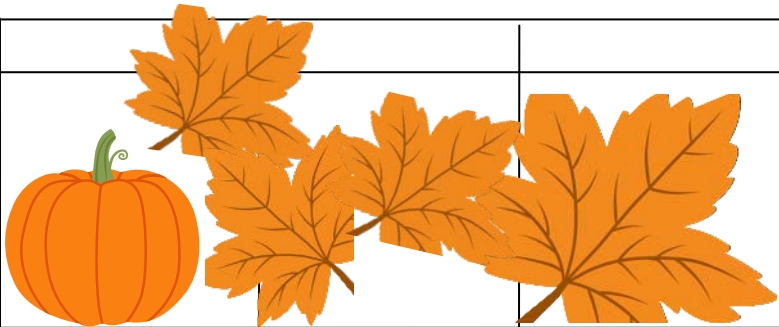
Monday	5 th West End Singer Jamie
Friday	9 th Tea and Cake for Phyllis Tuckwell
Thursday	15 th Visual Thinking Quiz
Friday	16 th BBC Proms
Monday	19 th Wintershall Choir
Wednesday	21 st Global Dignity Day
Saturday	24 th Song Request
Saturday	31 st Mindfulness in Motion with Seated Tai Chi

Birtley Bus Outings on the 8th, 22nd and 27th of October.

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

Times may vary.

2026 OCTOBER PLANNER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 NATIONAL POETRY DAY 	2 	3 SATURDAY FILM 
5 WEST END SINGER JAMIE 	6 	7 	8 BIRTLEY BUS OUTING OR SEATED TAI CHI	9 	10 SATURDAY FILM 
12 STRENGTHEN YOUR SKILLS 	13 	14 	15 	16 	17 SATURDAY FILM 
19 WINTERSHALL CHOIR 	20 SEATED PILATES 	21 	22  OR 	23 PUB THEMED AFTERNOON 	24 
26 SINGER MANDY 	27  OR 	28  OR 	29 	30 PUMPKIN PAINTING 	31 SEATED TAI CHI 



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WELLBEING AT BIRTLEY HOUSE

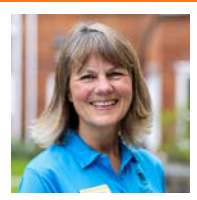
PLUS WE HAVE OUR REGULAR VISITING SPECIALISTS AND THERAPISTS.
PROVIDING INDIVIDUAL SESSIONS TAILORED TO YOUR NEEDS.
PLEASE NOTE THAT BOOKING IS REQUIRED VIA RECEPTION

CHAPLAIN REVEREND LIZ TILLEY



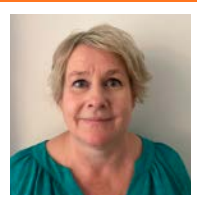
We have a dedicated Chaplain Liz Tilley, who visits twice weekly and gets to know our residents well to be able to support them emotionally and spiritually wherever needed. She also provides monthly religious services for the home congregation.

PHYSIO WITH JANET



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

