

SAINTBRIDGE HOUSE NURSING & RESIDENTIAL HOME

ISSUE 13 – MARCH 2021

Upcoming Birthdays

8th March – Josie mann

17th March – Raju Thankayyan

31st March – Kelly Gibbons



WELCOME TO THE THIRTEENTH EDITION OF OUR NEWSLETTER!

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

Fun Facts For March

- Every year, March and June finish on the same day of the week.
- March is the time of year when animals start waking up from hibernation.
- The name for March comes from Mars, the Roman god of war. It was named as such in both the Julian and Gregorian calendars.
- Saint Patrick's Day occurs every March 17th, celebrated in many western countries to commemorate the day Saint Patrick died.
- On March 10, 1876, Alexander Graham Bell made the first ever phone call. It was to his assistant and he said "Mr. Watson, come here. I want to see you."
- The first month of spring is March, which starts between the 19th and the 21st.
- The "Ides of March" was a day in the Roman calendar equivalent to March 15th. It was considered a deadline for settling debts. It was also the day Julius Caesar was assassinated.

This month in history

- 1969 Concorde, the Anglo-French supersonic airline, roared into the skies on its maiden flight. The aircraft will travel at twice the speed of sound.
- 1985 Members of the Britain's National Union of Mineworkers returned to work after voting to end their unsuccessful year-long strike.
- 1936 The British fighter plane Spitfire made its first test flight from Eastleigh, Southampton. Powered by a Rolls-Royce Merlin engine the aircraft will enter service with the Royal Air Force in the next two years.
- 1987 A British-owned cross-channel ferry the 'Herald of Free Enterprise' left Zeebrugge, Belgium, with its bow doors open; it capsized, killing over 180 passengers.
- 1886 Cruft's Dog Show was held in London for the first time – since 1859 it had been held in Newcastle. More recently the venue has changed to the National Exhibition Centre, Birmingham.
- 1904 Britain's first mainline electric train ran from Liverpool to Southport.
- 1872 The Wanderers beat the Royal Engineers 1–0 in the first English FA Cup Final, at Kennington Oval.
- 1556 England's first Protestant Archbishop of Canterbury, Thomas Cranmer is burnt at the stake as a heretic, under the Catholic Queen Mary I, also known as "Bloody Mary".
- 1306 The eighth Earl of Carrick, Robert the Bruce is crowned King of Scotland at Scone Palace near Perth.
- 1871 Legalised warfare – England and Scotland played their first rugby football international, in Edinburgh; first blood to Scotland.
- 1912 Both the Oxford and the Cambridge boats sank in the annual Varsity boat race.
- 1856 The Crimean War between Russia and Europe was brought to an end by the signing of the Treaty of Paris.
- 1603 The crowns of England and Scotland were united when King James VI of Scotland succeeded to the English throne.

What Does March Symbolise?

- The month of March was originally called Mars, a Roman God. The persona of Mars is one as staunch and determined as the Roman spirit. He represents prowess in battle, fighting for a cause (kin and country) and courage.
- Its birthstones Aquamarine and Bloodstone.
- Its Zodiac Signs are Pisces and Aries
- The March Flower is the Daffodil

St Patrick's Day

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ST PATRICK	CLOVER	LUCK
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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

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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 FEBRUARY 2021

After a lot of deliberation, it was decided that Our Employee of the month for February would be awarded to **Jane Higgs**.

Well done Jane, and Thank You for your continued Hard work and Dedication in providing our residents with delicious meals every day.

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