



Beech House

THORNBURY

A home of Bristol Care Homes

Providing top quality, best value, holistic care

bristolcarehomes.co.uk



“

I've lived at **Beech House** for just over a year. It's **very comfortable** here and the **staff are extremely good**. There are **lots of activities** and there are plenty of **opportunities** to socialise and **make friends**. It's also easy for **my family to visit** too. ”

Barbara, resident



Welcome to Beech House

Opened in 2000, Beech House is a modern home with real sense of community, right in the heart of Thornbury. You'll find us in a quiet residential close, hidden away from the bustling high street. And behind the grand period-style frontage, there's a welcoming, purpose-built space designed to meet your needs.

There are 52 individual rooms here, each with contemporary décor and a warm, homely feel. Wherever you go, it's light, bright and spacious, from the open corridors to the communal spaces. You'll enjoy our newly decorated conservatory, and our award-winning garden.

From the moment you arrive, we're here to help you settle in. From day one, our friendly team are focused on looking after you and meeting your needs. Whenever you're ready, you're welcome to get involved in our activities. Whether you love gardening, music or day-tripping, there's something for everyone, and something different every day.





I've **worked here for 13 years** and we really do offer residents the whole package. We are **always willing to meet their needs** and if I had any friend or relative that needed care, **I wouldn't hesitate to recommend here.** ””

Claire, member of staff



We are very **family orientated** at Beech House and everything we do is driven by our residents. We want them to feel that **they are at home** – not in a home. We love to **celebrate their special occasions**, and we go out on lots of trips. We also pride ourselves on our links with **local schools**, and the residents love it when school children come to visit. ””

Marisa, nurse manager

What makes Beech House special?

YOUR NEEDS COME FIRST, ALWAYS

Our caring, passionate team make your needs their priority. You'll be in safe hands with all our trained professionals – from our nurse manager, team leaders, nurses and carers, to our physiotherapist, podiatrist and hairdresser. Meanwhile, our catering, maintenance, domestic and finance teams are here to take care of your practical needs.

We're here for you when you need us. Moving into a care home can be an emotional time for everyone. That's why we offer support for family members, and you can call on us for help and advice at any time.

IT'S A THRIVING COMMUNITY

There's always something going on here, and you can get involved in as many activities as you like. Join in with cooking clubs and knitting groups, help yourself to the activity cupboard, enjoy singalongs, music and dance performances and much more. There's plenty to do at Beech House.

We also partner with external activity specialists to bring you:

- live performances from Live Music Now and other musicians
- artists' workshops, commissions, and exhibitions with Jamaica Street Studios
- gardening and mosaic workshops with Growing Support
- various creative opportunities from Alive Activities.

Getting out and about on daytrips is part of life at Beech House – and we're proud to have our own fully equipped minibuss. Our residents enjoy regular outings to local cafés and shopping centres, as well as trips to Bristol Zoo, Chew Valley Lake and beyond. Trips are provided at no extra cost.

Unique to our care homes, we also have a wheelchair car, which families can use to go shopping, visit friends or go out for a drive. This service is completely free of charge.

A PLACE WHERE YOU FEEL AT HOME

Your own private room features plenty of home comforts – from a TV/DVD player and Wi-Fi internet connection, to a personal phone line. When you step outside, you'll find our manicured garden, which won the Thornbury in Bloom award and is beautifully taken care of by our team. It's an idyllic spot to sit, relax and listen to the birdsong.

Home-cooked food is the order of the day here, thanks to our expert chefs. Every meal you choose from our menu is freshly prepared to order using high-quality ingredients. And we source local produce wherever possible. When it comes to deciding where to eat, the choice is yours: feel free to stay in your room, or come and join your fellow residents in the spacious dining room. There are also kitchens on every floor, so you can make yourself a drink or a slice of toast whenever you fancy it.

Remember, your family and friends are always welcome. This is your home, and they can visit day or night, for as long as they wish.





A small group of quality care homes

OUR VISION AND PHILOSOPHY

Beech House is part of Bristol Care Homes, a group of homes in the Bristol and South Gloucestershire area.

Our mission statement is to provide the highest quality holistic care at fees which are the best value for money.

We welcome both residents and their families, offering them a real home from home.

TRUST US TO PROVIDE UNIQUE CARE

- Expect the highest standards of clinical care. Our nurses and qualified carers treat everyone as an individual, and your care is tailored to you.
- Care plans are fully computerised. This ensures we know exactly what you need, provides an accurate record of your care history, and enables us to plan for the future.
- Ever-changing menus. Our professional chefs create a daily choice of tasty meals, which change every day. If you have any special requests, all you need to do is ask. We can cater for all dietary requirements.
- High-tech facilities. You'll have access to a state-of-the-art bath or walk-in shower, ensuring you enjoy the ultimate comfort.
- We respond to feedback. You're the best people to tell us how we're doing, so we're always asking residents and their families what they think.
- Wheelchairs are provided. As well as access to our modern fleet, we provide a customised Action 3 wheelchair for residents who rely on a wheelchair – at no extra cost.

OUR HOMES

Each of our homes is different, whether that be in setting or character, meaning that there is an option for everyone's needs. That could be the idyllic peace and tranquillity of the countryside, a bustling residential area with shops on their doorstep, or a combination of the two. Whatever you want, we've got the perfect location. Our homes are all fitted with 24/7 air ventilation systems to ensure a fresh atmosphere at all times.

OUR LIFESTYLE

There's always lots going on and we lay on a range of activities at each of our homes, with the option to join in as much or as little as you want. Whether you would like to get involved with a craft session or would prefer to sit and read a book instead, the choice is there! We provide free regular minibus trips, and each home has a single wheelchair car which is available at no cost to residents' families.

Glebe House, Almondsbury

Glebe House is a country home in Almondsbury, with real character. Make your way along our private drive and you'll find us in a tranquil setting – surrounded by rolling countryside.

First opened in 1996, this was once the Old Vicarage. This beautiful Victorian building is still brimming with period character – from the stunning stained glass window in the foyer to the large windows that let the light flood in. Every individual room has been decorated to a high standard, while the warm, inviting lounges have panoramic views over the newly landscaped grounds, the Severn Estuary and beyond.



Glebe House



Quarry House, Fishponds

Quarry House is tucked away in a quiet residential area, in the Bristol suburb of Fishponds. It's located within easy reach of bustling Fishponds Road and all its amenities.

Opened in 2016, this is a modern home with superb facilities. Individual residents' rooms come with a state-of-the-art en suite, and access to a lounge and dining area. All living spaces are light and beautifully decorated, with a warm, cosy ambience to make you feel right at home. Every floor is distinguished by a unique mural, which helps create our innovative, dementia-friendly environment.



Quarry House



Field House, Horfield

Field House is situated at the end of a quiet residential lane, in the suburban area of Horfield. You can make the most of a peaceful location but you're only a short stroll away from local amenities.

Opened in 2002, this is a modern home with a real sense of community. Residents' rooms are decorated to a high standard, with Laura Ashley wallpaper, for a truly homely finish. Every room comes with its own en-suite facility, and access to a cosy lounge and dining area. Plus, there's a charming inner courtyard with a beautiful fountain for you to enjoy.

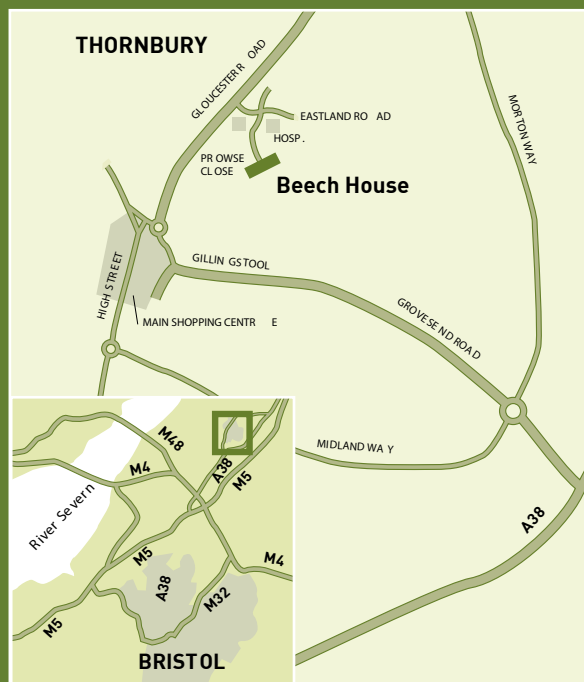


Field House



Beech House Care Home
Prowse Close, Thornbury,
South Gloucestershire, BS35 1EG
Telephone 01454 412 266

Beech House team
Jo Crago - Nurse Manager
Kerry Bennett - Deputy Nurse Manager



For more information or to arrange a personal visit contact any of our homes
bristolcarehomes.co.uk

YOUR BEST IN CLASS *activities programme*



*"We care for the physical, emotional,
social and spiritual needs of our residents."*

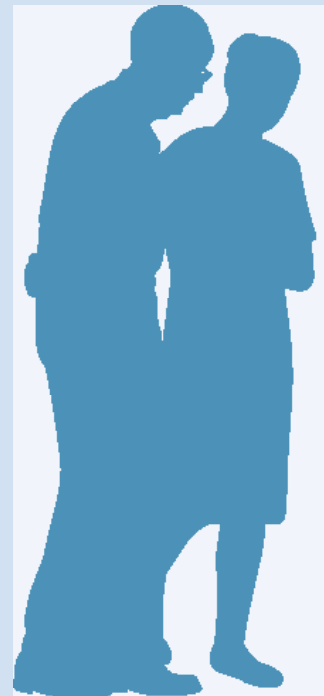


Our commitment to you

We are committed to ensuring that every one of our residents enjoys a happy fulfilling life, with lots of interest and interaction.

Our focus on holistic care means that activities are a key part of life in each of our homes.

- Activities are at the heart of our homes.
- Our dedicated activities teams are trained by leading experts to engage with you, and make sure that every activity is meaningful and individual to you.
- We take time to get to know you, so that we know your interests, and can then organise the best activities for you.
- Our activities are constantly varied, to keep them fresh, interesting and meeting your needs at every stage of your life.



Our activities programme

WE PROVIDE

- Activity programmes which are varied to suit everyone in the home.
- Resident-led activity schedules. Every residents helps decide the activities programme.
- 1:1 activities, often using the internet with tablets to make the experience personal.
- Friends and family are welcome to join in.
- We print every month a new calendar of activities in each of our homes to ensure it meets the needs and wishes of all our residents.

“Every resident has the opportunity to **shape the activity schedule** with feedback on what they enjoy and what is meaningful to them.”





Some examples of our

Birds of prey visiting our homes



...using tablets for
online activities!



Gardening club - indoors and out!



outside entertainers come
play instruments or sing

activities...



and
to us



Minibus trips to Longleat!



Art workshops



Playing cards!

Working with our friends to make our activities the best in class

We have great working relationships with other organisations which help us to keep our activities dynamic and the best choice for you.

- **Alive** – A leading local activities charity. They help us by training and coaching our team, inspiring us with new ideas and regularly auditing our activities programme - www.aliveactivities.org
- **Universities** – help us develop our understanding and practice, especially with developing activities for residents with dementia. We are currently funding a university study to help us better understand the positive impact of our activities.
- **The Bristol Beacon** are our partners in planning and establishing an annual celebratory city care concert in Bristol.

“Regular encouragement, inspiration and training is provided by Alive, a local Bristol charity, to our activities team.”



A photograph of a man in blue scrubs and an elderly woman with white curly hair, both laughing heartily. The man is leaning in towards the woman, who is seated. They are in a brightly lit indoor setting, possibly a care home. A semi-transparent blue box with white text is overlaid on the lower left of the image.

"We ensure that
residents lead the
activity schedule."

Feedback and improvement

We use feedback from lots of sources to help continually improve our activities programme. Here are a few examples of how we get feedback.

- Regular resident and relative surveys.
- Regular resident and relative face to face meetings.
- Our own internal audit.
- Audits by Alive Activities.
- Feedback from our CQC inspections.
- Of course the best feedback we get is the smiles, laughter, fun and joy we see in our residents every day, proving we have a best in class activities programme.



For more information or to arrange a personal visit contact any of our homes
bristolcarehomes.co.uk

YOUR BEST IN CLASS *Care plan*



*"We create individualised
care plans with your
choices and preferences."*



Building a care plan for you

Care plans are essential for us to specify and deliver person-centred care accurately. We build our care plans around you. You have control of your care and all aspects of your life with us by being involved in the planning. We get to know you and plan to meet all your holistic needs. Your care plan will then be personal to you, created with your choices and preferences at the centre of it.

- Your care plan is designed to meet all your holistic needs.
- The plan covers everything you need, including your physical, intellectual, emotional and spiritual needs.
- We build this into your care plans using a state of the art system which makes it available to everyone involved in your care.
- We are then accountable for planning and delivering best in class care.



Giving you the best possible care

We work hard to make sure that we build care plans which will deliver the best possible care to you. We get to know you, your likes and dislikes, to ensure you are happy with the care we deliver.

"They know I like sheets not duvets."

"They know I love carrot cake."

"They always remember my tablets for me."

"I feel in safe hands."

"They know I miss Sid."

"They know when I'm having a bad day."

"They help me contact the children."

"They know when I'm in pain."



"We encourage time with
our **Activities Team** to see
what interests you."

How we get to know you better

Here are a few examples of how we gain a better understanding of your needs as an individual.

- Time with our chef to identify your likes and dislikes and any support you need with your meals.
- Time with our nurse to understand what your health and wellbeing needs are.
- Knowing who is important to you.
- Understanding your medication needs and involving your GP to discuss any concerns.
- Spending time with you and getting to know you.
- Time with our Activities Team to see what interests you.



Using technology to keep you safe

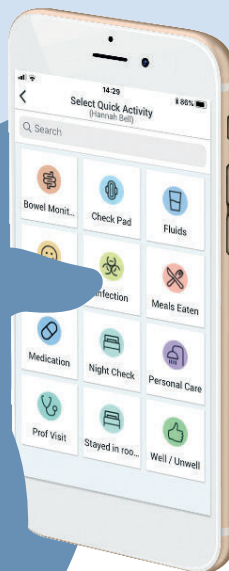
We use state of the art systems for both care plans and medication. This means that your care plans and medication management are both best in class. These systems are designed to ensure that information is up to date, easily accessible by everyone involved in your care, simple to use and update.

ELECTRONIC CARE PLAN SYSTEM

- Our electronic care plan system gives our team access to the most up to date guidance.
- Everyone involved in your care can see the information they need to deliver the right care to you.
- Your care plans are regularly reviewed with you to keep up with any changes.
- Any changes are updated immediately and instantly available for all our care team to see and use.

ELECTRONIC MEDICINES MANAGEMENT SYSTEM

- We use the latest state-of-the-art medication management system to ensure your medication is accurate and safe.
- The system links electronically with your GP and our pharmacist.
- Our highly trained team can clearly see the medication to be administered and when.
- The system automatically orders repeat prescriptions from our pharmacist so you will never run short of medication.



A photograph of three women of different ages looking at a tablet. On the left, a young woman with dark hair is partially visible, wearing a light green top. In the center, a middle-aged woman with brown hair, wearing a blue button-down shirt, is smiling. On the right, an elderly woman with white hair and glasses, wearing a blue patterned top, is looking at the tablet. The background is blurred, suggesting an indoor setting like a community center or office.

"There is a constant programme for improvement, which involves you."



"Staff are trained in lots
of different clinical skills."

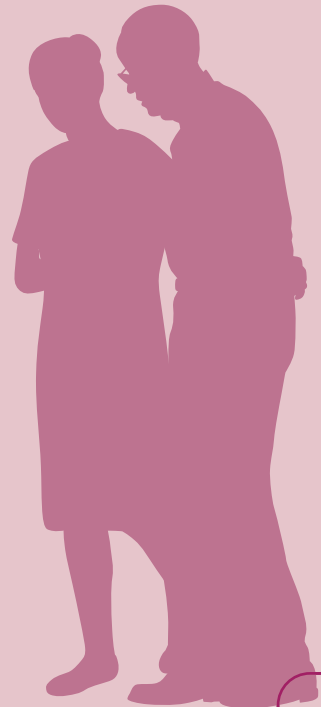
Staff skills and training

We ensure that our team is trained to highest standards.

This means they are the best team to give you the care you need.
We invest in our staff as we believe they are the key to delivery of the best care.

THE BEST TRAINED STAFF TEAM MEANS THE BEST CARE POSSIBLE

- Our team training covers the whole range of clinical skills.
- Fully trained nurses are available in all of our homes 24/7 which means you always have expert clinical care on hand.
- Our team is also widely trained in other skills, like activities, hand massage and communication to make your experience the best in class.



For more information or to arrange a personal visit contact any of our homes
bristolcarehomes.co.uk

YOUR BEST IN CLASS *catering*





"Our food is varied, nutritious
and well presented."

Your excellent dining experience

We know that your dining experience is an important part of your day, so we put everything in place to ensure that this experience is excellent.

- Dining rooms which are a pleasant and relaxing environment for you to enjoy your food with other residents. If you prefer to eat in your own room this can easily be accommodated.
- Food which is varied, nutritious and well presented.
- Menus which change and adapt based on your feedback and requirements.
- As we get to know you we will learn all about your preferences for food, the timings you prefer and areas of the home you like to eat. We can easily support you to eat if required and have adaptive equipment available for anyone who requires it.
- We have regular audits of our food, dining experience and kitchen processes from our external partner Papadeli who are a leading local deli and catering school



Our chefs

We ensure that our chefs have high standard through excellent training, learning and development opportunities.

- Our chefs will meet with you when you come into the home to introduce themselves, show you the current menu options, confirm your likes and dislikes and ensure that all food meets your dietary requirements.
- Head chefs have regular away days at the cookery school of our external partner Papadeli to support their learning and development and to share new ideas.
- Our chefs have close relationships with our residents understanding their culinary wishes, making seasonal adjustments and ensuring culinary diversity (Jamaican, Chinese, celebrating customs & traditions).
- They share activities with our residents like growing vegetables in the garden and using those vegetables to make dishes.
- All our chefs are trained to a minimum level 3 in Food Hygiene and all care staff receive food hygiene training.
- Chefs are fully trained in all possible dietary requirements, textures and thickness of food for people living with Dysphagia. This is known as the International Dysphagia Diet Standardisation Initiative (IDDSI).
- Chefs and any staff new to care receive fluid and nutrition training, ensuring they understand what constitutes a balance diet, principles of hydration, nutrition and food safety, supporting people to have access to food and fluid in accordance with their care plan.

"Our chefs have close relationships with our residents understanding their culinary wishes"





How we get to know you better

Here is what you've been saying about the service.

"I like the options on the menu and I can always ask for something different if I do not wish to have the food on the menu."

"The food is fantastic and all homemade"

"The food is great and my husband very much enjoys it."

"I like the roast dinners best and the trimmings served with them."

"My wife speaks so highly of the kindness of the staff and wonderful food."

"My wife says the food is excellent and the staff are very good as well."

"The whole experience including the wonderful food made the home so memorable."

"The food is good and nutritionally balanced, more than exciting."

"The quality of the food is something you would expect in a quality hotel."

Our menus and suppliers

- Chefs update menus regularly to ensure that food is varied and adapted to your needs and feedback.
- Changes are made to make best use of the seasonal produce available from our suppliers.
- We use suppliers who provide the best quality, freshest ingredients to ensure the food is of the highest standard possible.
- We have deliveries of our foods almost every day so that ingredients are at their freshest.
- When residents go on trips, we either prepare a healthy and nutritious lunch or choose venues that serve fresh foods.

"We also make sure all residents receive the dining experience they enjoy"





"We will always look to keep improving our food and your experience of dining with us."

Feedback and surveys

We are always keen to ensure that you are happy with your dining experience.

- We conduct regular residents surveys which includes feedback on food and your dining experience so that we can continually improve our offer to you and meet your needs and expectations.
- Staff anticipate needs and risk to ensure people have support when there are difficulties/discomfort.
- Staff also use technology effectively to report any changes in the diet of our residents.
- Our nursing care teams run regular oral care checks, make sure there are no dehydration risks, provide professional advice for supplements and fortified meals.
- We also have regular visits from our partner Papadeli who give us the professional feedback we need to keep us on track with our best-in-class catering.



For more information or to arrange a personal visit contact any of our homes
bristolcarehomes.co.uk

Activities CALENDAR



Beech House

bristolcarehomes.co.uk



WEDNESDAY 3RD

Bedside Christmas
nativity show from
Louisa

FRIDAY 12TH

Christmas Fair

TUESDAY 23RD

Residents' Christmas
party



Hello,
dear friend!

Welcome to our December edition!

As winter settles in and the days grow colder, our hearts grow warmer with excitement for the joyful activities we have planned. This month is filled with something for everyone — from carol services, Christmas shows and seasonal entertainment to festive arts and crafts, day trips, mince pies, mulled wine, bedside entertainment, and special visits from children spreading Christmas cheer.

December is a special time to create and share cherished memories with your family, friends, and fellow residents.

"At Bristol Care Homes this Christmas tide,

Joy and warmth flow far and wide;

With twinkling lights and hearts aglow,

We send our love through winter's snow.

May peace and laughter softly creep,

And blessings hold you warm and deep;

This festive season, bright and true,

Brings cheer from us to all of you"

We would like to take this opportunity to wish all our wonderful residents, their families and friends, our amazing staff, and all visitors a very Merry Christmas and a Happy New Year.

We look forward to spending a wonderful month with you all!



Meet the team

Kelly - Carer

Hello,

I'm Kelly, and I've proudly worked in the care sector for over 25 years. My journey into care wasn't something I mapped out—it happened naturally. Growing up in Weston-super-Mare, I moved to Bristol as a teenager, and that's where my path truly began. My mum was a nurse, and with her gentle encouragement, I took my first steps into the profession.

I'll never forget my very first day. Meeting elderly residents and seeing their vulnerability touched me deeply. That moment stayed with me, and I knew then that I wanted to dedicate my career to making a real difference in people's lives.

Since then, I've worked across a variety of care settings, gaining

invaluable experience and learning the importance of empathy, patience, and respect. As a proud mum of four daughters, I bring that same nurturing spirit into my role every single day.

What I love most about working at Bristol Care Homes is the genuine kindness and support from both colleagues and residents. It's a place where I feel welcomed and appreciated.

These moments help me recharge and bring fresh energy to my role. But the greatest reward of all? Seeing smiles on our residents' faces and sharing those special moments of joy and connection. That's what makes this job so fulfilling.

MONDAY 1ST

10:30am/11:30am

Day trip to Fromebridge Mill/ Morning stretch

Conservatory

2:30pm

Word games

Conservatory



TUESDAY 2ND

11:00am

Coffee morning & Pick a Year

Conservatory

2:30pm

Festive display making

Conservatory



WEDNESDAY 3RD

10:30am/11:00am

Bedside Christmas fun/Christmas nativity show from Louisa

Rooms/Conservatory

2:30pm/3:00pm

Christmas card making/Christmas nativity show from Louisa

Conservatory/Rooms



THURSDAY 4TH

10:30am/11:00am

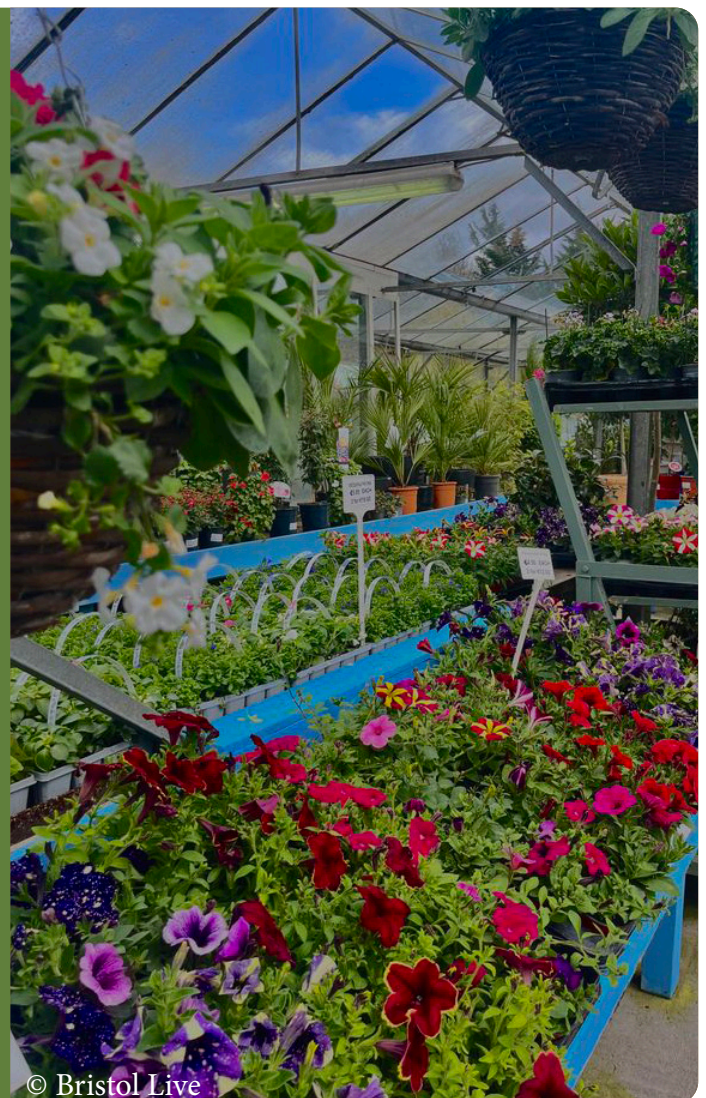
Day trip to Cadbury Garden Centre/Music from Justin

Congresbury/Conservatory

2:30pm/6:30pm

Floor quiz/Christmas Poetry & Traditions

Conservatory/Front lounge



© Bristol Live

FRIDAY 5TH

10:00am/10:30am/11:30am

Variety session with Louisa/Day trip to Clevedon/Keep fit

Rooms/Conservatory

2:30pm

Entertainment by singer Rebecca

Conservatory



© Tripadvisor

SATURDAY 6TH

11:00am

Coffee morning & Today in History

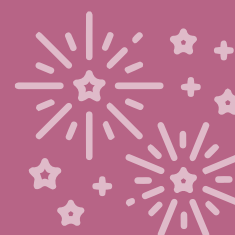
Conservatory



2:30pm

Festive crafts

Conservatory





SUNDAY 7TH

11:00am

Sunday service & coffee

Front lounge

3:30pm

Songs from the shows with The Churples Society

Conservatory



MONDAY 8TH

11:30am

Keep fit & refreshments

Conservatory



2:30pm

Name That Tune

Conservatory



TUESDAY 9TH

11:00am

**Coffee morning &
Celebrity lucky dip**

Conservatory

2:30pm/4:30pm

**Our World in
Pictures with Claire
- Christmas Special/
The Great Christmas
light parade on
wheels**

Front lounge



WEDNESDAY 10TH

11:30am

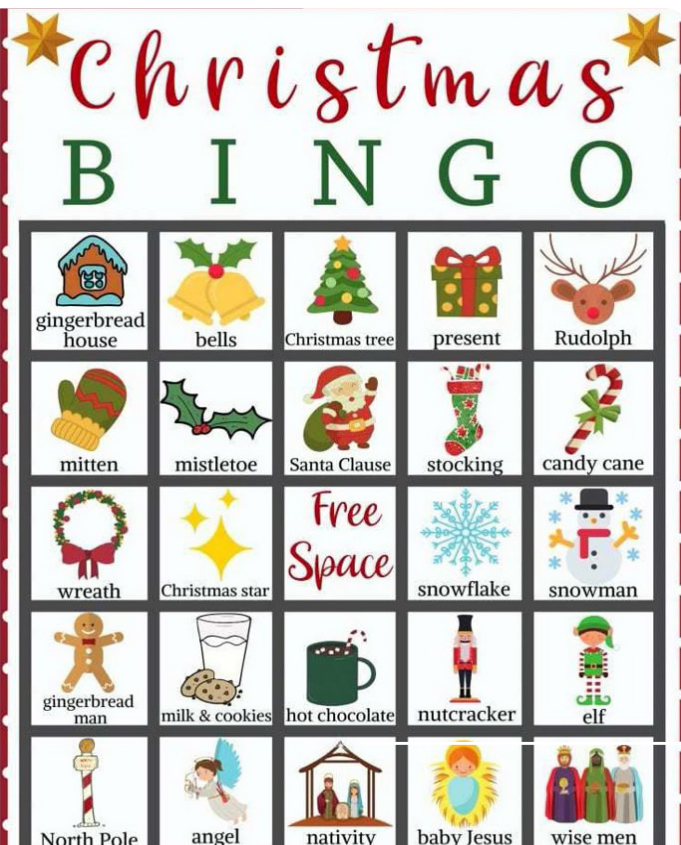
Morning Stretch

Conservatory

2:30pm

**Christmas Bingo Fun/
Men's club**

Conservatory/Front lounge



THURSDAY 11TH

10:30am/11:00am

**Day trip to
Almondsbury Garden
Centre/Christmas Fair
preparation**

Conservatory

2:30pm/6:30pm

**Floor quiz/Variety
talent show from
Jigsaw Thornbury
Charity**

Conservatory



© Tripadvisor



FRIDAY 12TH

10:30am

**Day trip to
Hollywood Bowl for
tenpin bowling**

Bristol

2:30pm

Christmas Fair
Around the home



SATURDAY 13TH

11:00am

Coffee morning & Memory Lane

Conservatory

2:30pm

Music from Mini Concerts

Conservatory



SUNDAY 14TH

11:00am

Songs of Praise & coffee

Front lounge

2:30pm

Christmas reminiscence

Rooms



MONDAY 15TH

10:30am/11:30am

Day trip to The Mall/ Morning stretch

Cribbs Causeway/
Conservatory

2:30pm

Art workshop with artist Amy

Conservatory



© Bristol Live

TUESDAY 16TH

11:00am

**Coffee morning &
Lullaby Circle - Mother
and baby group**

Conservatory

2:30pm

Rockhampton Choir

Conservatory



WEDNESDAY 17TH

11:30am

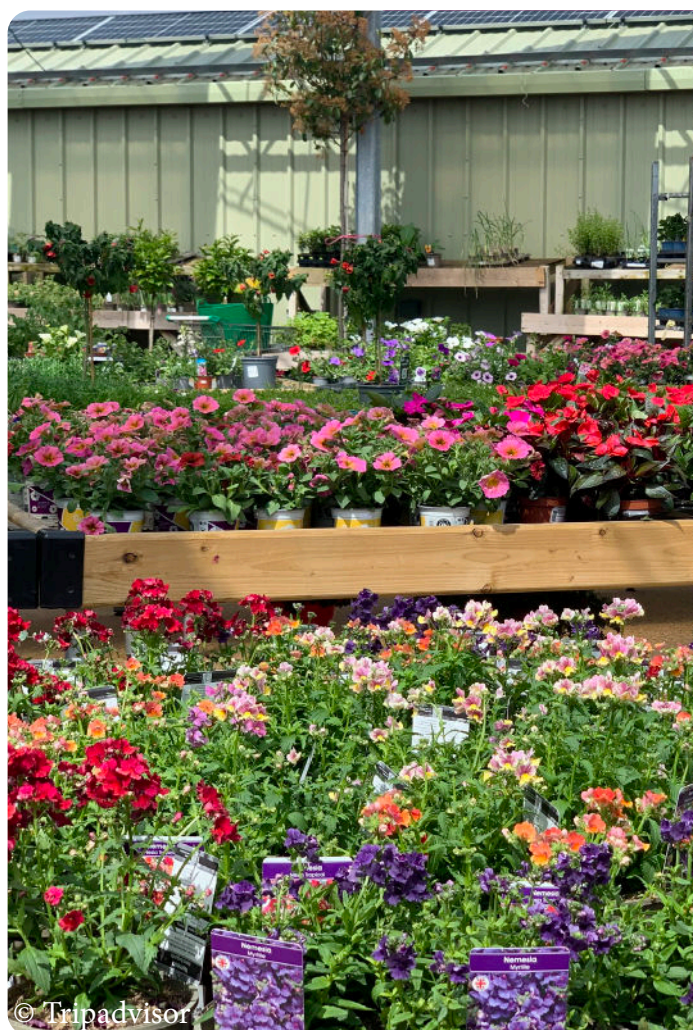
Fun fitness

Conservatory

2:30pm

**Entertainment with
singer Andy T**

Conservatory



© Tripadvisor

THURSDAY 18TH

10:30am/11:00am

**Day trip to Highfield
Garden Centre/
Christmas coffee
morning**

Gloucester/Conservatory

3:00pm/6:00pm

**Churches Together/
Christmas carol
service & mulled
wine**

Conservatory/Foyer



FRIDAY 19TH

10:30am/11:30am

Day trip to Yate / Dancercise

Conservatory

2:30pm

Entertainment with singer Shannon

Conservatory



SATURDAY 20TH

11:00am

Coffee morning & Pick a Year

Conservatory

2:30pm

Entertainment with singer Ian James

Conservatory



SUNDAY 21ST

11:00am

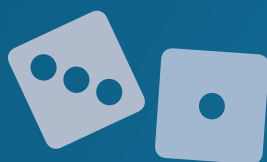
Sunday service & coffee

Front lounge

2:30pm

Christmas games

Conservatory



MONDAY 22ND

11:30am

Music and Movement

Conservatory

2:30pm

The Price is Right

Conservatory



TUESDAY 23RD

11:00am

Coffee morning & Today in History

Conservatory

2:30pm

Residents' Christmas party

Around the home



WEDNESDAY 24TH

11:30am

Morning Stretch

Conservatory

2:30pm

Chocolate fondue treats

Conservatory



THURSDAY 25TH

12:00pm

Christmas Lunch & Gifts

Around the home

3:00pm

King Charles III Christmas message on BBC One

Lounge



FRIDAY 26TH

11:30am

Morning stretch

Conservatory

2:00pm

The Boxing Day Film

Front lounge



SATURDAY 27TH

11:00am

Coffee morning & Celebrity lucky dip

Conservatory

2:30pm

Floor games

Conservatory



SUNDAY 28TH

11:00am

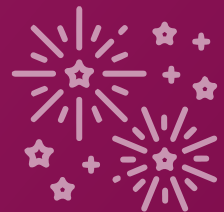
Songs of Praise & coffee

Front lounge

2:30pm

Christmas reminiscence

Rooms



MONDAY 29TH

10:30am/11:00am

Day trip to The Windmill/Residents' meeting

Portishead/Conservatory

2:30pm

Entertainment with guitarist Johnny

Conservatory

TUESDAY 30TH

11:00am

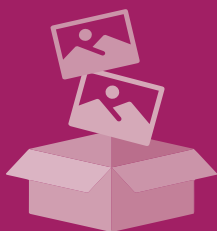
Coffee morning & Today in History

Conservatory

2:30pm

Picture quiz

Front lounge



WEDNESDAY 31ST

11:30am

Fun fitness

Conservatory

2:30pm

Pamper session

Conservatory



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.

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