

OCTOBER NEWSLETTER



Saintbridge House

Gloucester

**189 Painswick Road, Gloucester, GL4 4QQ
01452 300307**

What have we been up to in September?

Women's rugby



Table football

Jigsaws and building



What have we been up to in September?



Fun and games

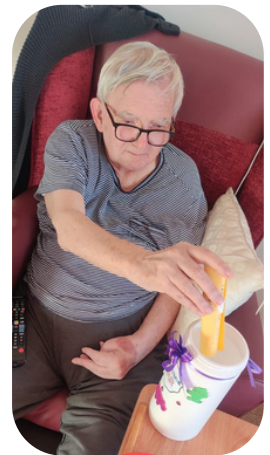


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World Gratitude Day



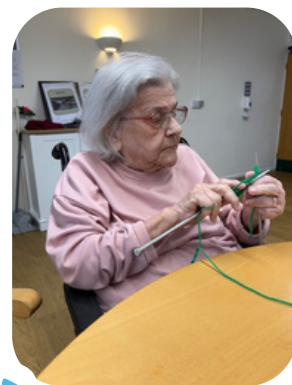
We had a nice day celebrating world gratitude day, Heather decorated a container and then everyone had a theme to write something or someone they were grateful for and then rolled it up and put in the container. It was a lovely way to get them all thinking about staying positive and grateful.



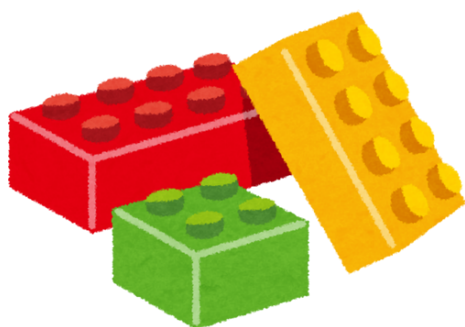
Creative Arts and Crafts



BE
CREATIVE



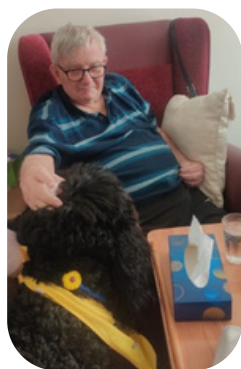
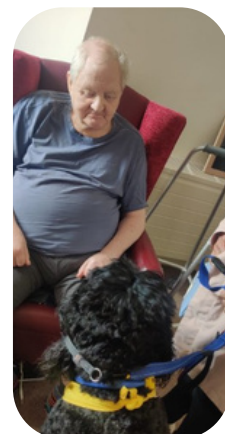
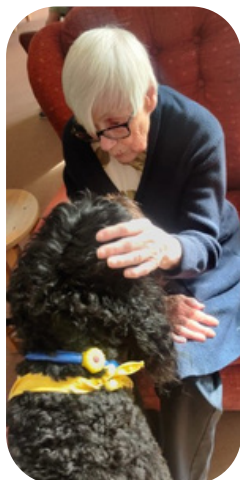
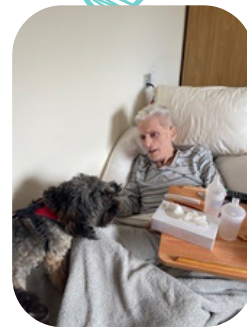
Creativity has taken many forms this month, with knitting and crochet, along with flower arranging and papercrafts for autumn. We also had Denis getting creative with building towers with the Lego bricks.



Pet Therapy - our furry visitors



Our lovely dogs Bear and Peggy have been in to see us again. They are so different in size but they both put lovely smiles on faces and give opportunity for some love to be shared.



Musical Entertainment



We have had time to dance and clap and enjoy music, from both singers from mini concerts and with Julie and her steel pans this month. The Abba songs session went down very well with everyone singing along. Music is a really important aspect in the home as it really helps make connections and trigger memories.



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Getting out in the fresh air



We have still made opportunities to get out in the garden or out for coffee. Although sunny we have needed a blanket or hat on the odd days to keep the slight autumn chill out!



Hairdresser and pampering



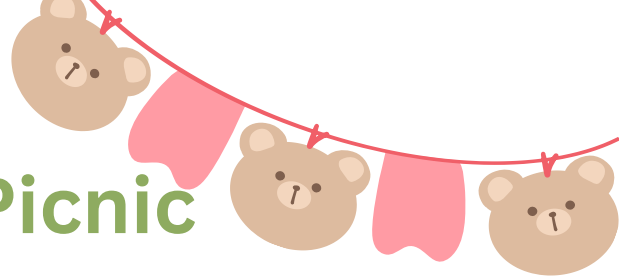
We continue to offer hairdresser services to those who want it. Cynthia likes her weekly chat with Sarah, and a few of the gentlemen also had a trim and tidy up this month too.

Betty, Cynthia and Heather also had their nails painted and looked after.



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Teddy Bears Picnic



We had a fun day with a teddy bears picnic, family and friends came and joined us. We had teddies, quizzes about teddies, teddies to colour and some lovely scones and cream.



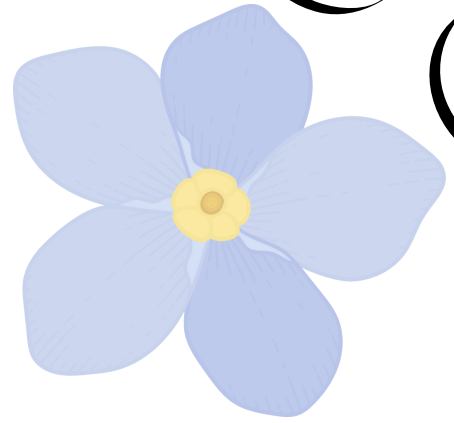
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Teddy Bears Picnic



Key Events in October

We have our **Dementia Cafe** at the start of the month on Monday 6th October
Please come along and support.



We have our **Macmillan coffee morning** on Friday 3rd October at 10:30

Please come along and support with a cuppa and a cake or two.

We have our **halloween party** with fun games and some music, and maybe even some cakes!!
Friday 31st October
3 - 4pm



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October programme of activities

Wed 1st out for coffee (lunch) / pet therapy / school children activities
Thurs 2nd Scrabble club / dominoes / steelpan concert / film afternoon
Fri 3rd Macmillan coffee morning/ creative arts (smiles) /film afternoon
Sat 4th relaxation / exercises / tin can alley / 1 to 1 session
Sun 5th relaxation / exercises / creative arts /1 to 1 session
Mon 6th dementia cafe / ball games / group quiz
Tues 7th creative arts / floor dominoes / ABC quiz / Pet therapy - Peggy
Wed 8th out for coffee / board games / skittles / school children activities
Thurs 9th Scrabble club / dominoes / mini concerts / film afternoon
Fri 10th creative arts / ball games / ABC quiz
Sat 11th exercises / relaxation / skittles / 1 to 1 session
Sun 12th relaxation / exercises / creative arts /1 to 1 session
Mon 13th hairdresser / reminiscing / music and movement / ball games / ABC quiz
Tues 14th creative arts / knit and natter / crochet and chat / board games
Wed 15th out for coffee / jigsaws / pet therapy -Bear / school children activities
Thurs 16th Scrabble club / dominoes / steelpan concert / film afternoon
Fri 17th 11:15 church service / play your cards right / Diwali tea
Sat 18th relaxation / exercises / 1 to 1 sessions / bean bag games
Sun 19th relaxation / exercises / creative arts /1 to 1 session
Mon 20th hairdresser / reminiscing / music and movement / ball games
Tues 21st creative arts / flower arranging / group crossword / pet therapy - Peggy
Wed 22nd out for coffee / jigsaws / music and movement / school children activities
Thurs 23rd Scrabble club / dominoes / mini concert / film afternoon
Fri 24th creative arts / exercises / bingo bongo / musical
Sat 25th relaxation / exercises / giant snakes and ladders / 1 to 1 session
Sun 26th relaxation / exercises / creative arts /1 to 1 session
Mon 27th hairdresser/ reminiscing / music and movement / skittles / ABC quiz
Tues 28th creative arts / gardening group/ flower arranging/ crossword
Wed 29th out for coffee / board games / pet therapy – Bear / decorate for halloween
Thurs 30th Scrabble club / dominoes / steelpan concert / film afternoon
Fri 31st creative arts / 3 – 4pm Halloween party with fun games, puzzles and music



Resident spotlight



Brian known as 'Spritey'

Spritey joined us recently but is settling in well. He was married to his wife Heather for 54 years, and he has three children Christine, Nicholas and Phillip. He also has two grandchildren. He was a bricklayer for many years and then a lorry driver. He played football including Gloucester City under 18's. He loves to watch cricket and horse racing and always enjoyed holidays in Cornwall.

Staff spotlight

Patricia

Patricia has been with us for 1 year now, she is married but hasn't any children. When she is not at work she loves to watch movies, with no particular genre, just anything that catches her interest. She also enjoys cooking, especially traditional dishes from her country of Ghana.



Home spotlight



Congratulations on our home on achieving the Gold Standards Framework, our management team received the award at the presentation event.

Congratulations to Julie too, who received a cheque for £250 through our referral scheme. Be sure to check out on the back page how you too could receive one for referrals.

Congratulations Julie!



Awarded £250 through our referral scheme

And congratulations to all our night staff team, on receiving the employees of the month

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Resident birthdays during September:

4th - Heather

Staff birthdays this month (there's lots!!!) :

1st - Malkesh

7th - Val

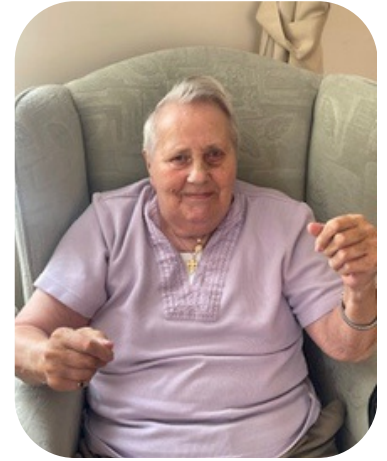
15th - Sam

20th - Lili

25th - Brenda

27th - Paige G

27th - Jane



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 September 2025



Carole passed away peacefully and will be missed, we send our thoughts to her family.



Peter has passed away and we send our thoughts and wishes to his family.



Kitty sadly passed away peacefully with her family around her. She will be missed but leaves a lot of fond memories.



We also said goodbye to Ravji during September. We wish his family and friends comfort in memories of him.



Alan sadly passed away having been with us for a long time. We send his family our thoughts and support.



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 and Family meeting

Our next resident and family meeting is this month on Tues 2nd December 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

