

SAINTBRIDGE HOUSE

NURSING HOME & RESIDENTIAL CARE

Inspected and rated

Outstanding ★

**CareQuality
Commission**

SEPTEMBER NEWSLETTER



SEPTEMBER 2026



WILD WEST FUN DAY



WILD WEST FUN DAY



Our big fun day this year was Wild West themed and was a great day. Food, music and dancing and lots of great outfits.



August had lots going on!!



Dementia Cafe

Visit to cinema



music



Spiritual support



Games and
movement



Saintbridge House
Gloucester

Creative Activities



We have had a lot of creativity this month, with lots of props being made for our fun day. We also have Marilyn coming to help each week with creative arts.

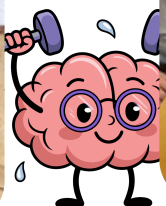
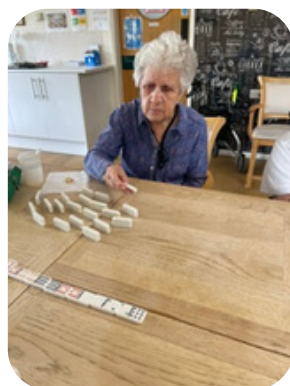
Saintbridge House
Gloucester



Mental exercises



We have had some activities to keep us mentally stimulated too. Scrabble, crosswords, dominoes and reading the newspaper all help keep our brains active.



Saintbridge House
Gloucester

Physical activities

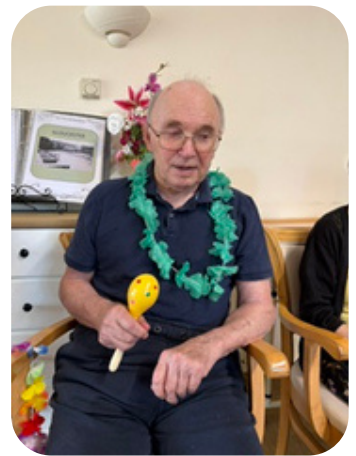


And of course we have to keep ourselves moving. This month has been lots of stretches, resistance bands, dancing and some physical games such as skittles and snakes and ladders.



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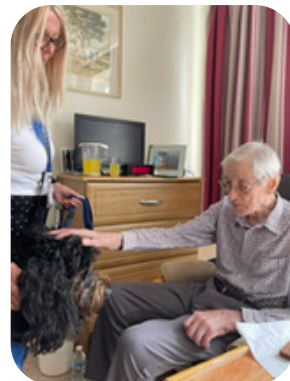
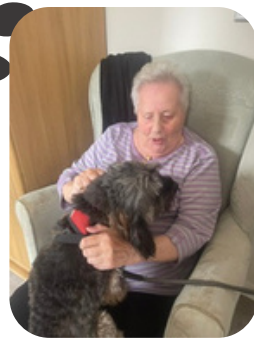
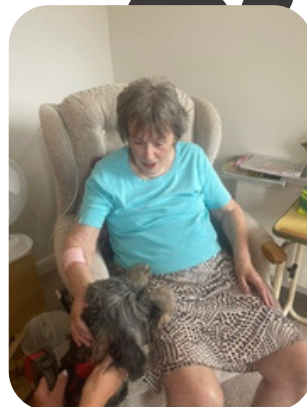
Musical Entertainment



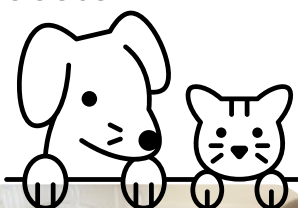
We have had Julie with her steelpans and singers from mini concerts. It is always lovely to see the connection with music and residents getting up dancing or moving in their chairs.



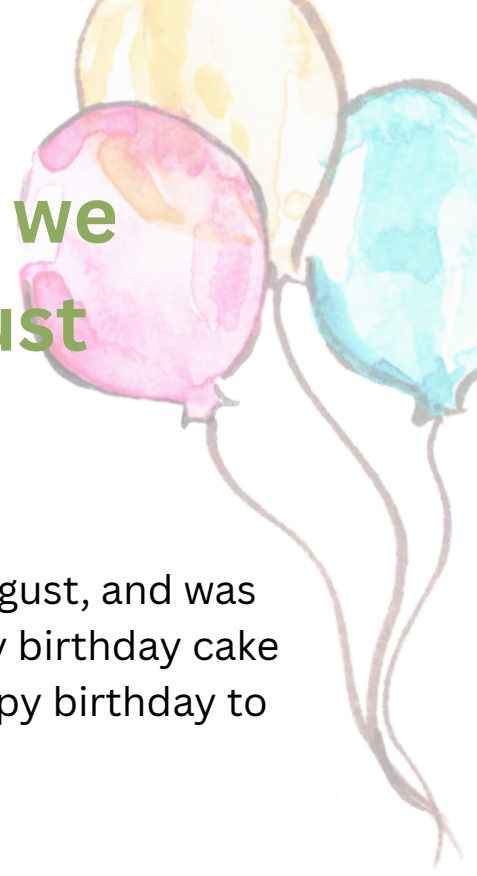
Pet therapy visits



How nice to see Peggy and Bear again this month. They give such a lot of positivity to everyone when they walk in and the smiles on the faces of those fussing them is lovely. A really good well being booster.



Resident Birthdays we celebrated in August



Brenda celebrated in August, and was so chuffed with her lovely birthday cake and the staff singing happy birthday to her.

Marcia also celebrated, and she had family come in to join her. There was a lovely cake for her too and staff also sang happy birthday to her with her family.



Saintbridge House
Gloucester



**Resident birthdays coming during September:
15th - Ivy**



Staff birthdays this month:

5th September - Dave Harley (home manager)

9th September - Joseph (care assistant)

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.



September Programme of Activities

Tues 1st creative arts / chaplain visiting / tin can alley / group crossword
Wed 2nd board games / pet therapy with Bear / exercises / general knowledge quiz
Thurs 3rd Scrabble club / puzzles / sing along session / film afternoon
Fri 4th 10:30 Dementia Cafe / group exercises / music quiz with sing along
Sat 5th creative arts / relaxation / 1 to 1 session
Sun 6th relaxation / exercises / 1 to 1 session / ball games
Mon 7th hairdresser / reminiscing / dominoes / group exercises / ABC quiz
Tues 8th art club / giant snakes and ladders / 4pm Peggy
Wed 9th out for coffee / group exercises / group crossword
Thurs 10th Scrabble club / puzzles / 2pm mini concerts / film afternoon
Fri 11th music sing along session / group exercises / ball games
Sat 12th relaxation / 1 to 1 session / bean bag games
Sun 13th relaxation / 1 to 1 session / giant snakes and ladders
Mon 14th hairdresser / reminiscing / dominoes / exercises / ABC quiz
Tues 15th creative arts / chaplain visit / bingo bongo / 6pm resident meeting
Wed 16th sewing club / pet therapy with Bear / exercises / group crossword
Thurs 17th Scrabble club / puzzles / parachute game / 4pm steelpan
Fri 18th puzzles / 11:15 church service / group exercises / music quiz
Sat 19th relaxation / 1 to 1 time / creative arts
Sun 20th relaxation / exercises / 1 to 1 session / skittles
Mon 21st reminiscing / dominoes / hairdresser / exercises / 3pm afternoon tea for World Alzheimer's Day
Tues 22nd Art club / flower arranging / 4pm pet therapy with Peggy
Wed 23rd board games / exercises / group quiz
Thurs 24th Scrabble club / puzzles / 2pm mini concerts / film afternoon
Fri 25th 10:30 MacMillan coffee morning / exercises / film afternoon
Sat 26th relaxation / 1 to 1 session / giant snakes and ladders
Sun 27th relaxation / 1 to 1 session / group quiz
Mon 28th reminiscing / dominoes / hairdresser / exercises / ABC quiz
Tues 29th creative arts / parachute game / staff or resident profile
Wed 30th board games / pet therapy with Bear / exercises / group crossword



Key Events in September

Saintbridge House
Residents and Family
meeting



please come along and have your say!!!
we would love to hear your ideas of
how we can improve our service.

Refreshments will be provided
Tuesday 15th September
6:00pm

Please let staff know if you are able to attend
thank you

**SAINTBRIDGE
HOUSE**
189 Painswick Road, GL4 4QQ



DEMENTIA
cafe

first Friday of the month
4th September
10:30 - 12pm

support for people living with
dementia/Alzheimers and their carers. Join us
for a cuppa and cake and a friendly chat.
Each month we will have activities, such as
bingo, reminiscing, creative arts

For more information contact:
Tracey or Jane 01452 300307

Saintbridge House
supporting



World Alzheimer's Day

afternoon tea
and information sharing

Monday 21st September
3pm - 4pm

come along for a cuppa and cake
and a chat in company



Resident spotlight

Bill



My name is Bill, I was born in Newcastle on Tyne and my family are from Scotland. I moved to Gloucester in the late 60's. I am married to Marilyn and we have 2 children Emily and James, and 3 grandchildren. I went to university and trained as a vet then opened my own practice, Spa vets where I practiced for many years. I have lots of hobbies including sailing our own yachts, travelling the Atlantic ocean and many other wonderful places. We also loved to go skiing especially in Italy as this is our favourite place. I also love to paint and have some beautiful paintings. I love dogs and love it when my dog Belle comes for a visit.

Staff spotlight

Xoliswa

Xoliswa has worked as a registered nurse at Saintbridge off and on since 2014. She has worked mainly nights but is now with us on day duty so we see a lot more of her - which is lovely. When she isn't working she spend lots of time on her allotment and in her garden, growing a vast array of vegetables, currently including kale, beetroot, tomatoes, pumpkins, leeks, cucumbers and potatoes, not to mention a few sunflowers still going strong! She lives with one of her daughters and has another that lives in London, as well as adopted family. She also loves nothing more than jumping on a bus with her day explorer and visiting new places.





New Staff Joining

Terri



We welcome Terri to our team, she has joined us as part of the dining room hostess team. We hope she settles in well and enjoys getting to know us all.

Manju

We also have Manju joining us as a carer. She will be around at weekends mainly and we welcome her to the Saintbridge team.



Chris

We have Chris who is now part of the activity team. She has settled in really well and helping to make our residents days much more fulfilling and engaging.



Welcome



Resident changes

in July 2026



Sid has come to join us in August and we hope he settles in and feels at home.

Margaret has also moved in during August, just in time to experience our big fun day.



Audrey has moved in with us here at Saintbridge and is settling in nicely.



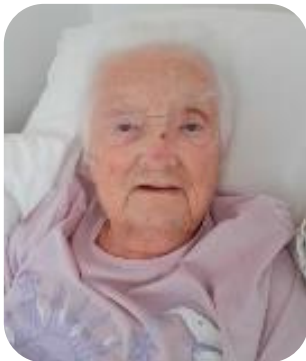
Resident changes

in July 2026



We welcome Eileen to our family here and hope she settles in and feels at home very soon.

Grace has come to us too in August and it's lovely to have her join our family here at Saintbridge.



Ivy has joined us, and we welcome her and her family to our lovely home and family here.

Stephen left us in August to move onto a new chapter and we wish him all the best.



Family comments

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



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 September, 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

