

# FEBRUARY NEWSLETTER



Saintbridge House  
Gloucester

189 Painswick Road, Gloucester, GL4 4QQ  
01452 300307

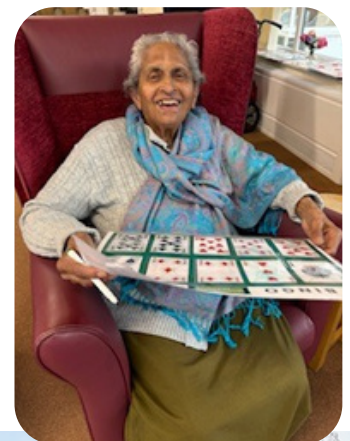
# What have we been up to in January?



Well the new year has begun and is ticking steadily along. We have had some great fun during January, which is a nice way to start the new year.

We have been creating and enjoying music and dance. We have kept ourselves moving with exercise and general mobility.

Lots of fun too, with games of skittles and bean bags, along with board games such as Scrabble and snakes and ladders. There has been some great games of Bingo bongo and table football too. For those quieter moments puzzles and crosswords have been shared too.

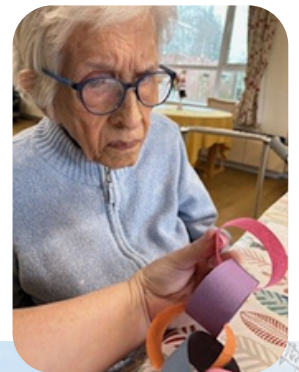


Saintbridge House  
Gloucester

# Getting Creative

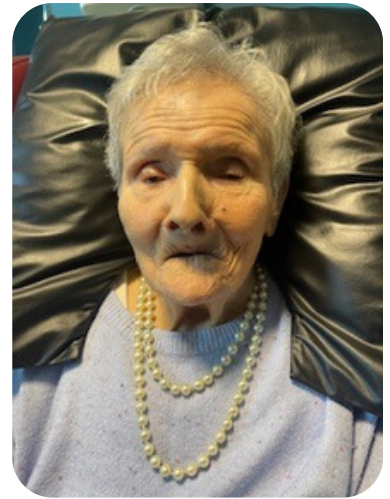


We have had some creative sessions during January, creating all sorts from bird feeders for the garden, through to decorations for Chinese New Year. Each week we rearrange the silk flowers in the vases around the home to keep them fresh and interesting.



Saintbridge House  
Gloucester

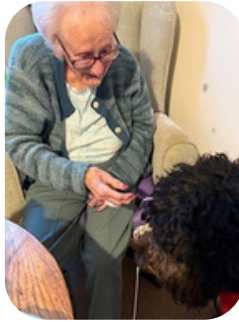
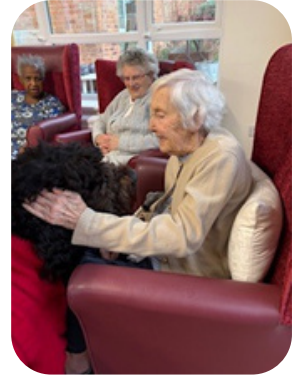
## Hairdresser visits



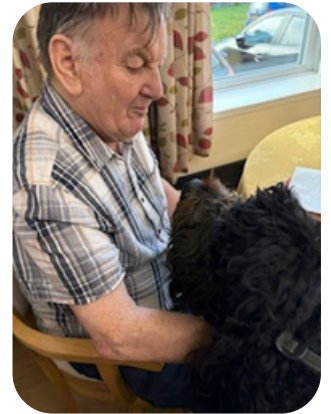
Visits from our hairdresser this month has been appreciated again. It's always nice for the residents to have some pampering and feel they are having some 1 to 1 treat time just for them. It's always a transformation for Denis or Kirk as their beards are always needing managed.



## Our Furry Visitors



This month we have loved seeing Bear and Peggy again. These lovely dogs really do make everybody's day when they walk in the room. There are always smiles and those residents who have the doggy treats at the ready are happy to share them. Two very different dogs but both bring such amazing love to our home when they visit.



Saintbridge House  
Gloucester

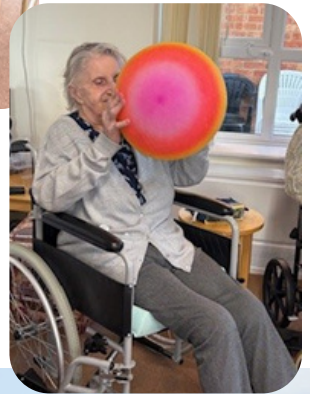
## Keeping Active



January has seen us continue to keep everyone active and moving!!! We have had sessions with music as well as stretches and yoga moves in the chair.

Some of our residents love to do the individual exercises on the machine and really feel the benefits of using it.

These group sessions are really great fun and when we incorporate the footballs, the fun factor jumps up a lot... we could probably set up our own football team!!!

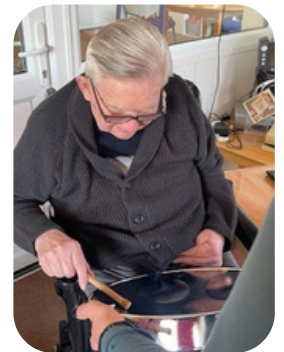
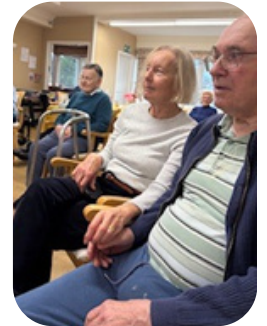
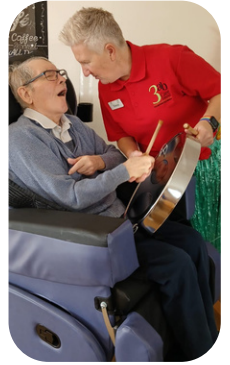


## Musical Entertainment

We have had fun with music again this month, with singers coming for mini concerts and Julie with her steelpans entertaining us.

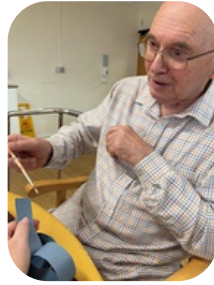
It is great fun when Julie is playing, really uplifting and generating a room full of laughter and enjoyment.

Mini concerts are lovely for the residents to sing along to or get up and dance, which Denis very much enjoys. It always amazes how music can trigger memories and give rise to emotions, sometimes sad but memories are always good to relive.



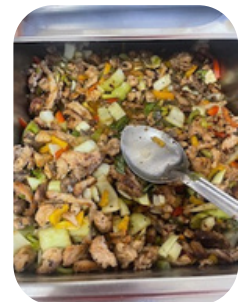
Saintbridge House  
Gloucester

# Chinese New Year Celebrations



We had a fun day celebrating Chinese New Year at the end of January. This was the beginning of the Year of the Snake, and so we have made snakes and Chinese decorations.

We were also able to sample a lovely Chinese inspired dinner on the day too, with some very nice food including chicken chow mein. It was good fun chatting about all the things we had experienced about the nationality over the years and their foods and so on.





## Resident spotlight



Gillian Clark

My name is Gillian but I prefer Gill. I was married to Calvin who was in the American Airforce and so we lived all over America. I used to love Ten in bowling and was pretty good. I enjoy cowboy films, and word searches and enjoy visits from Paul the chaplain from the church and also love the dogs from pet therapy that visit us too.

## Staff spotlight

Tracey Joslin - Activity and Wellbeing manager

Tracey has been at Saintbridge House for coming up two years. She loves the outdoors, walking, cycling, paddle boarding and having holidays by the sea. A lot of her spare time is also spent doing DIY and having fun and making memories with her grand-daughter and family.



## Key Events in February

3rd Feb - Dementia café 10:30 - 12pm please spread the word and even come along and support us if you can.

6th Feb - 2pm Steelpan concert

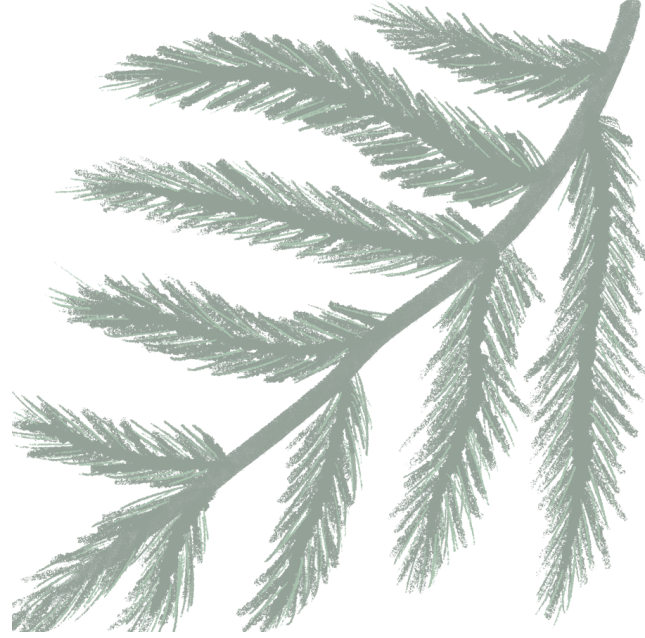
11th Feb - 6pm resident and family meeting (dining room)

13th Feb - 2pm mini concert

20th Feb - 2pm steelpan concert

21st Feb - 11:15 Church service in quiet room

27th Feb - 2pm mini concert



Saintbridge House  
Gloucester

# February Programme of Activities

Sat 1st relaxation / 1 to 1 session

Sun 2nd 1 to 1 time / exercises

Mon 3rd Dementia café / bingo bongo / crosswords

Tues 4th creative arts and crafts / Catholic chaplain visit / music and movement / ball games / pet therapy

Wed 5th mind song / dominoes / puzzles / flower arranging

Thurs 6th Hairdresser / scrabble club / puzzles / 2pm steelpan concert

Fri 7th creative arts and crafts / big music quiz and sing along / table tennis tournament

Sat 8th relaxation / 1 to 1 sessions / giant snakes and ladders

Sun 9th 1 to 1 sessions / creative arts (pizza themed)

Mon 10th reminiscing life stories / movement and music / ball games

Tues 11th creative arts and crafts / Catholic chaplain visit / film afternoon / 6pm resident and family meeting

Wed 12th out for coffee / flower arranging / ABC quiz or crossword / pet therapy

Thurs 13th scrabble club / puzzles and board games / 2pm mini concert

Fri 14th creative arts / parachute games / ABC quiz

Sat 15th relaxation / 1 to 1 sessions / exercises / bean bag target games

Sun 16th 1 to 1 sessions / exercises / flower arranging

Mon 17th reminiscing life stories / music and movement / ball games / ABC quiz

Tues 18th creative arts and crafts / Catholic chaplain / bingo bongo / crosswords

Wed 19th mind song / flower arranging / crosswords or ABC quiz

Thurs 20th Hairdresser/ scrabble club / dominoes / puzzles / 2pm steelpan concert

Fri 21st church service 11:15 / big music quiz and sing along

Sat 22nd 1 to 1 time / independent exercises / group chair yoga

Sun 23rd 1 to 1 time / exercises / play your cards right

Mon 24th reminiscing life stories / music and movement / ball games

Tues 25th creative arts and crafts / Catholic Chaplain visit / giant snakes and ladders / ABC quiz

Wed 26th storytelling / out in minibus / flower arranging / ABC quiz / 3pm pet therapy

Thurs 27th scrabble club / puzzles / 2pm mini concerts / film afternoon

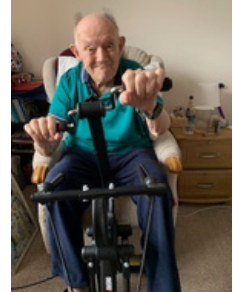
Fri 28th creative arts and craft / bingo bongo / music quiz and sing along



HAPPY BIRTHDAY



**Betty - 1st February**  
**Bernard - 14th February**  
**Nora - 18th February**  
**Kitty - 27th February**



**Staff birthdays this month:**  
**8th - Tracey**



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 and Family meeting

Our next resident and family meeting will be Tuesday 11th February 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.



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

