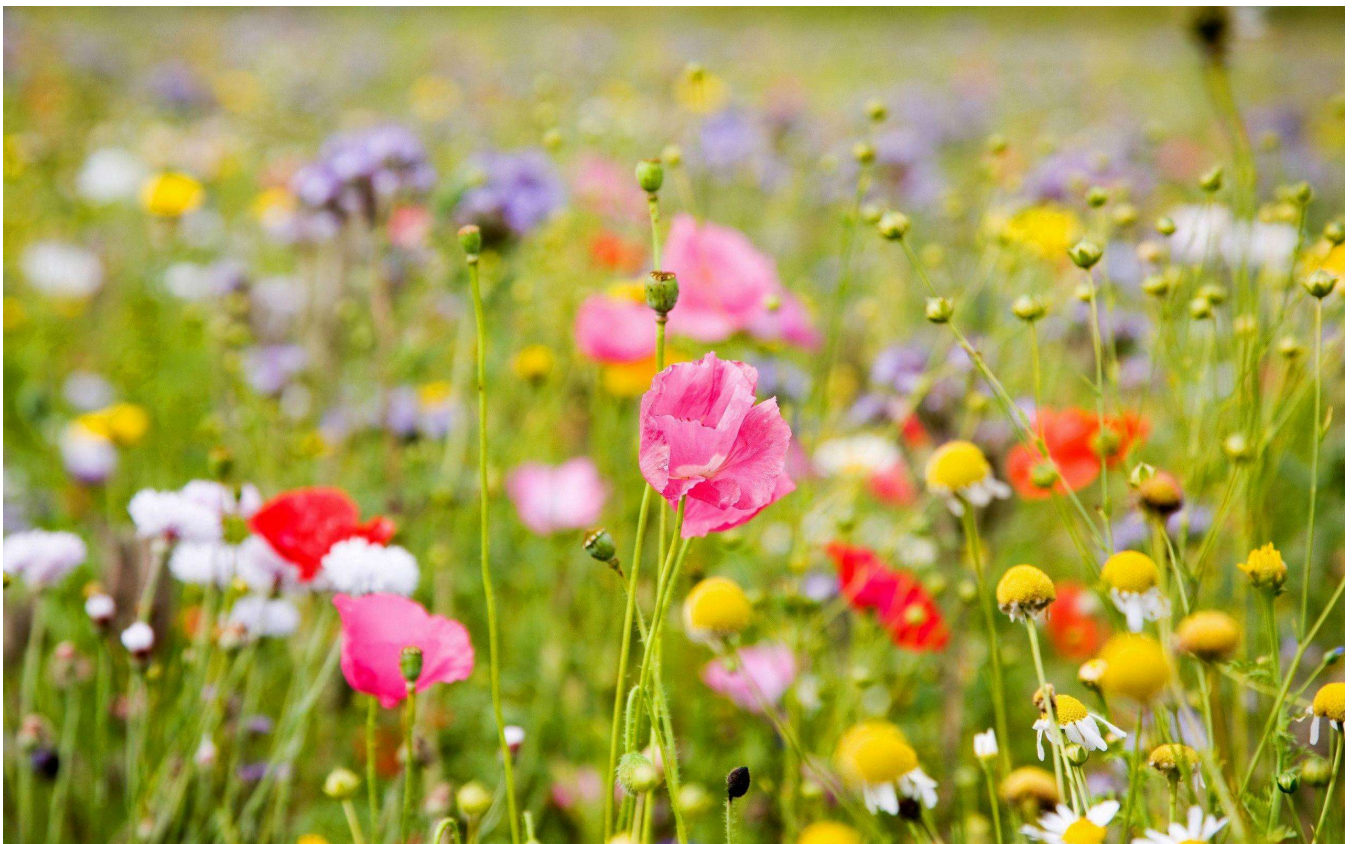


JUNE NEWSLETTER



Saintbridge House

Gloucester

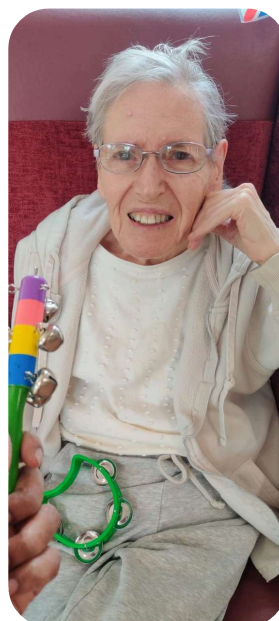
189 Painswick Road, Gloucester, GL4 4QQ

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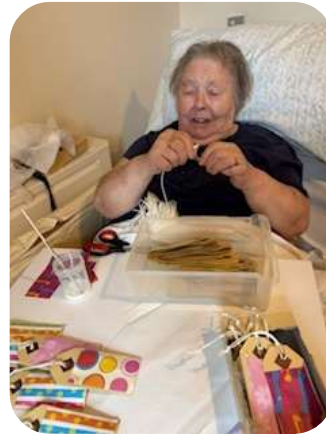
What have we been up to in May?



Lots of fun and games, as well as outings and celebrations.



Creative Arts and Crafts



We have had some creative days here during May, with Denis making a spoon butterfly and Mavis making her own decorated cupcake.

We also had some days painting forget-me-nots to make our very own Dementia awareness picture poster. Then we have also created a Thank you Tree by reception, which Mary got some tags decorated, ready for those that want, to put a note of thanks to someone - be sure to check it out and add your own thank you note.



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Birthday's celebrated during May



We have had a busier month for birthdays in May with Doreen celebrating first at the beginning. Then we had Denis and Terry, who share their day. They were invited out for coffee and cake, but Denis wanted a quiet day, so Terry enjoyed his morning out and the cake on his own. They both had birthday cake and Happy Birthday sung to them each though.

We then had Gill celebrating her special day, and finally Mary. She was especially lucky to celebrate her day on the same day that we had our canal boat trip, but she still got her cake and happy birthday sung to her.



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Pet Therapy - our furry visitors

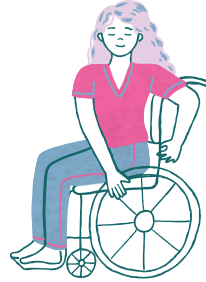
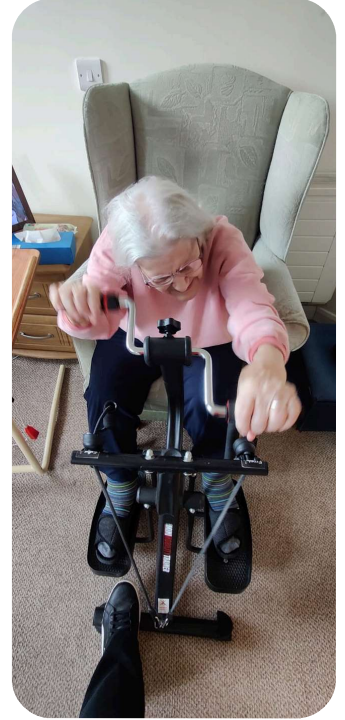


As always Bear and Peggy have come to visit this month. With lots of the warm weather Bear is feeling the heat but still loves to come and say his hello's to everyone. Peggy loves to jump up to see people too and say hello!

They do love the attention and they also love the treats they get whilst with us, we really do appreciate them coming along to see us.



Music, movement and exercises



Maintaining mobility and strength continues to be encouraged, and using music and fun activities helps to make it easier and less exercise class feeling.

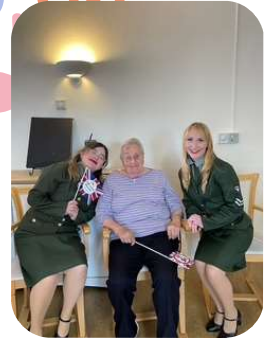
We have been using the machine for moving upper and lower body limbs, along with using the balls to do catching and throwing style activities.

Walking around the garden is also encouraged and adds in the fresh air and being in nature aspect which is brilliant for wellbeing. Mind song can be good too especially when we sing songs with actions like YMCA!!!



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Musical Entertainment



We have had our musicians visiting again this month, with Julie and her steelpans and mini concerts. We had the D Day Dollies for the VE Day celebrations and also Esme doing her wild west set. This resulted in some family entertainment with Mavis' family doing some 1950's style dancing for us which was hugely entertaining and very popular. We also appreciated Julie taking her steelpans upstairs when our lift was out of action.



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VE Day Celebrations

We enjoyed some cakes and a quiz to celebrate the 80th anniversary. The quiz proved a bit tricky but we all learned something new and had cakes after, so it was all good!! There was decorations and hats and flags and a great afternoon engaging and chatting with each other.



Dementia Awareness Week



We have made a point of supporting dementia awareness week again this year. We had lots of information available for people, along with playing dementia tennis, colouring and painting forget-me-not flowers to create a big picture for our home.

We also had our walk up Robinswood Hill. Thank you to those who supported in walking and/or donating, we had a great time and raised lots more than our target...a total of £338!!!!



Saintbridge's fundraiser for Alzheimer's Society

Saintbridge House is raising money for Alzheimer's Society

163% £328 raised of £200 target by 14 supporters

Saintbridge House
Gloucester

Getting out in the garden

The sunny days continue, and our vegetables are enjoying it. We have enjoyed ice creams in the garden and walks in the fresh air, but also had to call a bee keeper to help a swarm of bees that made a visit to our garden.

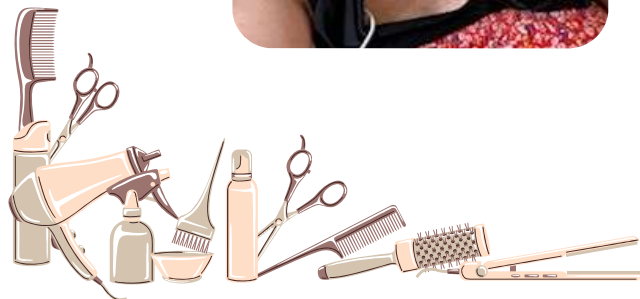


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Hairdresser

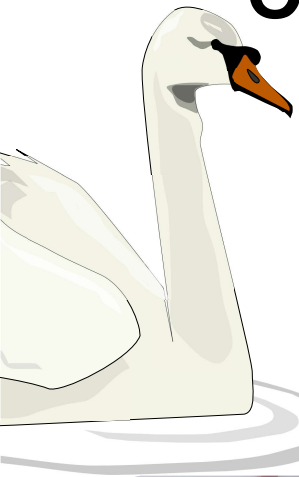


Our hairdresser Sarah has been visiting again this month, so everyone is looking smart and tidy.



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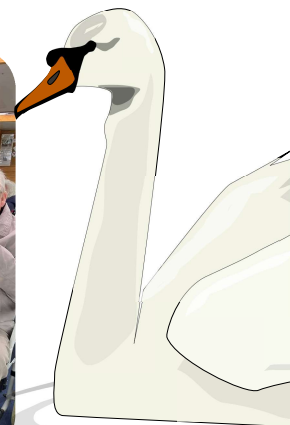
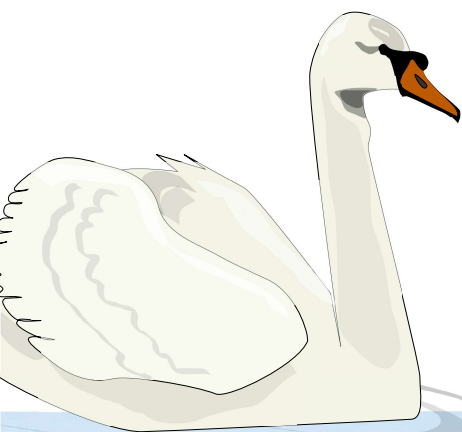
Outing with the Willow Trust



Our trip out with the Willow Trust was a great day. It was windy and wet but we kept dry and had a lovely day 'driving' the boat and enjoying the lovely scenery and wildlife along the way. The volunteers were really friendly and helpful and of course we celebrated Mary's birthday onboard too!!



Outing with the Willow Trust



Saintbridge House
Gloucester



Key Events in June

2nd June - 10:30 -12 Dementia Cafe

5th June - 2pm mini concerts Land Army Annie's for D Day

9th June - 2pm 1950's dancers show

10th June - picnic at Croft Farm

12th June - 2pm steelpan concert

17th June - That's Life Show

19th June - 2pm mini concerts

20th June - 11:15 church service

22nd June - Teddy Bears picnic

26th May - 2pm steelpan concert



Future Dates for your Diary

26th July - our **Summer Fun Day**.

Save the date and spread the word...we are looking for stall holders again this year and volunteers to help on the day, every little bit helps.



The Big Garden Project

We have got some students from Gloucester Academy joining us every Wednesday afternoon during June and July. They are working towards their Duke of Edinburgh award and are going to be helping with our big garden project.

If you can help with time, tools, equipment or anything for the garden it would be very much appreciated.

This will give our family at Saintbridge House a lovely garden to be able to look out on or spend time in with family and friends. It will also give us a great venue for our big Summer Fun Day.

Please do consider how you can help and speak to Tracey or her team for further details.



Resident spotlight

Ann



Ann has her partner Brian and she has two children, Adam and Nicola. She was born in Chipping Sodbury and lived on a farm and then had a small holding. Whilst she had this they hosted family and visitors from all over the world. She loves to crochet and has made over 120 blankets, but also loves reading autobiographies of people.

Staff spotlight

Julie

Julie has been with us at Saintbridge for 12 years. She lives with her partner Stephen and loves nothing more than spending time with her family up near Newcastle or further south in Swindon. She has three daughters, 5 grand-daughters and one grandson! When not working or visiting she loves to read true crime stories and to x-stitch. She loves watching football and is an avid Newcastle United fan.



New Employees to the Team

We have new staff members join the team this last month, welcome to the Saintbridge family.



Emanuelle



Morgan

We also have Ezekial, who will be working nights (but no photo yet!!)



June Programme of Activities

Sun 1st relaxation / exercises / creative arts / film afternoon

Mon 2nd dementia café / hairdresser / music and movement / ball games / ABC quiz

Tues 3rd creative arts and crafts / chaplain visit / gardening / group crossword

Wed 4th sensory – taste cheeses / pet therapy with Bear / 3pm school children – garden project

Thurs 5th scrabble club / puzzles / 2pm min concert Land Army Annie's show

Fri 6th dominoes / out for coffee / group crossword and quiz / cream tea

Sat 7th relaxation / exercises / table football / table tennis / board games / 1 to 1 time

Sun 8th relaxation / exercises / 1 to 1 time / ocean themed DVD

Mon 9th reminiscing life stories / jive show / movement and music

Tues 10th outing for a picnic / Catholic chaplain / pet therapy with Peggy

Wed 11th out for coffee / ABC quiz / 3pm school children garden project

Thurs 12th scrabble club / puzzles / 2pm steelpan concert / film afternoon

Fri 13th dominoes / smoothie making for staff and residents and family

Sat 14th relaxation / exercises / giant snakes and ladders / 1 to 1 time

Sun 15th relaxation / exercises / bean bag games / 1 to 1 time

Mon 16th reminiscing and sensory taste (fudge) / music and movement / ball games / ABC quiz

Tues 17th creative arts and crafts / Catholic chaplain / 3:45 That's Life show

Wed 18th Mind Song (Hucclecote) / 2pm pet therapy with Bear / 3pm school children garden project

Thurs 19th scrabble club / puzzles / board games / 2pm mini concert

Fri 20th dominoes / 11:15 church service / music and movement / group crossword

Sat 21st relaxation / film afternoon

Sun 22nd 1 to 1 time / 2:30 Teddy Bears picnic

Mon 23rd reminiscing life stories / puzzles / music and movement / ball games / ABC quiz

Tues 24th creative arts and crafts / Chaplain visit / gardening / 4 pm pet therapy with Peggy

Wed 25th out for coffee / ABC quiz / 3pm school children garden project

Thurs 26th scrabble club / puzzles / 2pm steelpan concert / film afternoon

Fri 27th dominoes / music and movement / Bingo Bongo

Sat 28th relaxation / 1 to 1 sessions / play your cards right

Sun 29th relaxation / exercises / 1 to 1 sessions / giant snakes and ladders

Mon 30th reminiscing life stories (music) / music and movement / ballgames / ABC quiz





Ann - 11th June

Lyn - 15th June

Staff birthdays this month: Hitan, Sam G, Doreen

It's a quieter birthday month!!!

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 May 2025



Sadly Val passed away and we send our thoughts and support to her family.



We have had Ken staying with us for a couple of weeks of respite in May. He was with us for our canal boat trip and has enjoyed joining in with lots of activities.



During May we have had Mavis and June join us at Saintbridge House, and we welcome them to our happy family.



Resident and Family meeting

Our next resident and family meeting is this month on 16th September 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

