

Activities CALENDAR



Field House

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TUESDAY 5TH

Multi-sensory session
with Louisa from
Alive activities

MONDAY 11TH

Day trip to Bristol
Aquarium

WEDNESDAY 27TH

Short trip to Tenpin
bowling with lunch



Hello,
dear friend!

Welcome to our May edition!

This month is filled with summer-inspired activities designed to bring warmth and joy to each of our residents.

With many thoughtful suggestions from residents, family members, and friends, we're delighted to present a varied and engaging calendar. This month also includes opportunities to recognise and reflect on special occasions. On 8th May, we mark VE Day, honouring and remembering the 81st anniversary of the end of World War II in Europe. On the same day, we also celebrate the remarkable Sir David Attenborough, who turns 100—an incredible milestone. Are you a fan of his work? His documentaries continue to inspire and educate audiences around the world.

We also take time to celebrate International Nurses Day, recognising and thanking nurses for the compassion and care they provide every day.

For sports fans, May is an exciting month. Highlights include the Rugby Union Champions Cup Final on 23rd May, the UEFA Champions League Final on 30th May, and the thrill of the Grand Prix races taking place throughout the month. Our staff are always happy to help ensure you can follow your favourite sporting events or television programmes.

There has been great enthusiasm for our walking clubs across the homes. With the warmer months ahead, there are plenty of opportunities to enjoy the outdoors. Whether walking independently or using a wheelchair, spending time outside can bring a sense of calm and the added benefit of some much-needed vitamin D.

We wish you an enjoyable month ahead.



Meet the team

John - Senior Carer

Hello!

My own journey began in education, was profoundly shaped by personal loss, and ultimately found purpose in compassionate care.

I began my professional life in India as an Assistant Professor in the Department of Education. Teaching was both my career and my passion, allowing me to contribute to academic excellence while mentoring future educators.

My path changed when I made the difficult decision to step away from my career to care for my mother during her battle with cancer. This period was emotionally challenging and transformative. After her passing, and as an only child, I took responsibility for managing our family business—an experience that required resilience and adaptability during a very difficult time.

Driven by a desire to continue learning, I moved to the United Kingdom to pursue postgraduate studies in business. Yet throughout my studies, my thoughts often returned to my mother and the compassion, dignity, and care she needed. These reflections gradually guided me towards a new calling. Inspired by my personal experiences, I transitioned into healthcare with a strong desire to support others during their most vulnerable moments.

I was grateful for the opportunity to join Bristol Care Homes as a Health Care Assistant and have since progressed to the role of Senior Care Assistant through dedication and commitment. Each day is an opportunity to offer compassion, uphold dignity, and make a meaningful difference.

FRIDAY 1ST

10:30am

Social engagements

Rooms

2:00pm

May-Day Crafts - making flower baskets

Dining room



SATURDAY 2ND

10:30am

Walking pals

Rooms

2:00pm

Shop trolley on wheels

Rooms



MONDAY 4TH

10:30am

Day trip to Local pub

Local area



TUESDAY 5TH

10:00am

Residents' survey

Rooms

2:00pm

Multi-sensory session with Louisa from Alive activities

Main lounge



WEDNESDAY 6TH

10:30am

**Short trip to Local
café for lunch**
Local area

2:00pm

Social engagement
Rooms



THURSDAY 7TH

11:00am

**Our World in Pictures
with Claire**
Main lounge

2:00pm

**Entertainment with
keyboard player
Anton**
Lounge



FRIDAY 8TH

10:30am

**Residents to share
their VE Day/wartime
memories**

Rooms

2:00pm

**Flamingo Chicks
charity dance**

Westbury Park Downs



SUNDAY 10TH

11:00am

**Trip with Jeremy of
residents' choice**

Bristol



MONDAY 11TH

10:30am

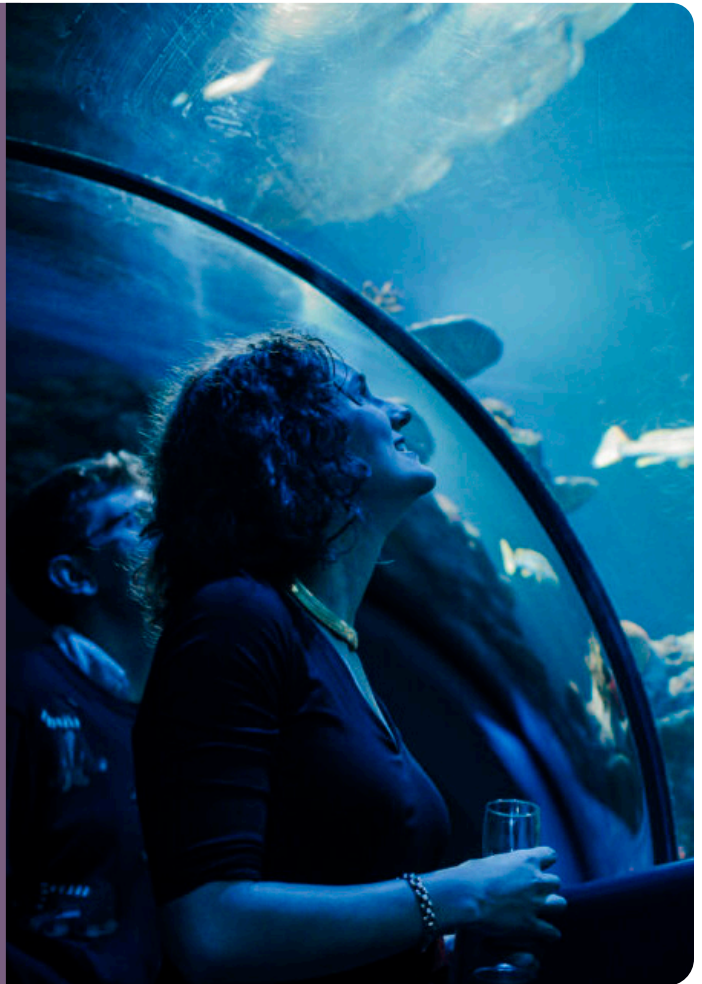
Day trip to Bristol Aquarium

Bristol

11:00am

Thinking Music with Phil

Rooms



TUESDAY 12TH

10:00am

Residents' meeting

Rooms

2:00pm

Entertainment with Singer Rebecca

Main lounge





WEDNESDAY 13TH

10:30am

**Short trip to Local
Community for
coffee morning**

Lockleaze Hub

2:00pm

Walking pals

Local area



THURSDAY 14TH

10:00am

5 Things About Me

Rooms

2:00pm

**Entertainment with
Pianist Kate**

Main lounge





FRIDAY 15TH

10:00am

Well-being chats
Rooms

2:00pm

Tai-Chi with Eeva
from Alive activities
Main lounge



SATURDAY 16TH

10:30am

Shop trolley on wheels
Rooms

2:00pm

Social engagement
Rooms





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MONDAY 18TH

10:30am

**Day trip to Portishead
with lunch**

Portishead



TUESDAY 19TH

11:00am

**Lullaby Circle -
mother baby group**

Main lounge

2:00pm

Gardening club

Courtyard garden



WEDNESDAY 20TH

10:30am

Short trip to Local garden Centre

Bristol

2:00pm

Art workshop with artist Amy

Main lounge



THURSDAY 21ST

10:00am

Well-being chats

Rooms

2:00pm

Creature cuddles

Main Lounge



FRIDAY 22ND

10:00am

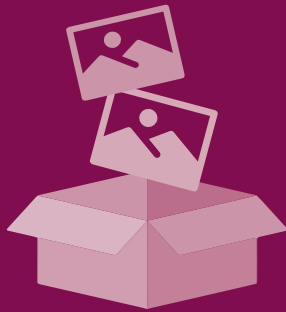
Picture surveys

Rooms

2:00pm

Bingo fun

Dining room



SUNDAY 24TH

11:00am

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

Bristol



MONDAY 25TH

10:30am

Day trip to The Wild Place with lunch
Bristol



TUESDAY 26TH

11:00am

Entertainment with violinist Lawrance
Rooms

2:00pm

Seated exercise with physio Zion
Main lounge



WEDNESDAY 27TH

10:30am

**Short trip to Tenpin
bowling with lunch**
Bristol

2:00pm

**Communion service
with Margaret**
Main lounge



THURSDAY 28TH

10:30am

**Gardening club for
spring planting**
Courtyard garden

2:00pm

**Entertainment with
singer & guitarist
John Pendlington**
Main lounge



FRIDAY 29TH

10:00am

Art & crafts

Rooms

2:00pm

Art & crafts - Group

Dining room



SATURDAY 30TH

10:00am

Social engagement

Rooms

2:00pm

Holistic massage therapy with Tracey

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.
