



Quarry House

FISHPONDS

# A home of Bristol Care Homes

Providing top quality, best-value, holistic care

[bristolcarehomes.co.uk](http://bristolcarehomes.co.uk)

“

The whole team  
on Garden have been  
brilliant and I would  
like you to pass on  
my gratitude to  
them all. ”

Family member  
of former resident





# Welcome to Quarry House

Opened in 2016, Quarry House is a modern home with a real sense of community. You'll find us tucked away in a quiet residential area, in the Bristol suburb of Fishponds. We're within easy reach of bustling Fishponds Road and all its amenities.

There are 65 individual rooms here, each with its own state-of-the-art en-suite. You'll also have access to a lounge and dining area, which are light, bright and beautifully decorated, with a warm, cosy ambience to make you feel right at home.

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.





“ We give residents a choice about what activities we offer at Quarry House, and always take their feedback on board and respect their wishes. We’re very family orientated here and it’s such a lovely, friendly place. ”

Marcia, member of staff

# What makes Quarry House special?

## YOUR NEEDS COME FIRST, ALWAYS

Our caring, passionate team make your needs their absolute priority. Led by our nurse managers, and team leaders, you'll be in safe hands with our trained professionals – from our 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 – 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. Gardening groups, art sessions, singalongs, dance performances, sensory sessions and more – there's plenty of choice. We even have our very own pop-up pub and train carriage.

We collaborate with a range of external partners and specialists to offer enriching activities for our residents, including:

- Spike Island Artists: Delivering engaging and creative workshops across our homes every month.
- Alzheimer's Society: Hosting 'Singing for the Brain' sessions twice a month, promoting memory stimulation through music.
- Alive Activities: Providing vibrant in-house activities, a gardening club, and access to a community allotment in Brent, encouraging physical activity and social connection.
- Creature Cuddles & Pet Therapy: Offering animal handling experiences and pet therapy sessions for sensory stimulation and emotional well-being.
- Intergenerational Projects: Facilitating ongoing collaborations with local schools and nurseries, fostering meaningful connections between generations.

Getting out and about on daytrips is part of life at Quarry House – and we're proud to have our own fully equipped minibus. Our residents enjoy going to restaurants and cafés in the local areas, as well as trips to the seaside in Weston-Super-Mare and exploring Aerospace Bristol. 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. You'll also have our secluded communal garden right on your doorstep, where you can find peace and quiet listening to the babbling brook and birdsong. Keep your eyes peeled for squirrels and ducks, too.

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, like our eggs, which come from a nearby farm.

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.

You'll enjoy our fresh, creative design scheme developed by local specialist consultants Pace. Each of the 4 floors has its own theme - Garden, Meadow, Ocean and Sky.

The stunning murals on the landings and corridors are based on the themes, and support orientation and recognition.

This is our unique and innovative approach to creating a dementia-friendly environment, making our residents feel more at home.





# A small group of quality care homes

## OUR VISION AND PHILOSOPHY

Quarry 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.

## 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



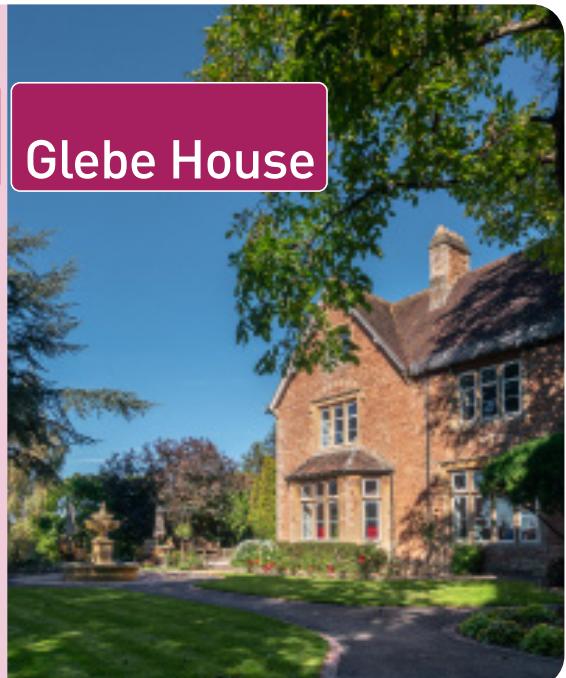
## Glebe House, Almondsbury

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



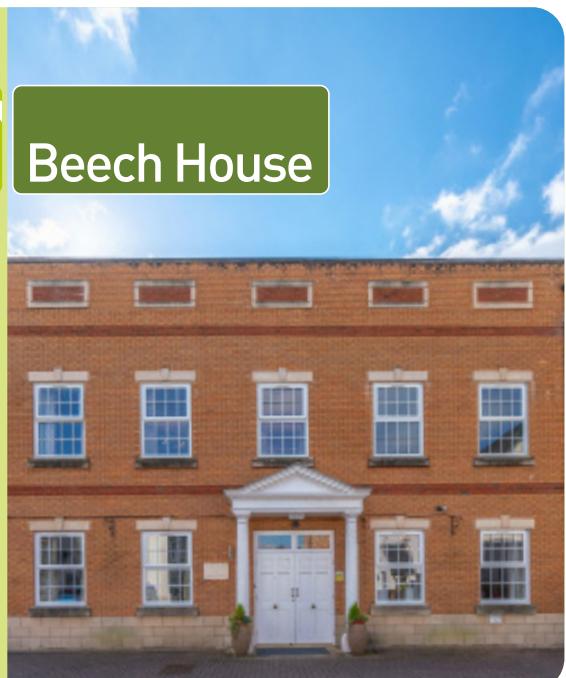
## Beech House, Thornbury

Opened in 2000, you'll find Beech House right in the heart of Thornbury, tucked away down a quiet residential close – but within easy reach of the bustling high street.

Behind the grand, period-style frontage, there's a welcoming, purpose-built space designed to meet your needs. Every resident's room features contemporary décor with en-suite facilities. Wherever you go, it's bright and spacious, from the open corridors to the communal spaces. The newly decorated conservatory and award-winning garden are truly special.



## Beech House



Quarry House Care Home  
Adelaide Place, Channons Hill, Fishponds,  
Bristol BS16 2ED  
Telephone 0117 965 4466



For more information or to arrange a personal visit contact any of our homes  
[bristolcarehomes.co.uk](http://bristolcarehomes.co.uk)

# YOUR BEST IN CLASS activities programme





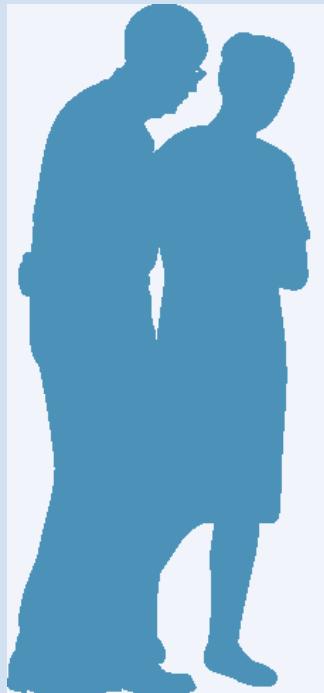
"We care for the physical, emotional, social and spiritual needs of our residents."

# 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...



# 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.aliveactivites.org](http://www.aliveactivites.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."*



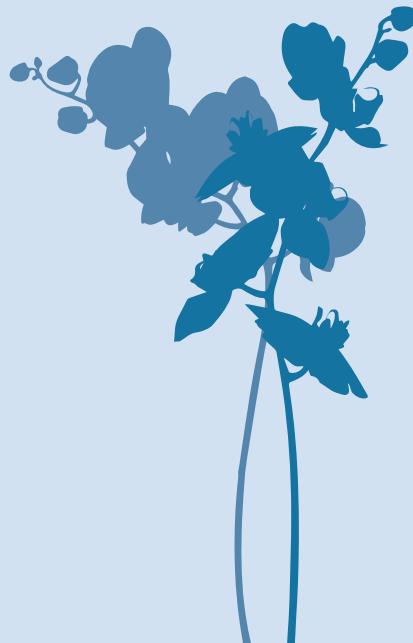


"We ensure that residents lead the activity schedule."

# 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.



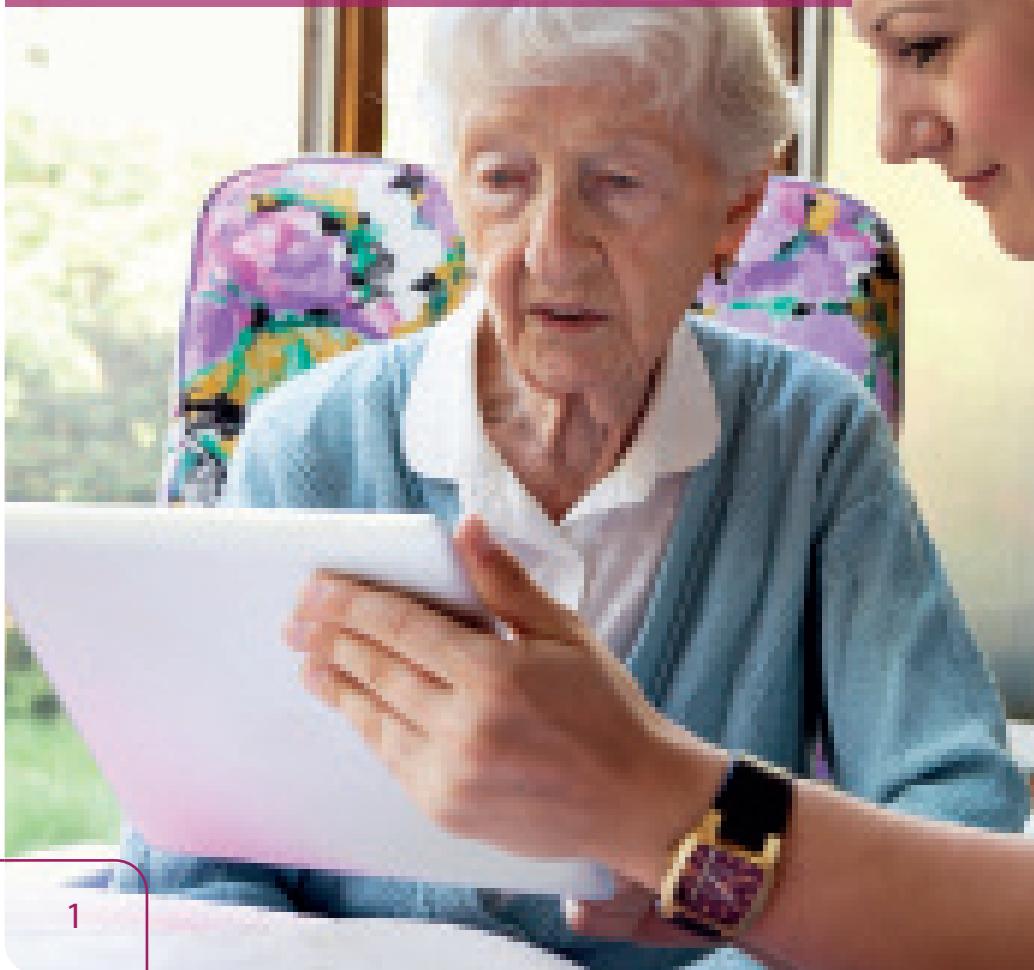
For more information or to arrange a personal visit contact any of our homes  
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# YOUR BEST IN CLASS care plan



"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."



A photograph of an elderly man and a younger woman. The man, on the left, is wearing a yellow and white checkered shirt and is smiling warmly at the camera. The woman, on the right, is wearing a light blue polo shirt and is smiling slightly, looking down at a green folder they are both holding. They appear to be in a professional or institutional setting.

"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.





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



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

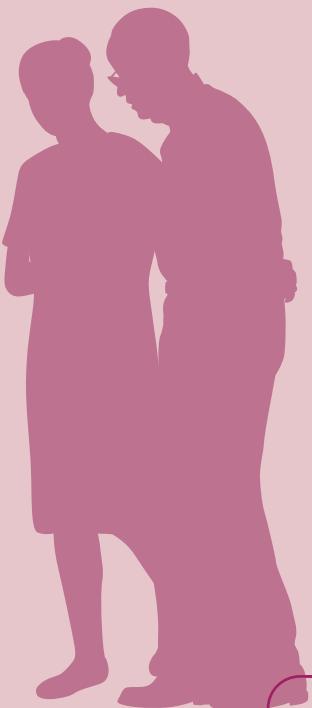
# Staff skills and training

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](http://bristolcarehomes.co.uk)



# YOUR **BEST IN CLASS** catering





1

## 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



2

## 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.





## 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 great and my husband very much enjoys it."

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

"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**."

"The food is **fantastic** and all **homemade**"

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

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

## 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"*

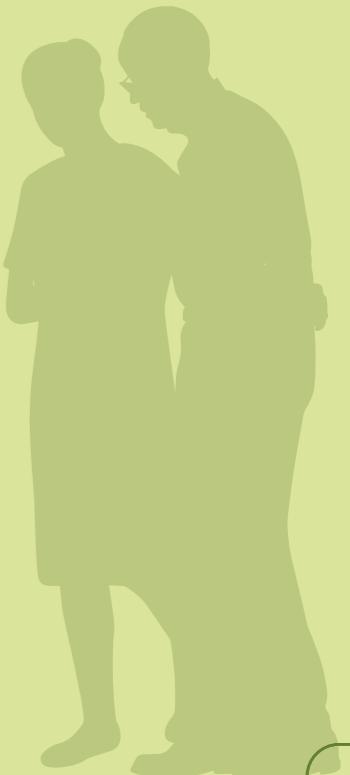




## Feedback and surveys

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  
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# Activities CALENDAR



Quarry House

[bristolcarehomes.co.uk](http://bristolcarehomes.co.uk)



THURSDAY 5<sup>TH</sup>

Day trip to Willow Brook  
Centre

FRIDAY 13<sup>TH</sup>

The History of Radio and  
Episodes of The Archers

FRIDAY 27<sup>TH</sup>

Entertainment with  
singing duo - It Takes  
Two

# Hello, dear friend!



## Welcome to our February Activities Calendar!

We hope the year has started well for you! February is a month that truly celebrates love, warmth, and togetherness—with Valentine's Day just around the corner. It's a wonderful opportunity to remind ourselves of the importance of connection, whether with family, friends, or within our community.

But Valentine's Day isn't the only highlight! We're also excited to embrace other special occasions such as Pancake Day and Chinese New Year, which bring their own unique traditions and flavours. These celebrations have been thoughtfully woven into this month's activities, ensuring that there's something for everyone to enjoy—whether it's indulging in delicious pancakes, learning about cultural customs, or simply sharing joyful moments with others.

Across our homes, many residents have been sharing their hopes and wishes for the year ahead. It's inspiring to hear their aspirations, and it makes us wonder—have you taken a moment to think about one thing you'd like to achieve this year? Whether it's a personal goal, a new hobby, or simply spending more time with loved ones, we're here to support you every step of the way.

And don't forget the exciting day trips planned for this month! These outings have been inspired by residents' suggestions and are designed to create memorable experiences out in the community. From scenic walks to cultural visits, we hope these trips bring plenty of laughter, joy, and cherished moments for everyone involved.

**Wishing you a wonderful month filled with laughter, connection, and memorable moments!**



# Meet the team

**Joseph** - Senior Carer

Hello !

I am originally from Nigeria and Quarry House has been my second home since 2022. I first joined as a Care Assistant, and through dedication, hard work, and a passion for supporting others, I progressed into my current role as a Senior Carer.

Before relocating to the UK, I completed my first degree and worked in the oil and gas business. Although it was a successful career path, I always felt a strong desire to do something more meaningful—something that allowed me to directly support people in need.

I come from a Catholic background, and back home I was actively involved in humanitarian work through my church. Once a month, we would go into local communities to assist vulnerable people, offering support and care wherever we could. Those experiences stayed close to my heart and played an important role in shaping my decision to pursue a career in care.

I am blessed with a wonderful family—my wife and our five children: four girls and one boy. Three of our daughters are in secondary school, while the younger two are still in primary. They are my pride and joy, and they inspire me every day.

In my day-to-day role at Quarry House, I take great pleasure in working closely with our residents. I ensure their needs are met, that they feel valued, and that they receive the highest standard of care. I also support my colleagues, offering guidance and assistance whenever needed.

Outside of work, I enjoy watching football and cooking. These hobbies help me unwind and stay connected to the things I love.

I truly appreciate the supportive atmosphere here. My colleagues and the management team are always ready to help, and that sense of teamwork makes Quarry House a place I am excited to come to every single day.

## MONDAY 2<sup>ND</sup>

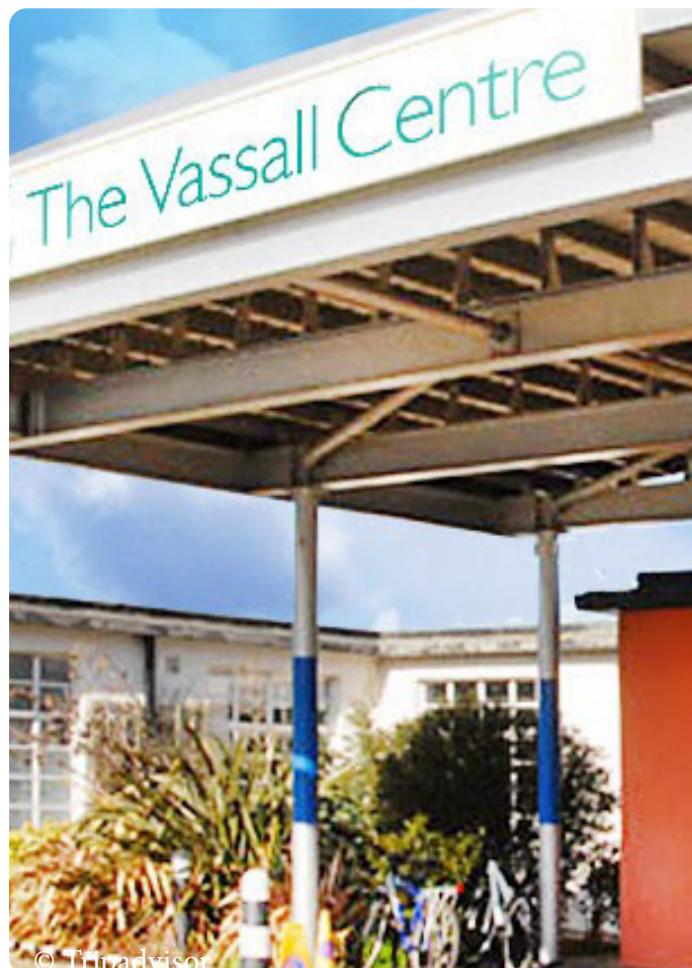
9:00am/10:30am

Social Engagements/  
Bedside entertainment  
with Louisa

Rooms

2:00pm

Yorkshire Pudding  
trolley  
All floors



© Tripadvisor

## TUESDAY 3<sup>RD</sup>

11:00am

G-fitness with Alex/Day  
trip for Lunch Club at  
The Vassals Centre  
Garden lounge/Bristol

1:45/2:15/4:00/6:00pm

Short trip to local Cafe/  
Sing-a-long/Proverbs &  
Sayings/Facetime Calls  
Fishpounds/Ocean lounge



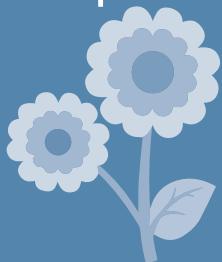
## WEDNESDAY 4<sup>TH</sup>

9:00am/10:45am

Personalised activities/  
Flower Arranging  
Rooms/Garden lounge

1:45pm

Choir & prayer Group  
Main lounge



© Bristol Live

## THURSDAY 5<sup>TH</sup>

10:45am/11:00am

Day trip to Willow Brook  
Centre/Arts & Crafts -  
Heart making  
Bradley Stoke/Main lounge

2:15pm

Entertainment with  
singer Shannon  
Main lounge



## FRIDAY 6<sup>TH</sup>

9:00am/11:00am

Meaningful moments/  
Drumming Circle/Visit  
from the Bristol Met  
School

Rooms/Main lounge/All floors

2:00pm

Residents' surveys

All floors



© Tripadvisor

## SATURDAY 7<sup>TH</sup>

10:00am

Social engagements/  
Reminiscing session

Rooms

2:15pm

Entertainment with  
singer Rebecca

Main lounge



## MONDAY 9<sup>TH</sup>

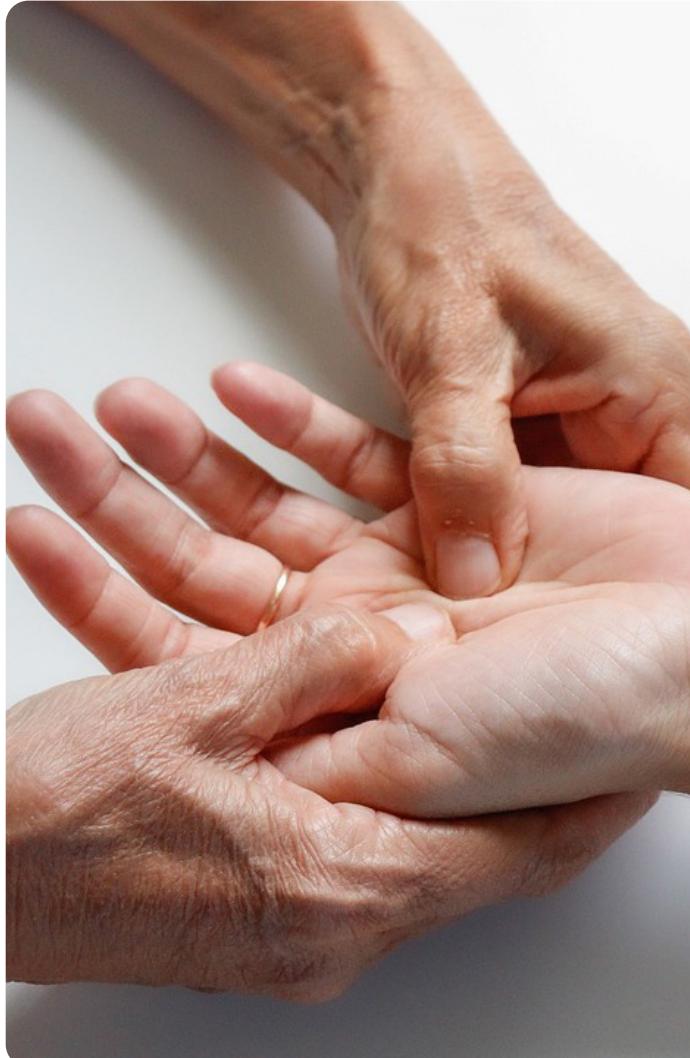
9:00am/10:30am

Personalised activities/  
Chocolate quiz with  
coffee morning

Rooms/Main lounge

2:15pm

Ballroom Dancers  
Main lounge



## TUESDAY 10<sup>TH</sup>

10:00am/11:00am

Wellness Weekly  
magazine/Visit to St  
Joseph's Pre-school/  
Holistic massage therapy  
with Tracey

All floors/Speedwell/Rooms

1:45/2:15/4:00/6:00pm

Short visit to local Shops/  
Fun Games/Wellness  
weekly chat/Facetime calls  
Downend/Sky floor/Rooms



## WEDNESDAY 11<sup>TH</sup>

9:00am/11:00am

Social interactions/Art workshop with Amy

All floors/Main lounge

2:15pm

Entertainment with  
musician Johnny Smyth  
Main lounge



## THURSDAY 12<sup>TH</sup>

10:30am

Day trip to M Shed/  
Music and Movement  
Bristol/Garden & Meadow lounge

2:15pm

Music and Movement  
Ocean & sky lounge



## FRIDAY 13<sup>TH</sup>

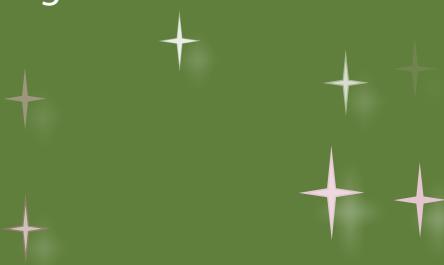
9:00am/11:00am

Personalised activities/  
Visit from the Bristol  
Met School

All floors

2:15pm

The History of Radio and  
Episodes of The Archers  
Main lounge



## SATURDAY 14<sup>TH</sup>

10:30am

Valentines arts & crafts  
All floors

2:15pm

Entertainment by  
singer Claire  
Main lounge



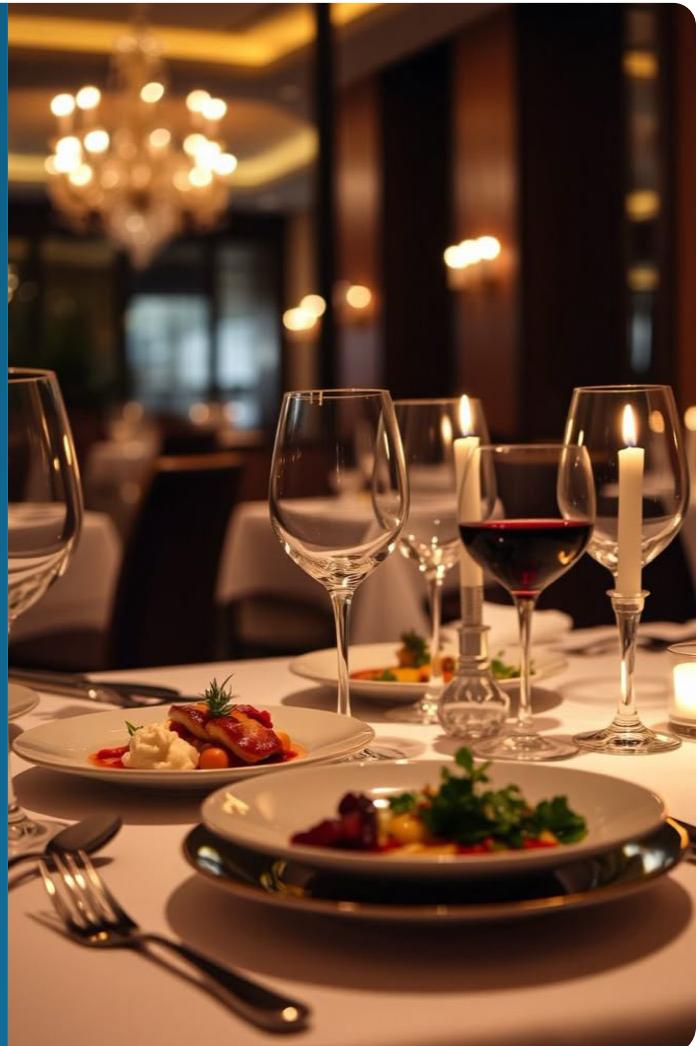
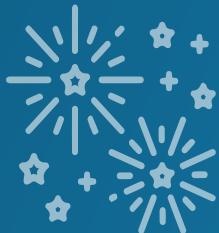
## MONDAY 16<sup>TH</sup>

9:00am/11:30am

**Social Engagements/A  
Fine Dining Experience**  
All Floors/Main Lounge

2:30pm

**Activities Preparation**  
Main lounge



## TUESDAY 17<sup>TH</sup>

10:45am/11:00am

**Short visit to local  
Oriental Supermarket/  
Pancakes Trolley**  
Eastgate/All floors



1:45/2:15/4:00/6:00pm

**Short visit to Local  
shops/Chinese New  
Year Celebrations/Social  
Engagements/Facetime  
Calls**  
Fishponds/Main lounge/Rooms

## WEDNESDAY 18<sup>TH</sup>

9:00am/10:30am

Social engagements/Play  
your cards right

Rooms

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2:15pm

Entertainment with  
violinist Lawrence/  
Residents' & Relatives'  
meeting

Rooms/Main lounge



## THURSDAY 19<sup>TH</sup>

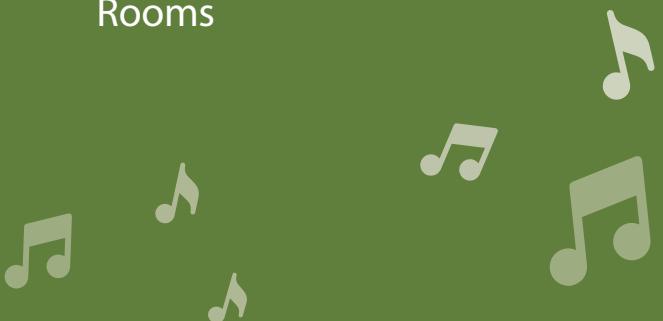
10:30am/10:45am

Seated exercise/  
Country Pub Lunch  
with scenic drive

Garden floor/Bristol

2:15pm

Bedside entertainment  
with guitarist Damien  
Rooms





**FRIDAY 20<sup>TH</sup>**

9:00am/10:30am

Personalised Activities/  
Picture surveys  
Rooms

2:15pm

Creature Cuddles/  
Entertainment with singer  
josh

Rooms/Main lounge



**MONDAY 23<sup>RD</sup>**

09:00am/10:00am

Wellness Weekly  
magazine/Social  
engagements

All floors



2:15pm

Entertainment with  
singer Mike Nash  
Main lounge



## TUESDAY 24<sup>TH</sup>

10:45am/11:00am

Short trip to Page Park/  
Residents' surveys  
Staple Hill/Rooms



1:45/2:15/4:00/6:00pm

Short trip to Local Shops/  
Our World in Pictures  
with Claire/Social  
engagements/Facetime  
calls  
Downend/Main lounge/Bedrooms



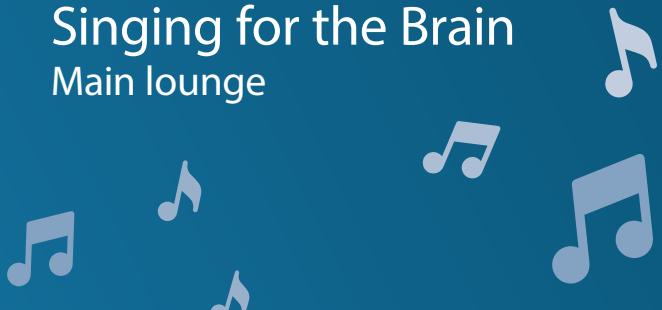
## WEDNESDAY 25<sup>TH</sup>

9:00am/10:30am

Social engagements/  
Oomph on Demand  
Rooms

1:30pm

Singing for the Brain  
Main lounge



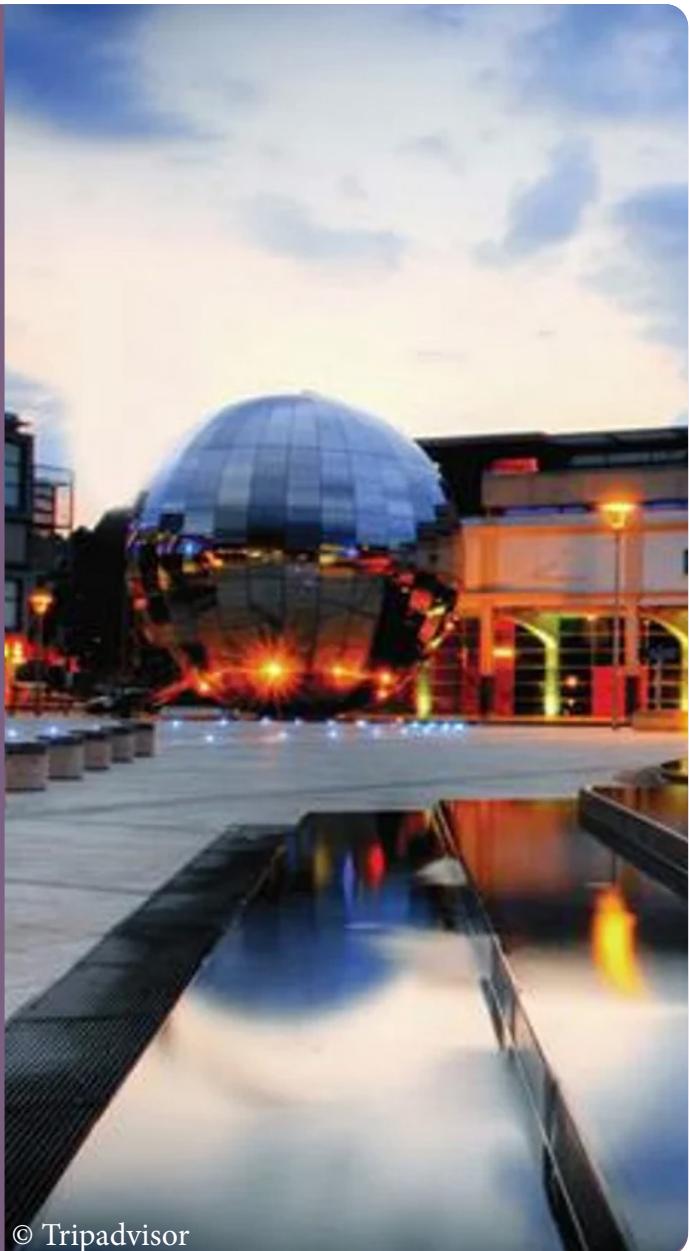
## THURSDAY 26<sup>TH</sup>

10:45am/11:00am

Day trip to 'We the curious' science centre/  
Holistic massage therapy with Tracy  
Bristol/Bedrooms

2:15pm

Entertainment with  
Singers Tracy & John  
Main lounge



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## FRIDAY 27<sup>TH</sup>

9:00am/11:00am

Personalised activities/  
Visit from the Bristol Met  
School  
All floors

2:15pm

Entertainment with  
singing duo - It Takes  
Two  
Main lounge



**SATURDAY 28<sup>TH</sup>**

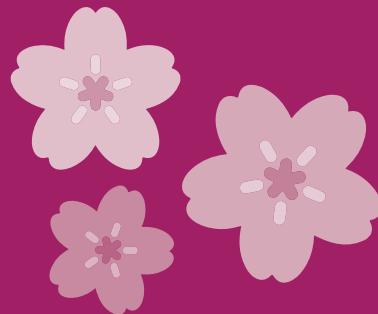
10:30am

**Gardening session with  
Nataliia  
Garden Lounge**



2:00pm

**Arts and crafts  
Rooms**





# 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.