

# Activities CALENDAR



Field House

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



FRIDAY 3<sup>RD</sup>

Easter crafts

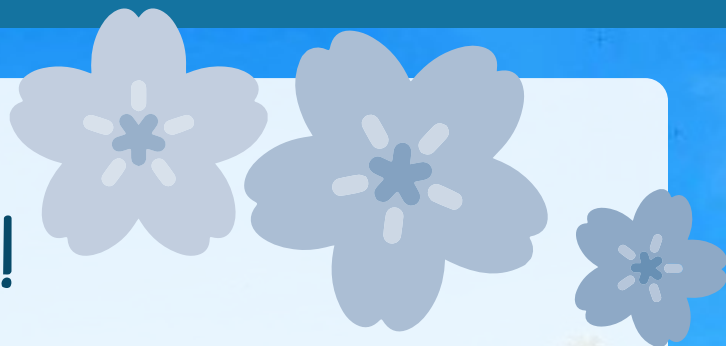
MONDAY 13<sup>TH</sup>

Day trip to Bristol  
Botanical Garden

TUESDAY 21<sup>ST</sup>

Lullaby circle -  
mother and baby  
group

Hello,  
dear friends!



## Welcome to our April Springtime Calendar.

By now the clocks have moved forward, bringing brighter mornings and longer, lighter evenings. Spring is well underway, and with it comes the sweet sound of birds singing and the cheerful sight of daffodils in bloom. It truly is a lovely time of year.

You may even be opening this booklet on April Fools' Day on the 1st of April—so keep your wits about you in case someone is planning a playful joke... or perhaps you're the one planning the mischief!

This month we also celebrate Easter, which will be reflected in some of the activities we have planned, all inspired by your suggestions and interests.

Later in the month we'll mark St George's Day on the 23rd of April, celebrating Britain and all that makes this country so special.

With the improving weather, our day trips will become more varied, giving us plenty of opportunities to get outdoors and enjoy the fresh spring air. Where would you like to visit this month? Be sure to let a member of staff know so we can happily arrange it for you.

*We wish you a lovely month ahead!*



# Meet the team

Zion - Physiotherapist

Hello !

One of my favourite stories begins when I was just four years old. I suffered a stroke that left half of my body paralysed. With the help of dedicated physiotherapists and my mum's unwavering support, I began a long journey of rehabilitation. It took years of hard work to recover, but during that time, I discovered something powerful: the desire to help others facing similar challenges.

That experience inspired me to pursue physiotherapy. In 2016, I went to university to make this dream a reality. Today, I'm proud to say I'm living that dream—helping people regain their independence and improve their quality of life.

In my role, I'm responsible for safely assisting residents out of bed, performing manual handling, and identifying any needs or concerns to fast-track support through the nursing

team. If a resident struggles with mobility, I work closely with them to overcome those challenges and track their progress.

I absolutely love working here. The surroundings are beautiful, and the team is incredibly caring and enthusiastic. Outside of work, I enjoy basketball, sprinting, walking, and spending time with friends.

The most rewarding part of my job is meeting new people and motivating residents to believe in themselves. Watching someone surprise themselves by standing or walking after years in bed or a wheelchair is truly magical.

This home is forward-thinking—they prioritise physiotherapy and provide me with all the support and equipment I need to make a real difference.

## WEDNESDAY 1<sup>ST</sup>

10:30am

### Day trip to Tenpin bowling with lunch

Cribbs causeway

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2:00pm

### Well-being chats

Rooms



## THURSDAY 2<sup>ND</sup>

10:30am

### Decorating Simnel Cake for Easter

Main lounge

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2:00pm

### Gardening club

Courtyard garden



FRIDAY 3<sup>RD</sup>

10:30am

## Easter crafts

Main lounge

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2:00pm

## Tai chi with Eva from Alive activities

Main lounge



SATURDAY 4<sup>TH</sup>

10:30am

## Shop trolley

Rooms

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2:00pm

## Easter Egg Delivery

Rooms



SUNDAY 5<sup>TH</sup>

10:30am

## Sunday church services on TV

Main lounge



MONDAY 6<sup>TH</sup>

11:00am

## Day trip to Bristol Museum

Bristol



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TUESDAY 7<sup>TH</sup>

10:30am

## Picture surveys

Rooms

2:00pm

## Entertainment with guitarist Justin

Main lounge



WEDNESDAY 8<sup>TH</sup>

10:30am

## Short trip to Community coffee morning

Lockleaze Hub

2:00pm

## Walking pals

Rooms



## THURSDAY 9<sup>TH</sup>

10:00am

### Social engagements

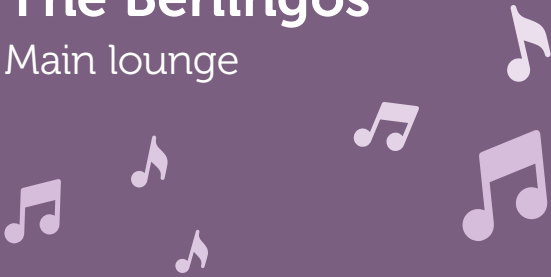
Rooms

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2:00pm

### Entertainment with The Berlingos

Main lounge



## FRIDAY 10<sup>TH</sup>

10:30am

### Holistic massage therapy with Tracey

Rooms

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2:00pm

### Oomph-on-demand gentle movement with Tracey

Main lounge





SUNDAY 12<sup>TH</sup>

11:00am

**Day trip with Jeremy  
of residents' choice**  
Bristol



MONDAY 13<sup>TH</sup>


11:00am

**Day trip to Bristol  
Botanical Garden**  
Bristol

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2:00pm

**Thinking music with  
Phil**  
Main lounge




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TUESDAY 14<sup>TH</sup>

10:30am

**Entertainment with guitarist Neville**  
Rooms

2:00pm

**Garden club - spring planting**  
Court Yard Garden



WEDNESDAY 15<sup>TH</sup>

10:30am

**Short Trip to Local Cafe**

Local area

2:00pm

**Social engagements**  
Rooms





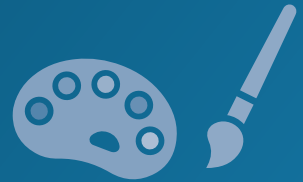
THURSDAY 16<sup>TH</sup>

10:30am

**5 Things About Me**  
Rooms

2:00pm

**Spring Arts - group**  
Dining room



FRIDAY 17<sup>TH</sup>

10:30am

**Spring Arts**  
Rooms

2:00pm

**Bingo Fun**  
Dining Room

16

54

22

03





SATURDAY 18<sup>TH</sup>

11:00am

## Shop Trolley

Rooms

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2:00pm

## Walking Pals

Courtyard garden



MONDAY 20<sup>TH</sup>

10:30am

## Entertainment with flautist Oli

Rooms

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11:00am

## Short trip to Local cafe for lunch

Local area



© Arrival Guides

TUESDAY 21<sup>ST</sup>

11:00am

**Lullaby circle - mother and baby group**

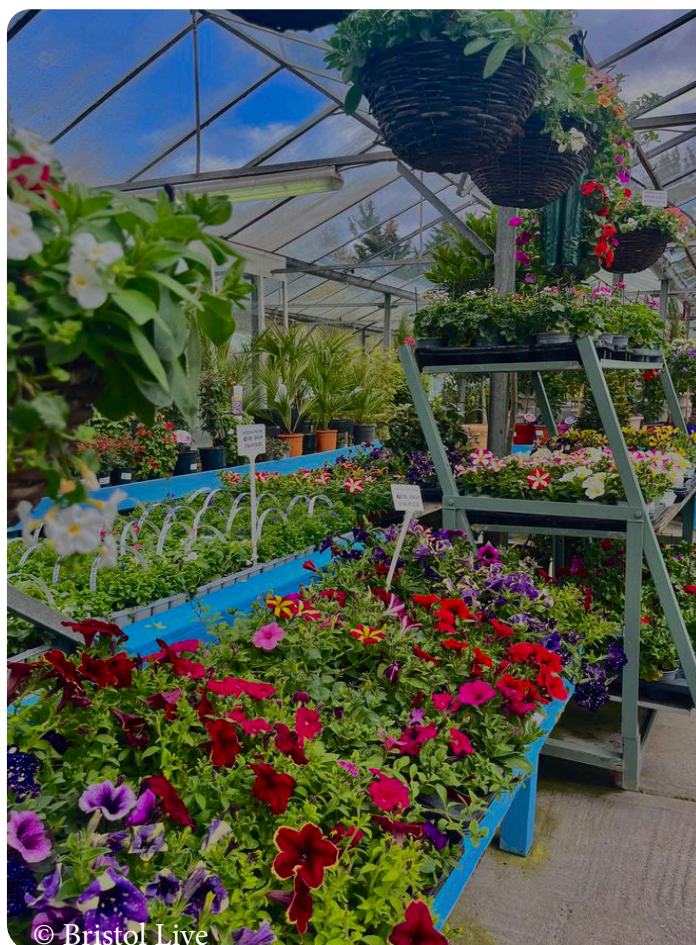
Main lounge

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2:00pm

**Entertainment with singer Shannon**

Main lounge



WEDNESDAY 22<sup>ND</sup>

10:30am

**Short Trip to Local garden centre**

Local area

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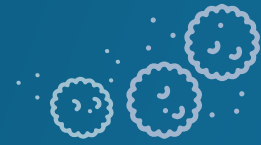
2:00pm

**Social engagements**

Rooms



THURSDAY 23<sup>RD</sup>



10:30am

**Entertainment with  
violinist Lawrence**  
Rooms

2:00pm

**Entertainment with  
Steve from Memory  
Lane**  
Main lounge

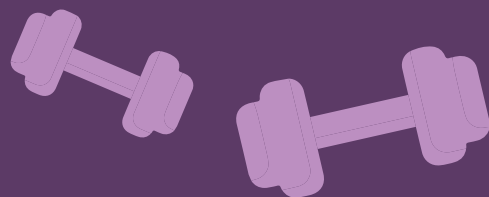
FRIDAY 24<sup>TH</sup>

10:30am

**Picture surveys**  
Rooms

2:00pm

**Gentle seated  
exercise with Tracey**  
Main lounge

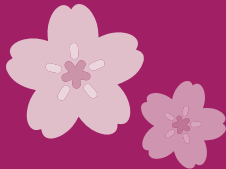


SUNDAY 26<sup>TH</sup>

11:00am

**Day trip with Jeremy  
of residents' choice**

Residents' Choice



MONDAY 27<sup>TH</sup>

11:00am

**Day trip to M-shed**

Bristol



TUESDAY 28<sup>TH</sup>

10:30am

**Residents' Survey**

Rooms

2:00pm

**Residents' Survey -  
group**

Dining room



WEDNESDAY 29<sup>TH</sup>

10:30am

### Short trip to Local garden centre

Local area

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2:00pm

### Art workshop with artist Amy

Dining room



THURSDAY 30<sup>TH</sup>

10:30am

### Well-being chats

Rooms

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2:00pm

### Entertainment with singers Tracey & John

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.



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