



Exceptional  
Excellence

# SAINTBRIDGE HOUSE

NURSING HOME & RESIDENTIAL CARE

Inspected and rated

Good



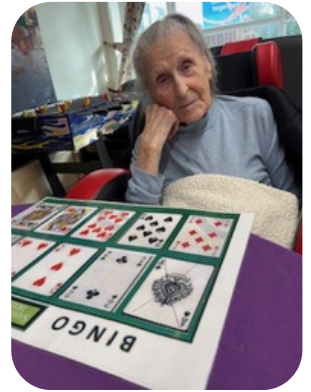
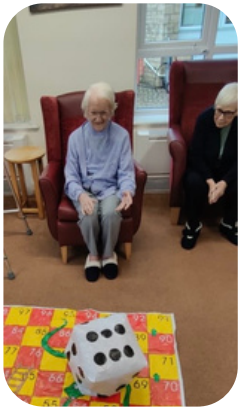
# MARCH NEWSLETTER



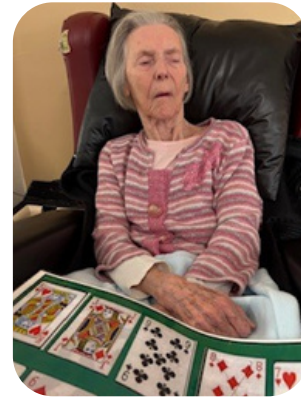
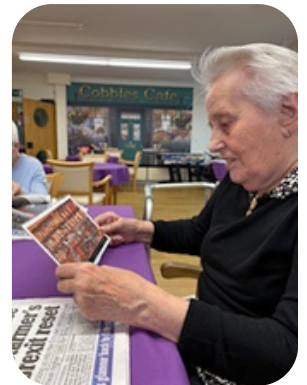
Saintbridge House  
Gloucester

189 Painswick Road, Gloucester, GL4 4QQ  
01452 300307

# What have we been up to in February?

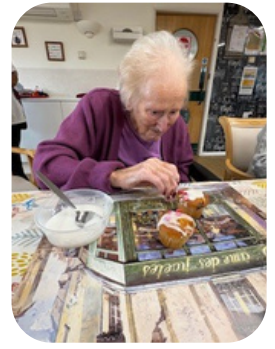


Well what an interesting month February has been. We keep getting hints of Spring around the corner, but then lots of days of rain and wind. We have started getting out when it's sunny to make the most of it, both in the minibus but also across the road to the café for coffee.

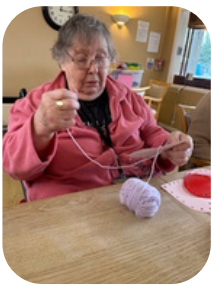
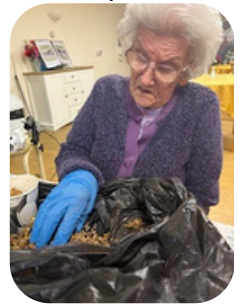


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## Creative Arts and Crafts



Creative arts and crafts has included a lot of variety during February. We have done some paper craft, making whales, and Valentine decorations, but we have also started some knitting and crochet and making bird seed feeders for the garden. For Valentine's we also decorated cakes and biscuits, getting a bit sticky and messy with icing, but that is always fun, especially licking our fingers and eating the finished product with our cups of tea and coffee.



## Birthday's celebrated during February



We have had four birthdays this last month, Betty was the first and she had a lovely time celebrating with her visiting family.

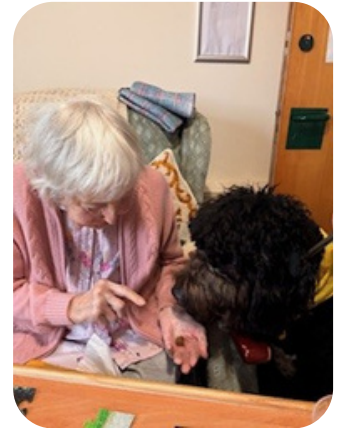
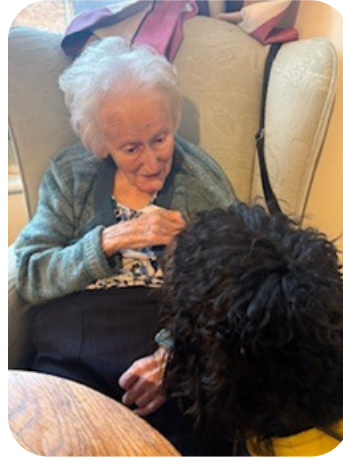
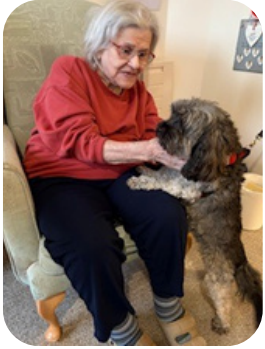
Bernard's birthday falls on Valentine's day, so it was as though we celebrated all day long with him, but he did like the attention and it was nice to have him downstairs joining us in the lounge.

Nora loved her cake and card, and was very happy to have a rendition of Happy Birthday sang to her with her cake. It was lovely that she spent time downstairs with us on her special day.

Kitty has celebrated in style too with her daughter visiting and a cake and song for her too, and what a lovely bouquet of tulips!



## Pet Therapy - our furry visitors

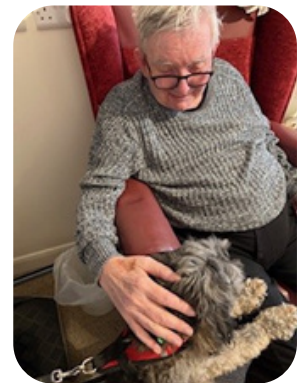
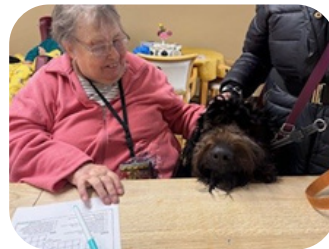


During February we have had Peggy and Bear come and visit us. It is always amazing to see how many of our residents faces light up when they see these dogs come into our home.

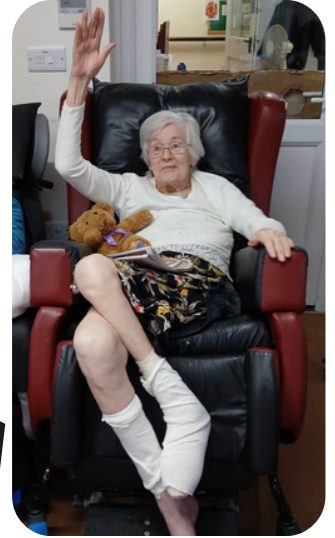
Not everybody likes them so we make sure to ask each person before saying hello, but those that do like to start smiling instantly.

The dogs are so gentle and love the treats that some of our residents give them...Mary and Bernard, we know you have a stash!!

We are so very grateful for Hayley and Sharon for bringing their furry family member into our home to brighten our days, thank you ladies.



## Music, movement and exercises



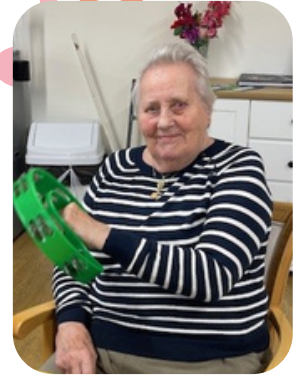
We have kept everyone moving this month again with lots of sessions of exercise and movement to music. We have had group sessions in the lounge, we have had individual times with some of the residents in their own rooms, but we have also had football games to aid coordination and movement, and music and instruments to help with arm strengthening. That was really good for the senses too, listening to the music and using the beats and rhythms.

The best thing about a lot of these sessions is the way we make them fun and enjoyable. The social aspect becomes as big a part as the exercise and mobility benefits.





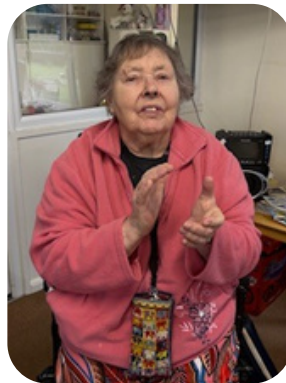
## Musical Entertainment



We have had a great month again with Julie and her steelpans and visits from the mini concert singers.

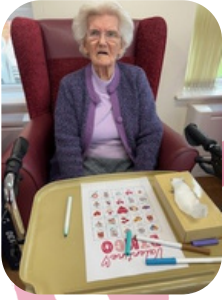
Shelley did an amazing set for us for Valentine's, and we had a lovely full lounge and everyone was singing along. We are looking forward to Shelley coming again in March for a Beatles session!!

Julie always creates laughter and dancing, even if it's just sat in a chair. Her music is lively and uplifting and it's always a bonus having all her musical instruments for us to all play. The tambourines and shakers are easy for everyone to use, and everybody always has a go at playing a steelpan too.



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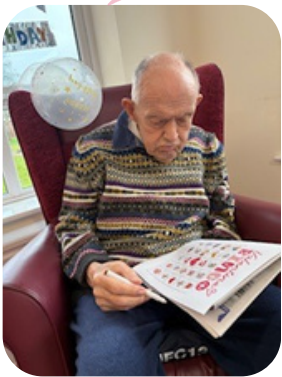
## Valentine's Share the Love Day



We had a fun and busy day celebrating Valentine's day and sharing the love. We decorated the dining room with lovely hearts, some that we had made in the week leading up to the day.

But on the day we had cakes and biscuits and had fun getting a bit messy decorating them with icing and valentine themed toppings.

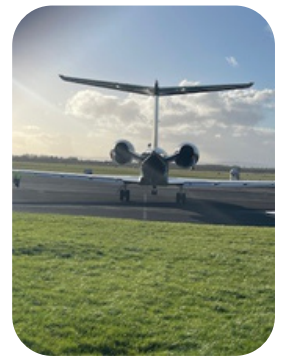
It was also Bernard's birthday so we were able to celebrate with him as part of the day too.



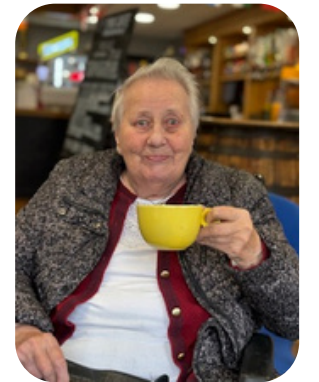
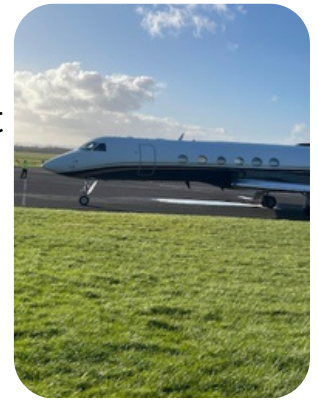
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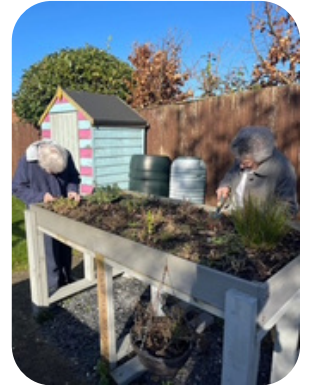
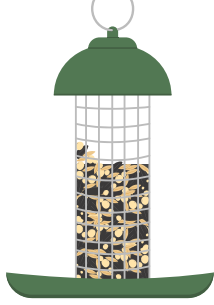
# Getting out and about



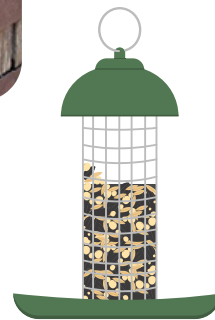
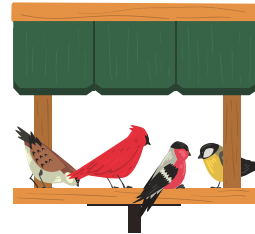
With some sunnier days showing up we are trying to get out and about. We have got out for coffee across the road a few times but also managed to go out in the minibus. We headed out to the airport and enjoyed a coffee and watching the planes coming and going, including the largest plane landing for the first time!!



# Getting out in the garden



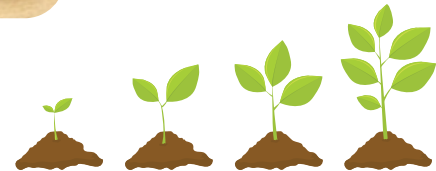
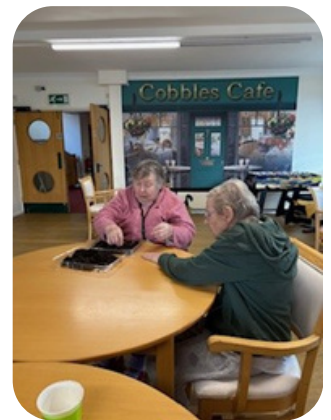
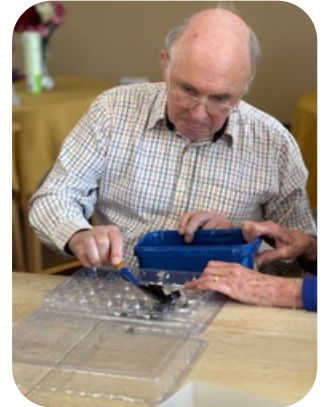
We have been making bird seed feeders and then hanging them out for the birds. Brian and Mary are our most keen bird watchers and so they hung out the home made feeders on the tables outside their rooms. Brian has also started to get digging and clearing weeds and beds!





# Getting plants ready for the garden

Everybody has taken time to plant seeds ready to go in the garden. We had lots of seeds from last years flowers and so there are lots of varieties in the trays ready to hopefully sprout for this years displays!!



## Resident spotlight

### Alan Baines

My name is Alan, I have a beautiful wife Jean. We have 2 children Lee and Sarah. I have previously worked on the London underground doing signalling, and more recently I was a vicar in Duston Northampton, I like to listen to all kinds of music, and I love our dog Kali.



## Staff spotlight

### Kelly - CHAPS

Kelly has been at Saintbridge House this time for nearly 6 years. She is married to Jed, they have two boys, the eldest is currently studying Photography at University. When not working Kelly likes a good book, in particular war based/historical themed, but she is also currently tracing and researching her family history.



## Key Events in March

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

4th March - pancake day 10-11am (dining room)

6th March - 2pm Steelpan concert

12th March - Saintrbridge House race day! Watching the races in our finery, placing the odd fun bet and enjoying cream teas.

13th March - 2pm mini concerts - The Beatles Story with Shelley

17th March - St Patrick's Day celebrations - join us at 'the Irish pub for a Guinness!!!

20th March - 2pm steelpan concert

21st March - church service at 11:15

21st March - Comic Relief

27th March - 2pm mini concerts



# March Programme of Activities

Sat 1st relaxation / 1 to 1 session / creative arts and crafts for St David's Day

Sun 2nd 1 to 1 time / exercises / skittles

Mon 3rd Dementia café with bingo bongo / music and movement / ABC quiz

Tues 4th Pancakes for all!! (dining room) 10-11 / Catholic chaplain visit / tin can alley / pet therapy

Wed 5th out in the minibus or out for coffee / dominoes / puzzles / flower arranging / group crosswords

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

Fri 7th creative arts and crafts (race day prep) / music and movement / music quiz

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

Sun 9th 1 to 1 sessions / exercises / creative arts (race day prep)

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

Tues 11th creative arts and crafts / Catholic chaplain visit / giant snakes and ladders / group crosswords

Wed 12th out for coffee / flower arranging / ABC quiz or crossword / 3pm pet therapy

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

Fri 14th creative arts / music and movement / ABC quiz

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

Sun 16th 1 to 1 sessions / exercises / creative arts (St Patrick's Day)

Mon 17th reminiscing life stories / St Patrick's day quiz / 'out to the pub' for a Guinness!!!!

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

Wed 19th out for coffee(minibus) / flower arranging / crosswords or ABC quiz

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

Fri 21st church service 11:15 / music and movement / music quiz

Sat 22nd 1 to 1 time / exercises / tin can alley

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

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

Tues 25th creative arts and crafts / Catholic Chaplain visit / giant snakes and ladders / group crossword

Wed 26th out in minibus for coffee / 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 / film afternoon

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

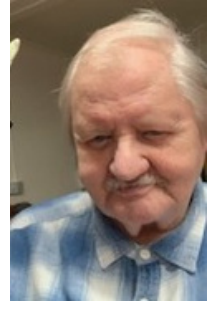
Sun 30th relaxation / 1 to 1 sessions / exercises / skittles

Mon 31st reminiscing life stories / dominoes / movement and music / ball games / ABC quiz





**Alan - 1st March**  
**Kirk - 16th March**  
**Fred - 25th March**



**Staff birthdays this month:**

- 1st - Jino**
- 6th - Brenda**
- 17th - Raju**
- 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.



# 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 February 2025



*Sadly this last month, Jean Keeble passed away. We send our love and support to her family at this time.*

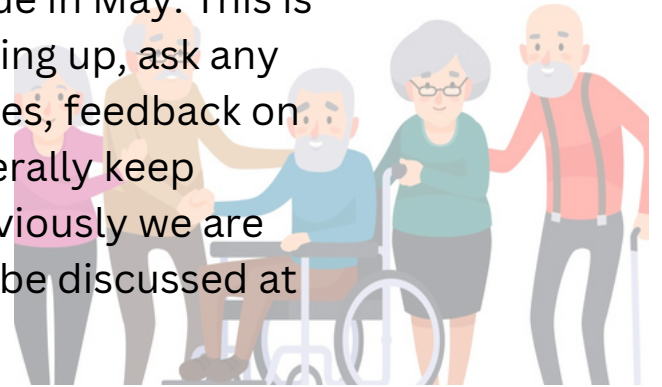


*We do have a memory book now in our reception area, for you to leave any messages.*



# Resident and Family meeting

Our next resident and family meeting is due in May. 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

