Beechgrove Care Home

INTRODUCTION

Message From Our Manager

Welcome to our Autumn newsletter! We have enjoyed a busy few months at Beechgrove, making the most of the warmer weather with outings, activities and time spent together. From peaceful canal boat trips and visits to local markets to afternoons of music, crafts and baking, there has been plenty happening around the home.

Our residents have particularly enjoyed getting out into the community, whether browsing the shops, visiting garden centres or simply stopping for an ice cream. Back at Beechgrove, we have welcomed some adorable puppy visitors, tried our hand at new crafts and enjoyed a little friendly competition.

As we settle into autumn, our thoughts are turning towards Halloween, with residents already busy decorating the home and preparing for the occasion.

I hope you enjoy catching up on our latest news, and thank you to our residents, families and colleagues for your continued support.

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:

Sign-Up Form

Best wishes,

Elena Paraschiv
Care Home Manager

ACTIVITIES & EVENTS

Spooky Season!

Autumn has arrived, and our residents have already been getting into the Halloween spirit. Preparations have included decorating different areas of the home and having a look through the fancy dress box to see what costumes and accessories we have available.

Residents have also been taking part in Halloween-themed activities, helping to bring some seasonal colour and character to Beechgrove. We are looking forward to seeing how the decorations come together and enjoying a little Halloween fun over the coming weeks.

We also created different Halloween-themed ghosts and spiders webs to decorate around the home.

We always enjoy seeing the variety of ideas that come from our craft sessions, and this was another project that allowed residents to use their imagination and enjoy working with different materials.

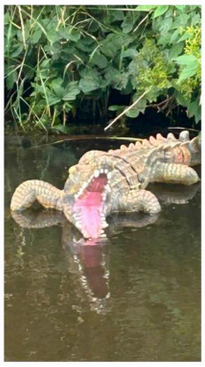
ACTIVITIES & EVENTS

A Peaceful Day on the Canal

Residents enjoyed a relaxing outing aboard a canal boat, taking in the scenery and enjoying a different view of the countryside.

There was plenty to see along the way, with opportunities to spot wildlife and admire the surroundings as we travelled along the water, even a joke alligator!

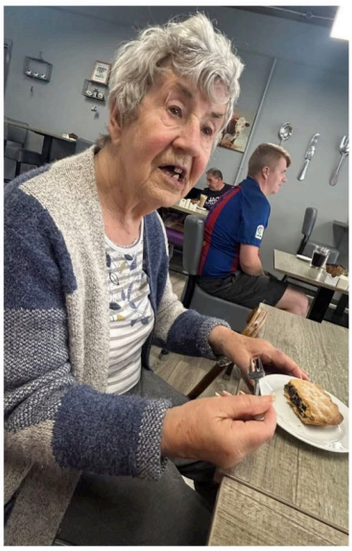
The gentle pace of the journey gave everyone time to sit back, enjoy the fresh air and have a good chat. It was a pleasant change from our usual outings and a lovely way to spend time outdoors.



A Wander Along the High Street

Sometimes a simple trip into town is just what is needed, and a group of residents recently enjoyed an outing to the local High Street. There was time to browse the shop windows, see what was happening in the area and enjoy being out among the local community. For many residents, shopping and visiting the High Street have always been familiar parts of everyday life, so we are keen to continue offering these opportunities.

It was an easy-going outing, with no particular rush or agenda, just the chance to have a wander and enjoy a change of scenery. Our residents enjoy a shopping trip, particularly when there is something special to prepare for.



A group recently headed out to pick up provisions for our Ladies' Day activities. There was time to browse, choose what was needed and enjoy a little shopping together before returning to Beechgrove.

It was a practical outing with a purpose, and our ladies were pleased to be involved in the preparations rather than leaving all the organising to the staff.

FUN ACTIVITIES

Out and About in the Minibus

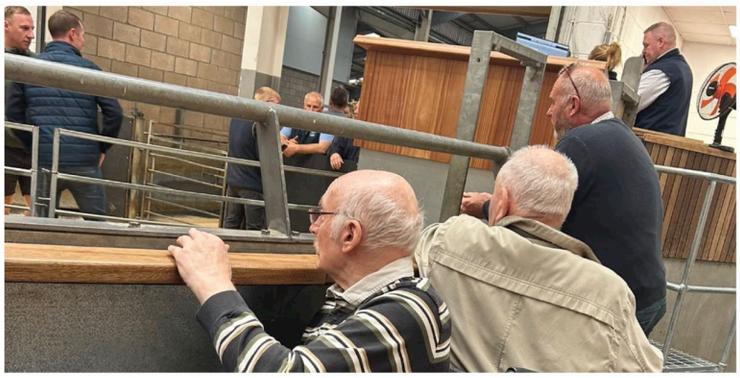
Our minibus has been busy over the past few months, taking residents on a variety of outings around the local area.

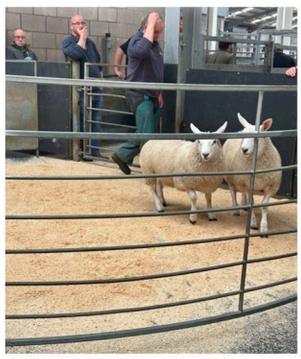
We have enjoyed visits to garden centres, where residents could browse the plants and seasonal displays, as well as a trip to the local agricultural market.

The market visit was particularly interesting, with residents having the opportunity to watch the cattle and sheep sales. For those with connections to farming or rural life, it was a familiar experience and prompted plenty of conversation.

We have also made time for one of the simple pleasures of summer: going out for an ice cream.

Having the minibus available means we can arrange different types of outings to suit residents' interests, whether that involves visiting somewhere familiar or trying a new destination.





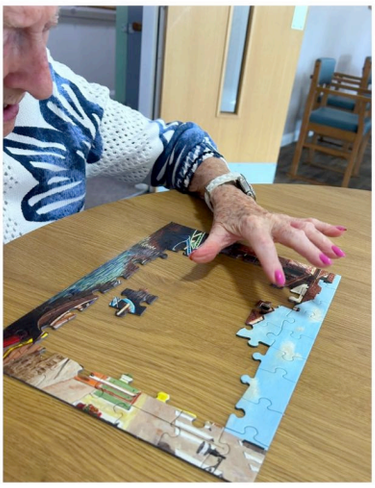
A Puzzle or Two

For a quieter afternoon, residents have been enjoying working together on jigsaw puzzles.

Finding the right pieces can take a little patience, particularly when several look almost identical, but that is all part of the challenge.

Residents have been helping one another spot matching colours and shapes, gradually seeing the picture come together.

Jigsaws are a popular choice for those who enjoy a more relaxed activity, and they provide a good opportunity to sit together and chat while concentrating on the puzzle.

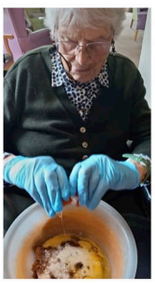


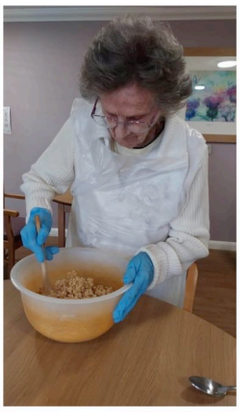
Baking at Beechgrove

Our residents have been busy in the kitchen, getting involved in some baking sessions. There was measuring, mixing and stirring to be done as everyone helped prepare some tasty treats.

Several residents were particularly keen to see the finished results, although waiting for everything to be ready proved a little difficult for some!

Baking is a familiar activity for many of our residents, and it is always nice to hear their tips, favourite recipes and memories of preparing food for family and friends. The finished treats were certainly worth waiting for.





A Little Friendly Competition

Things became rather competitive during a recent game of air hockey at Beechgrove. Residents tested their reactions and concentration as they tried to keep the puck moving and score against their opponents.

There was plenty of determination around the table, with a few competitive streaks making an appearance as the games progressed.

Air hockey has been a fun addition to our activities, offering something different from our usual games and giving residents the chance to challenge one another.

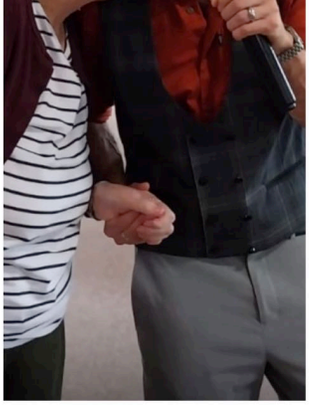
Music and Entertainment at Beechgrove

Music continues to be a firm favourite at Beechgrove, and residents have enjoyed a variety of live entertainment and musical activities over the past few months.

Our visiting entertainers have brought familiar songs to the home, encouraging residents to sing along, tap their feet and occasionally get up for a dance. It is always interesting to see which songs prove most popular, particularly when they bring back memories of favourite singers and earlier years.

We also enjoyed a fun day filled with music and familiar tunes, with residents joining in and making the most of the lively atmosphere. Some were keen to dance, while others were happy to listen and enjoy the company.

Whether it is a live performance or an informal singalong, music remains an enjoyable part of everyday life at Beechgrove.

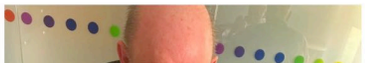


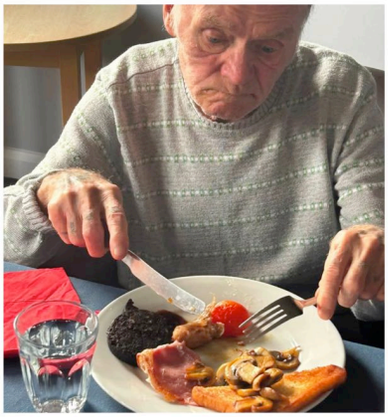
NEWS & EVENTS

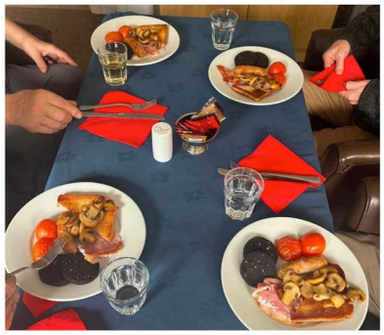
Making Mealtimes Special

We recently arranged a special dining experience for residents, bringing a little something extra to an everyday occasion.Residents were able to sit down together, enjoy their meal and take their time chatting around the table.

Mealtimes are an important part of daily life at Beechgrove, and we know how much residents value good food and good company. Taking a little extra time to make the occasion special was a nice way for everyone to enjoy a relaxed dining experience together.







Looking Ahead

As we move further into autumn, we will continue with our regular activities, entertainment and outings, making the most of opportunities to get out whenever the weather allows.

Our Halloween preparations are already underway, and residents will have more seasonal crafts and activities to enjoy as the weeks progress.

We will also continue arranging minibus trips, welcoming visitors and offering a mixture of group activities and quieter pastimes to suit different interests.

Thank you to everyone who has been part of life at Beechgrove over the past few months. We look forward to sharing more of our news in the 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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