



Autumn 2020



In the other gardens
And all up in the vale,
From the autumn bonfires
See the smoke trail!

Pleasant summer over,
And all the summer
flowers,
The red fire blazes,
The grey smoke towers.

Sing a song of seasons!
Something bright in all!
Flowers in the summer,
Fires in the fall!

Robert Louis Stevenson



Abercorn Care Limited

Newsletter



Autumn 2020 Newsletter



Welcome to the Autumn Newsletter.

Visiting

We would like to thank everyone for their patience during this pandemic. We understand that visiting is important to all, especially our residents. There is still visiting restrictions in place and we can only allow the following at present;

Indoors: essential visits only.

Outdoors: visits to the care home to see loved ones via garden or window visits, arranged with care home in advance. As a result of the additional risk posed by the new variant, garden visits should now be limited to one key/designated visitor and visits by children and young people is suspended.

We continue to be able to offer facetime calls via Facebook portal. You can call the home to arrange a suitable time.





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Edinburgh City Centre
and Cramond



Holyrood Palace and Park



The Meadows in
Edinburgh

These are some of the
locations that our
residents have enjoyed
seeing

Activities in our homes during lockdown

During the lockdown residents from our three homes have still had the opportunity to go out in the company car with our driver Phil. This is done whilst following the guidelines and although residents are unable to alight from the car, there have been comments about how it is nice to get out and see the scenery and well known landmarks.



Gloria, Audrey, Nan from Viewpark and Mary Phair from Spring Gardens all look forward to a trip out in the car.





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Ruth, Tom and Carol enjoy looking at local artists work, Portobello are still awaiting a visit from Banksy!

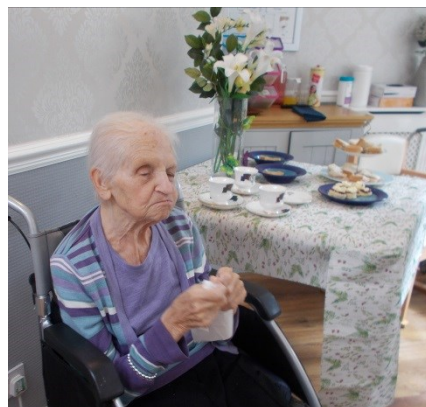


Cathy was delighted to welcome a new socially distanced visitor to Abercorn.



Audrey and Matt enjoy the Autumn sun in the garden at Viewpark

Afternoon Tea's



Eleanor enjoys looking out to the garden as we prepare to enjoy Afternoon tea with homemade tablet, scones with raspberry jam and clotted cream and a selection of sandwiches, Rose, Kate and Mary McKay all enjoyed the afternoon.



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Raspberry Jam Recipe

Make sure that your jam jars are sterilised, this recipe makes 3 jars of delicious jam, you will require

1lb of fresh raspberries

1lb of granulated sugar

Place the ingredients into a pan on a low heat stirring occasionally until the sugar has dissolved bring the mixture to a rolling boil for 3 to 5 minutes until the jam reaches setting point, pour the jam into your jars and seal. The jam will keep up to 6 months in the cupboard. An easy but tasty treat



Afternoon teas (continued)



Carol and Bett enjoy their afternoon tea by the window at Spring Gardens watching the world go by on Portobello Promenade.



Andrew, Marion Melrose, Gloria and Helen all gathered for their afternoon tea and a good day was had by all.





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Birthdays in our Homes



Celebrating her 100th birthday in Spring Gardens was Helen Thompson. The gazebo was decorated for the occasion. Helen was able to celebrate with her family followed by a buffet party with fellow residents. Helen said she felt like a queen and had enjoyed a wonderful day



Tom Lapsley enjoys blowing out his candles whilst wearing his special hat



HAPPY BIRTHDAY TO
YOU ALL

Birthdays in our Homes



In Abercorn Kate Robinson celebrated her 90th birthday with an afternoon tea for her and her fellow residents and a delicious birthday cake made by our Chef.



Maggie was delighted to receive her birthday cake from support worker Sara.





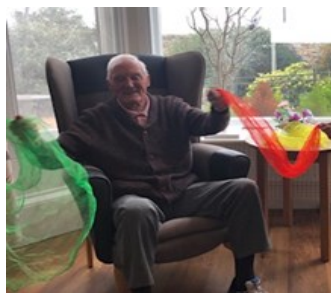
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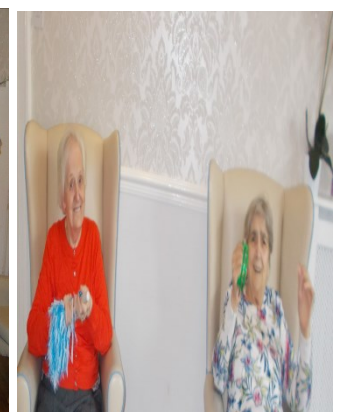
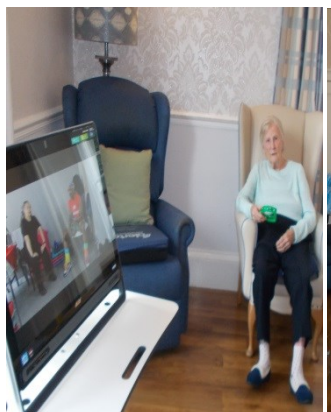
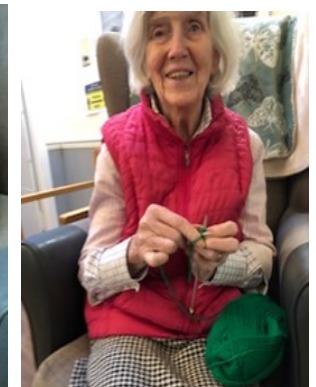
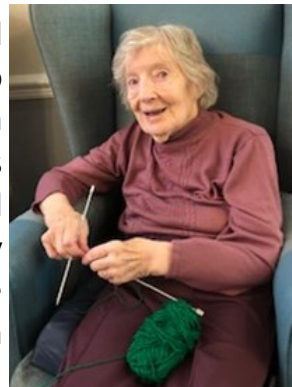
Rosa, Marion, Gloria and Joyce all enjoy doing their exercise routine in Viewpark.

Move It Or Lose It !

During lockdown and before it has been our aim to make sure that residents keep moving with exercise and movement that is both fun and stimulating using equipment that is available to us and music that encourages participation.



Andrew, Moira and Joan use scarfs to move and join in the exercise class whilst Ruth and Mhari use dexterity skill with the knitting group in Spring Gardens.



On a Thursday afternoon residents in Abercorn join in a Mr Motivator class on Youtube followed by some meditation and relaxation. Doreen, Lesley, Cathy, Mary Wood and Mary McKay are in full swing along with Yas and Phil much to the amusement of Rose.



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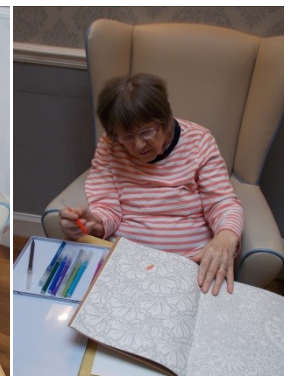


In Spring Gardens Betty, Mairi and Moira enjoy an Autumn workshop



Rosa concentrates on her knitting whilst counting her stitches.

Arts and Crafts



Cathy, Rose, Mary Wood, Doreen, Mary McKay and Eleanor all enjoying a selection of craft making and adult colouring in at Abercorn.



Joyce, Nan and Lizzie all enjoy the aqua paints and Helen seems very pleased with her bead making skills and proudly showed off the bracelet that she had made, well done to all our residents.



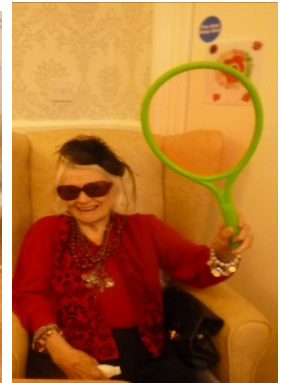
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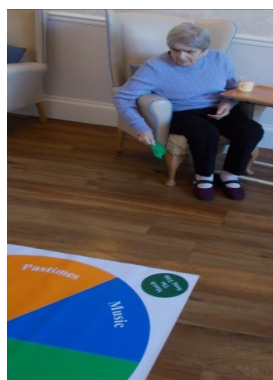
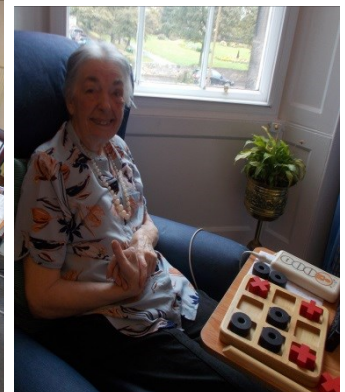
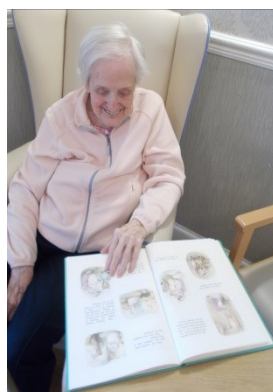
Joan, John, Marion and Maggie

Games and Reminiscence Sessions

Games such as dominoes, scrabble, musical bingo and bowling, all play a very important part to our residents day along with reminiscence sessions, which allows our residents to share their memories and stories.



Matt, Nan and Lizzie all enjoy a selection of activities.



Mary Wood loved her Beatrix Potter book whilst Pat loves doing a wordsearch and noughts and crosses. Mary McKay and Cathy loved our quiz mat and Doreen enjoyed looking at a magazine.



Halloween 2020



A Scary Pumpkin in Viewpark



Halloween brought out the devil in Lizzie



Nan and Joyce enjoyed dooking for apples.

Halloween 2020

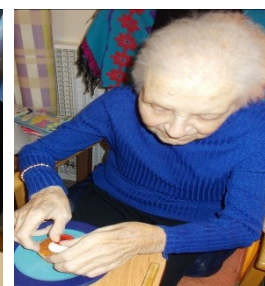


Senior Carer Emma gets ready to carve Abercorn's pumpkins with Doreen and this was followed by an afternoon tea with Cathy, Rose, Kate and Lesley enjoying themselves.

Remembrance Sunday



Mary McKay joined other residents to watch the service from the Cenotaph. After lunch every resident was given an edible poppy to place on a fairy cake to remember loved ones and those lost during the wars.



Mary, Doreen, Gladys, Rose and Kate carefully place their poppies.



Pumpkin Spice Latte

Ingredients;

2tsp pumpkin puree
Pinch of ground
cinnamon
Pinch of ground ginger
Pinch of ground nutmeg
30ml espresso or strong
coffee
250ml milk

Method;

Put pumpkin puree in a large heatproof glass or mug. Stir in the spices and espresso/strong coffee

Heat the milk in the saucepan over a low heat until steaming and frothy. Por into glass or mug, and spoon over any froth. Stir to combine, then dust with more cinnamon a or some pumpkin spice before serving.

BBC Good Food Website



*We hope we can see more of everyone in
2021*

*From everyone at Abercorn Care limited,
have a lovely Christmas and a Happy
New Year!*