



Manager's Introduction

As the leaves fall from the trees, and the cool, refreshing air becomes a familiar presence, we joyfully embrace the arrival of autumn. The cosy season not only fills our surroundings with breathtaking colours but also ushers in a myriad of activities and events that are thoughtfully put in place to celebrate and enjoy this time of year.

We invite you to sit back and read all about our recent happenings, activities and events.

Also, if you know someone who would like to receive our email newsletters/updates, please forward them the newsletter sign up link below:

Sign-Up Form

Best wishes,

Elena Paraschiv Care Home Manager



Autumn Display



Creative Creations

We have our autumn window display in progress, adding new elements each day. Helene painted a tree with no leaves, and our residents painted and coloured some leaves for it. We've added pumpkins and Halloween effects, and everyone enjoys creating different displays for family and friends. If anyone has ideas for our Christmas display, please let us know or even better, join in!





Change of Scenery

Beechgrove residents enjoyed another fabulous trip on the Seagull Trust Barge. The weather was pleasant, and everyone enjoyed a leisurely cruise down the canal, savouring our picnic and hot drinks as we watched the scenery go by. We have one more trip planned before the winter sets in and the boats go off the canal for maintenance and repairs.

A couple of our residents enjoyed a lovely lunch at The Gilliespie Centre in Biggar. The food was delightful, and it was nice to sit and have a good catch-up over coffee. We plan on going again very soon.





Toes Tapping

Tartan Tenor

What can we say? Colin wowed the residents with his fantastic voice, taking us down memory lane with his variety of songs from different genres. Every resident who attended said what a fantastic show it was and can't wait for Colin to come back and entertain us again.

Christ Church

Beechgrove would like to welcome Reverend Jackie from Christ Church Lanark. Reverend Jackie has been coming every fortnight to lead a small service and offer communion to any residents who wish it. If any family members would like their loved ones added to the list, please let us know.



Furry Friends



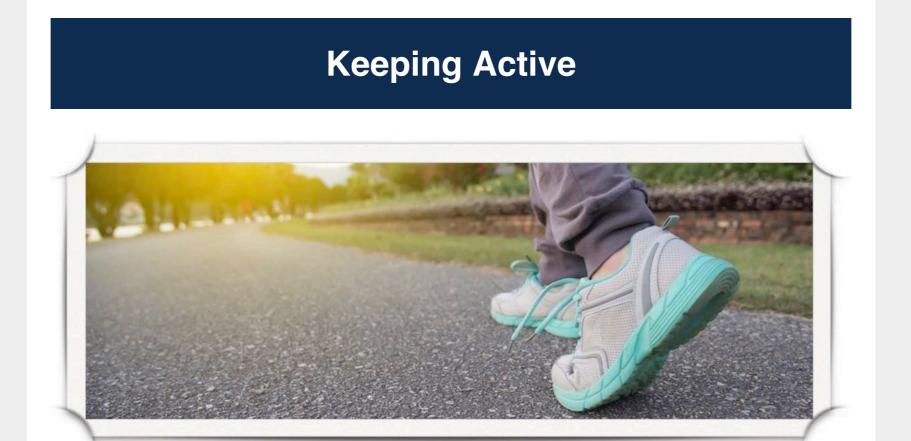
Jun in the Sun!

Bunny & Co

Our fluffy friends visited us on a beautiful sunny day, allowing us to have a cuddle with them in the garden while they also enjoyed some freedom in the pen on the grass. Animals visits are always a firm favourite here at Beechgrove.

Pet Therapy

Cash, our amazing therapy dog, visited us with his mum, Lyndsey. Therapy pets are invaluable to everyone, especially when moods are low. They bring smiles and comfort when people need it most, even the staff.



Motion Js Lotion

Walking Group

Residents have been enjoying getting out most days for walks around the grounds. Although we now need to put on an extra layer as autumn has closed in, we are enjoying the beautiful sight of falling leaves and the rich colours of browns and golds surrounding us.



Burns Boys

Join us on Friday mornings at 11 o'clock for some exercises with the Burns Boys, who join us via live video link from other care homes for a lively morning exercise class. This is a great favourite among both residents and staff.



Tasty Treats

We've been making pancakes again, and they have become a big hit! We have a fabulous secret recipe given to us by one of our wonderful cooks, Debbie. Our cooks always have great recipes for us to try.



Fire Safety Week

Residents and staff made sure our fire doors comply with fire regulations and performed role plays on how to summon help in emergencies. At Beechgrove, we take safety very seriously and have regular fire drills to ensure all staff are knowledgeable about emergency protocols.



Make A Wish

Beechgrove held a Prize Bingo to raise funds for Make-A-Wish UK, and we're ecstatic to report that we raised £900 so far! We have more fundraising events planned to reach our goal, including Helene's Loony Dook in December/January and Grant's Sponsored Walk. Feel free to join in or sponsor either one!

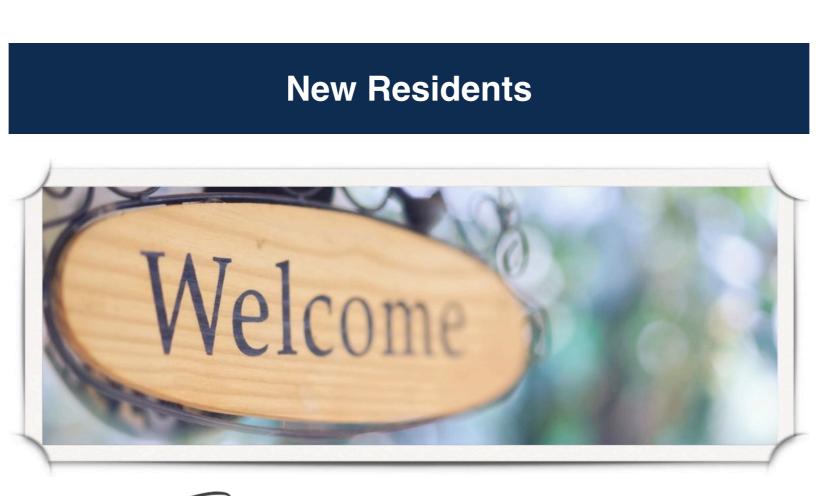




Coming Mp 1

Thursday, 31st October: Halloween PartyMonday, 4th November: Jack High

- Monday, 9th December: Beaver
- Wednesday, 11th December: Let's Uke
 Saturday, 14th December: Panto
- Sunday, 15th December: Christmas Fair
 Monday, 16th December: Tartan Tenor
- Saturday, 21st December: Jack HighMonday, 23rd December: Christmas Party



A Warm Welcome

Beechgrove extends a warm and heartfelt welcome to Molly, Helen, May, Hilda, Brian, Cathy, Cecilia, Mary, Jane, Margaret and Lily. We hope you find joy, comfort and friendship here with us and join in with our many activities.



Make sure to check out our **<u>Beechgrove Care Home Facebook Page</u>**. Don't forget to 'Like' us!

