

# FEBRUARY NEWSLETTER



# FEBRUARY 2026



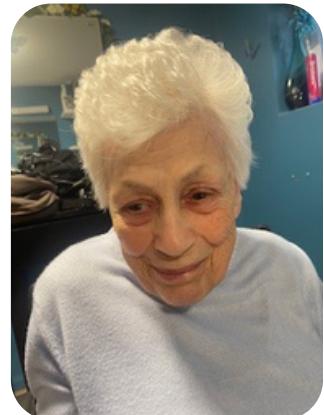
## What have we been up to in January?



exercising



music



hairdresser



exercising



dogs visiting



visitors

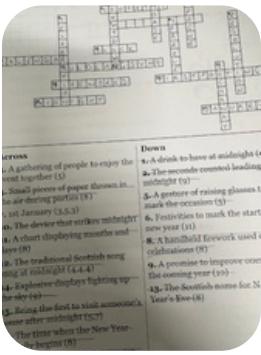


games

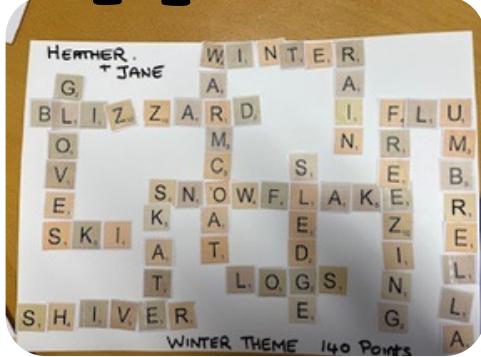




## Mental Exercises



As well as all the fun games we play to aid physical exercise we always have mental exercises too. We have regular quizzes and games of Scrabble and dominoes, but this month we had Word Nerd Day, so did some additional word challenges, such as word ladders.





## Celebrating Big Garden Bird Watch

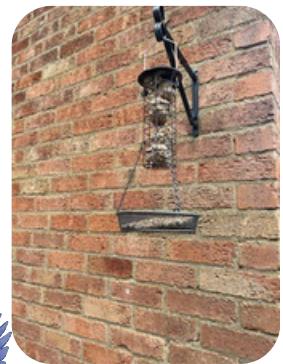


We have been working hard this month to look after the birds in our garden. We have been making fat balls and filling the feeders regularly. Crafts have been bird themed and we also took part in the RSPB Big Garden Bird Watch





# Celebrating Big Garden Bird Watch



## Musical Entertainment



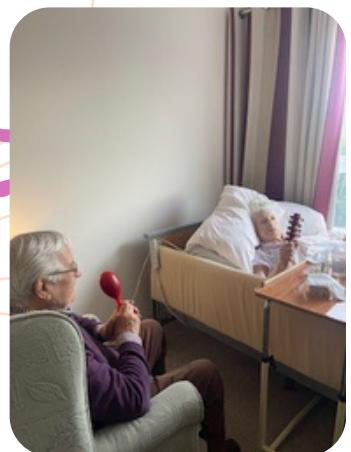
We have had singers from mini concerts come in January and we have also had Julie with her steelpans. Everyone enjoyed singing along to Zoe doing Ella Fitzgerald and some Frank Sinatra.



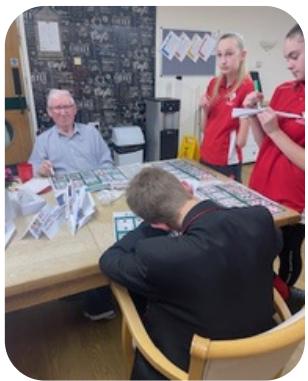
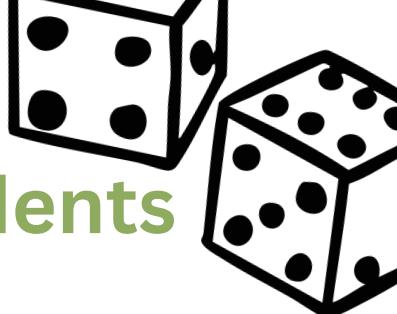
## Musical Entertainment



Julie did a couple of sessions this week and was able to do one for everyone in the dining room but also did an afternoon going around individuals rooms. This was lovely as there are some people who can't make it downstairs and they really enjoyed hearing her music and playing the instruments with her in their own rooms.



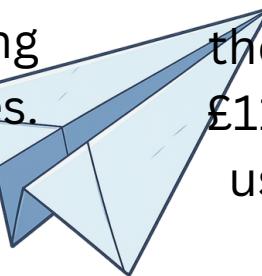
# Gloucester Academy Students



The students from Gloucester Academy have been coming again each week. They have organised some great activities, from puzzles, games and colouring to games of Bingo and making and racing paper aeroplanes.



They also did a fundraising cake sale at their school and gave us £113 that they raised for us here at Saintbridge.



# Gloucester Academy Students



Along with them coming to us they also arranged for us to go and see their opening matinee show of Matilda. We had a great time on the front row, enjoying their amazing performances and singing





## Music, Movement and Exercises



We are managing to get lots of exercise sessions in now. We have group session in the lounge every Monday, Wednesday and Friday and weekends are single exercises using the machine.

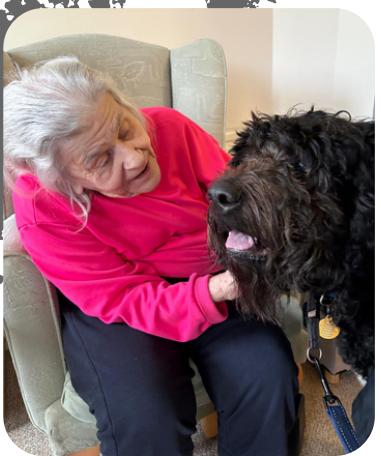
Everyone comments on how much they can feel the benefit and how they feel better for doing something to help themselves.



# Music, Movement and Exercises



## Furry Friends Visited



We have had our lovely dogs, Peggy and Bear visiting this month again. They are always so happy to see us and we love to pet them and give them treats. They really lift the mood for everyone



# Cheese Tasting



We had National Cheese Lovers day this month so we had a cheese tasting session. Everyone willingly had a taste of a few cheeses to see if they could guess what they were and if they liked them or not. It was lovely to see all their faces showing like or dislike.



# Creative Arts



# Resident spotlight



## Brian

Brian has been with us for just under a year now, and has already been on a feature in the newspaper for us!! He was married to his wife Mary for 58 years and they lived in a place called Goathurst near Bridgewater, moving to Gloucester later on in life. He has a daughter Sharon. He loves to watch snooker on the tv and used to love a game of cribbage and was a keen rambler walking all over the country. He has travelled a lot and been all over the world. He still loves a crossword or quiz.

# Staff spotlight

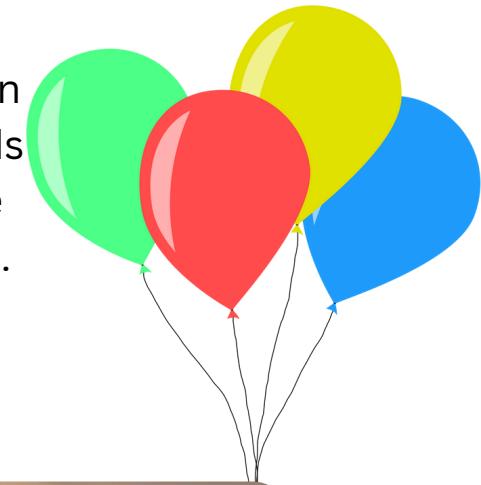
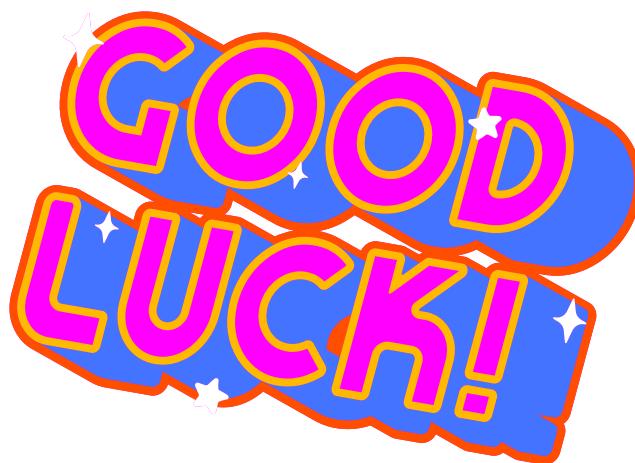
## Lekshmy

Lekshmy has been with us at Saintbridge for 4 years now, progressing to be a CHAP 2 years ago. She is married to Retheesh, and they are coming up to their 19<sup>th</sup> anniversary. When she is not at work she enjoys reading and cooking. Whipping up traditional Indian recipies and reading any type of novel genre that catches her attention. She also likes to get wrapped up and get out walking, enjoying the fresh air and lovely area around her.



# Staff Celebrations and changes

This month of January we have had no new staff join the team, however we are saying goodbye to Archena. She has been a great member of staff working weekends on our activity team. The residents have all got their exercises done with her help. We are sorry to see her leave us but we wish her the very best with the next chapter of her life.



# Resident Birthdays in January

January has been a very quiet month for birthdays with no residents celebrating.





## Resident birthdays coming during February:

**1st - Betty**

**4th - Jane**

**18th - Nora**



## Staff birthdays this month:

**6th - Patricia**

**8th - Tracey**

**15th - Arya**



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.



# Resident changes

## in January 2026



Joan stayed with us in January for respite.

John has been with us for some of January but has left now after his respite time with us.



Jane has moved in with us in January and has started to settle in, taking part with activities and joining others at meal times.

Hazel sadly passed away this month, and we wish her family comfort in her memories.



Mary left us this month too, moving to a different home in Gloucester. We wish her well and that she settles in quickly.



Joan has moved in with us right on the last day of January and we welcome her to the Saintbridge family.



## Key Dates/Events in February



## February programme of activities

**Sun 1st relaxation / exercises / creative arts / 1 to 1 sessions**

**Mon 2nd reminiscing / group exercises / quiz**

**Tues 3rd creative arts / gardening group (or skittles) communal crossword**

**Wed 4th creative arts / pet therapy with Bear / exercises / school children volunteering (singing)**

**Thurs 5th Scrabble club / dominoes / steelpan concert / film afternoon**

**Fri 6th dementia café 10:30 / group exercises – Winter Olympics**

**Sat 7th exercises / relaxation / 1 to 1 sessions**

**Sun 8th relaxation / exercises / 1 to 1 sessions**

**Mon 9th hairdresser / reminiscing / group exercises / ABC quiz**

**Tues 10th creative arts / 10:45 church service / gardening group (giant snakes and ladders) / 4pm**

**Peggy**

**Wed 11th out for coffee / group exercises / school children volunteering (exercise class)**

**Thurs 12th Scrabble club / dominoes / mini concerts (Valentine's) / film afternoon**

**Fri 13th cake or biscuit decorating (Valentine's) / group exercises / quiz**

**Sat 14th relaxation / exercises / 1 to 1 session**

**Sun 15th relaxation / exercises / 1 to 1 sessions**

**Mon 16th hairdresser / creative arts (Chinese New Year) / group exercises / quiz**

**Tues 17th pancake making / pancake tossing / puzzles / board games**

**Wed 18th day trip out to garden center for lunch**

**Thurs 19th Scrabble club / dominoes / steelpan concert / film afternoon**

**Fri 20th 11:15 church service / group exercises / Chinese New Year supper**

**Sat 21st relaxation / exercises / 1 to 1 sessions**

**Sun 22nd relaxation / exercises / 1 to 1 sessions**

**Mon 23rd reminiscing / hairdresser / group exercises / ABC quiz**

**Tues 24th 10:45 church service / gardening club (indoors and outside) / 4pm pet therapy with**

**Peggy**

**Wed 25th out for coffee / group exercises / school children volunteering (spring colouring)**

**Thurs 26th Scrabble club / dominoes / mini concerts / film afternoon**

**Fri 27th creative arts / exercises / play your cards right**

**Sat 28th relaxation / exercises / 1 to 1 sessions**



# Family comments

My brother has been a permanent resident of Saintbridge house since August 2023, during which time he has been treated with great kindness and consideration. It is not easy caring for someone with dementia and they have shown great patience. The staff have always involved me in any changes they wish to make to my brothers care and wellbeing.

Saintbridge house is well maintained with beautiful gardens and there are many activities arranged to stimulate and interest the residents. Being cared for in a secure and comfortable environment has taken the pressure of my wife and myself.

Review from James C (Brother of Resident) published on 9 December 2025

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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

 [carehome.co.uk](https://www.carehome.co.uk)

## 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 and Family meeting

Our next resident and family meeting will be 3rd March 2026, at 6pm. This is 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

