A WARM WELCOME TO OUR
SUMMER 2024

Quarterly Newsletter

WOODLANDS
CARE HOME

Manager's Introduction

Summer has arrived in Aberdeen, and we've been making the most of the sunshine by enjoying our beautiful garden and taking scenic outings around Aberdeen and the surrounding areas. The warm weather has brought joy to everyone here, with lots of friendships are blossoming, creating magical memories, and creating a warm and welcoming atmosphere throughout our community.

I hope you enjoy the summer edition of our newsletter.

Also, if you know someone who would like to receive our email newsletter/updates sign up as a loved, or forward them the newsletter sign up link below:

Newsletter Sign-Up

Best wishes,

Lesley Stewart
Home Manager

Woodlands Earns a Perfect 10!

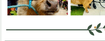
Go Team!

Woodlands celebrated a remarkable achievement by reaching a score of 10 on Care Inspectorate. This score reflects our dedication to providing exceptional care, consistently going above and beyond. The commitment and dedication of the entire team has been instrumental in this achievement, ensuring residents receive the care and support their hearts desire in a dedicated and tailored fashion, coupled with incredible support.

Highland Cows Visit

Furry Friends

What a truly special day for everyone at Woodlands with a fabulous visit from the Highland cows at Balnedalh Farm! For some, it was the very first time seeing a cow, an unforgettable experience filled with smiles and wide eyes. For others, this bitter-sweet moment brought back cherished memories of farm life, stirring up a mix of emotions through joy, laughter, and a wonderful sense of connection to nature and the past. A big thank you to Balnedalh for making it all possible!

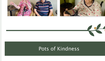


LeighA Leads Fun Exercises for all!

Keeping Busy & Active

LeighA is an creative whirl it comes to thinking out and engaging ways for us to stay active! Our Morning Movers sessions really set a positive tone for the day, and the Afternoon Walking Club has become a favourite for many residents. This month has been filled with exciting adventures, including a delightful afternoon spent at Duthie Park, worked out at the outdoor gym in Seaton Park, and enjoyed peaceful walks through the beautiful Johnston Gardens. For many of us, it was our first time trying Zumba, hand exercises, and core toning, and we loved it!

Regular physical activity offers numerous benefits for older adults, including improved mobility, strength, balance, cardiovascular health, mental well-being, and social connections. Exercise helps maintain a healthy weight, reduces the risk of falls by strengthening muscles, and supports cognitive function. It can also boost mood, increase energy levels, and reduce the risk of various age-related diseases.



Pots of Kindness

Meaningful Activities

In collaboration with Hazlehead Garden Nursery, we created 'Pots of Kindness', beautifully painted flower pots filled with cheerful messages and vibrant blooms. We then gifted these pots to our residents, adding a touch of joy to their rooms and gardens and a little extra kindness along the way. It was a simple gesture with a big heart and it brought smiles to everyone involved. This project was just one of the many activities have been running since the spring, and we have loved having the nursery team visit our garden to share their expertise. It's been a wonderful way to spend time learning or tree keepers and gardening tips! We're truly if this team is one among and can enjoy creating magical moments together.

GladtoCare Week

We Appreciate You...

We had a fantastic time celebrating our amazing staff during GladtoCare Week at Woodlands!

Monsanne Monday kicked things off with an energetic afternoon of garden games, followed by a delicious afternoon tea with our team. Tuesday was a day we all celebrated our friend of mark with a lovely discussion and cuddle, but for everyone! Wellness Wednesday brought well-deserved relaxation, as staff were treated to massages and pampering sessions. Thursday was a delicious treat with a range of tasty bulls, featuring delicious homemade cakes prepared by all. Last when we thought the week couldn't get any better, Fab Grad Friday had us rocking and working, as seasons are Inclusion Bollywood dance session!

Thank you to everyone who made this week so special, and very one Dad to Carer.

Staff News

Mini & Updates

Chaplaine Donna joins the Fitch Lodge, having previously worked in our laundry. She is a wonderful addition to our team, bringing her kindness and care to her new role. Meanwhile, Kitchen Assistant Ivy joined the residents and staff in the kitchen for a day of cooking and arts and crafts.

Mark Gardner, our new Executive Head Chef, joins us with over 30 years of catering experience. He started his career at Craigiebrae/Inch and has worked in many high-profile kitchens, including the Ritz in London and Aberdeen Harbour Board. He is married with three children and one great-grandaughter. He looks forward to getting to know the residents and cooking for them.

We congratulate our recent promotions:

- Kaila Stockley - Quality and Compliance Lead
- Ashley Ritchie - Senior Carer
- Julie Tulloch Bryce - Chef
- Kirsten Paterl - Senior Carer

Also congratulations to the following for completing their nursing exams:

- Kashi Kalsurat
- Yuhan Ishwara

Dates For The Diary

Coming Up...

After the success of last year's Kindness, we've teamed up with Make-A-Wish UK, Aberdeen Harbour Board, and Aberdeen Boardwalk to bring you a fun-filled day of kindness. Keep in mindspace for their crossing that you have made a photo and some trust!

This summer we kick off the fun with a charity football match against our sister Care Home, Lauriston Lodge Care Home, on Saturday 29th July at 2pm. We'll be sure see you there, cheering on our residents and staff as they compete!

Lauriston Lodge Care Home, Lauriston Lodge, Lauriston Place, Aberdeen, AB11 6JD