

SAINTBRIDGE HOUSE NURSING & RESIDENTIAL HOME



ISSUE 10 – December 2020

Upcoming Birthdays

3rd December – James Pullan

5th December – Cheryl Kavanagh

8th December – June Greatorex

22nd December – Bobby Bissu



WELCOME TO THE TENTH EDITION OF OUR NEWSLETTER

We hope this regular newsletter will be informative for Residents, Relatives and Staff.

Fun Facts For December

- It is the first month of winter and the last month of the year.
- National Cookie Day is December 4th. Other snacks celebrated this month include pie, cotton candy, chocolate brownies (mmm!), cocoa, and cupcakes.
- December often marks the beginning of rain, snow, and cold weather.
- December is the month associated with Christmas. There are Christmas Decorations, Sales, Panto's and Parties.
- A lot of people have days off around Christmas and before New Year's Eve.
- December in the Northern Hemisphere is similar to June in the Southern Hemisphere.
- The first day of Winter is on either December 21 or 22. This is the shortest day of the year and the longest night. It is called the Winter or Southern solstice in the Northern Hemisphere.

This month in history

- 1919 Lady Nancy Astor became the first woman in the British House of Commons.
- 1805 Napoleon defeated Russia and Austria in the Battle of Austerlitz.
- 1967 The first successful heart transplant was performed by Dr. Christiaan Barnard at Cape Town, South African, on Louis Washkansky, who lived for 18 days.
- 1791 The Observer, now the oldest Sunday newspaper in the world, was first published in Britain.
- 1492 Haiti was discovered by Christopher Columbus.
- 1697 Sir Christopher Wren's St. Pauls cathedral was opened in London.
- 1980 Former Beatle musician John Lennon was assassinated in New York City.
- 1895 Birthday of King George VI, who succeeded to the throne when his brother, Edward VIII abdicated.
- 1848 Emily Bronte, English author of Wuthering Heights, dies of tuberculosis at the tender age of 30.
- 1918 The results of the first General Election in Britain in which women have been allowed to vote, confirmed David Lloyd George as Prime Minister.
- 1922 The worlds first regular entertainment radio broadcasts are transmitted by the British Broadcasting Corporation (BBC).
- 1988 A Pan American (PANAM) jumbo jet bound for New York is blown out of the sky by a terrorist bomb and crashes onto the Scottish town of Lockerbie, killing 259 passengers and 11 people on the ground.
- 1911 Norwegian explorer Roald Amundsen became the first person to reach the South Pole.
- 1995 European Union leaders announced their new currency would be known as the Euro.
- 1832 French engineer Alexandre Eiffel was born in Dijon, France. He designed the Eiffel Tower for the Paris International Exposition of 1889. He also helped design the Statue of Liberty.
- 1969 The British House of Commons voted 343-185 to abolish the death penalty in England.
- 1775 British novelist Jane Austen (1775-1817) was born in Hampshire, England. She wrote love stories concerning the lives of gentry in rural England. Best known for Sense and Sensibility, Pride and Prejudice, Northanger Abbey, and Emma. In recent years her works have been made into very popular TV mini-series and movies.

What Does December Symbolise?

- Birthstone: Turquoise, zircon, or tanzanite
- Flower: Narcissus or Holly
- Zodiac signs: Sagittarius or Capricorn



Christmas

WORD SEARCH

I I J L L S D Y R J E I P J J C C V I P
W M V G K N S A V C M R L Z O A A B V J
G R H O G S X D T T D Z C K L K R O D J
B I A Q W L W I C H X K D P L R O I N I
V R I P R X W L T T X N R I Y X L J Q N
O S Q E P D O O M W R E A T H Q E E K G
F T B N E I C H R I S T M A S T R E E L
N G O Q A N N Q L E E X E D J N S O Y E
D A E R B R E G N I G N E L A C T F N B
K I C E N G S T P F G C A M V E Y G Z E
Z Q A N K A S H R A O Y W C L E Q K Y L
P Q L U W Q M G W R P O D T Y R S A A L
H L P C A Z T E A H N E S M Z D T K W S
W J E C D K R T N S Z I R E E D N I E R
O M R A H N I V H T M G U Y N D W A V M
J V I C O O A W P D S N W D O S K Q C S
U T F R N O B L D N O R T H P O L E A S
H L S S F L G M R K L U T H Z B L N Y E
C O B S G E F G U A M W D X Y D T L U D
W O B H B A K B H D G Z O H T A I F K L

JINGLE BELLS
BOW
CANDY CANE
CAROLERS
CHRISTMAS TREE
DECORATIONS
ELVES

FIREPLACE
GARLAND
GINGERBREAD
HOLIDAY
JOLLY
SANTA
MISTLETOE

NORTH POLE
ORNAMENTS
PRESENTS
REINDEER
SNOWMAN
WREATH
WRAPPING PAPER



TOILETRIES



We would like to take this opportunity to ask if you could ensure all residents have an adequate supply of toiletries. This includes soap, body wash/shower gel, shampoo and shaving equipment (if required). These items will also need to be clearly marked with the resident's name on.



We have a facebook page for you to follow us on. The page gives details of the Home, including activities, menus, and lots of photographs and other information about the Home. Please feel to 'like' us at <https://www.facebook.com/saintbridgehouse/>

Laundry News

If you have received or brought in any new clothes please ensure they are labeled clearly with the residents name.



News from the kitchen

The kitchen would like to reassure everyone that our supply chain of food deliveries continues as normal. We have stocked up on Dry essentials such as bread, rice, pasta, etc just in case there are any issues with receiving supplies, however at present, we do not foresee any issues.

Daily Activities

It is important to keep an active mind and we are now leaving out a variety of activities on the table in the main lounge area. These can be used by everyone at anytime of the day. We do ask if these items can be returned after use.

Regular and Organised Activities

Sam the Hairdresser visits every other Tuesday

Faye, the Foot Health Practitioner visits every 4-6 weeks

Debbie comes along to sing to and play instruments with the residents every Tuesday from 2.30 – 3.30pm (When Home Visiting Policy Allows)

Holy Communion – From the St. Aldates Church – Every other month on a Saturday Afternoon

Phoebe, and the lovely ladies from Mini Concerts will be visiting to provide the residents with some live Singing!

During December and the run up to Christmas, we will be putting on other entertainment for the residents when the home's Visiting Policy allows, however this is subject to change at short notice due to Covid-19.

Contact Us

Saintbridge House Nursing and Residential Home

189 Painswick Road,
Gloucester.
GL4 4QQ.

E-Mail: info@saintbridge-house.co.uk

Telephone: 01452 300307

Facetime: info@saintbridge-house.co.uk

Skype: info@saintbridge-house.co.uk

ANY articles you would like to put in the next edition of the newsletter please pass on to Gale, Dave, or email: info@saintbridge-house.co.uk

EMPLOYEE OF THE MONTH FOR OCTOBER AND NOVEMBER

Unfortunately due to time constraints and staff Annual Leave, we were unable to present the Employee of the month award for October. We are therefore doing this slightly late this month

After a lot of deliberation, it was decided that Our Employee of the month for October was Brenda Lindsay.

Our Employee of the month for November was Cathy Macfarlane

Well done Brenda and Cathy, and Thank You for your continued Hard work and Dedication.

Please can we again take this opportunity to once again Thank every member of our staff team.