

SAINTBRIDGE HOUSE NURSING & RESIDENTIAL HOME

ISSUE 15 – MAY 2021

Upcoming Birthdays

2nd May – Annette O’Malley

3rd May – Heather O’Donoghue

4th May – Doreen Cordrey

12th May – Kiloko Katiru

20th May – Mick Stubbs

31st May – Daliya Thomas



WELCOME TO THE FIFTEENTH EDITION OF OUR NEWSLETTER!

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

Fun Facts For May

- It is the third and last month of the season of Spring.
- The birthstone of May, the emerald, symbolizes success and love.
- May in the Northern hemisphere is similar to November in the Southern hemisphere.
- May was once considered a bad luck month to get married. There is a poem that says “Marry in May and you’ll rue the day”!
- In old English, May is called the “month of three milking’s” referring to a time when the cows could be milked three times a day.
- The Indianapolis 500 car race is held each year during this month. The Kentucky Derby, the worlds most famous horse race is also held on the second Saturday of this month.
- The month of May is devoted to the Virgin Mary in the Catholic Church.
- The United Kingdom celebrates May as the National Smile Month.

The month of May in history

- 1707 The Union between England and Scotland is proclaimed.
- 1611 The Authorized Version of the Bible (King James Version) was first published, and became the standard English language Bible.
- 1841 New Zealand was declared a British colony.
- 1471 The Battle of Tewkesbury, the last battle in the Wars of the Roses, took place; Edward IV's Yorkists defeated the Lancastrians.
- 1954 Roger Bannister was the first man to run a mile in under 4 minutes, at the Iffley Road Sports Ground, Oxford, England.
- 1945 Nazi Germany surrendered to the Allies at Rheims and the war in Europe ended. VE Day is celebrated across Europe and North America on the following day.
- 1940 Promising his people nothing but "blood, toil, tears and sweat", Winston Churchill replaces Neville Chamberlain as British Prime Minister. Churchill is to form an all-party war government as German troops storm Europe.
- 1606 The Union Flag becomes the official flag of Britain.
- 1607 Riots took place in Northamptonshire and other Midland counties of England in protest at widespread enclosure of common land.
- 1943 RAF Lancaster bombers caused chaos to Nazi German industry by destroying two huge dams. Dr Barnes Wallis's bouncing bombs skimmed the surface of the water to reach their targets.
- 1900 The siege of the British garrison at Mafeking by Boer forces was broken. Commander of the garrison, Colonel Robert Baden-Powell and his forces had held firm for 217 days.
- 1536 Anne Boleyn, King Henry VIII's second wife, was beheaded in London. She was 29. The charges brought against her included incest with her brother and no less than four counts of adultery.
- 1809 Dartmoor Prison in Devon is opened to house French prisoners of war.
- 1657 Lord Protector Oliver Cromwell refuses parliament's offer of the title King of England.

What Does May Symbolise?

- May is the 5th month in the modern calendar. Its name derives from the Latin term Maia who was the Goddess of Spring in Italy, and later married Vulcan. Her Roman counterpart was Bon Dea, associated with fertility. Her festival was held annually in May. Her name means "Good Goddess"
- Its birthstones are Emerald and Agate.
- Its Zodiac Signs are Taurus and Gemini
- The May Flowers are the Lily of The Valley and Hawthorn.
- The May colours are Yellow and Green

Name: _____

May Word Search



- | | | |
|---------------|--------------|-----------|
| MAY | FLOWERS | MAY DAY |
| MAYPOLE | GARDENING | BUMBLEBEE |
| SPRING | NIGHTINGALE | BUTTERFLY |
| MOTHERS DAY | TAURUS | SUNSHINE |
| CINCO DE MAYO | MEMORIAL DAY | BLOSSOM |



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.

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

The kitchen have now moved over to our Spring/Summer Menu. This means there will be more dishes like Fresh Summer Salads etc. As always, all our residents are given a choice of meals every day, and if there is something different that they want that isn't on the menu, the kitchen are always happy to accommodate any special requests.

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!

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

Saintbridge House Nursing and Residential Home

189 Painswick Road,
Gloucester.
GL4 4QQ.

E-Mail: info@saintbridge-house.co.uk

Telephone: 01452 300307

Facetime: [info@saintbridge-house.co.uk](https://www.facebook.com/saintbridge-house.co.uk)

Skype: [info@saintbridge-house.co.uk](https://www.skype.com/contact-us)

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 APRIL 2021

After a lot of deliberation, it was decided that Our Employee of the month for April would be awarded to **Sylvia Lewis**.

Well done Sylvia, and Thank You for your continued Hard work and Dedication in leading the domestic team to ensure that The Home and the Residents' clothes are always spotlessly clean.

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