Beechgrove
Care Homes

INTRODUCTION

Message From Our Manager

Over the past few months, it has been great to see so many residents taking part in a wide variety of activities. From creative projects to outings, music sessions, creative sessions and themed celebrations to outings and visits, there has been something for everyone to enjoy.

Our focus remains on providing meaningful experiences that bring people together, support creativity and promote well-being. Thank you to our residents, staff, and families for continuing to make Beechgrove such a warm and welcoming place.

We hope you enjoy reading about what we have been up to.

If you know someone who would like to receive our email newsletters/updates just let us know, or forward them the newsletter sign up link below:

Mailchimp Form

Best wishes,

Dana Pamatia
Care home Manager

SEASONAL EVENTS

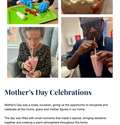
Easter Celebrations

Easter was marked with a visit from the Easter Bunny, bringing chocolate eggs and spending time with residents across the home.

Hydration Week

During Hydration Week, residents and staff worked together to make fresh smoothies. This helped raise awareness of the importance of staying hydrated, particularly for older adults.

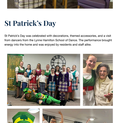
It was both an informative and enjoyable activity, encouraging good habits in a simple and engaging way.



Mother's Day Celebrations

Mothers's Day was a lovely occasion, giving us the opportunity to recognise and celebrate all the mums, grans and mother figures in our home.

The day was filled with small moments that brought smiles, bringing residents together and creating a warm atmosphere throughout the home.



St Patrick's Day

St Patrick's Day was celebrated with decorations, themed accessories, and a visit from dancers from the Lynne Hamilton School of Dance. The performers brought energy into the home and was enjoyed by residents and staff alike.

Valentine's Day Lunch

Valentine's Day was marked with a special lunch for couples within the home. Residents and their partners enjoyed a meal together in a calm and welcoming setting. It was a simple but meaningful way to celebrate that Shakespeare may be recognised relationships and spread quality time together.

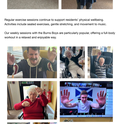
FUN ACTIVITIES

Baking with Debbie

Our regular baking sessions with Debbie continue to be a firm favourite. Held every Friday, these sessions have become something to look forward to and offer a relaxed way to get involved in something hands-on.

Focus is on simple recipes and comfort bakes, with the aroma of good cooking drawing other residents into the kitchen out of curiosity.

Residents also took part in making mince dumpling, a traditional favourite. Activities like this encourage participation, stimulate memory, and create natural conversations. There was plenty of enjoyment in both the making and the tasting, with everyone taking pride in their efforts.



Movie Afternoon

Following a request from residents, we held a movie day featuring a Mel Gibsonal film. The afternoon was enjoyed with refreshments provided throughout the day, including ice cream, strawberries, chocolate sauce and wafers, followed by a glass of wine.

It was a relaxed and social way to spend time together, and we look forward to planning more themed film afternoons in the future.

Keeping Active

Our Chairercise session brought considerably a little affection, turning the room into a lively and energetic space. With music playing and glove visions in hand, residents participated in a range of movements designed to keep the body active and also to encourage gentle exercise while keeping things light-hearted.

Regular exercise sessions continue to support residents' physical wellbeing. Activities include seated exercises, gentle stretching, and movement to music.

Our weekly sessions with the Rhythm Rock are particularly popular, offering a fun body workout in a relaxed and enjoyable way.

Tartan Tenor Live Music

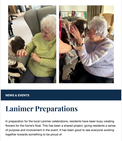
We were pleased to welcome The Tartan Tenor to the home, bringing residents a familiar and enjoyable afternoon of traditional music and singalong along and a lot of dancing, creating a warm and shared experience.

Music continues to play an important role in daily life here, helping to bring people together and create meaningful moments.

Afternoon Tea

Afternoon tea remains a popular part of life at Beechgrove. Residents enjoyed a selection of cakes and biscuits, alongside good company and conversation.

These quieter social moments are just as important, offering time to relax and connect with others.



Memory Lane Visits

Our fortnightly visits to Marwick Lane continue to be valued by residents. These sessions provide a calm space to reminisce, share stories, and spend time with familiar surroundings in the local church. They offer a meaningful opportunity for reflection and conversation.

Barge Trip

Residents enjoyed a peaceful barge trip, offering a gentle journey along the waterways. The slower pace made it comfortable and accessible, allowing everyone to take in scenes in the surroundings.

Tea, coffee and light refreshments were enjoyed along the way, adding to the social feel of the outing.

Pet Therapy Visits

Visits from therapy dogs remain a highlight for many residents. These visits provide comfort, companionship, and an opportunity for gentle interaction.

Residents enjoy spending time with the dogs, whether through stroking, cuddling, or simply having them nearby.

NEWS & EVENTS

Lanimer Preparations

In preparation for the local Lanimer celebrations, residents have been busy creating flowers for the Lanimer float. This has been a shared project, giving residents a sense of purpose and involvement in the event. It has been good to see everyone working together towards something to be proud of.

Our New Minibus

After a long wait, we are pleased to now have our own minibus. This has already made a difference, allowing residents to take part in more outings.

Recent trips have included visits to garden centres, parks, and local cafés. These outings offer a change of scenery and valuable social time, helping residents stay connected to the wider community.

EXTERNAL LINKS

Social Media

Make sure to check out the Beechgrove Care Home Facebook Page for all our latest photos!

Dark Forest & Lilac Job

Leave A Review

We would be very grateful if you could spare a few minutes to write a review for us.

Carehome.co.uk & Google Reviews

Beechgrove
Care Home

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