



Autumn 2022

Red berries on the tree
Confusing all the wasps
and bees
White clouds and skies of
blue
Summers over Autumn is
due
Brown leaves on the floor
Autumn's knocking on the
door
The rustic charm of
Autumns days
Peep at you through frosty
haze
Fallen fruit to pick and
store
Behind the bulging pantry
door
Golden apples fresh and
sweet
Good enough for all to eat

The Queens Court
Thursday Group



Abercorn Care Limited

Newsletter



Autumn 2022 Newsletter



Welcome to the Autumn Newsletter.

News

We are looking forward to Christmas and we have been busy putting up the decorations.

It is the first year since December 2019 that we have been able to put all the decorations up. The guidance during the pandemic only allowed us to have certain items and we are all very happy to see their return. The homes are looking very festive.

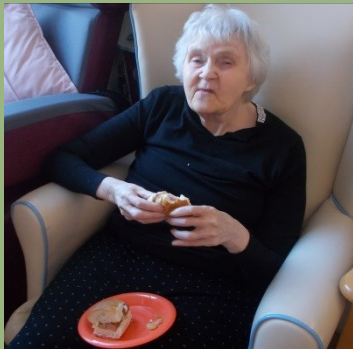
Please look at dates for diary on the final page of the Newsletter for what is coming up over the festive period.





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Hot Dog Day



Margo loved Hot Dog day and enjoyed three rolls! Whilst Ann gave it a thumbs up and Wendy tucked into a vegetarian version which was declared a success.



Sadly as we know Queen Elizabeth II died on the 8th of September 2022 and she lay at rest in St Giles Cathedral accompanied by members of the Royal Family and on this occasion our Deputy Manager Jo met and shook hands with King Charles II.



In Spring Gardens residents signed a book of condolence for the late Queen, as we see with Nora, Carol and Eileen. Residents also enjoyed an afternoon tea with waitress service from Alice to celebrate and to remember the life of Queen Elizabeth II.





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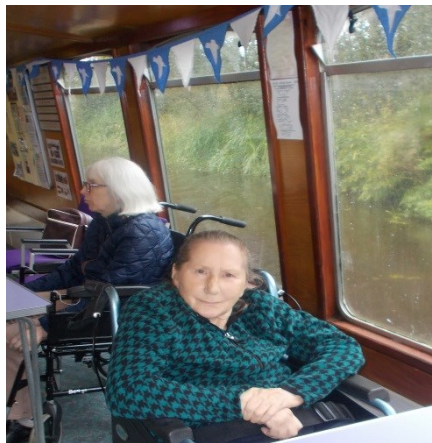
The "Tuesday Crew " led the singing as we made our way along the Union Canal before stopping for lunch at Almondell



Jim and Carol enjoy the views out over to the village of Ratho and spot the swans who are checking out if we have any tasty leftovers



Barge Trips at Ratho with Seagull Trust



Belle , Margaret, Rosa, Norma , Maggie and Wendy relax as they enjoy the views in spite of the wet weather whilst Ann , Wendy and Support Worker Kayley enjoy a catch up



Andrew enjoyed the outing whilst Mary , Betty , Bett , Cathy and Arnold enjoy lunch when the crew stopped on the viaduct



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McMillan Coffee Morning



Residents in Viewpark held their own coffee morning to mark the day



Belle and Margaret enjoy chatting to Irene and daughter Sarah



Rosa, Lesley, Ed, Kristyna and Mary all enjoyed our coffee morning

Coffee Mornings and meeting the locals



Bellfield Church Foyer has opened up again and welcomes visitors to "your local Friendship Café". It runs every Friday morning from 10am till 12.30pm and a selection of refreshment's and home baking is available for a small donation. Here Margaret, Bett and Carol enjoy a fantastic selection of goodies.



St Marks on Portobello High Street has returned to having monthly coffee mornings to raise funds and we were keen to support one of our local churches. We were warmly greeted by the Priest Sophia and all the volunteers.

We enjoyed a welcome cup of tea and biscuits followed by a look at some of the stalls selling crafts and jewellery. We tried our luck at the tombola stall with Margaret winning a rather large chocolate Santa which she plans to give away as a present. Belle, Lesley, Margo and Irene are all looking forward to visiting again.

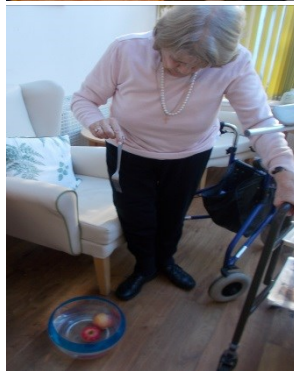


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Residents from Spring Gardens including Carol and Bett enjoyed music from Davie Strang and some spooky cupcakes

Halloween Celebrations



Ed, Rosa, Margaret and Wendy all enjoyed decorating wooden tokens for our Spooktacular tree whilst Mary, Alan, Wendy, Margo and Jim all try their hand at trying to spear an apple



Residents were delighted when Senior Support Worker Sam gave an in house demonstration on carving pumpkins everyone was very impressed at the end results and they took pride of place in Viewpark.



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Residents including Irene, Mary, Margo, Shug and Ann all enjoyed a singalong with Betty Pottinger



Residents are always happy to welcome Tony Smith into the home with his selection of tunes to sing along to and his musical quiz. Lesley, Margo, Ann, Irene and Margaret all did well this time.

Halloween (Continued)



Residents joined together for our Halloween Afternoon Tea with a selection of spooky nibbles and some witches brew. Here Shug, Rosa, Ed, Ann, Belle and Lesley along with Margo, Jim and Mary all enjoyed the fayre



Therapist. Willow, visited with owner Eileen with some fetching headgear and a bag of Halloween treats for the residents. Ann, Jim and Norma were delighted to see them both and Norma is given a paw in return for a doggie treat, Well done Willow for keeping the spider head dress on!



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Our Homes always endeavour to take residents out and make good use of our Company car. We will always try to accommodate requests from residents if they wish to visit places they remember or for reminiscence. On this occasion Jim asked to visit a couple of Garden Centres as he loved his garden at home and is very proud of the plants he nurtures in his room



Jim at Mortonhall Garden Centre where he purchased some cyclamen. He also went to Redhouse Garden Centre at Longniddry.

Exercising



Under instruction from Elaine and Aileen residents in both our Homes are encouraged to stretch and move to improve circulation and mobility all with a handful of fun thrown in along with a playlist residents can choose from. Andrew, Margaret and Marion really enjoyed this class.



Before beginning her armchair exercise class Aileen enjoys a laugh with Belle as she spots that they are in matching tops watched on by her friend Margaret.



Residents in Viewpark have recently taken up armchair football, perhaps inspired by the upcoming World Cup, I feel a small goalpost is in the pipeline! Residents also enjoy crafting and on this occasion paint pictures for Bonfire night.



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Residents and staff are taking part in our World Cup 2022 sweepstake drawn on the 19th of November. The prize is a bottle of Champagne and a Lindt Chocolate Bear and resident Ed Clark will be marking off the planner and keeping us up to date with the results. Good luck to all!



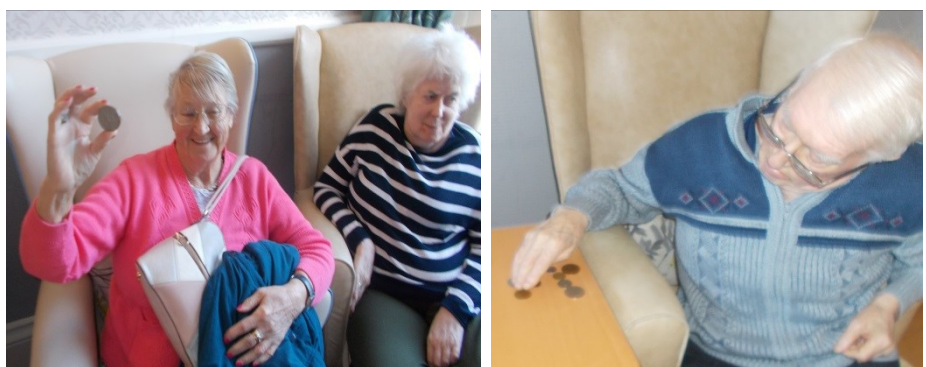
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We were able to borrow the Royal Mint Reminiscence Box once more which had been updated to celebrate this years Platinum Jubilee. Residents listened to recorded stories based around Queen Elizabeth II and coins released through out the years to commemorate her reign.



Belle, Rosa, Margaret and Wendy were very taken with the tea towel to mark the Jubilee all thought it was a lovely colour and all reminisced as they looked at the pre decimal coins and shared their memories . Shug counts the coins.

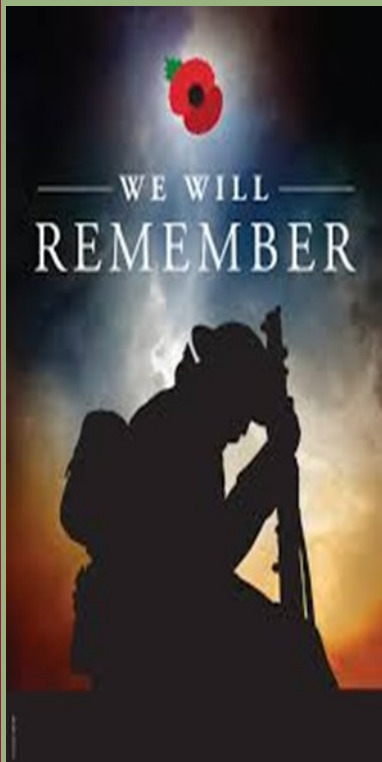




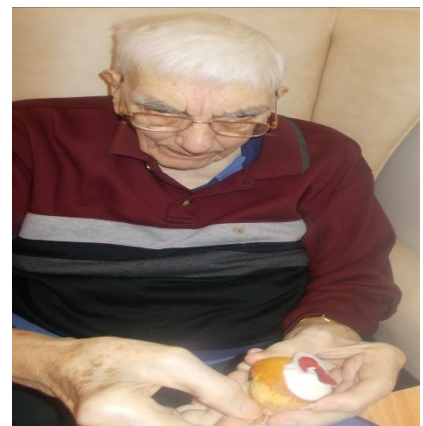
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In Flanders Fields the
poppies blown
Between the crosses row
on row
That mark our place and
in the skies
The Larks still bravely
singing ; fly
We shall not sleep ,
though poppies grow
In Flanders Field



Remembrance 2022 , Lest we Forget



Matt, Lesley, Irene, Jim, Norma, Ann, Rosa and Ed all placed paper poppies on a Fairy Cake and remember either a loved one or all those lost in the Great Wars.





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Deconstructed Toffee Apple , sliced apple drizzled with golden syrup and covered in sprinkles



To celebrate National Apple Day residents spoke about their favourite apples and apple dishes , we had some fun and interesting facts before enjoying a selection of apple dishes including deconstructed toffee apples which proved very popular with Matt and all had a choice of apple strudel and apple pies . Margo , Ed , Shug and Irene said it had been tasty

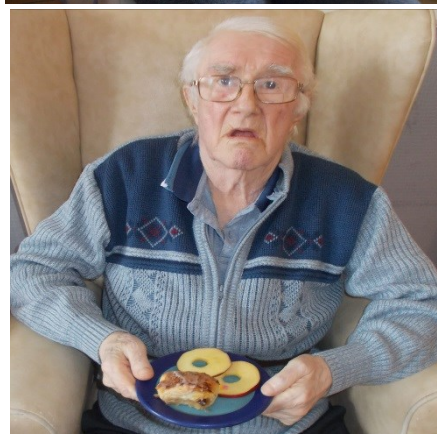
National Sandwich Day and Apple Day



Residents all enjoyed a feast of sandwiches with different bread and fillings everyone said it had been delicious and a welcome change . Belle , Wendy , Jim , Rosa, Krystina and Margaret all tuck in



Apple Day





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Edinburgh Castle lit up for St Andrews Day



St Andrews Day



Residents in Spring Gardens enjoyed some celebrations for St Andrews Day and toasted his health all enjoyed a visit from Hamish the West Highland Terrier.





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Edinburgh Christmas



Dates for the Diary

- 14th December—Christmas Party (Spring Gardens)
- 14th December—Bruce Davie Xmas Show (Viewpark)
- 15th December—Tony Smith on Keyboard (Spring Gardens)
- 19th December—Betty Pottinger Singer (Spring Gardens)
- 20th December—Davy Stray (Spring Gardens)
- 22nd December—Tony Smith on Keyboard (Viewpark)
- 23rd December—Carol Singers (Spring Gardens)
- 28th December—Steven Quinn Singer (Viewpark)
- 4th January—Trip to Panto Snow White Festival Theatre (Viewpark)

Please check the Activities Boards in our homes for future trips, entertainment or exercise classes.