

Winter 2026



Wind is howling through
the eaves

Giving Winter one last
fleeting chance

Lift your collars, pay no
mind

It's only one final frosty
glance

For Spring will come the
robins know

When all the Earth will
dance

Margaret B Moss



Abercorn Care Limited

Newsletter



Winter 2026 Newsletter



Welcome to the Winter Newsletter.

Update

Vaccination Consent Process

Over the next 1-2 weeks, we will be seeking consent for both the Spring COVID-19 and RSV vaccinations. It is important to note that the vaccination team can only administer the vaccines once consent has been obtained from the individual or their representative.

COVID-19 Vaccination

COVID-19 can pose a serious risk, especially to people with weakened immune systems and to older adults, who are particularly vulnerable. The COVID-19 vaccine is offered during the Spring and Winter to those considered at higher risk, allowing them to maintain their protection against the virus. Receiving the vaccine helps to build immunity and reduces the likelihood of experiencing complications or requiring hospital treatment.

RSV Vaccination

Respiratory Syncytial Virus (RSV) is a common virus affecting the lungs and airways. It circulates throughout the year but tends to peak during the winter months. In certain cases, RSV can lead to severe chest infections such as pneumonia. The virus is particularly infectious among older people and young babies.





Winter 2026

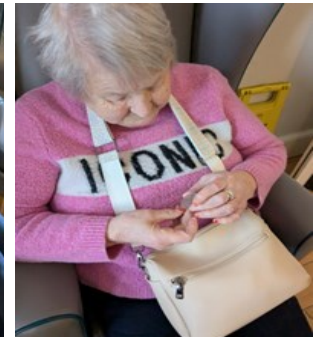
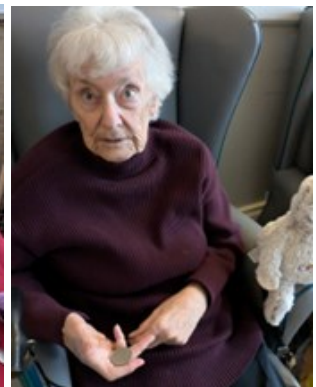


Outing to the Panto



Residents including Robin, Margaret B, Margaret R and Joan all enjoyed an outing to the Festival Theatre to see Jack and the Beanstalk. This is the final year that the Festival Theatre will host the annual Pantomime as it returns to the Kings Theatre in late 2026 after extensive renovations and we look forward to our visit to the Kings in January 2027

Reminiscence Box from the Royal Mint



At the start of January 2026 we were able to borrow an updated reminiscence box from The Royal Mint which included coins from our childhood up to the present day with a portrait of King Charles III featured on them. Residents including Margaret R, Pat, Robin, Muriel and Margaret B all enjoyed the session and it triggered many memories and chats about finding a tanner in a clootie dumpling and pocket money of perhaps a florin or half crown if we were very lucky!

Boogie Beats and Blossom Day Nursery



Both of our homes continue to enjoy visits every fortnight from Boogie Beats with Mairi leading the activity. Here Ken, his daughter Karen and Charlie love interacting with the children and taking part with singing and music and movement.



Winter 2026

Indoor Activities



During the final colder days of Winter residents take pleasure enjoying various board games, jigsaws and even some flower arranging with some early daffodils. Here Charlie, Margaret, Gilbert and Helen choose to stay cosy indoors



Sheila wrapped up warm on the Promenade

Making our Calendars for 2026



Residents enjoy making personalised calendars for the upcoming year with Muriel choosing landmarks of London for hers. Ed loves schooners and Rosa and Margaret B choosing from a selection of dog pictures. Margaret B also had time to enjoy a cuppa and cakes. Alex decided that he would like pictures of views over Edinburgh including the Castle

Outdoor Walks



The hardy ladies of Spring Gardens don't let the weather put them off a walk on the Prom or Portobello, Marion, Margaret and Hilary put their best foot forward even meeting Betty Pottinger (singer) on their travels .



Winter 2026



Senior Kayley and Staff Nurse Alena give the address to the haggis before doing the “stabbing”. Robin and Muriel enjoyed the traditional address. Ken and his daughters Gemma and Rebecca along with Rosa enjoy the celebrations. Shirley and Marion recite some of Burns’s poem and the Selkirk Grace

Burns Celebrations in our Homes



Residents including Margaret B, Alex, Ken, Joan, Mary, Pat, Norma and Margaret R enjoy an afternoon tea for Burns in Viewpark and in Spring Gardens Helen, Ann, Margaret Hardie, Shirley and Marion all enjoy the Scottish fayre.



**Comfy Ceilidh
(A Celebration
of Burns)**



Residents from Viewpark enjoyed an outing to the Festival Theatre to celebrate Robert Burns with a Comfy Ceilidh. All



enjoyed some music, songs and listened to some poetry from a visiting guest to the Theatre. Rosa, Margaret B, Margaret R and Joan along with support worker Brandon all enjoyed a cuppa and some shortbread to lubricate their vocal chords.



In Viewpark we also have our very own Bard, Robin who proudly celebrated his birthday on the same day as Burns the 25th of January.

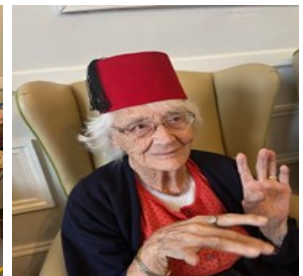
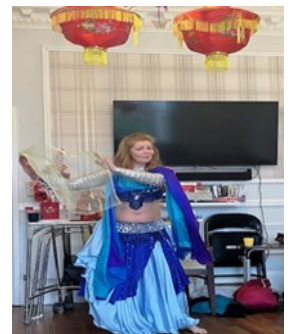


Winter 2026



Residents all enjoy Lorna's visits including Ann, Margaret B, Joan, Muriel and Alex who all rock wearing their Fez, just like that!

Lorna of Cairo



Residents in Spring Gardens enjoy the show including Marion, Gilbert, Margaret H and Charlie wear a Fez whilst Hilary and Helen use a chiffon scarf.



Hilary from Spring Gardens enjoyed a special day out at Stenhouse Church Hall to recognise her contribution to the women's league of health and beauty now known as Flexercise. She also enjoyed meeting and chatting to a former member of her class, well done Hilary from all of us.





Winter 2026



Residents enjoyed a visit to Together in Song hosted by Alan Midwinter and the Forget Me Notes to celebrate Valentines. We also congratulated the Festival Theatre for their award received by staff member Alex.



Shirley celebrates her birthday

Valentines Day



Alex was joined by his brother Norrie who enjoyed our afternoon celebrations along with Margaret B, Margaret R and Joan, there was a whole lot of love and romance in the room. Ken and his daughters kindly gave Co Ordinator Diane a bunch of flowers which were very much appreciated.

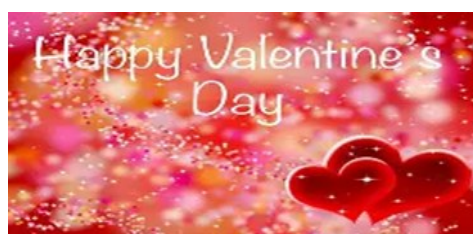
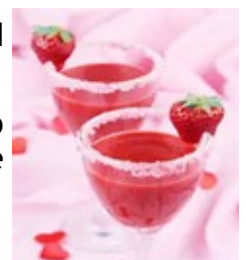


Hilary, Sheila and Margaret H make a beautiful job of arranging the flowers for their Valentines celebrations

Strawberry Bliss Rose Smoothie

Ingredients : Strawberries, Greek yogurt, almond milk, honey, rose water and ice cubes

Blend all the ingredients until smooth pour into a glass and garnish with strawberries and edible rose petals for a romantic touch





Winter 2026

Music and Movement



Residents from Spring Gardens

Shrove Tuesday



Robin, Alex, Muriel, Margaret B, Pat, Margaret R and Joan in Viewpark all enjoyed made to order crepes for Shrove Tuesday with a selection of their favourite toppings



Musical Visit from Steven Quinn



Alex, Pat, Ann, Rosa, Margaret R, Joan, Robin and Muriel all sang along and were joined by Kayley and Brandon. We also celebrated Margaret B's birthday, she enjoyed her day and dancing with family.





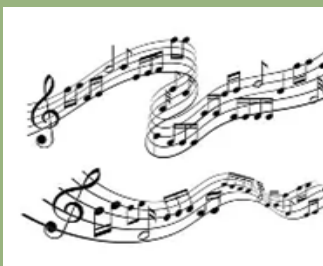
Winter 2026



Betty and one of her pupils joined us for an afternoon of Country and Scottish Music, Muriel, Elizabeth, Pat, Joan and Margaret B enjoyed the singalong and chatting to Betty



Another singalong / Karaoke favourite is Jan Kowalski who manages to get residents singing and moving in their chairs



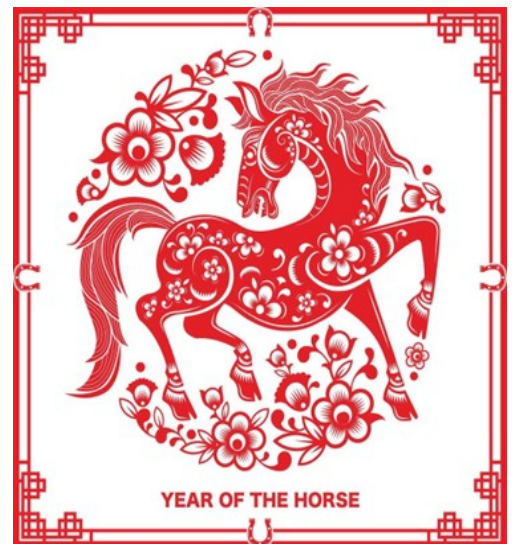
Chinese New Year



Residents celebrated Chinese New Year and the year of the Horse. All enjoyed a quiz based around China and individually learnt what sign they were on the Chinese Calendar along with their traits. Residents laughed at some of the ways they were described depending on their animal sign but at times agreed that it did fit their personality.

Ann, Robin, Norma, Margaret R, Joan, Muriel and Margaret B all said that the food with a red and gold theme had been tasty and everyone received a fortune cookie.

Ken also joined us for the afternoon tea along with his daughter Rebecca.



Arts and Crafts



Robin, Margaret B, Pat and Joan enjoy painting along with a glass of wine.



Winter 2026
Reminiscence Session



Residents loved our reminiscence session with pictures of Edinburgh including ladies at the steamie, store horses and onion johnnies. Margaret B, Ed, Joan, Margaret R, Robin and Alex enjoyed the session and the happy memories that came with our discussion

Spring is in the air



Dates for Diary

3rd March—Ukelele Band (Spring Gardens)

3rd April—Easter Afternoon Tea (both homes)

7th April—Trip to Klondyke Garden Centre (Spring Gardens)

8th April—Trip to Scottish Chamber Orchestra Queens Hall (Viewpark)

22nd April—Historian Talk Bonnie Prince Charlie (Viewpark)

5th May—Barge Trip (Viewpark)

7th May—Trip Royal Reminiscence Abbey Strand (Viewpark)

24th May—Trip Portobello Town Hall Sunshine on Leith (Viewpark)

5th June—Trip to Festival Theatre Marriage of Figaro

Further activities and outings will be shown on the Activities Notice Board.