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A WARM WELCOME TO OUR
WINTER 2024/25

Quarterly Newsletter

WOODLANDS
CARE HOME

Manager's Introduction

As we welcome 2025, we are filled with optimism and excitement for the wonderful times ahead. We encourage you to dive into the edition of our newsletter where you'll find the latest updates, heartwarming stories and highlights of recent events.

It was certainly a magical and busy festive period at Woodlands but there was also quite time for reminiscing and reminiscing on years gone by. As we prepare for the new year, we reflect on the joy, laughter, and the cherished moments that have encouraging residents to be involved in the running of their home.

As we move along 2025, I just want to take this opportunity to thank all residents, their relatives and friends for the incredible support during the past year. Whether attending events or supporting our charity, you all bring so much to the home.

Looking forward to the year ahead, together.

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

Newsletter Sign-Up

Best wishes,

Lesley Stewart
Home Manager

Afternoon Tea at The Atholl Hotel

Manuscript Fotheringay

At Woodlands Care Home, we're always looking for meaningful ways to connect with our residents' cherished memories and allow them to keep up with old traditions. Recently, we had the wonderful opportunity to visit the Fotheringay Castle, a place that has especially alternate day, a creation that has quickly become a highlight of the week for our many.

The idea for these visits came about after chatting with our residents, who fondly reminisced about their own trips to the Atholl over the years. Many shared stories of enjoying afternoon tea, celebrating birthdays, and even tying the knot at special weddings, all this much-loved hotel. Recognizing how special this place is to so many, we felt it was important to bring a little piece of that memory back to our care home. Sadly, different residents are invited to enjoy an elegant afternoon tea, creating new memories while reliving old ones.

What makes these visits even more meaningful is seeing the joy and nostalgia they bring to our residents. Many residents have lived in Fotheringay their entire lives. Therefore, we were deeply touched by the comments from families:

- "We appreciate this so very much. My Ian used to love taking our Elaine, and by the way, I'm Elaine!"
- "Mum was always in the Mars Room to somewhere she never. Thank you!"
- "Very special trip out for Mum."

These outings are about more than just tea and cakes. They're a chance for our residents to relive cherished memories, share laughter with their families, and create lasting bonds and joyful. Whether it's a home memory of bringing family together or simply enjoying a little extra, the Atholl continues to be a place that feels like home for so many.

As these small, thoughtful traditions that help us create lovely experiences and ensure our residents continue to feel connected to the community and the places they have held close to them. We look forward to many more Thursday afternoons at the Atholl!

Make-A-Wish UK

Make-A-Wish

Fundraising Event

At Woodlands Care Home, we believe that life is about making memories, no matter your age or circumstances. That's why we've been working hard this year to raise funds for Make-A-Wish UK, a charity dedicated to granting life-changing wishes for children living with life-threatening illnesses.

So far, we've raised an incredible £3,100 and it's all thanks to the passion, dedication and boundless generosity of our residents and their families! Our residents have at Woodlands Care Home, despite everyone coming together, we've been putting together to take on some big challenges, all in the name of making a difference.

Tackling Tough Mudder

A all planned with a group of our staff taking on the Tough Mudder challenge earlier this year. If you've never heard of it, Tough Mudder is no ordinary charity run. It's a proper endurance test with mud, obstacles and all sorts of challenges designed to push you to the limit. It's tough, it's muddy, it's fun.

The team learned from the events, not only to get themselves fit but to build the teamwork needed to tackle such a daunting course. And what a day it turned out to be! The weather was perfect, the mud was everywhere, and the team faced a wide range of accomplishment made it all worthwhile. Even better, the experience brought everyone closer together, and we've made memories and friendships that will last a lifetime.

Taking Fundraising to New Heights

We're not ourselves, we've got more adventurous team members, Margaret and Elaine, decided to take things to the next level. Inverness to Aviemore, they faced their own challenge: a sponsored walk through the Cairngorms. It's a long, tough, but it's an epic journey that pushing yourself out of a place isn't exactly a walk in the park, but it's worth every step when you know you're making a difference. The scenery is breathtaking, the company and other encouraged every step. It's a moment none of us will ever forget, and it just goes to show that age really is just a number!

The Loony Dook!

As if all that wasn't enough, We have taken on the challenge of the Loony Dook at Portobello Beach on Hogmanay. This is a tradition that brings people together to celebrate closing the having a cold plunge at the North Sea, but something to the hard-hearted, especially in January! We were all feeling a bit of excitement and nerves, but it's all for a good cause, and we know we'll be supported every step of the year. And to make from and we know moments mean to the children and their families. They are the ones who inspire us to keep going, and we can't wait to see the smiles on their faces when we know we've made a difference. Being able to play some a small part in bringing joy to children is the best thing in a hearty fundraising.

A Huge Thank You

We couldn't have done any of this without the amazing support we've received so far. Every donation, every cheer, every kind word from our residents, their families, volunteers, trust works, or cheering us on from the sidelines, your support means the world to us, and we're more motivated than ever to keep fundraising for this special charity. Make-A-Wish UK does such amazing work, and we feel proud to support it and deserve them. Thank you from all of us at Woodlands Care Home.

Diwali Celebrations

Festive Celebrations

Diwali, also known as Deepavali is the biggest and brightest of all Hindu festivals. The festival symbolises the spiritual Triumph light over darkness, good over evil and knowledge of ignorance. Diwali is marked by five days of celebration which take place between October and November and includes prayers, feasting, gifts and fireworks.

We celebrated this festive in preparation and during of our Diwali celebrations and this has more of what the celebration entails, which gave our residents a glimpse into the culture.

Diwali has so many aspects to it. From the beautiful outfits that were worn, decorations, traditional cuisine, and lots of authentic music and dance, which was wonderful for all to experience. To bring our celebrations to a close sparklers and fireworks were set off in our garden.

Planning is already underway for this year's Diwali celebrations.

Befrienders Scheme

Friendship

At Woodlands, we know that life's best moments are shared, and a cup of tea is even a cuppa. That's why we're so excited to introduce our new Befriender Scheme, a simple idea that's already bringing people closer together in our home.

The idea for the scheme came about when some of our residents told us how much they'd like to have others visits in. Moving to a care home can feel a bit daunting at first, so our Befrienders are there to make sure new residents feel welcome and comfortable. Whether it's a chat over a cup of tea, a game of cards, or just a friendly face to gently encouraging someone to join in with an activity, these kindly gestures make a big difference to our residents' day-to-day life.

It's already making such a difference. For new residents, having a friendly face come by for a visit makes those early days so much easier, especially for people whose family might live further away or for those who prefer a quieter start. The idea is that it's all from having a good neighbour over round for a better, making our home feel like home.

And it's not just the new faces who are benefiting. For the Befrienders themselves, the scheme is giving them a real sense of purpose. Our volunteers love being able to help, they feel like they're giving something back and making someone's day a little brighter.

Here at Woodlands, we've always believed in the power of friendship, and this initiative has been the perfect way to make sure no one feels left out. Whether it's a chat in the lounge or a game in the garden, our Befrienders are helping our residents feel like Woodlands is a place they can be proud of.

So, next time you visit Woodlands, you might see one of our Befrienders hard at work, sharing stories, having a laugh or just being there for someone who needs a wee bit of company. It's the kind of thing that makes our home such a special place to be.

If you'd like to experience the warm, welcoming atmosphere at Woodlands Care Home, we'd love to welcome you for a visit. Come see for yourself how our residents and caring team is the thoughtful little touches that make this house a home. We can't wait to show you around and share our community with you!

Woodlands at Christmas

Festive Fun

The festive cheer was felt throughout Woodlands during the whole month of December, the wellbeing team pulled out all the stops to make sure everyone was included.

Starting with our residents helping to decorate Woodlands from the Christmas trees to the dining rooms, continuing the whole theme there were plenty of festive arts and crafts.

Christmas dinner Day was a big hit with our residents joining for activities that could be turned into cards for their loved ones.

The Woodlands Care Home would like to wish the safety and safety from the carolers children coming to Woodlands to sing to us, we want to Hazelhead Primary School and sang to their show.

We welcomed Mark Ruddiman and team about these respect, animals and even got to meet them!

The Puppet Gang put on a Christmas show and was always bringing happiness and laughter to us all.

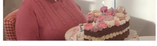
Our Christmas party went down a treat, with Elvis! Paul, Michael Kirby, the Hazelhead Primary School and the Mark Ruddiman Band, Tuff Enough Band.

Never to be left out, Santa made sure to make his appearance bringing presents, smiles and joy to all the rest.

Birthday Wishes

Many Happy Returns

We would like to take this opportunity to wish Gloria, Norman, Beatrice, Cecilia, Gloria, Doreen, Pat, Walter, Ann and Mary birthday wishes from all at Woodlands.



Upcoming Dates For The Diary

Join Us!

- Burns Supper - 24th January
- Chinese New Year - 29th January
- Valentines Day - 14th February
- Mothers Day - 30th March
- Shetland Ponies & Pigmy Goats visiting Woodlands - 10th April
- Highland calves to visit - 14th May

Quarterly Relatives Meetings

- Wednesday - 19th March
- Wednesday - 11th June
- Wednesday - 17th September
- Wednesday - 10th December

Staff News

Congratulations!

John Borja has been promoted to Training Chef. John has been with Woodlands as one of our kitchen porters and he expressed a wish to train as a chef, we are now assisting John through his Chef training along with Hospitality Scotland.

Rojina Tamang has been promoted to Unit Lead.

Leigh'a Scroggie, Personal Trainer, Leigh'a has been working in fitness for over 11 years and is passionate about helping each of our residents reach their personal fitness goals.

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

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