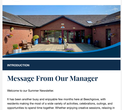
Bleechgrove
CARE FOUNDATION



INTRODUCTION

Message From Our Manager

Welcome to our Summer Newsletter!

It has been another busy and enjoyable few months here at Beechgrove, with residents making the most of a wide variety of activities, celebrations, outings, and opportunities to spend time together. Whether enjoying creative sessions, relaxing in the sensory garden, participating in lively entertainment events or simply chatting, it has been wonderful to witness the smiles.

Our focus is always on creating meaningful experiences that encourage independence, such friendship, and support wellbeing. It is excellent to see residents taking part in activities that bring joy and help keep the spirit of living and loving comfort and familiarity.

I would like to thank our residents, families, volunteers, and dedicated staff for everything they do to make Beechgrove such a warm and welcoming community. Your continued support and enthusiasm makes every day feel little bit more special.

We hope you enjoy looking back at some of the highlights from the past few months.

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

Sign Up Form

Best wishes,

Rosie Pulsonby
Care Home Manager

ACTIVITIES & EVENTS

Time to Relax

Our regular garden sessions continue to provide residents with an opportunity to enjoy fresh air, gentle movement and peaceful moments.

Residents are invited to join Hand Massages, Nail Care, hot cuts and aims of friendly conversation while soothing music creates a calm and peaceful atmosphere. These sessions offer residents a chance to relax, enjoy gentle touch, take time to slow, encourage relaxation, and help deepens the relationship while enjoying quality time with friends and staff.

Memory Lane

Residents continue to enjoy our fortnightly visits to Memory Lane, where they are transported back to their youth. Friendly environment sparked conversation, music, and reminiscence.

The sessions provide valuable opportunities for people living with dementia to engage in meaningful conversation and shared stories, making new friendships, and enjoyed lively singalongs and dancing.

Memory Lane helps promote confidence, independence, and a strong sense of belonging, making every visit something residents look forward to.

Music and Entertainment

Live entertainment remains one of the highlights of life at Beechgrove.

Regular performers fill the home with familiar songs that encourage residents to sing along, tap their feet, dance, and enjoy spending time together. Music has a powerful ability to bring joy, stir memories, and create moments of connection, moments of joy that continue long after the performance has finished.

Every entertainer brings their own unique style, ensuring there is always something new for residents to enjoy.

Supporting Health and Wellbeing

Our regular wellness visits give residents dedicated time to focus on their overall health, comfort, and wellbeing.

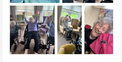
These appointments provide opportunities to discuss any concerns, receive personalised advice, and stay one to one support in relaxed and reassuring environment. Supporting both physical and emotional wellbeing remains an important part of everyday life at Beechgrove.

Hydration Week

Hydration Week was a fantastic opportunity to highlight the importance of drinking enough fluids while being plenty of fun at the same time.

Residents enjoyed a wonderful selection of fruit infused water, milkshakes, smoothies, and tasty treats, with plenty of laughter and conversation throughout. Activities and games throughout the week encouraged everyone to keep their fluid intake topped up while socialising with friends.

It was a great reminder that staying hydrated plays an important role in maintaining good health and wellbeing, particularly during the warmer summer months.



FUN ACTIVITIES

Gardening Together

The recent sunshine has encouraged residents to spend more time in our gardens, helping to keep our outdoor spaces colourful and welcoming.

Residents have enjoyed planting flowers, caring for the raised beds, watering plants, and watching everything begin to flourish. Gardening provides gentle outdoor exercise while offering the satisfaction of nurturing something and seeing it grow over time.

It has also created many opportunities to enjoy the fresh air, relax outdoors, and spend quality time together.

Canal Boat Adventure

One of our favourite outings this summer was a relaxing canal boat trip.

Residents enjoyed sailing along the canal while taking in the beautiful scenery, watching wildlife, and simply enjoying the peaceful pace of life on the water. The gentle movement of the boat, combined with the fresh air and warm sunshine, created the perfect setting for conversation and relaxation.

It was a memorable day that everyone thoroughly enjoyed.

Balloon Exercise Sessions

Exercise sessions continue to be a fun and sociable activity, with balloon games encouraging gentle movement and plenty of laughter.

Residents enjoy stretching, reaching, and taking part in friendly games that help improve mobility, coordination, and flexibility while keeping exercise enjoyable and accessible for everyone.

The sessions are always full of smiles and friendly competition, making them a favourite part of our weekly activities programme.

New Minibus, New Adventures

We are delighted with the arrival of our new minibus, which is already opening up more more opportunities for residents to enjoy outings within the local community.

The minibus allows us to plan an even wider variety of trips, including visits to parks, local attractions, and familiar places residents enjoy visiting regularly. Outings help residents remain connected with the community while promoting independence, confidence, and social interaction.

We are looking forward to many more adventures in the months ahead.

A Day at Hamilton Races

Residents enjoyed a fantastic day at Hamilton Racecourse, where the excitement began as soon as the horses entered the parade ring.

There was plenty of conversation, friendly predictions, and cheering as each race unfolded. The visit brought back many happy memories for residents who studied the form guides and placed bets on their favourite horses throughout the afternoon.

It was a wonderful outing that combined fresh air, entertainment, and great company.

Football Fever

The excitement of the Football World Cup was shared throughout the home as residents gathered together to support their favourite teams.

The lounge was filled with cheers and laughter as everyone settled in to watch the matches, enjoying snacks and refreshments and discussing the action. Friendly debates, football memories, and plenty of laughter made each match an enjoyable social occasion.

Lanimer Celebrations

Residents, relatives, and staff were proud to represent Beechgrove Care Home in this year's Lanimer Procession.

Our beautifully decorated minibus attracted plenty of attention as we joined the wider community for this much-loved local celebration. Residents thoroughly enjoyed waving to the crowds, listening to the music, and experiencing the excitement of the procession.

Even the rain weather couldn't dampen spirits, and everyone agreed it was a memorable day that showcased the wonderful community spirit shown in our residents.

Flipping Fantastic Pancake Fun

Pancake making proved to be another popular activity as residents enjoyed preparing and decorating their own delicious pancakes.

Everyone helped mix the batter before choosing from a tempting selection of toppings, including fresh fruit, chocolate spread, syrup, jam, and cream. The activity encouraged creativity as residents created their own favourite combinations while chatting and sharing stories.

The smell of freshly cooked pancakes soon filled the home, and everyone agreed they tasted just as good as they looked.

NEWS & EVENTS

Staff Recognition

Congratulations to Rebecca Workmann and Lynn Megahy, who both received an Inclusive Award Nomination in recognition of the exceptional care and compassion they show every day.

Rebecca and Lynn consistently ensure every resident feels welcomed, respected, and included, adapting their support to meet individual needs while encouraging participation in daily life. Their patience, kindness, and commitment to treating everyone with dignity help create the warm and welcoming environment that Beechgrove is known for.

We are incredibly proud of both Rebecca and Lynn, and this recognition is thoroughly deserved.

Looking Ahead

There is plenty to look forward to over the coming months at Beechgrove.

Residents will continue enjoying outings in our new minibus, seasonal celebrations, live entertainment, creative workshops, gardening, exercise sessions, and visits from community groups. We are always looking for new ways to provide meaningful experiences while supporting independence, wellbeing, and friendship.

Thank you to our residents, families, volunteers, and dedicated staff for helping to make Beechgrove such a caring and welcoming home. We look forward to creating many more happy memories together and sharing them with you in our next newsletter.

EXTERNAL LINKS

Social Media

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

Don't Forget To 'Like' Us!

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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