**Saintbridge House**

**Welcome to our June newsletter!**



**Fun Facts about June**



* *The June gemstone is the pearl*
* *The June flower is the rose, but also honeysuckle*
* *The name June originates from Juno, the name of a Roman goddess of marriage.*
* *June is the month with the longest daylight hours of the year in the Northern Hemisphere, and conversely, June has the shortest daylight hours of the year in the Southern Hemisphere.*
* *June is a popular month for weddings in many cultures, earning it the title of “wedding season.” The mild weather and blooming flowers create a romantic atmosphere, making it an ideal time for couples to exchange vows*
* *Father’s Day is celebrated on the third Sunday of June in various countries, honouring fathers and father figures. It is a time to express gratitude, love, and appreciation for the important role fathers play in our lives.*
* *Prince William, Duke of Cambridge was born 21st June*

**Let’s look at what we have been up to in May**

**An old person looking at a plant

Description automatically generated A person lying on a bed with a plant

Description automatically generated A person sitting in a chair

Description automatically generated An old person sitting in a chair

Description automatically generated A person lying on the floor

Description automatically generated An old person lying in bed with a funnel over her head

Description automatically generated An old person holding a glass

Description automatically generated**

The work in the garden continues and this month we have been very busy planting sunflower seeds.

The residents have enjoyed sitting out in the garden having coffee and chatting and certainly the weather is starting to warm up, but the rain showers do still keep interrupting our plans for garden time or getting out in the minibus!

A person and person sitting on a bench

Description automatically generated Two women sitting on a bench

Description automatically generated Two women sitting on a bench

Description automatically generated A person and person sitting on a deck with a dog

Description automatically generated

**Reminiscence Group**

**A group of people sitting in a room

Description automatically generated A person sitting at a table

Description automatically generated An old person sitting at a table

Description automatically generated An old person in a chair with a wooden object on a table

Description automatically generated A person sitting at a table with bowling pins

Description automatically generated An old person sitting at a table with a wooden object

Description automatically generated**

Monday mornings continue to be all about reminiscing and it was lovely to see so many people joining us again during May. It is even more interesting when family visiting join in with us.

We had a session talking about how pubs and restaurants have changed, and ended up playing some traditional pub games. We tried table top skittles and shut the box, and then also a game of dominoes.

**An old person looking at a photo

Description automatically generated Several pictures of people sitting at a table

Description automatically generated An old person sitting in a chair

Description automatically generated**

**A person and person sitting at a table with black and white photos

Description automatically generated A person and person reading a newspaper

Description automatically generated A person looking at a picture

Description automatically generated A group of pictures on a table

Description automatically generated**

Another session we had family with us and we recalling lots of good luck and back luck superstitions. We discussed wedding traditions, saluting magpies, crossing on stairs, black cats and all their luck or bad luck! New shoes on a table, spilled salt over your shoulder, never give an empty purse, no opening umbrellas indoors, red sky at night…there really were a lot that were remembered.

Another week we talked about picnics and bank holiday activities. How we used to pull up in our car, if we had one, and sit on the verge on the side of the road to eat.

Also the bank holiday activities, from Maypole dancing to the tradition in Gloucestershire of cheese rolling down a steep hill!!!

It really is lovely to hear what residents share in these sessions and have their memories stirred from the conversation and pictures.

**Creative Art group**

We have been creating a lot of different things during May.

A person drawing a handprint

Description automatically generated A person holding a piece of paper with flowers on it

Description automatically generated An old person holding a piece of paper

Description automatically generated A person holding a picture of hands

Description automatically generatedAn old person sitting at a table with art supplies

Description automatically generated A person sitting at a table drawing

Description automatically generated An older person painting on a piece of paper

Description automatically generated A person holding a gift

Description automatically generated

A person drawing on a paper

Description automatically generated A group of women sitting at a table

Description automatically generated A person and person painting

Description automatically generated A person and person sitting at a table

Description automatically generated

May has seen us making some lovely may flowers using our hand prints. The pictures looked amazing, and everyone was very creative.

We have also started some stained glass effect pictures of spring flowers. These will be continuing into June and will hang in the window looking lovely as the sun shines through.

We also used lots of cut up foam to create colurful rainbow mosaics, to add some splashes of colour to our walls and notice boards.

**Mini Concerts Came to visit!!!...**

 **A person in pink outfit singing into a microphone

Description automatically generated A person and person holding hands

Description automatically generatedA person wearing glasses and smiling

Description automatically generated An old person sitting on a couch

Description automatically generated**

We have amazing afternoons of singing from the mini concerts. This month we had Issy and Emma singing to us.

It’s great to have seen residents dancing and enjoying the music and singing. Astrid and David had a lovely dance, and the smiles were showing how much the other residents enjoy this time.

Issy certainly caught there attention with her familiar favourites and go everybody singing along.

**Steelpan Music**

**A person in a wheelchair looking at a round metal container

Description automatically generated A person and person dancing

Description automatically generated An old person holding a blue object

Description automatically generated An old person sitting in a chair holding a cup

Description automatically generated A person in an orange shirt

Description automatically generated A person sitting in a chair holding a tambourine

Description automatically generated A person standing next to a person

Description automatically generated**

We had Julie with her steelpans join us again for this months concerts. Residents enjoyed dancing, clapping and playing instruments along with the music. It was fun this month to have some new mini bongo drums, they proved very popluar. Everyone really enjoys it and there are always smiles all round…and it’s always nice to see different faces ineteracting and moving with the music.

**Hairdressing Salon**

   

We had our lovely hairdresser come and visit again during May.

The residents always look so happy after time with her and they really appreciate the 1 to 1 attention it allows them.

Being pampered and spoiled is great for their self esteem and shows them some individual love. The big smiles show how much they love the results.

**Pamper sessions**

**A person sitting in a chair

Description automatically generated An old person sitting in a chair

Description automatically generated**

Time is always found to spend chatting, relaxing and painting these lovely ladies nails. They had a little bit of colour added to their lives…and nails… They were all very pleased with the results. Sadly we don’t always get photos of everybody but the men even have hand massages if they would like.

**Pet Therapy**

**A person sitting on a chair with a dog

Description automatically generated A person sitting with a dog

Description automatically generated A person sitting in a chair with a child

Description automatically generated A person sitting on a couch with a dog

Description automatically generated A person and a dog sitting on a couch

Description automatically generated A person sitting in a chair with a dog

Description automatically generated**

Pet therapy is very popuar with our residents and they love it when the dogs come to visit. Hayley brought Peggy in for a visit this month and she continues to know which of the residents have treats!!

**Trips out for coffee**

We have had a few trips out during May. We went to Dobbies garden centre for coffee. It was really lovely sitting in amongst the flowers and plants, and everyone said it was a great cup of coffee, tasty and hot. We did cause a bit of chaos with lots of table and chair moving but it was a good laugh and people around were happy to see all the interaction, and one gentleman even offered to take photos for us.

A person pushing a person in a wheelchair

Description automatically generated A person pushing a cart in a store

Description automatically generated A group of people sitting around a table

Description automatically generated A group of people sitting at a table

Description automatically generated

A group of people sitting at a table

Description automatically generated A person taking a selfie with a group of people around

Description automatically generated A group of people sitting at a table

Description automatically generated

Another trip was out to Saul junction for a coffee and biscuits and to enjoy the boats going by. The residents commented how nice it is to be by water, really relaxing and calming.

A group of people sitting outside

Description automatically generated A group of people sitting on a bench

Description automatically generated A person pushing a person in a wheelchair

Description automatically generated

A group of elderly people sitting on a bench

Description automatically generated A person sitting on a picnic table

Description automatically generated A person on a boat in a river

Description automatically generatedA person and person sitting on a bench

Description automatically generated

We had a coffee we brought with us, so it was like having an old traditional picnic, made all the tastier by the surroundings. Brian was up for a good laugh and Bernard and David were recalling memories of times in the past when they had been to Saul junction.

Sheila and Carol were enjoying spending time outside together too and chatting about the boats and enjoying seeing dogs being walked along the canal.

**Exercise and Movement**

**A person sitting in a chair with a cane

Description automatically generated A group of people sitting in chairs

Description automatically generated A person sitting in a chair

Description automatically generated An old person holding a ball

Description automatically generatedA person sitting in a chair with a rainbow ball

Description automatically generated An elderly person sitting in a chair

Description automatically generated A group of elderly people sitting in chairs

Description automatically generated**

Our residents have been getting involved in exercise and movement. Tanya from G-Fitness has been coming in every other Monday afternoon to do exercises with our residents.They have really taken to these sessions and they all get very involved. They have even started using the bands to add a little resistance to their movements and movements with sponge footballs.

A person sitting in a chair

Description automatically generated A person sitting in a chair with a ball

Description automatically generated A person sitting in a chair holding a red balloon

Description automatically generated A couple of elderly people sitting in chairs

Description automatically generated

In addition we have had lots of ball games and some chair yoga sessions. This really helps to keep our residents moving and aid maintaining their individual mobility.

**Swell Party Variety Show**

We had a great bit of entertainment from the Tickled Pink production company. They put on a swell party, with music and dance and lots of interaction and joining in by the audience.

A group of women in dresses

Description automatically generated A couple of women in pink hats

Description automatically generated An old person wearing a pink hat

Description automatically generated A person holding a person's hand

Description automatically generated

A group of old people sitting in chairs

Description automatically generated A person sitting at a table with a guitar

Description automatically generated A group of old people in a room

Description automatically generated An old person wearing a pink hat

Description automatically generated A person in a hat holding a camera

Description automatically generated A person sitting in a chair with a person in a pink shirt

Description automatically generated A person sitting in chairs playing a tambourine

Description automatically generated An old person sitting in a chair

Description automatically generated

It was great to see Brian and David really getting into the swing with the instruments and dancing to the songs.

Peter and Bernard were enjoying the cowboy hats, even though they were pink!! Mary and Maureen weren’t sure about being on the front row but they really got involved wearing the hats and engaging with the performers, which was lovely to see. It was a great production and we really hope we can have them back for another show in the future.

**Dementia Awareness Walk**

Wow!! What can we say but a huge thank you to everyone that joined us, helped out, or donated to our dementia awareness walk.

The weather couldn’t have been better and lots of you joined us at Robinswood for a great walk to raise awareness of dementia in our local community.

Two women smiling at the camera

Description automatically generated A group of people posing for a photo

Description automatically generated A group of people walking on a path with a dog

Description automatically generatedA group of people standing in front of a table with white balloons

Description automatically generated A group of people standing in a field

Description automatically generated A view of a grassy field

Description automatically generatedA black cow with horns in a grassy field

Description automatically generated A field of grass and trees

Description automatically generated Two women standing in a grassy area

Description automatically generated A person standing in front of a well

Description automatically generated

We have raised over **£300** for Altzeimers and we want to say a huge thank you to you all!!!

Watch this space for further events for dementia awareness.

**Messy play with pres-school visitors**

We had a new experience for our residents with a visit from some children from a local pre-school. It was so heart warming to see the interactions between them and the residents.

**A group of people sitting around a table

Description automatically generated A person sitting at a desk writing on a piece of paper

Description automatically generated A person helping an old person to make a green cupcake

Description automatically generated ![A person painting with smiley faces

Description automatically generated]() A group of people sitting at a table drawing

Description automatically generated A group of people sitting at a table drawing

Description automatically generated An old person sitting at a table with a child sleeping on the table

Description automatically generated Two women sitting at a table

Description automatically generated A group of women painting

Description automatically generated**

We got lots of paints out and they all created a mess!!! This was such good fun and even Dave our home manager got his hands painted to put his hand print on the board with everyone else’s. Hilda and Dorothy enjoyed being sat with children. They then had a game of skittles in the lounge assisted by residents. There were lots of cheers and encouragement from everyone.

**We could tell you about so much more!!!**

* Crosswords and ABC quizes
* Gaint snakes and ladders, Big music quizes
* Indoor skittles and bingo bongo
* Giant floor dominoes and super dominoes
* Scrabble club and pottery group
* Church services
* Hair and beauty

**Employee of the month for May**

Each month we celebrate our employees, and for May we have Jane, our Activities Coordinator. Well done Jane, keep up the good work…

A person and person holding a certificate

Description automatically generated

Who will it be next month?? Watch this space…

**Upcoming events in June:**

Mini concerts are coming to sing golden oldies on 20th and 27th June, with the additional D-Day dollies concert 6th at 3:30

Julie from steelpan will be coming to play some Caribbean music on the 12th and 26th June

Hayley and Peggy will be visiting us for more pet therapy, also there will be days when Carol and Jean will bring in Sky and Cali

We always welcome family and friends to join in our activities as we always try to make them fun, so come along…you know you want…

**Upcoming birthdays this month**

Hitan, Sybil, Ann F, Lyn M, Jacqueline J, Doreen A

**A Happy Birthday to you all!!!!**

**Additional Events in June**

**Musical Variety Show – When I’m Cleaning Windows A group of pictures on a table

Description automatically generated**

Come along and join the local window cleaners Jim the squeeze and Jack the lad on their lunch break. Enjoy the banter, listen to all their window cleaner tales and have a good sing song at the same time.

**Tuesday June 4th 4:00pm**

**The D-Day Dollies A group of flags with a couple of men

Description automatically generated**

Production by mini concerts to acknowledge the 80th anniversary of the D-Day landings.

**Thursday June 6th 3:30pm**

**Day trip to Burnham-on-sea**  

A day out to the seaside to enjoy some fresh sea air and lunch out.

**Wednesday June 19th**

**June programme of activities**

**Sat 1st relaxation / giant floor dominoes / ABC quiz**

**Sun 2nd morning prayer \(Bible reading) / pamper session / watch old musical**

**Mon 3rd reminiscing life stories / poetry reading / g-fitness**

**Tues 4th creative art / super dominoes / 4pm variety show**

**Wed 5th mind song music session / flower arranging / jigsaws**

**Thurs 6th scrabble club / puzzles / 3:30 D-Day dollies concert**

**Fri 7th hairdresser / skittles / ABC quiz**

**Sat 8th relaxation / arts and crafts / DVD about oceans**

**Sun 9th Morning prayer (YouTube) / floor dominoes / film afternoon**

**Mon 10th reminiscing life stories / jigsaws / movement to music / crosswords**

**Tues 11th creative art / gardening club / pet therapy**

**Wed 12th flower arranging / ball games / 3pm steelpan concert**

**Thurs 13th scrabble club / puzzles / giant floor dominoes / ABC quiz**

**Fri 14th sensory smells and textures / parachute game**

**Sat 15th relaxation / trooping of the colour on tv**

**Sun 16th morning prayer (Bible reading) / crosswords / quiz**

**Mon 17th reminiscing life stories / table tennis / 2pm G-fitness / film afternoon**

**Tues 18th creative art / chair yoga / Big quiz**

**Wed 19th day trip to Burnham-on-sea**

**Thurs 20th scrabble club / dominoes / 2pm mini concert**

**Fri 21st hairdresser / skittles / ABC quiz**

**Sat 22nd relaxation / storytelling / film afternoon**

**Sun 23rd morning prayer (YouTube) / jigsaw or dominoes / scrabble**

**Mon 24th reminiscing life stories / jigsaws / 3:15 G-fitness**

**Tues 25th creative art / 1:30 messy play with preschool children / pet therapy**

**Wed 26th flower arranging / music and movement / 3pm steelpan concert**

**Thurs 27th scrabble club / puzzles / 2pm mini concert / bingo bongo**

**Fri 28th hand and feet pamper and massages / parachute game / big music quiz**

**Sat 29th relaxation / painting or colouring / afternoon tea in the garden**

**Sun 30th morning prayer (Bible Reading) / Play your cards right**