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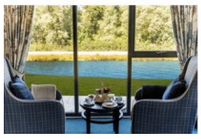
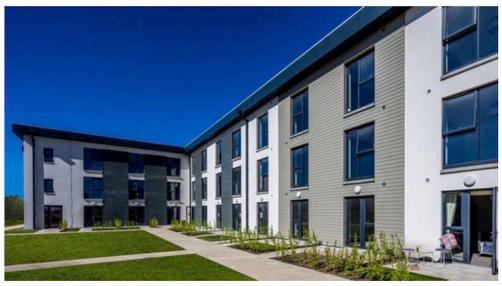
A WARM WELCOME TO OUR
SUMMER 2024

Quarterly Newsletter

WOODLANDS
CARE HOME





Manager's Introduction

Moving into the summer months, found Woodlands a wonderful hive of activity that began on a positive high with residents, family and the team celebrating our new Care Inspectorate grades, of which we are all incredibly proud.

There has been a hype of activity at Woodlands from community involvement to, Regional Olympics, Wimbledon, Euros and The Open to fundraising for our partnership charity, Make-A-Wish.

Glad to Care Week celebrations, included time to pause and reflect on our roles and the privileged position we all have in caring and supporting such incredible residents. They truly are a unique and amazing generation, who we all learn from, each and every day.

I hope you all enjoy reading what has been happening in and around the home in the latest edition of our newsletter.

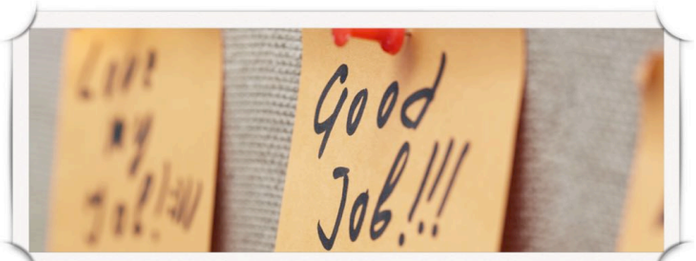
Also, if you know someone who would like to receive our email newsletters/updates just let us know, or forward them the newsletter sign up link below:

Newsletter Sign-Up

Best wishes,

Lesley Stewart
Home Manager

Our Care Inspectorate Grading



Celebrations

Residents, friends, families and staff all joined together to celebrate our recent Care Inspectorate Report and the amazing grades of 4, 5, 5, 5, and 4 following a full inspection across all areas. Our residents are so proud of their home, and we are incredibly proud of our team.

The Care Inspectorate is the governing body in Scotland that carries out joint inspections with other regulators to check how well different organisations in local areas are working to support their residents. It helps ensure that social care services meet the highest standards.

Well Done Team!
Our scoring reflects the team's commitment and passion for delivering person-centred care to our residents, their loved ones and the wider community. We always aim to deliver above and beyond and we are all proud of our great scores from the Care Inspectorate.

What Do Our Numbers Mean?
The Care Inspectorate will choose a random day to visit a home and make a report. On our day, we were graded 4 and 5 across areas. This means our care ranges from 'Good' to 'Very Good,' indicating that our care plans deliver consistent quality care.

View our reports

Fundraising for Make-A-Wish UK

Well Done

Care Concern Group's chosen charity is Make-A-Wish UK. This incredible charity founded in 1986 grants wishes to children and young people fighting life threatening conditions.

The organisation aims to create hope, happiness and memories for critically ill children and their families by granting unique wishes.

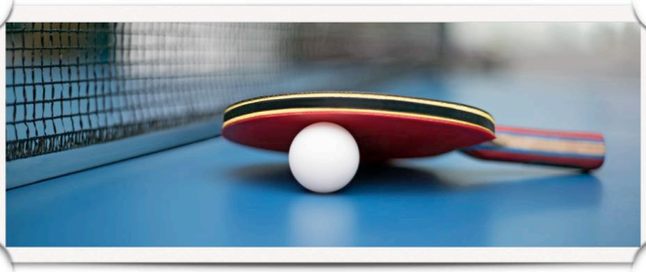
Our staff have been incredibly touched to be involved with such a special charity and are delighted to help raise funds.

We will have a series of different fundraising events happening over the year however the bar has been set incredibly high starting with a group of our staff taking on the **Tough Mudder Challenge**. This is a series of obstacle courses designed to test your all around strength, stamina and mental grit. With the most innovative courses and millions of participants worldwide to date. It is the premier challenge series in the world. This isn't just an event it's a calling! Our staff have absolutely smashed this event, raising a whooping £1250 and £312 in Gift Aid. This fundraiser has given them not only the health benefit from training to be able to complete this but also has been an amazing team building exercise and forged friendships for years to come.

Not to be out done our very own Margaret and Steve are two exceptional team members with a healthy element of madness and will be pushing themselves to the limit and showing that age is just a number by taking the plunge with a skydive in August. To date they have raised £1080 and we will bring you a update on their progress in our next newsletter.

The total that we have raised so far for Make-A-Wish UK is currently sitting at £2630 and £312 in Gift Aid and is still rising! Watch this space...

Regional Mini Olympics



Fun & Games

Our regional activities team sports event, held in honour of the Olympics this summer, brought all our homes in the region together to promote inter home connections, friendships, wellbeing and some good old fashioned sportsmanship. The 6 care homes that competed in the mini Olympics were, Woodlands, Laurels Lodge, Maryfield West, Cathay, Havencourt and Dounemount.

With a choice of Archery, Curling, Table Tennis and Pool all on offer you could see the competitive spirit coming out in everyone, watching the relationships forming between the residents was a joy to behold.

We will be making this a regular meeting and look forward to many more fun filled days!

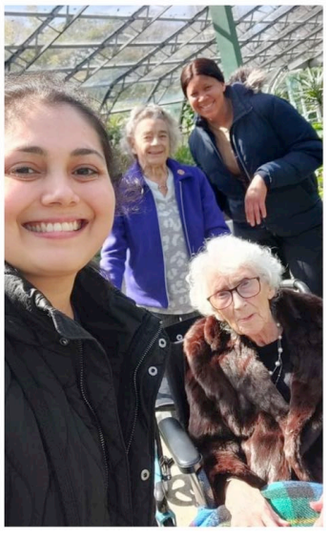
Community Involvement

Out & About

The Woodlands community notice board is now up and running! The aim of this notice board is to engage with the wider community.

Whilst looking to source new activities and increase our volunteer numbers, we also want to challenge the public perception of care homes. By opening our doors and inviting the local community in, we can let people see that they really are great places in which to live, work, visit, thrive and have fun!

We also love being out and about with in our community as much as possible to enjoy the everyday pleasures of life that should never be underestimate these include a Starbucks coffee, trips to Aberdeen beach, Musical Memories, Dobbies our local garden centre, some of the beautiful parks we are so lucky to have around Aberdeen including Duthie, Victoria and Johnston Gardens, not forgetting a visit to the pets corner at Hazelhead Park to see the animals.



For those who enjoy educational and more stimulating visits out trips to the Gordon Highlanders Museum and Art Gallery are always a favourite. Several of our residents have fond memories of going here in the past with loved one and friends, others served in the military and being able to visit such a museum and remember holds huge importance.

Glad To Care Week

Good Times

Woodlands Care Home has enthusiastically embraced Glad to Care Week, a heartwarming annual initiative first launched in 2018. The #gladtocare campaign, designed to elevate the visibility of dedicated carers and demonstrate appreciation for their hard work, has become a cherished event for care homes across the country. This week-long celebration aims to boost the profile of carers, who often work tirelessly with little public recognition.

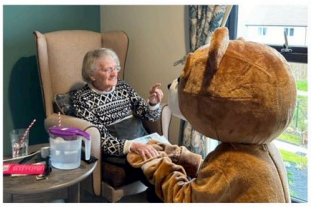
To kick off our week, Motivation Monday saw a burst of energy and excitement with fitness classes held in our garden. Both residents and staff participated, led by a fitness instructor from the Village Hotel Gym, a valued partner who provides year-round access to gym and swimming facilities for our community. The session left everyone feeling invigorated and motivated.

Tasty Tuesday was a highly anticipated day filled with culinary delights. The morning began with residents and staff making their own lemonade, sparking nostalgic conversations about past times spent with family and friends. The afternoon featured a buffet showcasing dishes prepared by staff from their cherished family recipes, offering a delightful taste of different cultures. To top it off, Little Miss Whippy's Ice Cream van visited, providing the perfect dessert and plenty of smiles.

On Wellbeing Wednesday, we focused on the holistic wellbeing of our community. Understanding that wellness means different things to different people, we offered a variety of activities. Our Hairdresser and Wellbeing Coordinators provided hairdressing, nail painting and massages, while Trevor, our Woodlands mascot, spread joy with bear hugs. A bouncy castle added a fun element and some of our residents and staff enjoyed a swim at the Village Hotel.

Thankful Thursday was a day of reflection and gratitude. Our promise tree allowed everyone to share the people and things they are most thankful for, fostering a sense of appreciation and community. The day culminated with a dazzling puppet show from the Puppet Gang, bringing laughter and unity to all promising to be a regular activity at Woodlands. The day continued with joyous singing and dancing led by Jack McPherson, creating lasting memories for everyone involved.

Feel Good Friday was a celebratory finale to an incredible week. Jessica, one of our Wellbeing Coordinators, introduced a Bollywood Zumba routine.



This year's Glad to Care Awareness Week, continued to shine a spotlight on the remarkable work within the care industry. It also provides valuable support and guidance for families choosing care homes for their loved ones. At Woodlands Care Home, this week was a wonderful opportunity to celebrate our compassionate and kind team, fostering inclusiveness among our residents and their loved ones.

Birthdays

It is our privilege to have the opportunity to be able to celebrate alongside all of these wonderful ladies and loved ones birthday's, pictured below June, Isobel, Rose and Rosie.

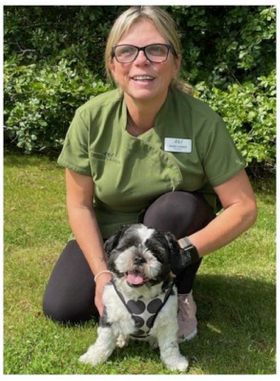
Meet The Team

Staff Profiles

Mandy Lawson

Mandy is of invaluable support to residents and their families and oversees the running of our cafe. Mandy is always welcoming and makes any new residents feel right at home.

Oreo also visits often and residents love to give him a pat and a treat!



Upcoming Relative Meeting Dates

Coming Up...

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

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

Keep In Touch

Make sure to check out the Woodlands Care Home Facebook Page.

Don't Forget To 'Like' Us!

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