



Spring 2026

Weekly in our Care Home we have relaxation and meditation, residents enjoy hearing the wise words from the Little Frog and admire her toadstool hat and high heel boots.

Here is just a couple of her thoughts.

With everything going on in the world it can be easy to forget about all the little things that make life on earth so special.

Tiny miracles are happening in every moment and tapping into them can change the way that you see the world around you.

Maybell Eequay

The Little Frogs guide to

Self Care

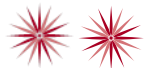


Abercorn Care Limited

Newsletter



Spring 2026 Newsletter



Welcome to the Spring Newsletter.

Update

Congratulations to Caitlin, Deputy Manager at Viewpark, who married Jack in April. We wish them both every happiness for the future.

We would also like to welcome Sanju, our new Chef, who has recently joined the team. Sanju will be working across both homes, although most of her hours will be at Spring Gardens.

A warm welcome also goes to Alison, who has joined us as our gardener. Alison has already been working hard on the gardens at both homes and they are looking great.

We are also pleased to share that two members of staff who previously worked with us on a bank basis have now taken up permanent hours. Alisha has joined Viewpark as a Domestic, and Gladys has joined Viewpark as a Support Worker.



Social Media

Find us on Facebook.

Spring Gardens—www.facebook.com/springgardens.carehome

Viewpark—www.facebook.com/viewpark.carehome





Spring 2026

Afternoon Tea to mark what would have been the 100th birthday of the late Queen Elizabeth II



Margaret B, Fay,
Margaret R and Alex



Ann, Ed, Pat, Elizabeth,
Joan and Mary R



Queen Elizabeth II

Royal Reminiscence at Abbey Strand



Royal Reminiscence is held monthly at Abbey Strand next to Holyrood Palace and Fiona and the Palace staff always give us a very warm welcome. In March and May this year residents from Viewpark enjoyed Fiona's talk about Buckingham Palace Treasures and The Crown Jewels: Coronation Regalia. There is a crafting session with residents able to return home with a ceramic trinket box or a decorated wooden castle, we also enjoy a sing song as Fiona plays on her fiddle with songs such as Loch Lomond and Wild Mountain Thyme.



Alex, Margaret R, Margaret B, Elizabeth and Fay enjoyed the afternoon and Catherine showed Margaret B and Elizabeth the watering can used to allow the Royal family to enjoy a shower. This system was introduced by Prince Albert and they were amazed at how heavy the actual can was even without water in it!





Spring 2026



Robin, Margaret R, Ann and Kayley enjoyed a walk over to the Daisy Park to see the Spring crocus before a walk along the Prom to get a warm drink or for the more hardy ones such as Ann and Kayley an ice cream cone!



Outdoor Walks



Muriel, Margaret B, Senior Kayley, Fay and Ann all enjoy a cone from Corollas van and Fay was delighted when her brother Sandy joined us and everyone enjoyed a chat and taking in the view over to Fife.



Charlie and Margaret R look wistfully out over the Forth deep in thought. Jennifer, David and Charlie all enjoy going out onto the Promenade which is right on their doorstep to enjoy some fresh air or an ice cream cone



Ken and his daughter Rebecca took a walk over to the Daisy Park where they enjoyed a hot coffee from the local popular café Rising Tide which is a welcome addition to Portobello High Street.



Spring 2026

Flower arranging



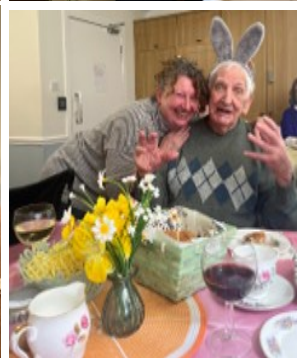
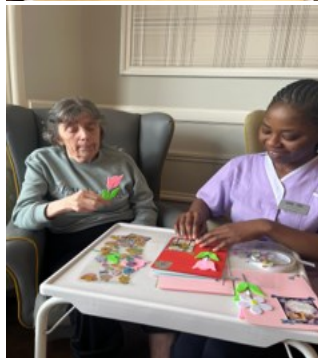
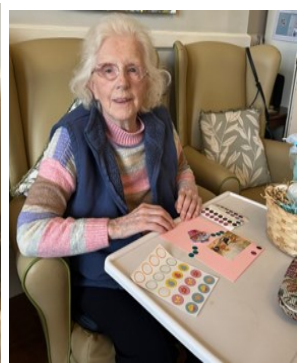
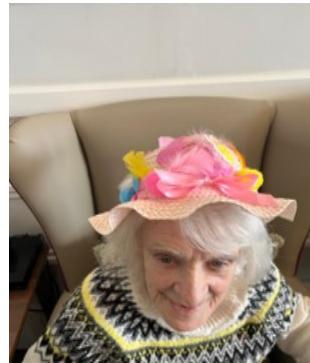
Margaret, Hilary, Sheila with Louise all enjoyed arranging Spring flowers



Welcome party for new residents Maureen and David



Easter Crafting and Afternoon Tea in our Homes



Helen enjoyed making her beautiful Easter bonnet, she was joined by Hilary, Jennifer and support worker Patience. Ken was joined by Kerry and daughter Louise. Shirley, Hilary, Abigail, David, Marion and Margaret H all enjoyed tucking into the Easter Afternoon Tea.





Spring 2026



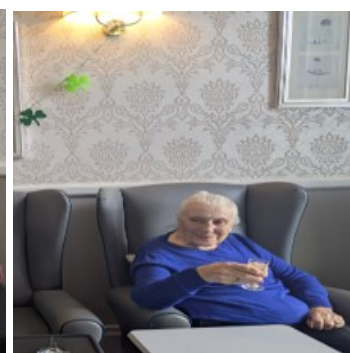
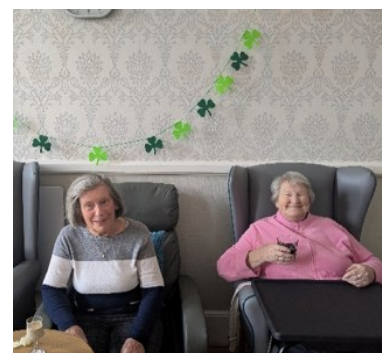
Muriel, Ann and Margaret R all enjoyed some Easter Crafting. Ann showed off her Easter card and Muriel was delighted with her chick decoration which got pride of place in her room

Easter Crafting and Afternoon Tea (cont)



Residents all enjoyed an afternoon tea of hot cross buns, lemon cakes, carrot cake and French fancies. Joan, Pat and Fay said it was delicious. Robin, Alex, Ed, Ann, Norma, Margaret B, Ken and daughter Rebecca raised a glass at the event, whilst Phil and Margaret enjoyed a glass of wine and chatting.

St Patrick's Day



To celebrate St Patrick's Day residents enjoyed a choice of drinks such as a glass of Bailey's, Guinness, Sweetheart

stout or wine along with cake and biscuits to match the green theme. We also discussed the history of St Patrick who is believed to actually be Scottish. Joan, Margaret B, Muriel, Rosa and Robin all raise a glass to St Patrick and our Irish cousins across the sea.



Spring 2026



Spring is finally here with all the beautiful colours displayed in the Homes and the Meadows

Football Memories at Tynecastle Stadium



Viewpark resident Alex has been a life long fan and supporter of Hearts and he had expressed a wish to return to Tynecastle

and Gorgie where he once lived. We were very happy to arrange this for him and he was greeted as a VIP. On arrival former Hearts players Gary Mackay and Gary Locke, who also played for Scotland chatted to Alex and enjoyed reminiscing with him as he spoke about his visits to the stadium in McLeod Street, he also spoke about attending Tynecastle School which he could see from the grounds.



Alex enjoyed tea and biscuits on arrival and we sat with fellow Hearts fans. Alex and Lisa enjoyed a football and pop quiz before breaking at half time for a cup of home made lentil soup and a scotch pie which was delicious. As the afternoon came to a close he had tickets for the raffle and won a packets of biscuits which he kindly shared with residents on our return. Many thanks to the staff and fans at Hearts for giving Alex a day to remember.





Spring 2026



Ken and his friend Ann enjoyed a musical visit from Jan Kowalski



Jan serenades residents Helen and Jennifer



David enjoys talking with Aileen who delivers a session of Music and Movement in Spring Gardens



Marion welcomes new resident Stan

Presentation at Spring Gardens



Spring Gardens resident Ken was presented with an RAF Medal officially known as the Nuclear Test Medal. It is awarded to military and civilian personnel including RAF veterans and aircrew who served during the British atmospheric nuclear testing programmes in the 1950's and 60's at locations like Christmas Island and Australia Photo is of Christmas Islands Nuclear Test site. Kens daughters Karen and Louise along with granddaughter Indie looked on proudly as Ken chatted to David Boe National Chairman of the Royal British Legion and Rory McIntyre of the Veterans Communication Support Manager.



The Nuclear Test Medal has been awarded to Veterans to recognise their service after a wait of more than 70 years. The first veterans to receive the medal wore it for the first time in public at a service at the National Memorial Arboretum to mark National Atomic Veterans Awareness Day. Campaigners have spent decades seeking recognition for their service during Britains nuclear test programme.



Spring 2026



Rosa and Alex enjoy the singalong with Jan Kowalski, whilst he serenades Margaret B and Ann and Pat watch on



Together in Song at the Festival Theatre



Joan, Fay, Margaret B and Muriel all enjoyed singing along to a selection of songs both old and new with the Forget Me Notes

Scottish Chamber Orchestra at the Queens Hall



Margaret B, Joan, Rosa, Elizabeth, Neyo and Margaret R all enjoyed the musical afternoon at the Queens Hall along with tea and biscuits. Elizabeth chatted to a member of the SCO and Margaret B and Joan were in awe of the flautist

Trip to Portobello Town Hall and Sunshine on Leith



Margaret and Alex love the production and gave the cast 10 out of ten or 100 as Margaret said





Spring 2026

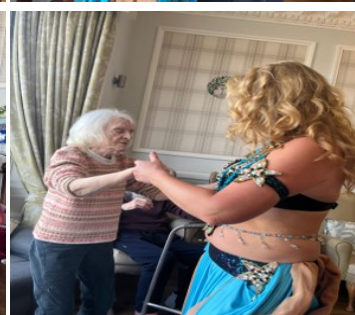


Happy Birthday to Ann, Jim and Chef Paul along with Spring Gardens Manager Louise and Support Worker Kerry



Sheila and Hilary

Lorna of Cairo



A welcome visitor to our homes continues to be Lorna of Cairo. Here Charlie, David, Helen and Hilary all did well moving and dancing with Lorna.



Hilary and Margarets daughter Jane enjoyed making lavender bags to decorate the home.

Boogie Beats and the children from Blossom Day Nursery



Residents always enjoy the fortnightly visit with the children from Boogie Beats and Charlie laughed as they placed a sticker on the end of his nose





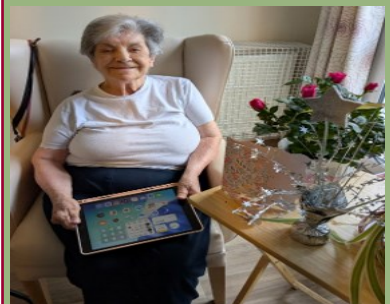
Spring 2026



Spring Gardens Residents enjoy a visit to Mortonhall Garden Centre



Viewpark resident George enjoyed a walk around the Daisy Park with his daughter Cara



Norma said she had enjoyed her birthday with gifts and a cake made by Viewpark's Chef



Ukelele Group visits both of our Homes



Alex, Rosa, Margaret, Elizabeth, Norma, Pat were joined by Margaret Hardie from Spring Gardens whose daughter Jane plays in the group

Barge Trip at Ratho



Seagull Trust have recently introduced headphones with descriptive commentary initially to help service users with impaired sight. However, everyone is encouraged to make use of the ongoing commentary to ensure that you are aware of the history and landmarks along the Union Canal. As you can see it was a success with our residents Joan, Norma, Ade, Pat, Fay, Margaret B and Alex who all gave it a thumbs up along with a picnic lunch and later some crocodile watching!





Spring 2026



Margaret R, Elizabeth, Rosa, Muriel, Pat, Fay Margaret B and Ed all enjoyed a game of Inflatable Hoopla. A fun way to move and stretch with a small chocolate prize at the end



Dates for Diary

22nd June : Folksy Theatre (Viewpark)

24th June : Alpacas Visit (Spring Gardens)

30th June : Ukelele Group (Viewpark)

30th June : Ceremony of the Keys Holyrood Palace (Viewpark)

3rd July : Together in Song at the Festival Theatre (Viewpark)

3rd July :Relatives Meeting (Viewpark)

July TBC : Dobbies Garden Visit (Spring Gardens)

5th August :Barge Trip to Ratho (Viewpark)

8th August : Annual Strawberry Tea (Viewpark)

August TBC : Annual Strawberry Tea (Spring Gardens)

