

# SEPTEMBER NEWSLETTER





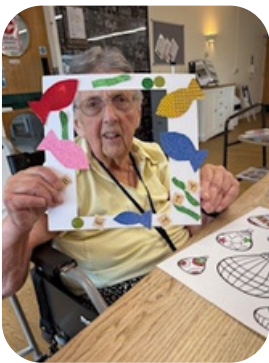
## What have we been up to in August?



getting  
creative



Exercises



Saintbridge House  
Gloucester



## What have we been up to in August?



Entertainers



fun games



Church of England  
service



Saintbridge House  
Gloucester

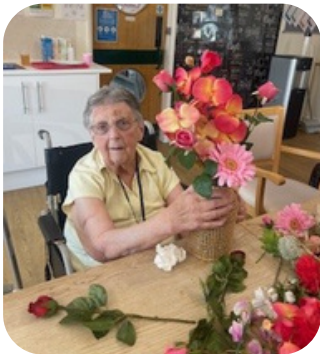
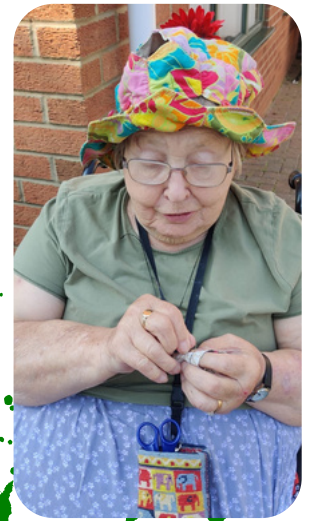


## Creative Arts and Crafts



We have had time getting creative and messy again this month. There has been colouring and creating along with knitting and flower arranging.

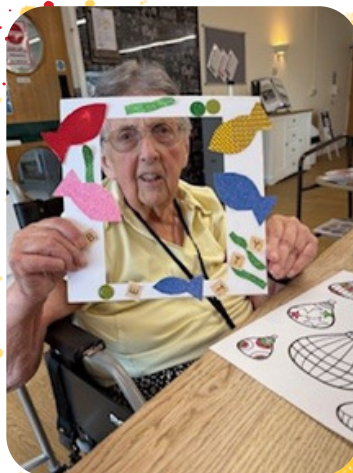
For photography day we decorated some picture frames and the lovely fresh flowers are donations from families after former residents pass away. We have also celebrated World Lion Day and Honey-Bee day.



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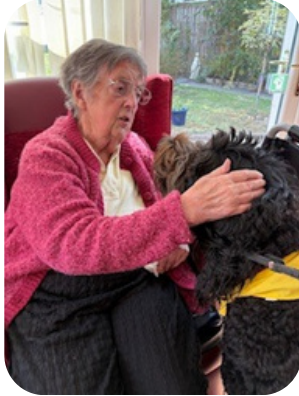


## Creative Arts and Crafts

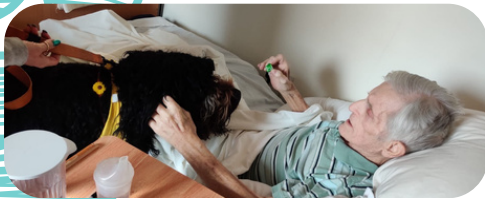
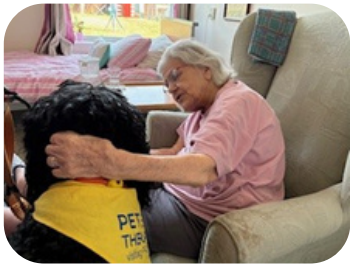
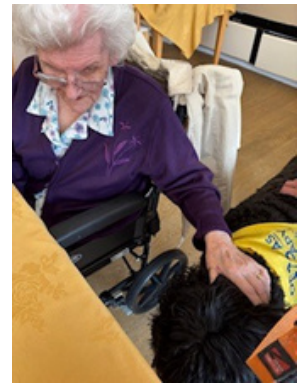




## Pet Therapy - our furry visitors



It is so lovely to see the smiles on faces when Bear or Peggy arrive at the door. Staff and resident love their visits and it lifts the mood so quickly. We are so grateful for them coming in each week to see us.



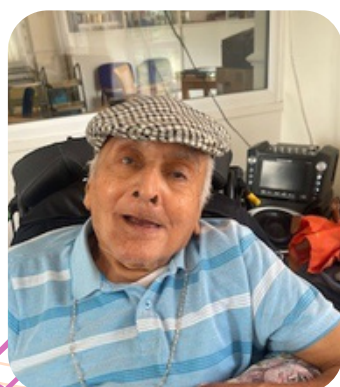
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## Musical Entertainment



We have had mini concerts with some lovely ladies again this month and Julie with her steel pans. As we see most visits everyone was tapping along, or clapping and even some dancing. Some good old favourite tunes were bringing back some memories.



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# Getting out in the garden



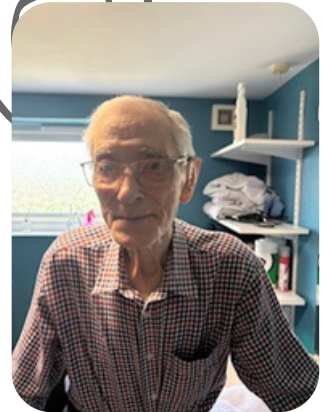
Every opportunity we are out in the garden again this month, apart from the very hot ones!! We continue to pick vegetables and even had some apples and blackberries this month too. It is a lovely space to just sit and chat, which lots of family and friends do.



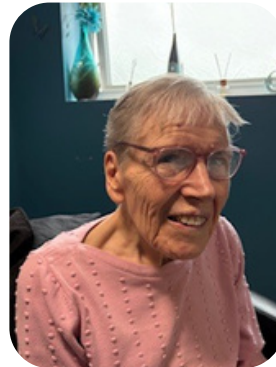
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## Hairdresser



A bit of pampering time and helping our residents to look their best, Sarah and Adele have been coming in to help with everyone's hair. Having time to sit in the salon gives a real sense of normal routines for them and so is invaluable and very much appreciated.



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## Out for Coffee



We managed to get out for coffee with Margaret and Cynthia. We went across the road to the Saintbridge cafe and they had a lovely time chatting, enjoying a coffee and I think a bit of cake too!!



We also went to Stratford Park on the minibus. It was a lovely sunny courtyard and the hot drinks were very nice. Everyone chatted and recalled memories of Stroud they had.



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## Day trip on a canal boat



We enjoyed a day trip on a canal boat this month. Enjoying a relaxing time floating along the canal and watching all the beautiful countryside drifting by. We even managed to stop and have a picnic on the banks of the canal.



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## Key Events in September

We have our **Dementia Cafe** at the start of the month on Monday 1<sup>st</sup> September  
Please come along and support.



We have our **Macmillan coffee morning** on 26th September at 10:30

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

We have our next **resident and family meeting** this month.  
Tuesday 16<sup>th</sup> at 6pm. Please come along and support



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## September programme of activities

Mon 1st dementia cafe / music and movement/ Hairdresser / film afternoon  
Tues 2nd creative arts / steelpan music 1-1 / flower arranging / group crosswords  
Wed 3rd out for coffee / board games / pet therapy with Bear / Giant snakes and ladders  
Thurs 4th Scrabble club / puzzles / Music quiz / film afternoon  
Fri 5th creative arts / sewing group / exercises / bingo bongo  
Sat 6th exercises / relaxation / tin can alley / 1 to 1 sessions  
Sun 7th relaxation / exercises / creative arts /1 to 1 sessions  
Mon 8th hairdresser / reminiscing / music and movement / ball games / quiz  
Tues 9th creative arts / super dominoes/ pet therapy with Peggy/ ABC quiz  
Wed 10th out for coffee / board games / chair exercises/ trip to the airfield  
Thurs 11th Scrabble club / dominoes / mini concerts / film afternoon  
Fri 12th knit and natter/ giant snakes and ladders/ exercises  
Sat 13th relaxation / exercises / 1 to 1 sessions / skittles  
Sun 14th relaxation / exercises / 2:30 pm teddy bears picnic  
Mon 15th hairdresser / reminiscing / music and movement / ball games  
Tues 16th creative arts / gardening / group crossword / residents meeting 6pm  
Wed 17th out for coffee / jigsaws / pet therapy with Bear / music and movement  
Thurs 18th Scrabble club / dominoes / steelpan concert / film afternoon  
Fri 19th 11.15 church service with Sue / exercises / play your cards right  
Sat 20th relaxation / exercises / bean bag games/ 1 to 1 sessions  
Sun 21st relaxation / exercises / creative arts /1 to 1 sessions  
Mon 22nd hairdresser/ reminiscing / music and movement / ball games  
Tues 23rd creative arts / gardening group/ flower arranging/ crossword / pet therapy  
Wed 24th out for coffee / trip to the museum (stroud) / music and movement  
Thurs 25th Scrabble club / dominoes / mini concerts / film afternoon  
Fri 26th Macmillan coffee morning/ exercises / bingo bongo  
Sat 27th relaxation / exercises / giant snakes and ladders/ 1 to 1 sessions  
Sun 28th relaxation / exercises / creative arts /1 to 1 sessions  
Mon 29th hairdresser/ reminiscing / music and movement / skittles/basket ball  
Tues 30th creative arts / gardening group/ group crossword/ super dominoes





## Resident spotlight



### Mary

Mary has been with us for just over a year now and loves to get involved in anything creative. She has three children and she was born and bred in Gloucester, having lived here her whole life. She was an assistant occupational therapist and also worked as an illustrator. She now loves to spend time in the garden soaking up the sunshine or tidying the beds, but also loves sewing in any form and currently is making herself a patchwork Christmas tree.

## Staff spotlight

### Raju

Raju is one of our housekeeping team and has been at Saintbridge for nearly 9 years. He is married to his wife Ewin and they have two children, a son and a daughter. Outside of work he spends a lot of his time with his family. He is also very involved with his church and attends services and prayer meetings and so on.





## Birthday's celebrated during August



We have had only one birthday during August and that was Marcia. It was lovely to have some of her family come and spend time celebrating with her, and of course Saintbridge staff sang happy birthday and she had a cake made by our great kitchen team.



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**Resident birthdays during September:  
none**



**Staff birthdays this month: Dave H and Joseph**



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.





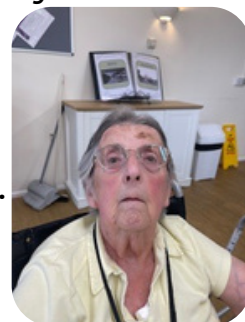
# *Resident changes*

in August 2025



Sandra passed away at the beginning of the month after a short time with us, we wish her family and friends comfort in remembering her and her lovely smile.

Betty joined us this month for repsite and is enjoying all the activities happening.



Mike has moved in too during August and is settling in, enjoying company when he wants it.



We have had Spritey move in to join us too and he's always up for a chat and putting the world to rights.



Margaret has joined us for some repsite and has already been out for coffee.





# 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 16th September 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

