

MARCH NEWSLETTER



MARCH 2026



Saintbridge House

Gloucester

189 Painswick Road, Gloucester, GL4 4QQ
01452 300307

What have we been up to in February?



exercising



hairdresser



music



dogs visiting



games

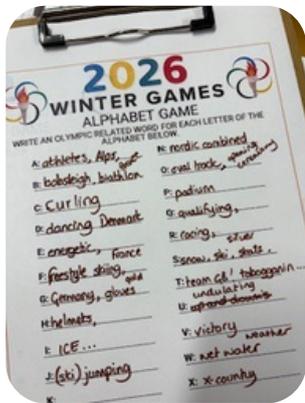
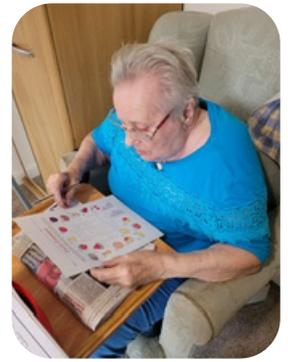
visitors



Saintbridge House
Gloucester



Mental Exercises



As well as exercising our bodies, we love getting some mental exercises too. We have done puzzles and crosswords and word games this month. It's always great to see how well some residents get on with these styles of activity.



Musical Entertainment



Julie with her steelpans and Catt and Thea from mini concerts have entertained us this month.

We have had lots of singing along, dancing and generally having a great time.



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Musical Entertainment



It was nice to have Lorraine and Karen from Salim come and join us for some musical entertainment too, and they were great engaging with all the residents.





Gloucester Academy Students



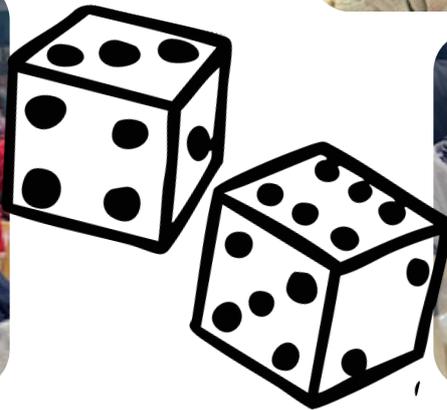
Students from Gloucester Academy continue to come and volunteer with us each week. We have had games and fun quizzes, and also a singalong time with dancing and joining in.



Gloucester Academy Students



Singing and dancing, games and chat. It's always fun when the youngsters come to volunteer their time.



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Music, Movement and Exercises



Exercise is a vital part of our time. The movements are adaptable to each individual's abilities and they all comment how good they feel physically and mentally for having done something to help themselves stay more active and mobile.



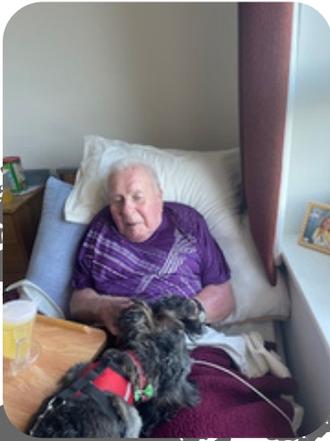
Music, Movement and Exercises



Exercise can be formal but also we do like to play games such as balloon tennis, ball games and the parachute game to aid movement but without feeling like a real exercise session.



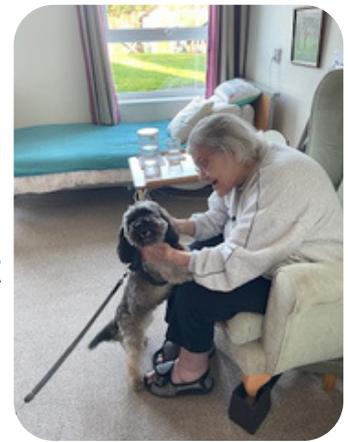
Furry Friends Visited



We have had our lovely dogs, Peggy and Bear visiting during February. They bring so much love and create big smiles on everyone who sees them. We can't thank their owners Hayley and Sharon enough for sharing their time and precious pet with us each week.



We also had Marcia's family bring their family dog to visit and were happy for other residents to say hi too.



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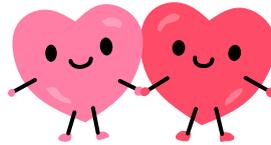
Valentine's Day



We celebrated Valentine's day with some fancy cake decorating and then eating!!! We had lots of pink and hearts and chocolates and had fun decorating some lovely cupcakes.



We enjoyed sharing them around with our afternoon tea



Chinese New Year



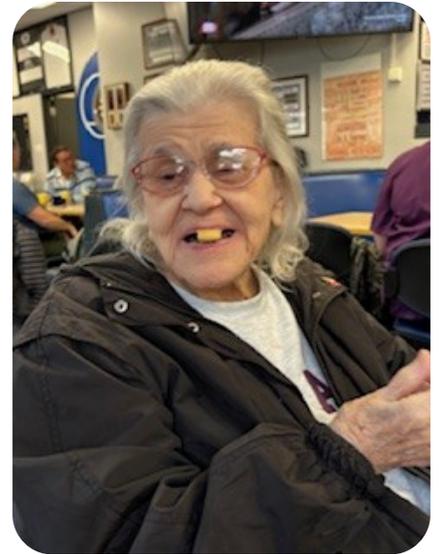
We had a great team in the kitchen to help us celebrate Chinese New Year. Richard and Cathy created a wonderful Chinese inspired spread and everyone loved it!! So much in fact we forgot to take photos!!! Always a god sign...



Getting out and about



The weather has made getting out a bit difficult but we have managed to have a dry day to go across the road to the Saintbridge cafe. It was nice to get out and have a hot drink in new surroundings and have a good chat.



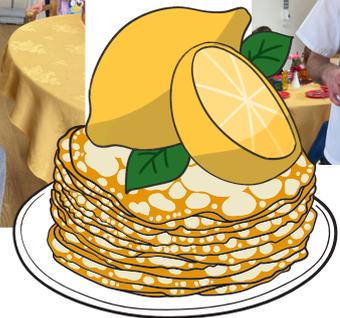
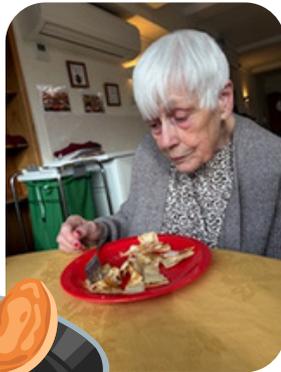
Pancake Day



A fun day making pancakes and sharing them with everyone. We even had some pancake tossing by residents, who all did very well!



Pancake Day



Creative Arts



We have had some creative work going on in February, with some colouring and painting, and also making our own mountain with skaters for the Winter Olympics.



Resident spotlight

Maureen



Maureen was born in Lancaster and married a Frenchman. He was a successful salesman and so they travelled all over the world and also lived in France for many years. She has a daughter, Susan who is a lawyer and lives nearby in Gloucester. When she was younger she was a model and loved working in the world of fashion, including making her own clothes. Her father was approached by Hollywood for her to star in films but her father refused and so sadly it never happened. She also used to love golf and went to ballet and tap dance classes.

Staff spotlight

Cathy

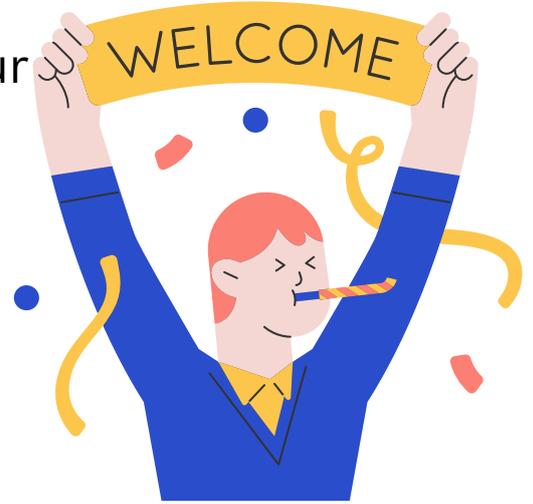
Cathy has been with us at Saintbridge for over 8 years and has done every role in the home over that time. From cleaning and laundry, to care and activities and now kitchen assistant with occasional cook!! She is married to Beres and has 4 children and 17 grandchildren. When she isn't at work she loves spending time with her grandchildren but also likes to go on long walks or to stay in and do knitting and crochet.



Staff Celebrations and changes



We have had a new member of staff join us in February, and that is Alice, our new physiotherapist. We welcome her to our family here at Saintbridge.



Resident Birthdays we celebrated in February



Nora had her birthday during February and we sang her happy birthday and had a lovely cake and decorations. She was a little shy for photos but we think she smiled beautifully.



Jane celebrated her birthday with family with her and a lovely cake. She really appreciated staff singing happy birthday to her too.



Our month began with Betty celebrating her birthday with her family.





Resident birthdays coming during March:

March 7th - Michael

March 16th - Kirk

March 19th - Brain W



Staff birthdays this month:

March 17th - Raju

March 26th - Shania

March 31st - Kelly

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 February 2026



Sadly Doreen passed away during February. She will be sadly missed having been living here for well over 10 years. Her cheeky sense of humour and beautiful smile will be missed by everyone here at Saintbridge.



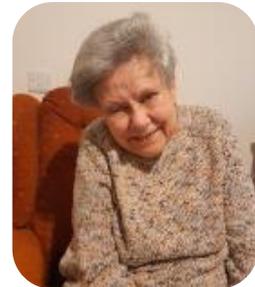
Jane sadly passed away this month, having only been with us for a short time, but we loved her smile and wish her family peace with memories of her.



Dave has come to stay with us for a period of respite. He has started getting involved with activities and enjoyed family coming and visiting.



Angela has moved in with us, and is settling in well. We look forward to making lots of memories with her



Key Dates/Events in March

Saintbridge House Residents and Family meeting



please come along and have your say!!!
we would love to hear your ideas of
how we can improve our service.

Refreshments will be provided
Tuesday 3rd March
6:00pm

Please let staff know if you are able to attend
thank you

**SAINTBRIDGE
HOUSE**
189 Painswick Road, GL4 4QQ

DEMENTIA cafe

first Friday of the month
Friday 6th March
10:30 - 12pm

support for people living with
dementia/Alzheimers and their carers. Join us
for a cuppa and cake and a friendly chat.
Each month we will have activities, such as
bingo, reminiscing, creative arts

For more information contact:
Tracey or Jane 01452 300307

Mini Concerts

2pm - 12th
March
2pm - 26th
March

Peforming
in the
dining room

WE WILL BE ENTERTAINED BY ONE
OF THE SINGERS FROM MINI
CONCERTS



SAINTBRIDGE HOUSE
BRINGS YOU

CHELTENHAM RACES

FANCY HATS | RACES |
SCONES AND CREAM

MARCH 10TH 2026 • 2PM

Saintbridge House
— Let's Celebrate —
**St. Patrick's
Day**

— March 17th, 2026 —



Saintbridge House
Gloucester

March programme of activities

Sun 1st relaxation / exercises / creative arts / 1 to 1 session

Mon 2nd reminiscing / hairdresser / group exercises / Gardening club

Tues 3rd creative arts / play your cards right / communal quiz / *6pm Resident and family meeting

Wed 4th out for coffee / pet therapy with Bear / exercises / school children volunteering

Thurs 5th Scrabble club / dominoes / steelpan concert

Fri 6th dementia café 10:30 / group exercises / ABC quiz (Blue things!!)

Sat 7th exercises / relaxation / 1 to 1 session

Sun 8th relaxation / exercises / 1 to 1 session

Mon 9th reminiscing / group exercises / gardening club (inside or out)

Tues 10th creative arts / 10:45 church service / Cheltenham Races / 4pm Peggy

Wed 11th out for coffee / group exercises / school children volunteering

Thurs 12th Scrabble club / dominoes / mini concerts

Fri 13th creative arts / group exercises / ABC quiz

Sat 14th relaxation / exercises / 1 to 1 session

Sun 15th relaxation / exercises / 1 to 1 session

Mon 16th reminiscence / group exercises / gardening club (inside or out)

Tues 17th creative arts / all things Irish!!!!!! / flower arranging

Wed 18th out for coffee / pet therapy with Bear / group exercise / school children volunteering

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

Fri 20th 11:15 church service / group exercises / ABC quiz (happiness themed)

Sat 21st relaxation / exercises / 1 to 1 session

Sun 22nd relaxation / exercises / 1 to 1 session

Mon 23rd reminiscing / hairdresser / group exercises / gardening club (inside or out)

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

Wed 25th out for coffee / board games / group exercises / school children volunteering

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

Fri 27th card games and puzzles / group exercises / ABC quiz (theatre theme)

Sat 28th relaxation / exercises / 1 to 1 session / bean bag games

Sun 29th relaxation / exercises / 1 to 1 session / creative arts

Mon 30th reminiscing / hairdresser / group exercises / gardening club (inside or out)

Tues 31st creative arts / skittles / communal crossword



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



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 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

