

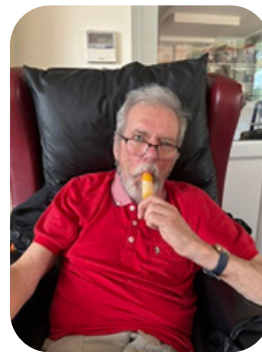
# JULY NEWSLETTER



# JULY 2026

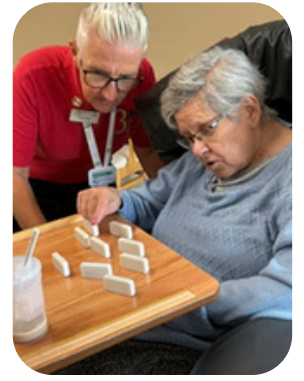
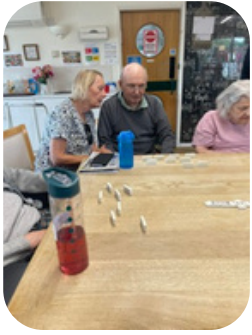


## June was a busy month!!

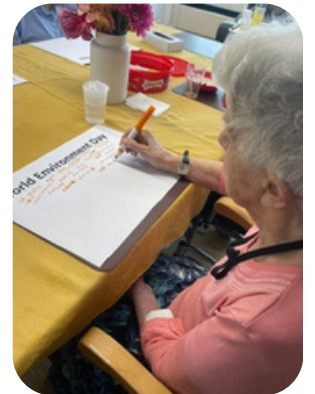
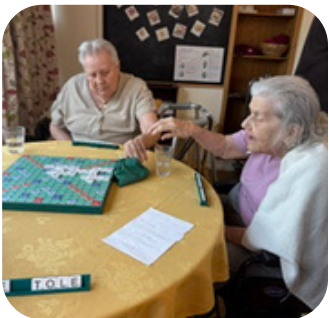
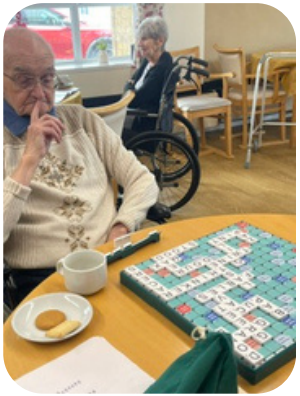




## Mental exercises

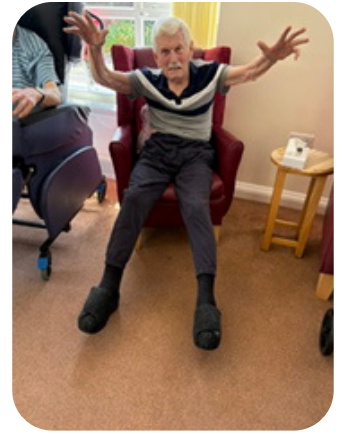


We spent a lot of time this month keeping our brains active and working with games such as Scrabble and word games and puzzles. They made their own word maze images with names of their friends over the years, which was a really popular activity.

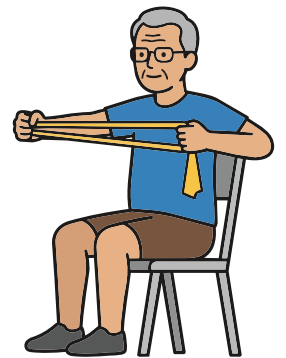


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## Physical activities



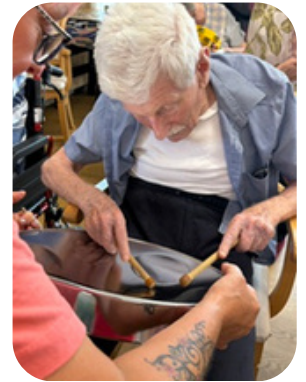
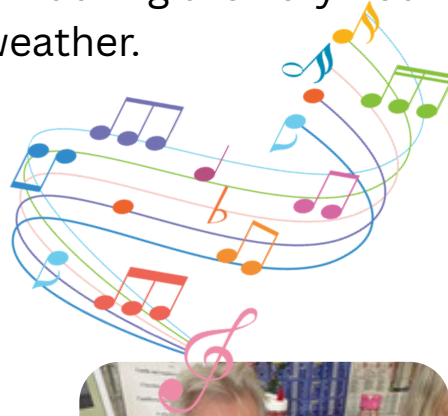
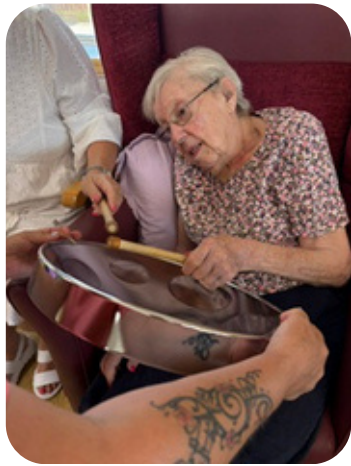
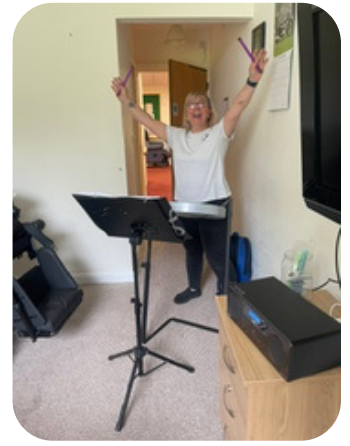
Our regular exercise groups have been done this month, but with a bit of adapting due to the extreme weather we have had. Keeping residents moving is still important but we have been keeping at a lower impact level. Still very much an enjoyable time though with singing and on occasion using scarves and bean bags to add to the fun.



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## Musical Entertainment

We have enjoyed being entertained by singers and musicians this month. We began the month with D Day Dolly from mini concerts to celebrate D Day. We have then also had Julie with her steelpans, who has done some one to one with residents who can't leave their bedrooms as well as relaxed session in teh dinding room during the very hot weather.



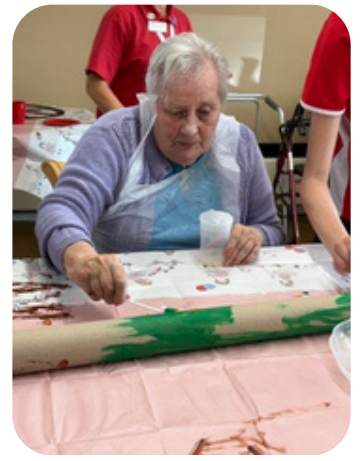
## Spiritual



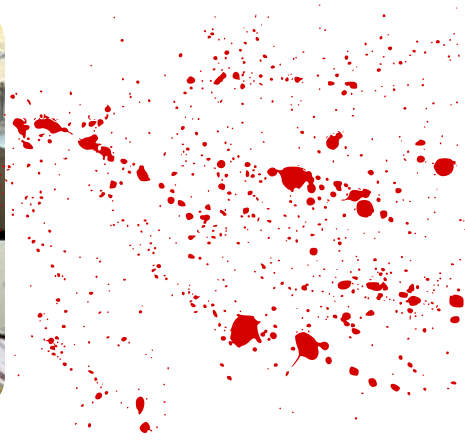
Paul and Sue have been to the home this month to support our residents that need it with their spiritual needs. Paul did some prayer time and worship whilst Sue this month did some one to one visits. This is really important to some, such as Alan, who finds it very useful and Graham who likes to continue his own spiritual journey.



## Creative Activities



There has been some creativity this month too, from making a start on our fun day props, through to celebrating the Beatle's with our yellow submarine's. It was good to see lots of engagement, but Bill and Beryl really get stuck in when there is creative work or painting to be done.



## Getting out and About



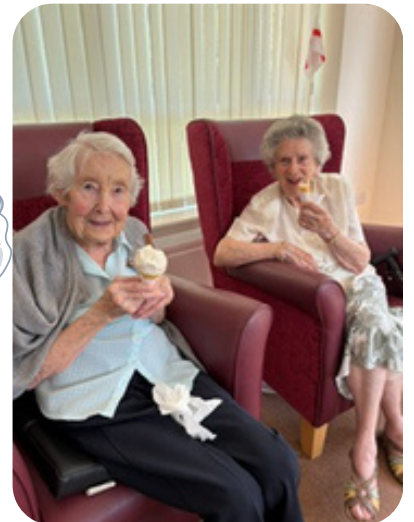
We have taken Bill and Reg out for coffee this month. Well, they both chose hot chocolate rather than coffee, and they said it was lovely. They had a good natter and enjoyed the change of scenery and getting out and about.



## Ice Cream Van Visit



We had a lovely surprise with the visit of an ice cream van during the very hot weather. Everyone was offered a 99 in a tub or cone and they were very much appreciated. It was welcome relief for residents and staff on a very hot afternoon.



# Getting out in the garden



We have taken opportunities to be outside but as the weather got hotter it got too much. So only a few spells outside this month, but all still lovely, seeing our plants growing and listening to the birds singing.

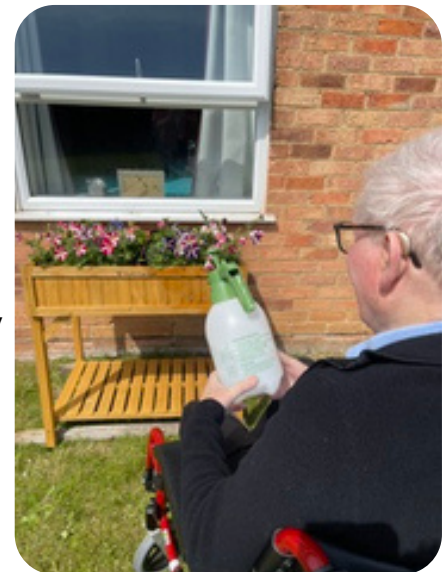


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# Getting out in the garden



Brian had some of his family come in and help with some gardening whilst also putting together a raised bed outside his window. They planted it up lovely for him and he is very proud of it and enjoys watering it when he can.

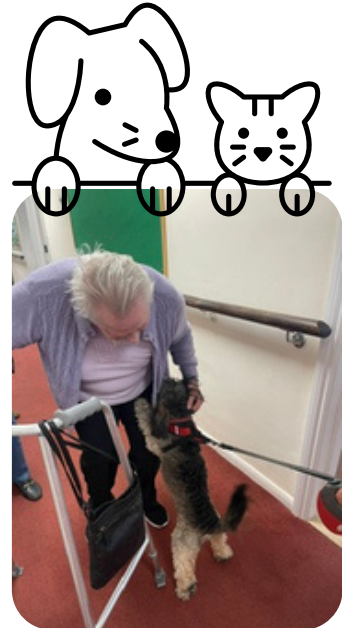


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## Pet therapy visits



Peggy and Bear have been to visit us in June, managing to dodge some of the hotter days! Peggy gets so excited to see everyone and Bear just loves the treats that accompany the visit! The residents just love seeing them both and giving them some fuss and attention, whilst a big smile forms on their faces.



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## Community Partnerships

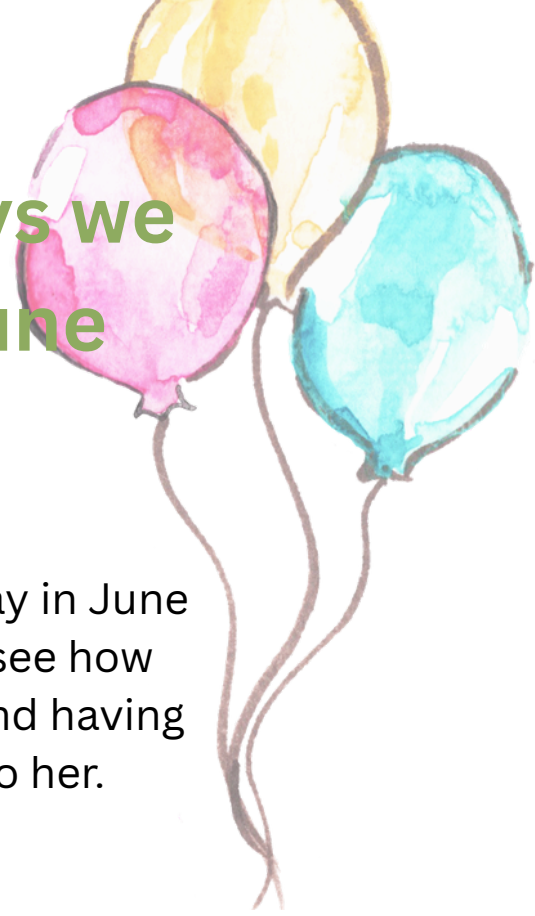


We have had visits again this month from our young people volunteering their time. We have all done a big world cup quiz and also started creating props for our summer fun day. It continues to be great to see the engagement between the two generations.



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# Resident Birthdays we celebrated in June



Lyn celebrated her birthday in June and we were pleased to see how much she liked her cake and having happy birthday sung to her.

We also had Ann celebrating, and she was really happy with her cake and singing by staff, getting very emotional at the thoughtfulness.



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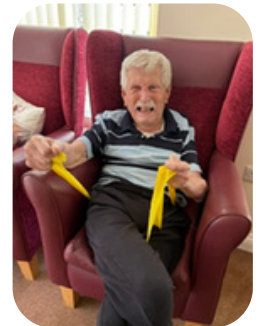


**Resident birthdays coming during July:**

**July 15th - Brian**

**July 20th - Ann D**

**July 25th - Bill**



**Staff birthdays this month:**

**3rd July - Rebecca (housekeeping)**

**4th July - Cristina (clinical lead nurse)**

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.





## New Staff on the Team



We have had Kieran, a student physio with us during June. He has been working alongside Alice and getting to know our residents really well. He has been taking some of the group exercise classes and made them really fun and enjoyable. He will be leaving us soon and we wish him well with the rest of his career.

Welcome



## Resident spotlight

### John



My name is John, I was born in Gloucester and have lived here all of my life, I was married to my wife Carol for over 50 years, and had 2 sisters Irene and Grace. For many years I worked in a printing factory then went on to be an ambulance driver of 25 years. My hobbies were gardening and making model aircrafts, my wife and I were very social people and we would meet up with friends several times a week at the Wotton Hall club. We enjoyed holidays in Cornwall especially St Ives and Carbis bay.

## Staff spotlight

### Richard

Richard is our chef here at Saintbridge House and he has been with us for about 2 years. He has a daughter Emily who is 8 years old and they enjoy spending time together. When he is not at work Richard enjoys playing football for local team, Brockworth and also plays for a team called Boss for vets!! (as in over a certain age...)He also goes to the gym and then to relax he loves to watch an action or comedy film.



# July Programme of Activities

- Wed 1st out for coffee / group exercises / school children volunteering  
Thurs 2nd Scrabble club / puzzles / mini concerts  
Fri 3rd 10:30 – 12 dementia café / group exercises / film afternoon  
Sat 4th relaxation / 1 to 1 session  
Sun 5th relaxation / 1 to 1 session  
Mon 6th reminiscing / hairdresser / group exercises / ABC quiz  
Tues 7th dominoes / prayer service with Paul / 2pm D'Artagnan  
Wed 8th out for coffee / pet therapy with Bear / hairdresser / group exercises / school children volunteering (LAST ONE)  
Thurs 9th Scrabble club / puzzles / steelpan concert  
Fri 10th creative arts / group exercises / film afternoon  
Sat 11th exercises / relaxation / 1 to 1 session  
Sun 12th relaxation / exercises / 1 to 1 session  
Mon 13th hairdresser / reminiscing / group exercises / ABC quiz  
Tues 14th dominoes and puzzles / 1:30 One Fine Day show / 4pm Peggy  
Wed 15th creative art and colouring / group exercises / communal crossword  
Thurs 16th Scrabble club / puzzles / mini concerts  
Fri 17th 11:15 church service / group exercises / film afternoon  
Sat 18th relaxation / 1 to 1 session  
Sun 19th relaxation / 1 to 1 session  
Mon 20th hairdresser / reminiscing / group exercises / ABC quiz  
Tues 21st dominoes and jigsaws / prayer service with Paul / bingo bongo  
Wed 22nd out for coffee / group exercises / pet therapy with bear  
Thurs 23rd Scrabble club / dominoes / ? D'Artagnan / film afternoon  
Fri 24th creative arts / group exercises / film afternoon  
Sat 25th relaxation / exercises / 1 to 1 session  
Sun 26th relaxation / exercises / 1 to 1 session  
Mon 27th reminiscing / hairdresser / group exercises / ABC quiz  
Tues 28th card games and puzzles / parachute game / 4pm pet therapy with Peggy  
Wed 29th dominoes / group exercises / communal crossword  
Thurs 30th Scrabble club / puzzles / mini concerts  
Fri 31st creative arts / exercises / film afternoon



# Northeast Producers Presents...

## One Fine Day!

Join Maggie and Jimmy as they plan their trip to Blackpool! Enjoy the laughs, join in the songs and have a good old time!



DATE: 14th July

TIME: 1:30

01642 687100

[www.northeastproducers.co.uk](http://www.northeastproducers.co.uk)

Saintbridge House Presents

Musicby

# D' Artagnan



Tuesday 7th July 2pm

Performing acoustic jazz, pop, country, reggae, soul,  
and a little rock & roll. Come, relax and enjoy!!

# Resident changes

in June 2026

Alan has joined us for respite in June and he is loving the Scrabble games already.



Linny has come back for some respite time, and enjoying everything going on. She also loves a good chat with the other ladies.



Norma has come to join us for some time of respite. She is settling in and enjoying chatting and some company.



Audrey has also come into Saintbridge and we welcome her to our family.



# Family comments



[carehome.co.uk](https://carehome.co.uk)

We as a family feel that staff at Saintbridge residential home diligently cared for our father as well as all other residents with love, dignity, compassion, and patience. As much as daily visits from family and friends, staff's dedication contributed very positively to his quality of life. Staff's empathy and compassion towards our family at all times was also appreciated very greatly. Can't fully express our gratitude to all at Saintbridge in words.  
**Review from Pravin P (Son of Resident) published on 16 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

[carehome.co.uk](https://carehome.co.uk)

## 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 July, 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

