

Activities CALENDAR



Quarry House

bristolcarehomes.co.uk



THURSDAY 2ND

Day trip to M Shed
Museum

WEDNESDAY 15TH

Rock & roll with Frankie
Johns

WEDNESDAY 22ND

Singing for the Brain

Hello,

dear friends!



Welcome to our autumn edition!

As the autumn leaves begin to turn and the air grows crisp, we're delighted to welcome you to another month filled with meaningful moments, laughter, and togetherness. October brings cosy traditions and seasonal celebrations — from harvest time to the fun of Halloween and the sparkle of Bonfire Night. It's a season for gathering, sharing stories, and enjoying the comforts of home.

We're also excited to introduce our new Picture Activity Survey, which residents are invited to complete, with families welcome to support if needed. This will help us learn even more about individual interests, hobbies, and favourite pastimes — ensuring our activities are even more person-centred and meaningful.

Thank you for being part of our community. Together, we look forward to a month of joy, discovery, and cherished memories.

You can ask a member of staff, or a family member or friend, to help you complete our fun survey by scanning the QR code below. If you need any assistance, we'll be happy to help!



We hope you have a wonderful month ahead.



Meet the team

Sophia - Maintenance Team

Hello!

I'm Sophia, my journey began in care and support work many years ago, I did that for around 15 years and absolutely loved it. After having children, I needed a career change that still allowed me to give back to society, and that's when I found my way into personal training. I've been doing that for the past six years, and it's been a brilliant way to help people improve their health and wellbeing.

Alongside that, I got involved in property maintenance and even qualified in plumbing. That's what led me here. I've always wanted to return to a care environment, but in a different capacity.

Maintenance gives me the opportunity to do a bit of everything. I love being hands-on, solving problems, and knowing that what I do helps others feel safe and comfortable. My role involves ensuring that Quarry House is maintained to the highest possible standards.

I respond to emergency maintenance issues, carry out daily tasks, and ensure everything is running smoothly and safely for our residents.

The best part of my job is definitely spending time with the residents. I love chatting with them, making sure they're comfortable, and simply being someone they can rely on. It's incredibly rewarding. Everyone here is so lovely and supportive. The working environment is fantastic, and there's plenty of training and help available.

Management is really approachable, and I feel genuinely happy to be part of the team. Outside of work, I'm very much an outdoors person. I grow my own food, love camping, and spend as much time in nature as I can. Health and fitness are a big part of my life. I feel fortunate to be doing work that matters, in a place where people genuinely care. Quarry House is more than just a workplace, it's a community.

WEDNESDAY 1ST

10:30am

One-to-one music
reminiscence

All floors

2:15pm

Entertainment by It
Takes Two

Main lounge



THURSDAY 2ND

10:30am

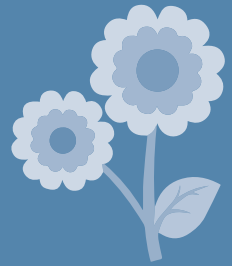
Day trip to M Shed
Museum/One-to-one
quiz and proverbs
Bristol/Rooms

2:15pm

Armchair exercise session
Garden lounge



FRIDAY 3RD



10:30am

Autumn flower arranging
Main lounge

2:15pm

Memory Lane trolley
All floors

SATURDAY 4TH

10:30am

Celebrating World Smile
Day
Garden/Meadow

2:15pm

Celebrating World Smile
Day
Ocean/Sky



MONDAY 6TH

10:30am

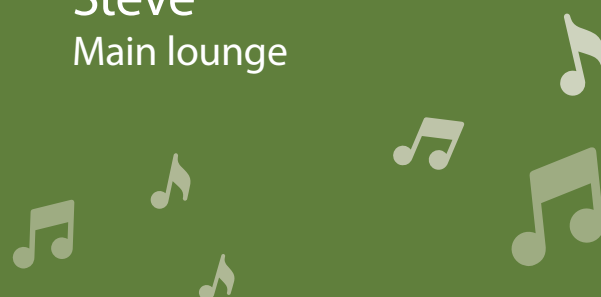
One-to-one life stories
and surveys

All floors

2:15pm

Music & Magic with
Steve

Main lounge



TUESDAY 7TH

10:30am

Visit to Saint Joseph's
Pre-school/Pamper
morning

Fishponds/All floors

2:15pm/2:15pm/4:00pm/6.00pm

Short trip to Mokka
Café/'How it's made' on
big screen/One-to-one
pamper session /One-to-
one social engagement

Downend/Main lounge/Rooms/
All floors



© Bristol Live

WEDNESDAY 8TH

10:30am

One-to-one 'Famous
people through History'
All floors

1:45pm

Choir and prayer group
Main lounge



THURSDAY 9TH

10:30am

Trip to Tenpin for
bowling/One-to-one
'Autumn Reminiscence'

2:15pm

Entertainment by Claire
Stacey
Main lounge

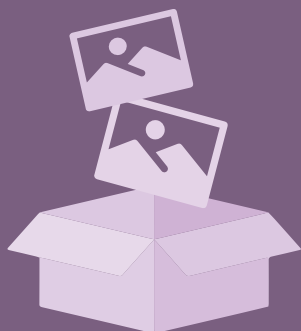


FRIDAY 10TH

2:15pm

Our World in Pictures

Main Lounge



MONDAY 13TH

10:00am/10:30am

One-to-one variety sessions with Louisa/ Wellness Weekly

Rooms

2:00pm

Rehearsals for Christmas Show

Main lounge



TUESDAY 14TH

10:30am

Day trip to Bristol
Harbour/One-to-one
aqua painting

Sky/Meadow

2:15pm/2:15pm/4:00pm/6:00pm

Short trip to local
café/One-to-one TV
reminiscence/One-to-one
aqua painting/Well-being
and engagement

Fishponds/Rooms/Garden and
Ocean/All floors



© Bristol live



WEDNESDAY 15TH

10:30am

One-to-one gentle
exercise

Rooms

2:15pm

Rock & roll with Frankie
Johns

Main lounge



THURSDAY 16TH

10:30am/10:30am

Day trip to Aerospace
Museum/One-to-
one sports & hobbies
reminiscence

2:15pm

Sports & ball games
Main lounge/Main lounge



FRIDAY 17TH

10:30am/11:30am

History of Bristol/Bristol
MET School music
performance
Main lounge

2:15pm

One-to-one 'Bristol
Landmarks'
Rooms



SATURDAY 18TH

10:30am

One-to-one resident-centred activities
All floors

2:15pm

Entertainment with
Johnny Smyth
Main lounge



MONDAY 20TH

10:30am

Coffee morning for
Chef's Appreciation
Main lounge

2:00pm

One-to-one pet therapy
with Melissa
Rooms





TUESDAY 21ST

10:30am/10:30am

Holistic therapy with Tracy/Short trip to Page Park

Rooms

2:15pm/2:15pm/4:00pm/6:00pm

Day trip to Iron Acton Garden Centre/Flute entertainment by Anna/Reading group/Wellness & engagement

Bristol/Main lounge/Meadow/All floors

WEDNESDAY 22ND

11:00am

Art workshop with Amy
Main lounge

2:00pm

Singing for the Brain
Main lounge



THURSDAY 23RD

10:30am

One-to-one life stories
and surveys/Day trip to
Cadbury Garden Centre
All floors/Congresbury

2:15pm

Personalise your room
Rooms



FRIDAY 24TH

10:30am

One-to-one Halloween
reminiscence
All floors

2:15am

Picture Bingo Fun
Main lounge



SATURDAY 25TH

10:30am

Pamper session
Rooms

1:30pm

Documentary on
Wildlife
Main lounge





MONDAY 27TH

10:30am

One-to-one 'Oomph-on-demand'

All floors

2:00pm

Rehearsals for Christmas Show

Main lounge



TUESDAY 28TH

10:30am/10:30am

Bus tour around Bristol/
One-to-one virtual train journey

2:15pm/2:15pm/4:00pm/6:00pm

Day trip to Alpaca Farm/
Men's Club with Ken/
One-to-one wellness weekly/One-to-one social engagement

Main Lounge/All floors/Rooms





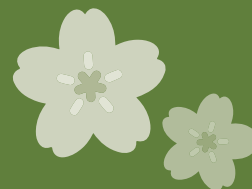
WEDNESDAY 29TH

10:30am

One-to-one walking pals
Garden

2:15pm

Drumming session with
Alive
Main lounge



THURSDAY 30TH

10:30am

Day trip to Bristol
Aquarium/One-to-one
virtual wildlife sessions
All floors

2:15pm

Coffee afternoon for
November planning
Main lounge



© Bristol Live

FRIDAY 31ST

10:30am

One-to-One Poems &
Spooky Stories

All floors

1:30pm

Cinema Afternoon
'Halloween special'

Main lounge



Activity suggestion slip

If you have any ideas for new activities we could offer, please write them below and post the slip in the suggestions box.

?