

SAINTBRIDGE HOUSE NURSING & RESIDENTIAL HOME

ISSUE 1 – March 2020

Upcoming Birthdays

Deepesh George – 4th March

Josie Mann – 8th March 1941

John Warner – 17th March 1937

Raju Thankayyan – 17th March

Dave Brimelow – 22nd March

Kelly Gibbons – 31st March



Clocks – Spring Forward !

**The Clocks go forward one hour on
Sunday 31st March at 1.00am.**

Don't Forget!!



WELCOME TO OUR FIRST NEWSLETTER

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

Fun Facts For March

March was known as Hlyda, or Lide in Old English, which means 'loud. This was referring to the March winds, which were considered very noisy.

- It was on 15 March 44BC that Julius Caesar was assassinated in the Senate chamber in Rome – the assassination was led by Marcus Junius Brutus.
 - The flower of March is the daffodil and the birthstone is the aquamarine
 - It was on 29 March 1886 that Coca-Cola was developed. The original formula included a small amount of cocaine to give the drinker a bit of a buzz.
 - Famous people born in the month of March include Albert Einstein, Vincent Van Gogh, Daniel Craig, Justin Bieber and Bruce Willis.
- March was originally the first month of the Roman calendar and was named after the Roman god of war, Mars.
- In book The Lord of the Rings 25 March is set as the start of a new year in Gondor – this is to honour the fall of Sauron.
 - The phrase 'mad as a March hare' comes from the view that a hare will behave oddly during the breeding season, which is in March.

Whose idea was it to change the clocks?

An American politician and inventor called Benjamin Franklin first came up with the idea while in Paris in 1784. He suggested that if people got up earlier, when it was lighter, then it would save on candles. But it arrived in the UK when a builder called William Willett, thought it was a good idea too. In 1907, he published a leaflet called *The Waste of Daylight*, encouraging people to get out of bed earlier. Willett was a keen golfer and allegedly he got cross when his games would be cut short because the Sun went down and there wasn't enough light to carry on playing. When did we start changing our clocks? The idea of moving the clocks forwards and backwards was discussed by the government in 1908, but many people didn't like it so it wasn't made a law. Willett spent his life trying to convince people that it was a good idea, but it was only introduced in the UK in 1916 - a year after he died. It was actually first introduced by the Germans in World War One, just before the UK did it. During World War Two, the UK actually used what was called British Double Summer Time (BDST), when the clocks were ahead by an extra hour during the summer. But this didn't last for very long. Now, the UK's clocks always go back by one hour on the last Sunday in October and forward by one hour on the last Sunday in March. Moving clocks like this is now done in some countries across the world, but many still don't do this.

facebook



Like us on
Facebook

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

We would like to remind everyone of the Homes Policy on bringing in food items to the Home. Please do not bring in any items which do not have a use by date on them. We do ask that anyone bringing in items such as sweets and biscuits, that they are left in the resident's room rather than in the lounge areas.

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 residents name on.

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.

EMPLOYEE OF THE MONTH

A Huge congratulations to Tina Clune, who was our employee of the Month for February. This was awarded to Tina in recognition of her dedication, passion and hard work. Well Done Tina!

Regular and Organised Activities

Sam the Hairdresser visits every Tuesday

Faye, the Chiropodist visits every 4-6 weeks

Debbie comes along to sing to and play instruments with the residents every Tuesday from 2.30 – 3.30pm

Mel The Pianist comes to play all the golden oldies –
Every last Thursday of the month (Next visit on
26/3/2020 at 2.30pm).

Holy Communion – From the St. Aldates Church – Every
other month on a Saturday Afternoon (Next Visit on
31/3/2020 at 2.30pm).

Contact Us

**Saintbridge House Nursing
and Residential Home**

189 Painswick Road,

Gloucester.

GL4 4QQ

info@saintbridge-house.co.uk

01452 300307

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