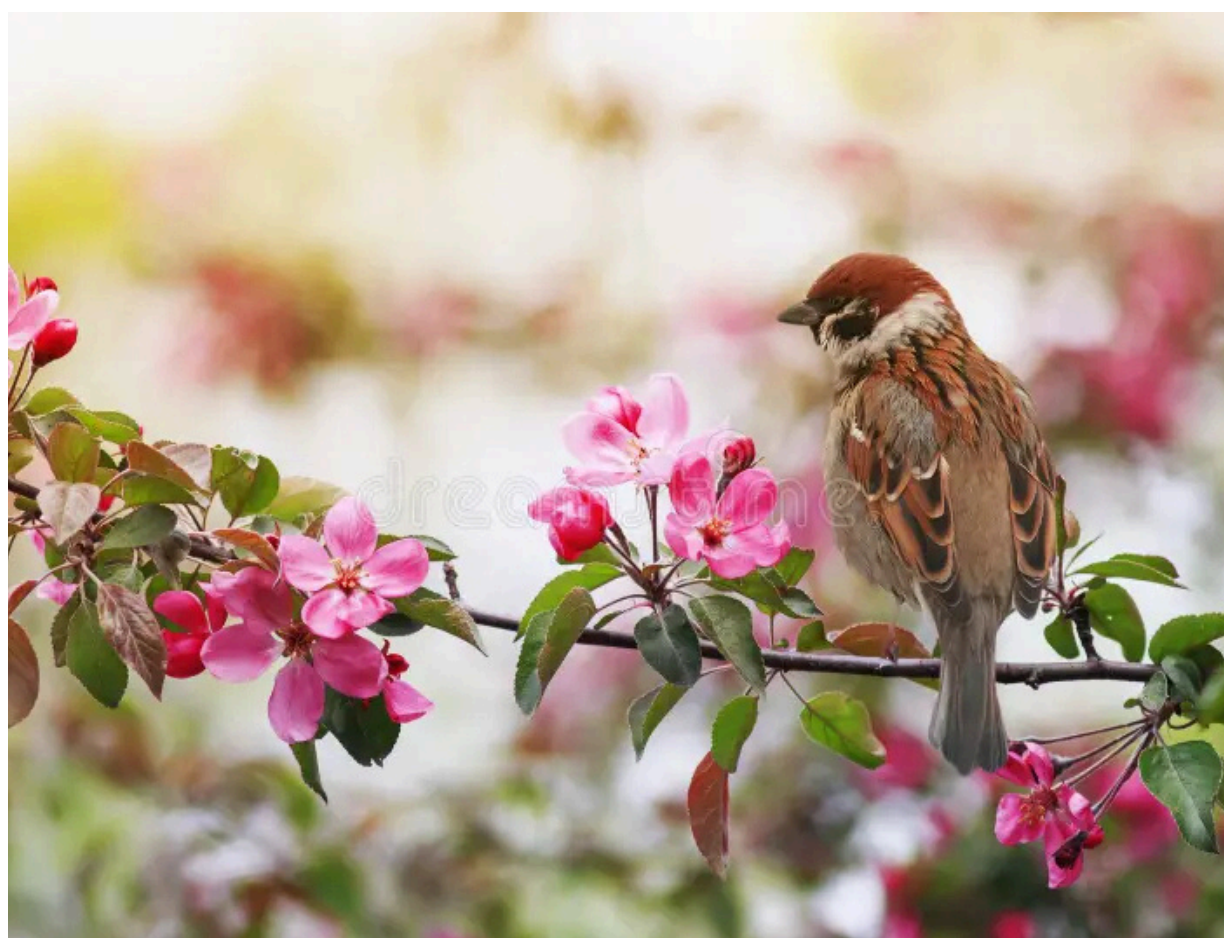


MAY NEWSLETTER



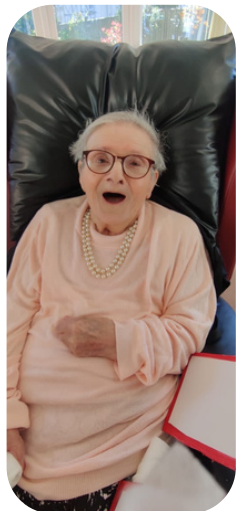
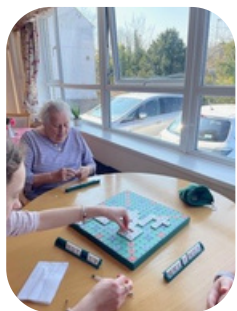
Saintbridge House

Gloucester

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

What have we been up to in April?

Another busy and fun time has been had during April, with lots of time in the garden and celebrating Easter with family and friends and chocolate.



Creative Arts and Crafts



The creativity during April has been a lot of Easter themed. We have been making Easter baskets for the egg hunt along with decorating bunting and colouring Easter eggs. Mary has also made her own dream catcher along with Denis and Dorothy making their own room name plaques using Scrabble style letters. There has also been some creative flower arranging, using fresh flowers this month.



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Birthday's celebrated during April



We have had a quieter month for birthdays during April, but Val celebrated well none the less. She was pampered with getting her nails painted and was joined by her family to help celebrate her day.

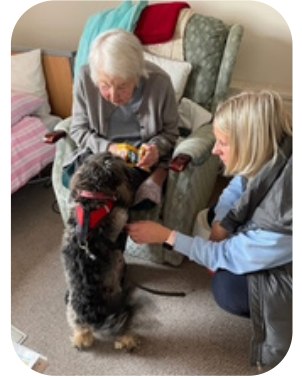
Reg also had his birthday this month and had a quiet day to mark the occasion.

Happy birthday to you both.



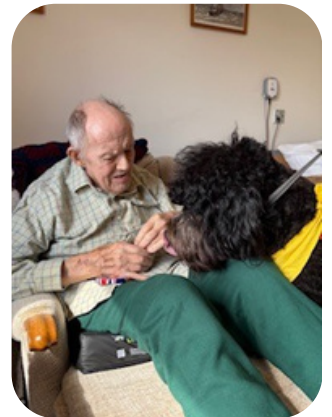
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Pet Therapy - our furry visitors

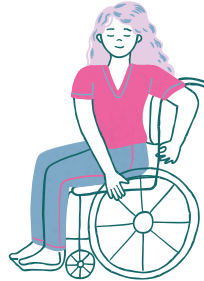


We had visits from our furry friends again during April. We always love their visits and it shows by the smiles on faces of those they visit.

It's good to see how everyone lights up and gives Peggy and Bear such love. Bernard and Mary continue to have a little stash of doggy treats too, so there's a bit more love in those rooms!!



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



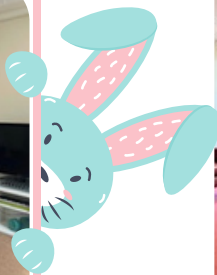
We have enjoyed time listening to Julie with her steelpans this month and visits from mini concerts. The steelpan concerts are always great fun and this month included a bit of extra with staff joining Julie for a bit of a dance!!

One of our mini concerts was also different this month with a session being done upstairs. This was a lovely experience for those who don't always get to hear the music and it certainly triggered a few songs being sung. Shirley was singing away to herself for some time after the event which was amazing.

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Easter Weekend

We had a great weekend celebrating Easter this month. We had Hot Cross buns and Easter egg hunt, along with the Easter bunny visiting us on two days of the weekend.



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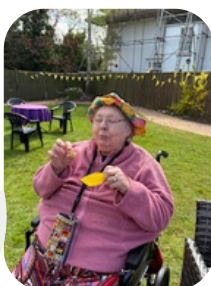
Easter weekend



We made chocolate krispie cakes and enjoyed those in the garden along with enjoying the chocolate eggs received from the Easter bunny and families.



And our winner of the Easter raffle egg hunt was Katie, one of the carers, congratulations Katie!!



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Getting out in the garden



Well we have been having more sunny days this month and making the most of them where we could. We have planted out a lot of seeds that we were growing indoors, along with some vegetables we are trying to grow. Along with just enjoying the sunshine and the fresh air with each other.



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Outing to the garden centre



We had an impromptu trip to the garden centre this month, and what a great time we had. The weather was beautiful and it was lovely having a look at all the plants and seeds and enjoying a cuppa in the coffee shop. Brian was checking out the greenhouse and Mary took her time picking out which plants she would like to get. Mary and her friend Maureen chose three lovely geraniums for her pot, whilst Kitty and her daughter enjoyed the time out and about together, laughing and chatting. Even the dreadful traffic jam to get home didn't dampen the spirits!



Out for Coffees



We had no minibus at the beginning of the month so we took opportunity to get across the road for coffee when we could. It was lovely to get Bernard out and also James. They both took a bit of persuasion but once we were out and having a coffee they both had a great time and thoroughly enjoyed it. Dorothy also came out one morning which was really great for her.



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Hairdresser



This month we have had our new hairdresser start with us. Sarah will be coming every Monday, so everyone will have opportunity to keep their hair looking smart and tidy as per their preference. Those beards can be kept in order too!!!



Key Events in May

1st May - 2pm Steelpan concert

5th May - 2pm Dementia café/VE day afternoon tea,
please come and join us this month with a
celebration afternoon tea for VE Day

8th May - 2pm mini concerts VE Day special

12th May - 6pm Resident and Family meeting

15th May - 2pm steelpan concert

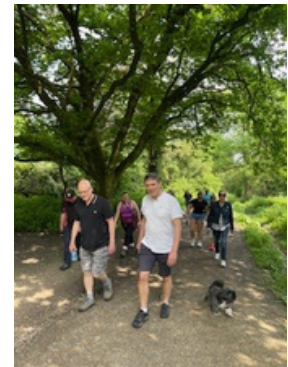
16th May - 11:15 Church service

22nd May- 2pm mini concerts

25th May - Dementia awareness walk

27th May - Willow Trust canal boat trip

29th May - 2pm steelpan concert



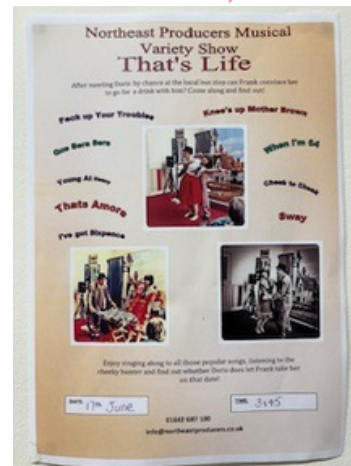
Future Dates for your Diary

2nd June - Dementia café/VE day
2pm please spread the word and
even come along and support us if
you can.

10th June - outing to the seaside

17th June - theatre show That's
Life. A chance meeting of Doris and
Frank leads to go them going for a
drink, and we can go along with
them.

22nd June - Teddy Bears picnic,
enjoy time in the garden with
picnic and family and friends.



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Resident spotlight



Brian

I have a large family who are very important to me, and come to visit me often, my hobbies are rugby and football, I like to watch Gloucester play rugby at Kingsholm when i can, I love to spend time in the garden, tending to the plants and flowers, and I also like going out to different places, especially the seaside.

Staff spotlight

Brenda

Brenda has been with us at Saintbridge for over 10 years and loves her job. She has 2 daughters and a grand daughter and when she is not at work she enjoys getting an early start on her shopping day!!! She also loves to sing, to spent time cooking and reading. Brenda is always bubbly and cheerful and brightens up the working day.



Employee of the Month

Well done Rebecca on achieving this months employee of the month.
Thank you for all your hard work.



New Employees to the Team

We have new staff members join the team since the beginning of the year, so we welcome them all.



Jenny



Jessica



Arya



Deborah

And Pranav (but no photo yet)



Saintbridge House
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May Programme of Activities

Thurs 1st Scrabble club / board games / 2pm steelpan concert / film afternoon

Fri 2nd creative arts / giant snakes and ladders / group crossword

Sat 3rd relaxation / 1 to 1 sessions / exercises / relaxation / musical instruments

Sun 4th relaxation / 1 to 1 sessions / exercises / creative arts

Mon 5th 2pm dementia cafe & VE Day afternoon tea / ABC quiz

Tues 6th creative arts / church chaplain visit / time in garden / film afternoon

Wed 7th Mind song / flower arranging / 3 pm pet therapy with Bear

Thurs 8th Scrabble club / puzzles and board games / 2pm VE Day mini concert / film afternoon

Fri 9th creative arts / Bingo bongo / group crossword

Sat 10th relaxation / 1 to 1 sessions / exercises / bean bag target games

Sun 11th relaxation / 1 to 1 sessions / exercises / skittles

Mon 12th hairdresser / reminiscence / dominoes / music and movement / ball games / ABC quiz

Tues 13th creative art / chaplain visit / pet therapy with Peggy / 6pm resident and family meeting

Wed 14th out for coffee (minibus) / flower arranging / table top games / group crosswords

Thurs 15th Scrabble club / puzzles / 2pm steelpan concert / film afternoon

Fri 16th puzzles / 11:15 Church of England service / time in garden / film afternoon

Sat 17th relaxation / 1 to 1 sessions / exercises / creative arts

Sun 18th relaxation / 1 to 1 sessions / exercises / decorate biscuits

Mon 19th hairdresser / reminiscence life stories / dominoes / music and movement / ABC quiz

Tues 20th creative arts / church chaplain visit / time in the gardening / group crossword

Wed 21st mind song / flower arranging or gardening / 3pm pet therapy with Bear

Thurs 22nd Scrabble Club / board games and puzzles / 2pm mini concert / film afternoon

Fri 23rd creative arts / play your cards right / ABC quiz

Sat 24th relaxation / 1 to 1 sessions / exercises / scavenger hunt

Sun 25th Dementia Awareness Walk and picnic at Robinswood Hill country park

Mon 26th hairdresser / reminiscing life stories / jigsaws / music and movement with dance / ABC quiz

Tues 27th Willow Trust canal boat outing

Wed 28th out for coffee (minibus) / music and movement / ball games

Thurs 29th Scrabble club / puzzles / 2pm steelpan concert / ABC quiz

Fri 30th creative arts / Bingo bongo / film afternoon

Sat 31st relaxation / 1 to 1 sessions / exercises / creative arts





Robert - 4th May
Doreen - 4th May
Denis - 13th May
Cynthia - 15th May
Gill - 21st May
Mary C - 27th May

Staff birthdays this month: Annette, Hitesh, Bernice, Kiloko, Lekshmy, Alice, Matilda

It's a busy birthday month!!!

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 April 2025



During April we had Brian join us at Saintbridge House, and we welcome him to our happy family.



Resident and Family meeting

Our next resident and family meeting is this month on 13th May 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

