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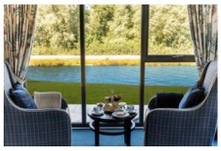
A WARM WELCOME TO OUR
SPRING 2024

Quarterly Newsletter

WOODLANDS
CARE HOME



Manager's Introduction

As we fully step into spring, we are loving the warmer weather and lighter evenings. We look forward to time spent outdoors, enjoying our garden and getting out and about in the community.

In this newsletter, we are pleased to share with you some of our recent activities and event highlights, so sit back, relax and enjoy.

Also, 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:

Newsletter Sign-Up

Best wishes,

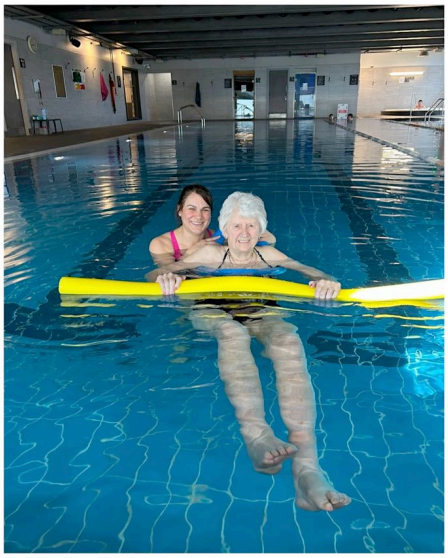
Lesley Stewart
Home Manager

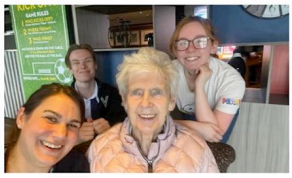
Spa Day's at The Village Hotel & Spa

Meaningful Activities

At Woodlands, we place utmost importance on the wellbeing of our residents. We strive to explore and develop their interests and skills and we are delighted to announce that we have now partnered with The Village Hotel Gym and Spa to offer our residents a membership they can enjoy. The spa offers a swimming pool, gym, jacuzzi and sauna, giving our residents the freedom to choose their own forms of exercise and enjoyment.

The swimming pool has been especially well-received, with several of our residents being keen swimmers but losing confidence for various reasons. Now, with the support of our wellbeing team, they have regained their confidence. We all know that exercise is good for us, but being in the water and feeling weightless releases muscle tension and rejuvenates the mind and body.





Easter at Woodlands Care Home

Happy Times!

We celebrated Easter with a series of events at Woodlands Care Home. We started with a delightful excursion to Airyhall School to partake in the children's Easter show, an event that brought immense joy to our residents.

The children from Hazelhead Nursery also visited our home for an Easter Egg Hunt, fostering intergenerational engagement and camaraderie as both the children and our residents actively participated in the festivities.

We also extended invitations to friends and family members of our residents to participate in Easter-themed arts and crafts activities, fostering meaningful connections and shared experiences within our community.

We also host a baking club where residents actively participate in culinary activities. Members of the club recently collaborated to create delectable cornflake nest cakes, which were showcased at our garden café. Residents and their loved ones savoured these treats alongside a cup of tea, further enhancing the communal atmosphere of our establishment.

On Easter Sunday, we streamed the Springfield Church Service across our communal lounges, providing residents and staff with the opportunity to partake in the spiritual festivities. Additionally, we welcomed a visit from our resident Easter Bunny, who graciously distributed Easter Eggs to both residents and staff, adding to the joyous atmosphere within our home.

Easter holds significant importance for many, whether through observance of religious traditions or the creation of cherished memories with family and friends. Moreover, fostering connections within our community is paramount as it cultivates intergenerational bonds, a sense of unity, and upholds our core values of kindness, passion, trust, respect and inclusivity. For those interested in delving further into the array of activities we offer for our residents and their families, we encourage exploration of our events and wellbeing programme.

Milestone Celebration

Celebration Time

We had the honour of celebrating Cyril's remarkable 101st Birthday. Cyril's life journey spans through numerous historical events and he often reflects on the profound changes witnessed over the years. From shifts in fashion to advancements in technology, Cyril's anecdotes provide captivating insights into the evolving fabric of society.

At Woodlands Care Home, celebrating our residents' birthdays is a cherished tradition and Cyril's remarkable milestone warranted an unforgettable celebration. We arranged a special outing to the pub for his birthday festivities, where he indulged in a hearty pub lunch accompanied by a pint or two and of course, a well-deserved dram to cap off the occasion.

The day was filled with joy as Cyril and his companions savoured their meals, engrossed in lively conversation, sharing stories and reminiscing about days gone by. It was a heartwarming experience witnessing the camaraderie and laughter that filled the air throughout the celebration.

Football Memories at Pittodrie Stadium

Out & About

Being connected and involved in our wider community is incredibly important to us. There is a project in Aberdeen called “The Football Memories Project” which organised a special occasion at Pittodrie stadium with a series of light-hearted talks and Q&As by ex-referees.

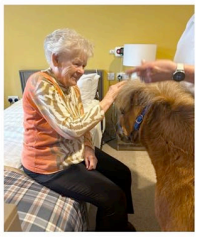
Our gentlemen jumped at the chance to go and hear this and meet some of the referees from the games they remember watching and even contesting some of the referees' decisions! Visiting Pittodrie stadium itself was nostalgic for many, remembering those dreich Aberdeen evenings spent sitting in the stands and cheering on “The Dons”. When they brought out the Pittodrie Pies, the afternoon was complete and silence fell over the stadium while they devoured them.

Once on the minibus, the lively chatter about football was just like the buses many would go to see the football on.

Pony Therapy

Furry Friends

We recently had a very special visit from Wilson and Flicker, two pint-sized ponies from Therapy Ponies Scotland who both brought lots of laughter and joy to our home in Aberdeen. Our Wellbeing Coordinators work hard to make sure that our residents have an engaging activity programme as it helps reduce loneliness and low moods. Welcoming Wilson and Flicker into our home was an opportunity for our residents that they might never have thought they could have.



Lots of our residents had many much-loved pets throughout their lives, and lots of conversations about what pets they had was a massive topic in the home that day. It is proven that animal therapy is very rewarding in an individual's mental well-being as it helps the brain produce mood-boosting hormones. Having Wilson and Flicker not only benefited our residents but also our team and our home's family members. Everyone was welcome to partake in the activity and it made everyone in Woodlands that day closer, calmer and more connected with each other. We can't wait to have Therapy Ponies Scotland back.

Meet The Team

Staff Profiles

We are proud to introduce two new staff members to our team:

Sheridan Williams
Administrative Team

Sheridan has joined us on reception. She loves organisation, especially excel and also enjoys a good laugh, which makes her perfect for this role.

Bala Chekutty
Pharmacy Manager

Bala brings a wealth of knowledge to this role with many years of experience in both care and auditing. He is also a big fan of laughing yoga.

Upcoming Relative Meeting Dates

Coming Up...

We would like to remind everyone of the following upcoming relative meeting dates:

- Wednesday 12th June 2024
- Wednesday 18th September 2024
- Wednesday 11th December 2024

Keep In Touch

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