

# APRIL NEWSLETTER



**Saintbridge House**

Gloucester

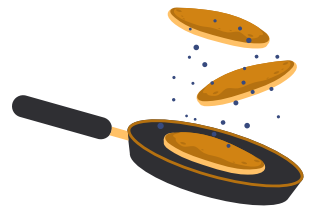
**189 Painswick Road, Gloucester, GL4 4QQ**  
**01452 300307**



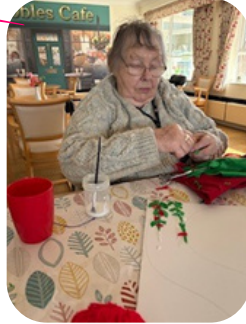
# What have we been up to in March?



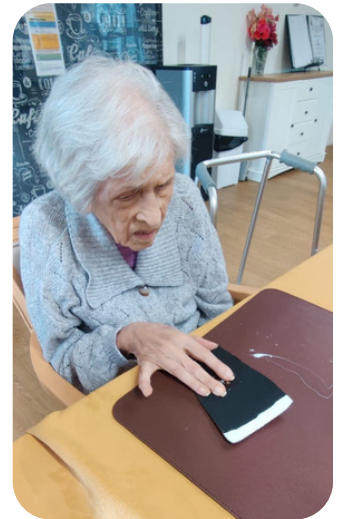
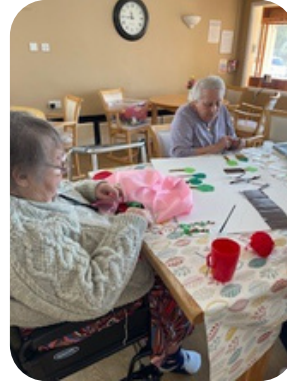
Another fun and activity packed month has been had during March. There have been games and exercises, time in the garden not to mention pancake day, St Patrick's day and race day.



## Creative Arts and Crafts



There has been creativity happening again during March. We have started a collage of our garden along with making daffodils for St David's day. We have also made decorations for St Patricks day. It's always good to let creative juices flow and let everyone pick and choose their own colours and designs for all these activities and it's always fun to see the creations.



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## Birthday's celebrated during March

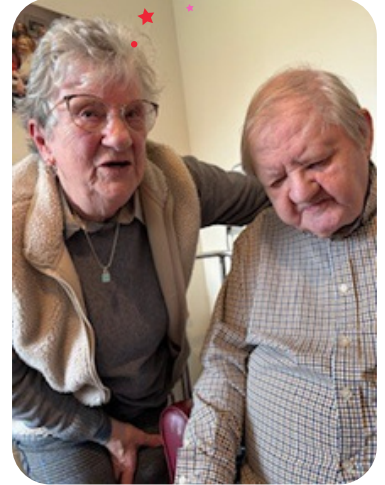


We have had three birthdays this month, Kirk, Alan and Fred. It was lovely for them to all have family come and celebrate with them.

Kirk had a lovely trip out with his brother for a meal, which was his first time out and about in a long time and he loved it.

Fred and Alan had family come and help celebrate with cakes for each and they both played along wearing the silly birthday hat.

Happy birthday to you all.



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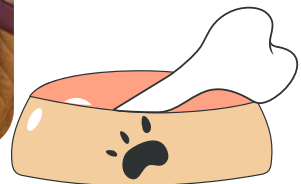
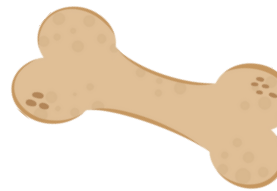


## Pet Therapy - our furry visitors



Our lovely pet therapy dogs have visited again during March and we really appreciate them and their owners Hayley and Sharon, so thank you ladies.

The dogs are both so gentle and love the treats that some of our residents give them...Mary and Bernard, we know you have a stash!! They always put a smile on lots of faces when they arrive and some residents get very sad when they miss them for any reason.

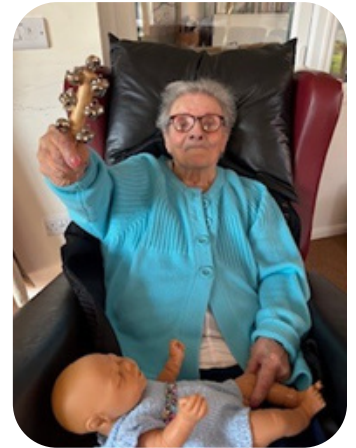


# Music, movement and exercises



We have kept everyone moving this month again with lots of sessions of exercise and movement to music. We have had group sessions in the lounge, we have had individual times with some of the residents in their own rooms, but we have also had football games to aid coordination and movement, and music and instruments to help with arm strengthening. That was really good for the senses too, listening to the music and using the beats and rhythms.

The best thing about a lot of these sessions is the way we make them fun and enjoyable. The social aspect becomes as big a part as the exercise and mobility benefits.



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## Musical Entertainment



We have had a great month again with Julie and her steelpans and visits from the mini concert singers.

Shelley did a fun Beatles session!! It was great to see her outfit changes as well as everyone singing along to their favourites. Lucy also did a lot of favourites, that were all recognised by everyone. We even had a few up dancing at this session.

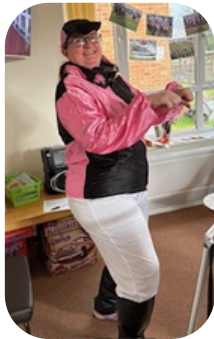
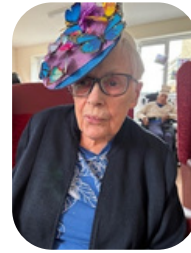
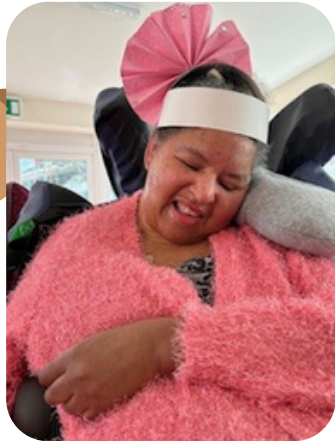
Julie always creates laughter and dancing, even if it's just sat in a chair.

The tambourines and shakers are easy for everyone to use, and everybody always has a go at playing a steelpan too.

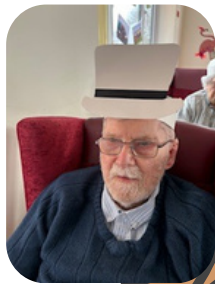


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# Saintbridge House Race Day



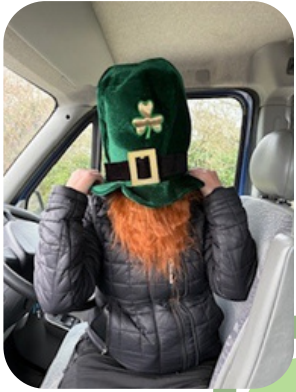
We had a great day enjoying the races at Cheltenham, but from our lounge. We all wore our decorated hats and had some 'money' and betting slips. Everyone had fun picking their winners and then watching the race as it happened on the tv...sadly not one person had a winner this year!!! Better luck next time...the Grand National maybe???



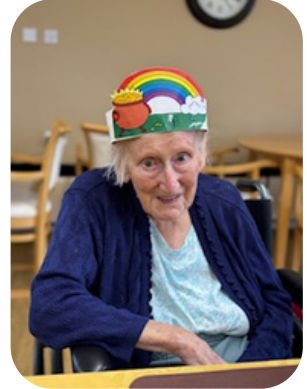
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# St Patrick's Day



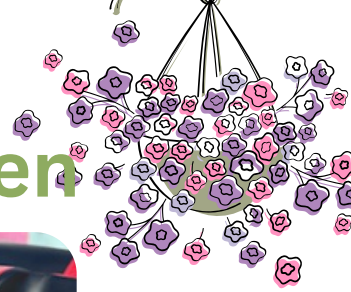
We couldn't let March go by without celebrating St Patrick's day in some form. Silly hats were brought out and some fun photos were taken. It was great to see everyone having a go and willing to be a bit silly!!



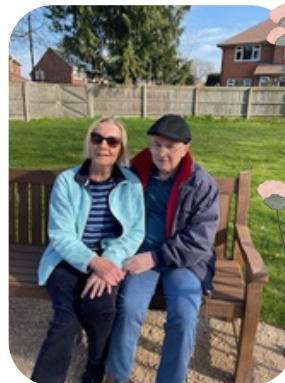
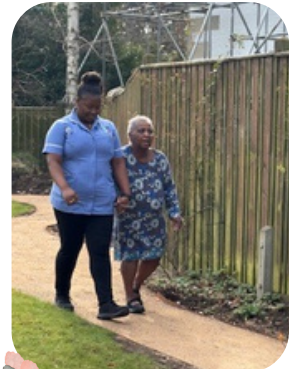
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# Getting out in the garden



We have been making the most of any sunny days that we got this month! It was so nice to see Ravji and Hilda outside with us one day and then another day we had some silly faces when a mobile phone was kidnapped!!!!



## Key Events in April

3rd April - 2pm Steelpan concert

7th April - Dementia café 10:30 - 12pm please spread the word and even come along and support us if you can.

10th April - 2pm mini concerts

17th April - 2pm steelpan concert

18th April - church service at 11:15

20th April - Easter egg hunt

21st - Easter bunny visiting the residents

24th April - 2pm mini concerts



# Future Dates for your Diary

4th May - Saintbridge House dog show



5th May - Dementia café 10:30 - 12pm please spread the word and even come along and support us if you can.



25th May - Dementia Awareness Walk and family picnic



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## Resident spotlight

### Heather



My name is Heather, I was born in Ross on Wye, My Father was in the RAF which meant we travelled around to different places, I have a sister Maureen who lives in Cornwall and she visits me when she can, I used to be a civil servant until such time I retired, when i was younger

I used to play hockey for Gloucester, and was a keen tennis player, I also loved to go horse riding, I even had a go at ballroom dancing.

## Staff spotlight

Alice has been with us at Saintbridge House now for 5 years. She grew up in Italy and moved to England 10 years ago and has been with her partner Callum for 6 years. When she's not working she loves to practice her dance moves in the mirror, but does like to read a good romance novel. She also really love panda's.



# April Programme of Activities

Tues 1st creative arts / Catholic chaplain visit / tin can alley

Wed 2nd sensory activity / flower arranging / group crosswords

Thurs 3rd Scrabble club / puzzles / 2pm steelpan concert / film afternoon

Fri 4th creative arts and crafts / music and movement / music quiz

Sat 5th relaxation / 1 to 1 sessions / exercises / giant snakes and ladders

Sun 6th relaxation / 1 to 1 sessions / exercises / creative arts

Mon 7th Dementia cafe / movement and music / ball games / ABC quiz

Tues 8th creative arts / Catholic chaplain visit / giant snakes and ladders / group crosswords

Wed 9th out for coffee / flower arranging or gardening / 3pm pet therapy

Thurs 10th scrabble club / puzzles and board games / 2pm mini concert / film afternoon

Fri 11th creative arts / music and movement / ball games / ABC quiz

Sat 12th relaxation / 1 to 1 sessions / exercises / bean bag target games

Sun 13th 1 to 1 sessions / exercises / creative arts

Mon 14th reminiscing life stories / dominoes / music and movement / ball games / ABC quiz

Tues 15th creative arts and crafts / Catholic chaplain / bingo bongo / crosswords / pet therapy

Wed 16th out for coffee(minibus) / flower arranging / table top games / crosswords

Thurs 17th Scrabble club / dominoes / 2pm steelpan concert / film afternoon

Fri 18th creative arts / church service 11:15 / Play your cards right / music quiz

Sat 19th 1 to 1 time / exercises / tin can alley

Sun 20th 1 to 1 time / 2 - 3pm Easter egg hunt for friends and family

Mon 21st Easter bunny visiting residents / music and movement / ABC quiz

Tues 22nd creative arts / Catholic Chaplain visit / skittles or gardening / group crossword

Wed 23rd out in minibus for coffee / flower arranging / ABC quiz / 3pm pet therapy

Thurs 24th Scrabble club / board games / 2pm mini concerts / film afternoon

Fri 25th creative arts / bingo bongo / penguin documentary

Sat 26th relaxation / 1 to 1 sessions / exercises / giant snakes and ladders

Sun 27th relaxation / 1 to 1 sessions / exercises / skittles

Mon 28th reminiscing life stories / dominoes / movement and music / ball games / ABC quiz

Tues 29th creative arts / Catholic chaplain visit / ben bag target games / pet therapy

Wed 30th out for coffee in mini bus / flower arranging / gardening / group crosswords





**Val - 17th April**  
**Reg - 25th April**



**Staff birthdays this month:**

**6th - Gale**

**12th - Anupama**

**20th - Sylvia**

**29th April - Dawn**

It is lovely when family and friends can join us in celebrating residents birthdays and anniversaries, so do please come along and be a part of their day.



# Family comments



*From my first visit and first impressions, Saintbridge has been brilliant.  
The facilities are safe, practical and clean, but it's the people who make the real difference.  
Everyone is so helpful, supportive and friendly, and they go out of their way to provide an  
environment above and beyond expectations.  
Definitely recommend it to my family and friends.*

**Review from Dave J (Son of Resident) published on 22 May 2023**



Your comments are appreciated and have given us  
our excellent Carehome score, if you would like to  
leave your thoughts you can do so, on to their  
website



## Did you know we provide respite care?

There are many reasons why someone may need short term, temporary respite care. And across all of our care homes we are delighted to offer this, whether for a few days or even months. Regardless of the circumstances, we are committed to making sure that all who come to stay with us, no matter how long, are made to feel at home. Ensuring that all residents feel safe, comfortable and cared for, our expert team of professionals work hard to make sure that even the shortest of stays with us is a positive one.

Speak to Dave, our home manager on 01452 300307





# *Resident changes*

in March 2025



*Sadly this last month, Sybil has passed away. We send our love and support to the family and friends at this time.*



*Chanchalben has also passed away this month, we shall certainly miss her beautiful smile and send her family and friends comfort in these difficult days.*

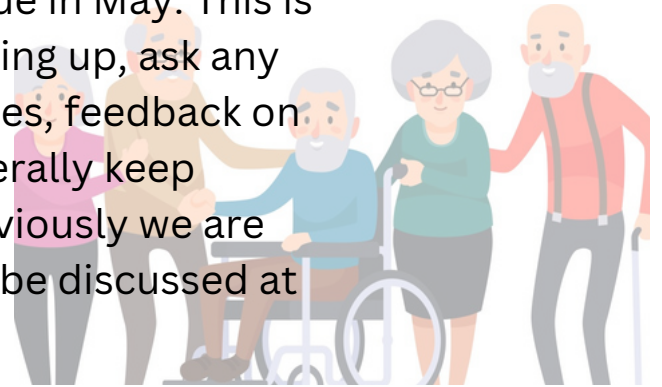


*We do have a memory book now in our reception area, for you to leave any messages.*



# Resident and Family meeting

Our next resident and family meeting is due in May. This is an opportunity for you to hear what is coming up, ask any questions, give us suggestions for activities, feedback on what we currently provide and generally keep communication open for everyone. Obviously we are always available and so these things can be discussed at any time before then.



Trust  
Respect  
Integrity

## Resident/relative/staff referral scheme

We are proud of the excellent services we provide here at Saintbridge House and would love for you to tell other people about us too.

Recommend Saintbridge House to your friends, family or colleagues and we'll give you £250 as a thank you for each successful recommendation when they move in. Once they've been with us for three months, we'll reward you with a further £250.

There is no limit to the number of recommendations you can make!!

Speak to Dave, our home manager on 01452 300307

