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A WARM WELCOME TO OUR
SPRING 2025
Quarterly Newsletter

Manager's Introduction

With spring well and truly here, the days are growing longer and warmer, bringing with them the promise of blossoming flowers and brighter skies. In this edition of our newsletter, we look forward to sharing exciting activities, updates, and events that we have been enjoying.

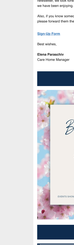
Also, if you know someone who would like to receive our email newsletters/updates, please forward them the newsletter sign up link below:

Sign-Up Form

Best wishes,

Elaine Pamachin
Care Home Manager

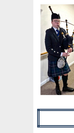
What's On...



Seasonal Events

Burns Night

Beechgrove enjoyed the talent of Jackie, the piper. The music brought smiles and toe-tapping throughout the room, as our residents' families joined us in listening to traditional bagpipe songs. We then celebrated the haggis and recited poems written by Robert Burns. We all enjoyed traditional Scottish food and drink, and we ended the night with a cheesy ceilidh!



Valentine's Day

In the run-up to Valentine's Day, everyone was busy getting into the romantic spirit by creating beautiful Valentine's cards and decorating the dining room accordingly. On the day itself, we invited partners to join their loved ones for a romantic lunch. Our chef worked her magic and presented a beautiful meal, followed by teas and coffees.

To finish our lovely Valentine's Day, we had the amazing Elaine Dallas in to sing for us. Everyone thoroughly enjoyed dancing and singing along to some truly memorable songs. We look forward to welcoming Elaine back very soon.

St Patrick's Day

Beechgrove celebrated St Paddy's Day in style. Our very own leprechaun went missing overnight, so we had to search for his pot of gold! We then helped him decorate the home, and we played games throughout the day, with everyone on board there dressed. In the evening, we were blessed to have the local Lyrne performance in the home, and everyone had an amazing time! Thank you to Lyrne! It and joined in with the children, we look forward to welcoming them again soon.

Mother's Day

We had a lovely Mother's Day, celebrating with loved ones, enjoying a beautiful afternoon tea. In the evening, we welcomed back Elaine Dallas to entertain us. She sang lots of old country music, which everyone knew the words to, and we had a dance and great fun.

Easter

Everyone at Beechgrove worked tirelessly to get the colourful Easter decorations up in time for the Easter Bonnet Parade. We had a lot of fun making and decorating decorating eggs, with residents and families. We were fortunate to have a lovely sunny day and moved outside to hunt for the golden egg, which was very well hidden! We then had a lovely afternoon tea, followed by the Easter Bonnet Parade and we'd a delicious prize. Everyone was included in the fun activities, and the star of the day made a special appearance, delivering a chocolate egg to all residents. The Easter Bunny was rewarded for his efforts by seeing everyone smiling, and some residents even gave him a hug.

We welcomed Jane, Jackie, and Chloe from Christ Church, who kindly came and crafted Easter bonnets with the residents and families. Everyone felt included and enjoyed the day very much. We had an afternoon cream tea and a positive time filled with laughter and singing spring songs.

We would like to extend a special thank you to Christ Church for their continuous support and for allowing us to attend Memory Lane every two weeks with our residents. They are always so attentive, with many activities planned, as well as coffee, cakes, and a sing-along prepared for a lovely afternoon.

Live Entertainment

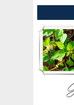
Tom Tamping

The Tartan Tenor joined us for a wonderful concert, as usual. He already has his fans here who love his voice, the variety of different songs, and his unbeatable, lively personality.

Already part of the Beechgrove family, Let's Dee brings joy to our residents with their unique tune and sing-along! of old time songs. We look forward to their next special visit.

Every Friday, we keep active with morning exercises on the screens with the Burns Boys live. This is a firm favourite among the ladies who enjoy hearing their names called out when the cases finishes.

Gardening



Green Fingers

We welcomed friends and family to help us replant the garden after the long, harsh winter. We cannot thank the families enough for all their support and continuing with our garden projects. Our garden team and residents are now looking forward to seeing the colour for the summer ahead. We have launched a sunflower growing challenge with the residents, and we all look forward to seeing the results in our garden.

Cooking with Debbie

Tasty Treats

We recently started a weekly cooking class with our Chef, Debbie. The residents have been busy making delicious treats, including scones, pancakes, shortbread, delicious cakes and biscuits. While cooking patients for the baking time to be up, we have good chats about various memories. At the end, we all enjoy the lovely results with a cup of tea or coffee.

Trips & Tours

Out & About

Beechgrove enjoyed the first of our planned boat trips on the Seagull Trust Barge. These trips are very popular with residents who love to travel down the water, enjoying the beautiful scenery and wildlife on the barge. We were lucky enough to spot some wildlife and even had a turn at driving the barge.

We have also been using Google to go on virtual tours. We visited Blackpool, wandering around the town in the comfort of our armchairs, while enjoying ice cream. We then went on to visit Spain, where one of our residents spent her holidays for many years. We enjoyed talking to about the places and all the lovely memories. This is a great way to bring back many memories, promoting interesting conversations.

Keeping Active

Motion To Lotion

We enjoy a chair exercise class as it really sets a positive tone for the day, although these sessions usually end with a good old sing-along. We love singing old Scottish songs and songs about Glasgow. "The Wee Jelly Piece Song" is one of the favourites.

Fun & Games

Keeping Busy

Everyone becomes very competitive when it comes to the 'Battle of the Wings' Every month, we have a game called Battle of the Wings and encourage families to join in. We have a game called Battle of the Wings, where the winner receives a certificate and is crowned Guy Chenery of the Month.

We play games regularly to help with coordination and memory. Some of the games we play include table tennis, walking football, and board games. We like to keep the mind active by doing lots of puzzles and quizzes. We have come up with some simple exercises to assist with mobility, using just a cup and string, or a roll of paper- these also create a lot of laughs.

Kind Donations

Thank You!

We extend our special thanks for all donations from families and from Rosemary at Tesco, Leslie Strachan for flower arrangements, and Jenny at Marmums, as well as Freemans and Wellsfarm.

Birthdays

Many Happy Returns

We would like to wish all our residents who have had birthdays over the last couple of months a huge Happy Birthday. We hope you had a lovely day celebrating with friends and family.

With Sympathy

Loving Memory

In times of loss, we come together as a community to support one another. We wish to express our deepest condolences to the families who have recently lost their loved ones. Our hearts go out to you during this difficult time.

Social Media

Make sure to check out our Beechgrove Care Home Facebook Page. Don't forget to 'Like' us!

Feedback

We appreciate any feedback, reviews or suggestions you may have. Please contact us or leave a review through the links below as we would be happy to receive any comments.

Carehome.co.uk Reviews

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