



Exceptional
Excellence

SAINTBRIDGE
HOUSE

NURSING HOME & RESIDENTIAL CARE

Inspected and rated

Good



APRIL NEWSLETTER



APRIL 2026



Saintbridge House

Gloucester

189 Painswick Road, Gloucester, GL4 4QQ
01452 300307

What have we been up to in March?



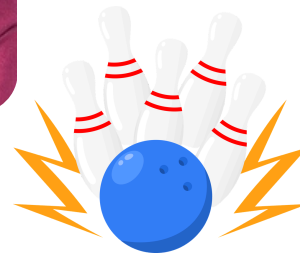
exercising



hairdresser



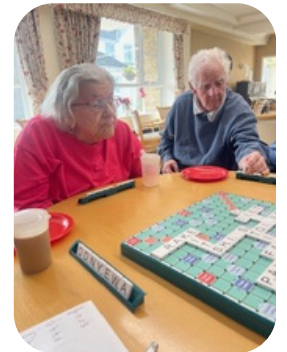
music



dogs visiting



visitors



games



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Musical Entertainment



Julie with her steelpans and Nick and Shelley from mini concerts have entertained us this month.

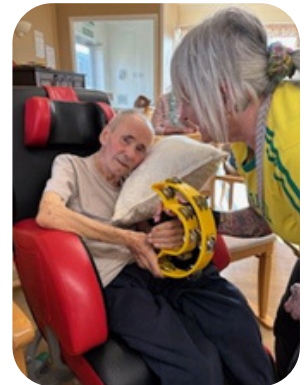
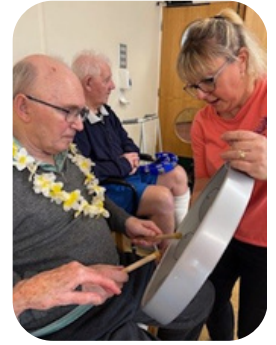
We have had lots of engagement with trying the steelpans ourselves, to singing along and dancing to the tunes. Music is a really good tool for connections and triggering memories and it's lovely to see everyone singing along to the old classics.



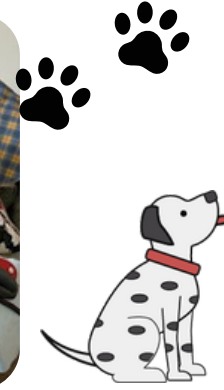
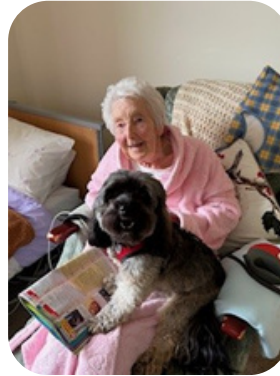
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Musical Entertainment



Furry Friends Visited



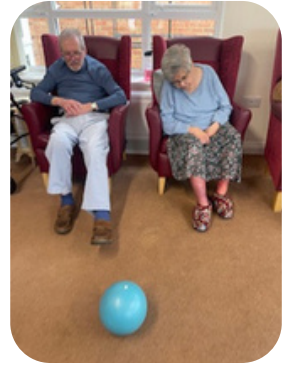
It amazes us every time a dog comes to visit how much they lift the mood of the home and everyone in it. Peggy and Bear bring smiles every time, and we can't thank Hayley and Sharon enough for bringing them in each week.





Music, Movement and Exercises

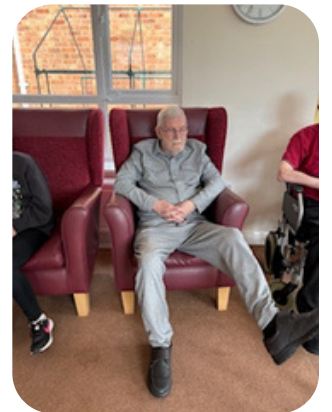
We are managing to get more and more exercise into our days with the help our physio Alice. Lots of the residents are very glad to give them a go and do them to the best of their ability as they are very aware of the benefits. Keeping moving is a great mood buster too, bringing smiles and laughter to the day.



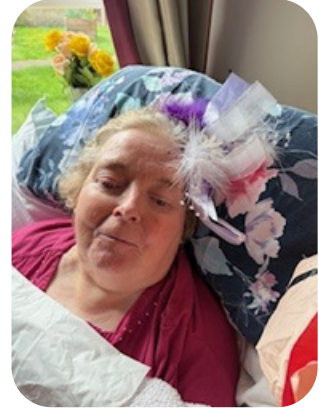
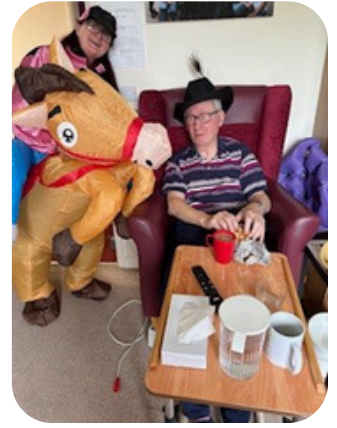
Music, Movement and Exercises



Exercise can be formal but we do also like to play games such as tin can alley or snakes and ladders which allows opportunity to be moving but not formally.



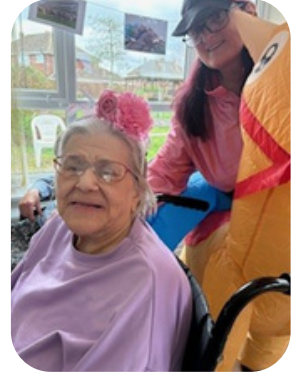
Race Day



We had a great day celebrating Cheltenham race week, with our very own race day. We made our own fastenators and hats and then we had fake money and put on bets for the races on the tv. We finished the time off with cream tea for everyone. We were glad to have our students there helping to take all the bets and get the names on the board for each race.



Race Day



We were even lucky enough to have a visiting jockey with their horse, whose racing name was Superduper Saintbridge,. They were having a race free day and came to see us and say hello.

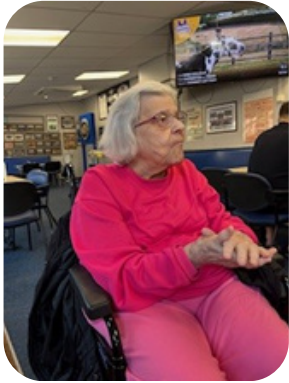
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Getting out and about

We have managed to get out for coffee and cake this month, but also did a lunch trip to the garden centre. Sometimes family or friends come with us on these outings which is a great wellbeing boost for our residents, allowing opportunities to keep those family and friend connections real.



Getting out and about



These trips and outings do increase as the weather improves and they are a great benefit for our residents to do usual, normal activities. The banter and chat is always great fun and there is always lots of laughter. Brian in particular enjoys a trip to the garden centre!!



Getting out in the garden

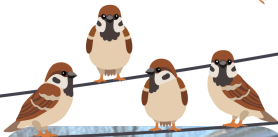
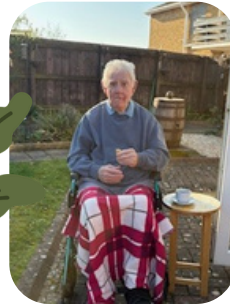


The weather is improving so we are getting outside and preparing the garden and pots.

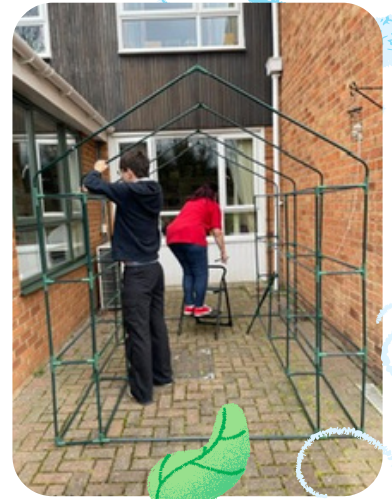


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Getting out in the garden



Getting out in the garden



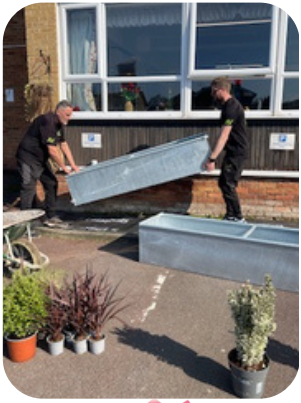
We got our greenhouse delivered and found a day to get it built, with the help of our student Kenzie.

Sadly within less than a week the weather turned and blew the whole thing across the garden so it is still not fully in use...seedlings have been planted though...

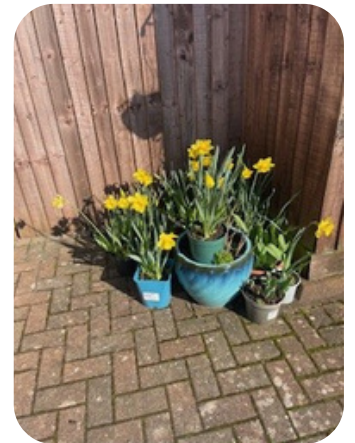


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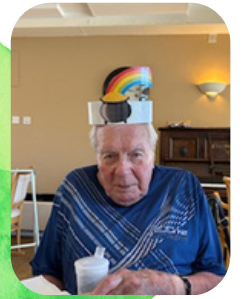
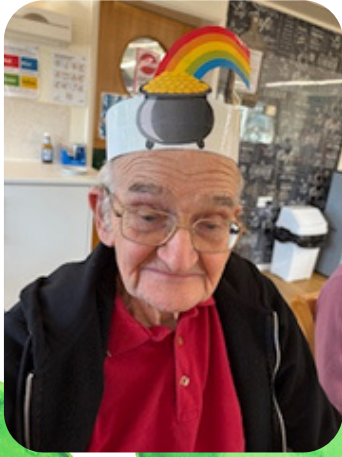
Saintbridge Facelift



The front of the home has been having a face lift, with new raised beds put in, trees planted and a sparkly new bicycle rack. We also got some pots of spring flowers donated for our garden.



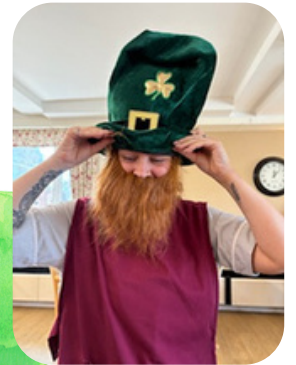
St Patrick's Day



Silly hats

Crossword of everything Irish

a bit of fun



Guinness delivered by Dave!!

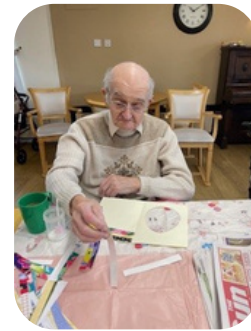
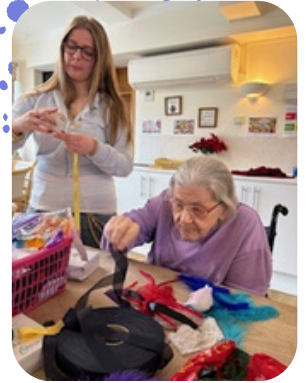


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Creative Arts



• Creativity has covered lots this month, beginning with headwear for race day, then St Patrick's day decor, and onto Easter cards



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Resident spotlight

Graham



Graham was born in Gloucester and has lived here all his life. He was married to his wife Hazel for over 50 years and they have a son Darrell who comes in to see Graham regularly. He worked as a structural engineer and so travelled around England and Wales a lot of the time with his job. He enjoyed watching football matches and watching the sport on tv, but also likes a good film. He enjoys listening to classical music but hasn't any favourite composer. He loved to take holidays in Weston Super Mare and nearby Burnham as he found them nice and quiet.

Staff spotlight

Sam

Sam is one of our registered nurses and has been at Saintbridge House for four years. He is married to Lekshmi ajith and they have two little daughters, aged 6 and 8 who keep them young and busy. When he is not here at work he likes to spend time with his family, getting out and about and having fun. Sam likes to read, and he particularly likes sci-fi novels and this continues into the types of films he likes to watch. He is also an artist and enjoys doing pencil drawings.



Staff Celebrations and changes



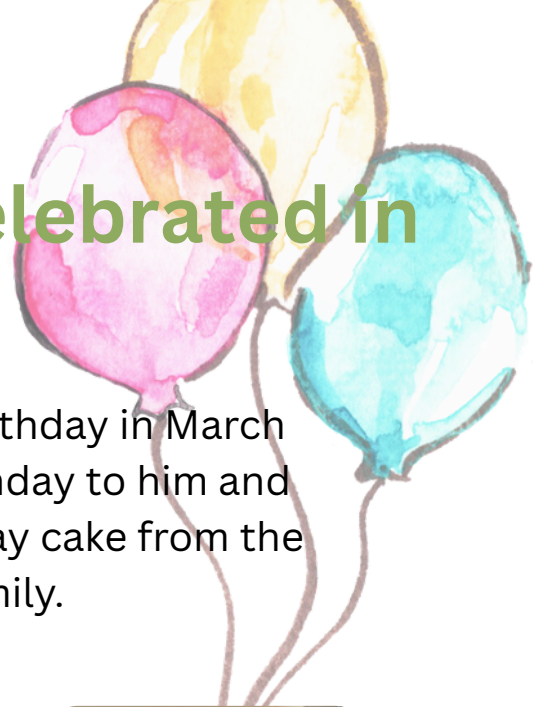
We have had a new member of staff join us in March, we welcome Pheonix to the care team and family here at Saintbridge.



Resident Birthdays we celebrated in march



Mike has celebrated his birthday in March and we all sang happy birthday to him and he had a homemade birthday cake from the Saintbridge family.



Kirk had a lovely day celebrating his birthday, with his mum joining him and bringing in donuts for everyone. He also had a homemade cake and a happy birthday song sung to him from us all.



Brian's day celebrating began with his sister joining him and bringing in a cake and lots of cards and then he had another cake and happy birthday song from us all in the afternoon.



HAPPY
BIRTHDAY



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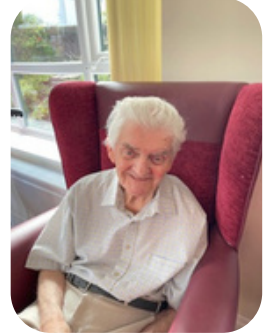




Resident birthdays coming during April:

April 25th - Reg A.

April 19th - Reg H.



Staff birthdays this month:

April 6th - Gale (carer)

April 12th - Anupama (night carer)

April 20th - Sylvia (head of housekeeping)

April 27th - Emma (kitchen assistant)

April 29th - Dawn (senior carer)



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.

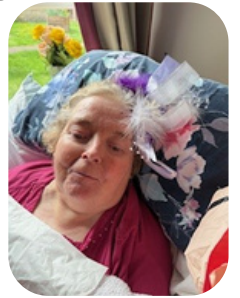


Resident changes

in March 2026



We welcome Sheila to the family here at Saintrbridge, she has moved in with us this month. She has settled well and has a lovely cheeky sense of humor.



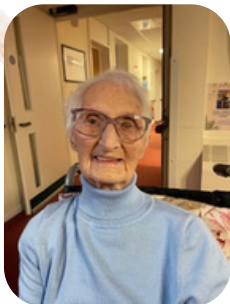
Ann has moved in with us in March and is settling in with us



Reg is enjoying being with us here, having joined us during March too. We are seeing his cheeky smile a lot!!



Linny has been with us during March for some respite and has been enjoying the company and fun and games!!



We had Joan come in during March and had a fun few weeks until she moved on elsewhere, and we wish her well.



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Resident changes

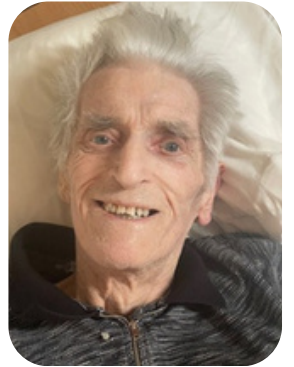
in March 2026

Alan has stayed with us for respite during March and was happy to be joining in with fun and games whilst here.



Bill has returned in March, having spent time with us before.

Spritey sadly passed away in March and we wish his family peace and comfort in memories of him.



Betty had been with us at Saintbridge for a few years and sadly passed away in March. She made friends here and fellow residents are remembering her together. We send our warmest wishes to the family at this sad time.



April Programme of Activities

- Wed 1st out for coffee / board games / Bear / group exercises / 1:30 garden mini project
Thurs 2nd Scrabble club / dominoes / 2pm steelpan concert / film afternoon
Fri 3rd dementia café 10:30 / group exercises
Sat 4th relaxation / 1 to 1 session / group exercises with physio
Sun 5th easter bunny seeing residents / family Easter Egg hunt 2pm
Mon 6th creative arts / group exercises with physio
Tues 7th card games / 10:45 church service / skittles / ABC quiz / Peggy pet therapy
Wed 8th out for coffee / board games / exercises / gardening club
Thurs 9th Scrabble club / dominoes / 2pm mini concert
Fri 10th creative arts / group exercises / ABC quiz
Sat 11th skittles / relaxation / 1 to 1 session
Sun 12th group exercises with physio / 1 to 1 session
Mon 13th reminiscing / group exercises / gardening club (inside or out)
Tues 14th dominoes / giant snakes and ladders
Wed 15th out for coffee / board games / Bear / group exercises / school children
volunteering
Thurs 16th Scrabble club / dominoes / steelpan 2pm / film afternoon
Fri 17th 11:15 church service / dominoes / group exercises / ABC quiz
Sat 18th relaxation / group exercises with physio / 1 to 1 session
Sun 19th relaxation / exercises / 1 to 1 session
Mon 20th reminiscence / group exercises / gardening club (inside or out)
Tues 21st card games / 10:45 church service / bingo bongo / 4pm Peggy pet therapy
Wed 22nd out for coffee / board games / group exercise / school children volunteering
Thurs 23rd Scrabble club / dominoes / 2pm mini concert / film afternoon
Fri 24th group crossword / group exercises / ABC quiz
Sat 25th relaxation / 2pm giant snakes and ladders / 1 to 1 session
Sun 26th relaxation / 10:30 creative arts / group exercises with physio / 1 to 1 session
Mon 27th Willow Boat Outing
Tues 28th dominoes / 10:45 church service / tin can alley / group crossword
Wed 29th out for coffee / board games / Bear pet therapy / group exercises / school children
volunteering
Thurs 30th Scrabble club / dominoes / group crossword / 4pm steelpan concert



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 in June, with details to follow. 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

