



Autumn 2025

Pumpkin Pie Recipe

1lb of pumpkin flesh
peeled and diced

2 eggs plus one yolk

3oz brown sugar

1 teaspoon of cinnamon,
half teaspoon of nutmeg,
allspice, cloves and ground
ginger

10fl oz double cream

Place the pumpkin chunks
in the oven to roast till
tender, let it cool before
adding the whisked eggs,
brown sugar, spices and
cream and whisk to
combine thoroughly. Pour
filling into the pastry case
and bake at 180c / Gas 4
for 35-40 minutes. Allow
to cool before serving with
crème fraiche or whipped
cream



Abercorn Care Limited

Newsletter



Autumn 2025 Newsletter



Welcome to the Autumn Newsletter.

Update

We would like to say congratulations to Caitlin Blair who has been promoted from Nurse to Deputy Manager in Viewpark. This post became available as Louise Rich has moved to Spring Gardens. Louise will take on the manager's role in Spring Gardens. Shirley Gauld, current manager, is retiring at end of year. Louise is working with Shirley as part of the handover until then. We wish them both good luck in their new roles.

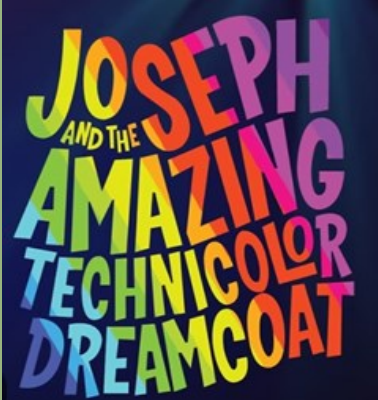


Viewpark had their unannounced inspection in November from the Care Inspectorate. The inspection went very well. We would like to say well done to all the staff in Viewpark for the wonderful job they are all doing. The report is available on the Care Inspectorate website and you will also find copies within the home.





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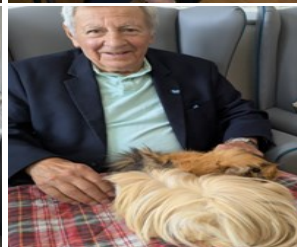
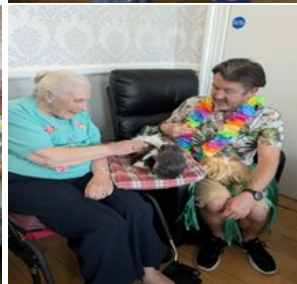


Residents enjoyed a trip to Portobello Town Hall to watch Joseph and his Technicolour Dream Coat, the show was a resounding success and the young cast received a standing ovation



Portobello Town Hall

Guinea Pig Summer Party



Summer celebrations ended with a Hawaiian Summer Party when Craig and his guinea pigs along with therapist Doctor Watson joined residents. Everyone loves to hold or stroke them or give them a selection of healthy treats. Margaret and Joan were joined by Manager Liz to join in the fun along with Ann, Muriel, Alex and Robin.



Visit from the Ukelele Group



Residents all welcomed and enjoyed the introductory visit from the ukelele group who meet weekly in a local bar. They played a great selection of songs and tunes for us and had our feet tapping, we all look forward to their return visit in the run up to Christmas.



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Spring Gardens new Therapist Emily with owner Parisa



Visit from entertainer Jan Kowalski



Hashiba and Lara join in the fun



Apple day with Abigail, Manager Shirley, Ola, Kerry and Chef Simon

Festival Theatre and Comfy Ceilidh



A good time was had by all at the first ever Comfy Ceilidh Joan, Margaret and Muriel and support worker Neyo all enjoyed dancing in their seats and did well with the quiz. It is hoped that this session will become a regular feature at the theatre.

Trip to the Edinburgh Woollen Mill



Marion and Hilary enjoyed a chat and some retail therapy during their trip to the Edinburgh Woollen Mill.

World Kindness Day in Spring Gardens



Charlie with support worker Lara and gifting to Marion and Hellen.



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Joan, Margaret B, Alex and Margaret R all said how much they had enjoyed the trip which was made all the more special when they met Tom, Jo and Matt. Joan and Senior Carer Lisa enjoyed the sing along

Trips to the Festival Theatre for Together in Song and War Horse



Our trip to Together in Song in October held a special treat for us as the show War Horse had began its run the previous night. The story is based around the First World War and how a young lad Albert is separated from his horse Joey as he is commandeered by the army to join the battle in France, as were many horses during this time, the story is of course sad at times but I can tell you that it had a happy ending when Albert and Joey are reconciled. We were delighted to be joined by some of the cast. They chatted about their part in the production and spoke a little about the story, one of the puppeteers joined us and made us laugh when she revealed that she was the back end of Joey and provided some of the horse sounds for us!



Tom joined Alan Midwinter to talk about his experience of playing the main lead Albert, Joeys owner and Jo who played Albert's Mother Rose she along with Matt who played both a British and German soldier, residents Alex, Margaret and Joan enjoyed a chat with the cast and cuppa and we all sang some wartime songs.





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Autumn birthdays included Helen, Irene, Jennifer and Ken

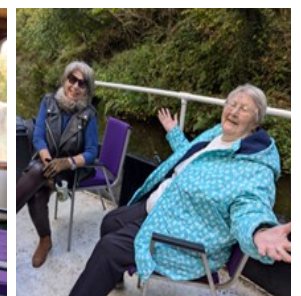


Stretchercise Classes



Charlie, James and Jim give a fantastic demonstration on using the stretch bands whilst Hilary does a great job for the ladies following Becca's instructions.

Barge Trip



Residents always enjoy our trips with Seagull Trust and although chilly we spent time outside with the skipper. George and wife Helen joined Joan, Margaret B, Margaret R and Alex. Our Support Worker Ade was invited to captain the barge on a straight part of the canal, he did very well keeping it all steady and was rewarded with a certificate by Seagull Trust, we were very proud of him.



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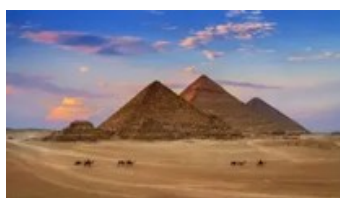
Steven Quinn is always a welcome guest in the homes singing a selection of songs residents know and love here Muriel, Margaret B, Robin, Ann, Alex, Margaret R, Rosa, Ed and Norma are joined by Senior Kayley as they enjoy a session of Music and Movement



Lorna of Cairo visits Viewpark and Spring Gardens with her dancing show



Lorna always brings a great energy to our homes encouraging residents to dance and move using a selection of scarfs and giving a background story to her art. Alex, Ed, Margaret R, Robin, Helen, Rosa, Ken and daughter Rebecca whilst Abigail gives a demonstration using a scarf to Irene.





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In Spring Gardens residents enjoyed the fun Shirley was visited in her room by Abigail and Ola, Elizabeth, Charlie, Irene and Helen



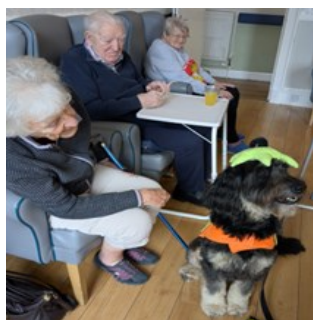
Halloween in our Homes, a Spooktacular Day was had by all



Residents including Ed, Ken, Alex, Muriel, Norma, Joan, Margaret R, Robin, Ann and Margaret B were joined by our Manager Liz who made sure everyone's glass of prosecco was topped up. Happy Halloween



We were joined by our own little pumpkin Willow who is the daughter of our Domestic Lisa she looked amazing in her outfit



Therapet Willow joined residents in her pumpkin outfit much to the delight of Margaret R, Alex , Margaret B and Muriel, Willow carried off her outfit well.



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Trip to The Gang Show



Robin, Margaret R, Margaret B, Joan, Norma, Muriel and Alex all had a great time at Edinburgh's Annual Gang Show especially the ice cream during the break



Royal Reminiscence at Abbey Strand

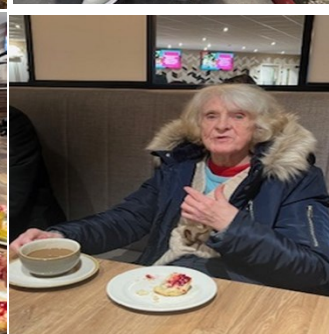
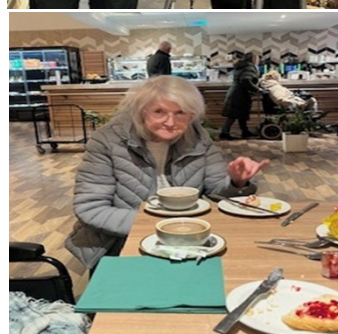


Muriel, Robin, Joan, Margaret B with Support worker Brandon enjoyed time outside the Scottish Parliament Building before heading over to Abbey Strand where we enjoyed a slide show, decorating ceramic unicorns and a singalong with palace staff playing the violin whilst singing Charlie is my Darling.

Trip to Dobbies



Helen, Eileen, Ann, Hilary, Charlie and Hilary and Jennifer had a pre Christmas trip to Dobbies and loved seeing all the Christmas trees and decorations. Ann and Helen enjoyed a well deserves cuppa and cake in the café.





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Christmas and New Year is a very busy time of year for both Viewpark and Spring Gardens and the Co-ordinator's and staff will ensure that all of our residents have a joyful and fulfilling time over the Festive Period



Christmas at the Botanics

Dates for Diary

- December 4th : Royal Christmas at Abbey Strand (Viewpark)
 - December 5th : Mortonhall Garden Centre (Viewpark)
 - December 11th : Tony Smith Christmas Visit (Spring Gardens)
 - December 12th : Christmas Jumper Afternoon Tea (Spring Gardens)
 - December 12th : Panto Beauty and the Beast at Portobello Town Hall (Viewpark)
 - December 13th : Viewparks Christmas Party
 - December 13th : Tabernacle Grace Singers (Spring Gardens)
 - December 15th : Mistletoe and Jam, Festival Theatre (Viewpark)
 - December 16th : Ukelele Group (Viewpark)
 - December 18th :Lorna of Cairo Christmas Visit (Spring Gardens)
 - December 22nd : Spring Gardens Christmas Party
 - December 24th : Christmas Eve Carols and refreshments in both homes
 - December 25th : Visit from Santa and Christmas Lunch at 1pm in both homes
 - 9th January 2026: Panto at the Festival Theatre (Viewpark)
- Further activities and outings will be shown on the Activities Notice Board