



Winter 2023

"Winter is the time for
comfort, for good food
and warmth, for the touch
of a friendly hand and for
a talk beside the fire:
it is the time for home."

— Edith Sitwell



Abercorn Care Limited

Newsletter

Winter 2023 Newsletter



Welcome to the Winter Newsletter.

Updates

We recently held focus groups with the residents. They have helped us choose colours and styles for some areas in the homes. Viewpark recently had some blinds put up in the lounge and dining room. Spring Gardens has new tablewear to brighten up the tables at meal times.

Over the next few weeks, we would like to look at making the garden areas brighter with some planting and weeding. We are looking for a volunteer to help us in the gardens 5-6 hours per week. If you are a keen gardener and wish to help us then please let us know.

Continuing development of our staff is very important. Some of our staff have recently been attending training with the Edinburgh Behaviour Support Team. This training gives staff the Skilled Level for the Promoting Excellence Framework. Staff feedback was that they really enjoyed the training and they will be putting the new knowledge into practise.

Over the next few weeks, some of our staff will take part in our in-house medication administration course. This helps us to continue to provide person centred care to the residents.





National Cheese Lovers Day

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Making Calendars for 2023, residents enjoyed an afternoon of crafting and here Ann, Margaret and Winnie all proudly show off their calendar's which will be put in their rooms.



On the 20th of January residents in Viewpark including Ann, Margaret, Wendy, Rosa, Ed and Margo enjoyed a day celebrating Cheese Lovers day along with a glass of wine. All the residents enjoyed a cheese quiz and learned some interesting and fun facts about cheese! When having a photo taken inevitably the phrase "say cheese" is said and it is used to encourage us to smile as the word cheese when spoken lifts the mouth at the corners and shows the teeth, and like us I bet you are trying it out now!





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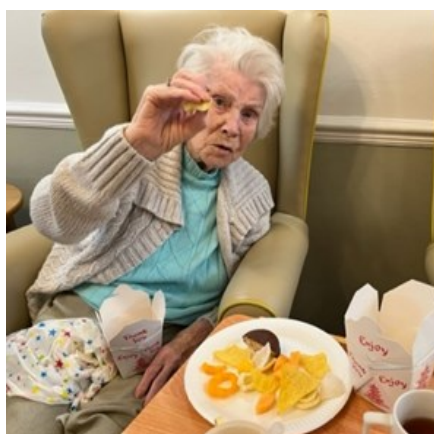


Margo, Alan, Maggie, Lesley, David and Winnie all had great fun opening and reading the fortunes within the Fortune Cookies and loved the banana fritters and ice cream.

Chinese New Year



Jim and Andrew enjoyed the feast of treats on offer for our Chinese New Year Celebrations.

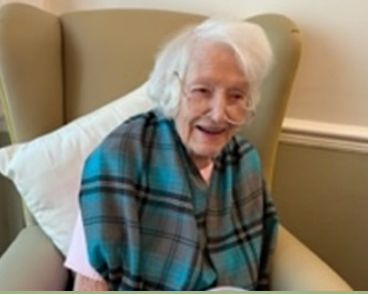


Residents including Carol, Irene, Mhari, Nora, Matt, Wendy, Norma, Catherine, Ann and Margaret all enjoyed the day.





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Jim, Mary and Eileen from Spring Gardens all enjoy a wee tipple and Scottish fairy cakes to celebrate Robert Burns .



Burns Celebrations



Marion and Andrew raise a toast to our Scottish Bard



Kayley and Kyro do the honours and the address to the haggis before residents sit down to enjoy haggis, neeps and tatties.

In Viewpark the residents enjoyed a very Scottish afternoon tea with shortbread, home made Scottish tablet and bottles from Balmoral with lucky purple heather and a selection of Scottish songs to sing along too.



Wendy, Alan, Ed, Mary, Rosa, Margaret and Ann all enjoyed a blether and our afternoon tea.



<p>1 American music legend Bob Dylan revealed that Burns' 1794 song 'A Red, Red Rose' is his source of greatest creative inspiration.</p> <p>2 There are more statues dedicated to Robert Burns around the world than any other non-religious figure, after Queen Victoria and Christopher Columbus.</p>	<p>3 Robert Burns' 'Auld Lang Syne' is recognised by the Guinness Book of World Records to be one of the top three most popular songs in the English language, alongside Happy Birthday and 'For he's a jolly good fellow'.</p> <p>4 Robert Burns was the first person ever to feature on a commemorative bottle of Coca Cola, in 2009.</p>
<p>5 Burns' works have appeared in hundreds of films and TV programmes, including it's a Wonderful Life (1946), When Harry met Sally (1989) and the 2008 film version of Sex in the City.</p> <p>6 The world's largest Burns' collection is thought to be in the Mitchell Library in Glasgow which includes the poet's works translated in more than 30 languages.</p>	<p>7 Astronaut Nick Patrick carried into orbit a miniature book of Burns' poetry on a two week-long space mission in 2010, completing a 5.7 million mile trip and 217 orbits of the Earth.</p> <p>8 Michael Jackson is said to have been a huge fan of Robert Burns and together with a friend, David Gest, recorded an album which set Robbie's poems to music. It is claimed that Jackson's smash-hit Thriller was inspired by Burns' Tam O'Shanter poem.</p>
<p>9 Burns' skull was measured when his body was exhumed in 1815 to be placed in the new mausoleum in Dumfries, and it was discovered to be bigger than the average.</p> <p>10 STV viewers voted Burns' The Greatest Scot in 2009, leaving behind William Wallace, Robert the Bruce and Sir Alexander Fleming.</p>	<p>The Robert Burns Birthplace Museum, Alloway</p>



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Eileen who visits with therapist Willow kindly gifted us an Amaryllis and residents loved watching it's progress



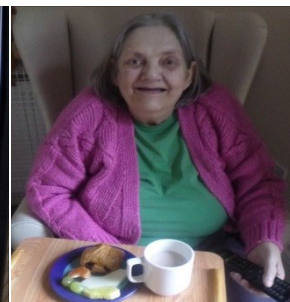
Margo, Wendy, Rosa, Ed, Margaret and Mary were all impressed at how the Amaryllis had grown

Winter Celebrations



Daffodils and hyacinths are a lovely reminder that Spring is just around the corner

Hot Chocolate and Croissant Day



With National Croissant and Hot Chocolate Day falling on the 30th and 31st of January residents agreed that we should combine them both and it was enjoyed on a cold

January afternoon. Mary, Maxi, Alan, Norma, Margaret, Rosa, Margo, Krishna, Ed and Wendy tucked into buttered croissants and Pain Au Chocolat along with a nice hot mug of hot chocolate, delicious!





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Norma, Margaret, Wendy and Maggie enjoyed a trip to Port Seton and Cockenzie where we visited the bay before heading into Cockenzie House for afternoon tea and a choice of scones, empire biscuits and millionaires shortbread.



Port Seton Harbour and Cockenzie House

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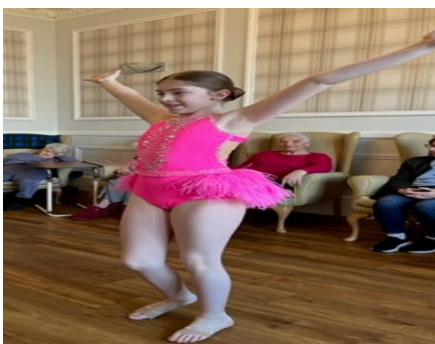
Jim and Andrew enjoy a game of dominoes whilst Carol plays and is delighted to win at Bingo.



Our homes recognise the importance of exercise for our residents and in both our homes we welcome Elaine and Aileen who deliver armchair exercise and stretching whilst keeping a fun element. Residents are able to choose music and songs to sing along to, Andrew stretches with his daughter Alison and the bands whilst Elaine and Aileen offer guidance as shown with Aileen and Elizabeth.



Ed enjoys a game of Musical Bingo along with Ann and support worker Kayley, Wendy and Margaret.



Dancer Skye gave a performance of ballet, tap and modern dancing for residents to enjoy.



Valentines 2023

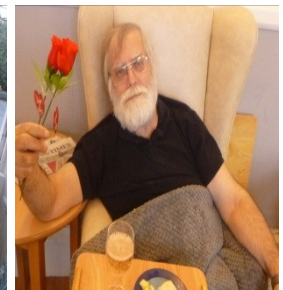


Crafting and decorating for Valentines with Marion, Nora, Mhari, Irene and Eileen

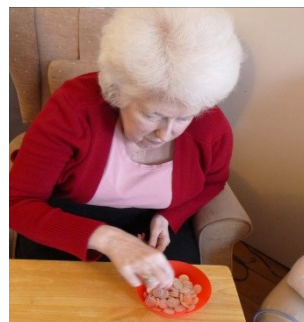
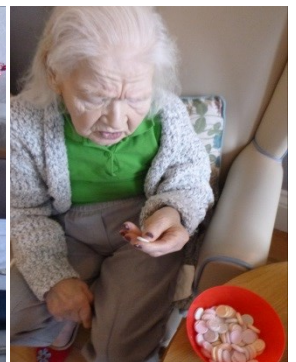
Valentines 2023



Lesley, Anna and Margo admire the valentines cards they have made whilst Senior Sam joins Krisha and Margaret



Maggie, Ed, Cathy, Margaret are happy to receive a single red rose from a visiting relative who kindly donated them



whilst Krisha, Margaret and Wendy checked the message on their Love Hearts





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Valentines Cocktail

Ingredients

2 parts

Raspberry Vodka

2 parts

Cranberry Juice Cocktail

1 part

Sweetened Lime Juice

1 part

Grenadine

add

Raspberries (for garnish, optional)



Afternoon Tea for Valentines



Irene, Carol and Andrew enjoyed the delicious spread, along with Jim and Betty



Matt, Ann, Wendy Margaret, Rosa and Krisha all enjoyed a glass of sparkling pink wine.



Aileen joined in the fun of Valentines Day and dressed in red for the occasion before the start of her exercise class.





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We celebrated Shrove Tuesday with pancakes and crepes Eileen, Mhari, Maggie, Ed and Rosa all tucked in

Birthday Celebrations



In February Rosa , Margaret with therapet Willow and David all celebrated their birthday's and we enjoyed their delicious cakes

Activities



Jim with board games and Eileen enjoying a rummage whilst Irene enjoys using the sensory play dough.



Residents welcomed back Steven Quinn a favourite singer and guitarist to the home and Ann, Maggie, Margaret, Margo, Lesley and Cathy loved singing along.





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Welcome Spring!



I Wandered Lonely as a Cloud

I wandered lonely as a cloud
That floats on high o'er vales and hills,
When all at once I saw a crowd,
A host, of golden daffodils;
Beside the lake, beneath the trees,
Fluttering and dancing in the breeze.

Continuous as the stars that shine
And twinkle on the milky way,
They stretched in never-ending line
Along the margin of a bay:
Ten thousand saw I at a glance,
Tossing their heads in sprightly dance.

The waves beside them danced; but they
Out-did the sparkling waves in glee:
A poet could not but be gay,
In such a jocund company:
I gazed- and gazed- but little thought
What wealth the show to me had brought:

For oft, when on my couch I lie
In vacant or in pensive mood,
They flash upon that inward eye
Which is the bliss of solitude;
And then my heart with pleasure fills,
And dances with the daffodils.

By William Wordsworth

www.ActivityVillage.co.uk



**Daffodils in Victoria Park
Edinburgh**

Winter 2023



Dates for the Diary

31st March—Trip to Modern Art Gallery for Mabel Royds exhibition (Viewpark)

4th April—Barge Trip to Ratho (Viewpark)

7th of April— Easter Celebrations (Both Homes)

13th of April—Relatives Meeting 6.30pm (Spring Gardens)

4th May—Trip to Abbey Strand at Holyrood Palace for talk about Queen Victoria (Viewpark)

6th May -Coronation Celebrations (Both Homes)

8th May—VE Day memories and afternoon tea (Both Homes)

