

INTRODUCTION

Message From Our Manager

Woodlands continues to be busy as usual, winter has certainly not slowed us down.

The recent snow brought its own challenges but also fun, when we decided to bring the snow indoors and have a snowman making competition. Being a resident led home, we are also delighted to share the recent achievements and contributions residents have made in and around the home. While we are still in the midst of winter, we are looking forward to seeing the buds on the trees as we move into spring. A little robin has also taken up residence in one of our trees, which is lovely for everyone to see.

I hope you enjoy our latest newsletter and reading about what's been going on and seeing what we have all been up to.

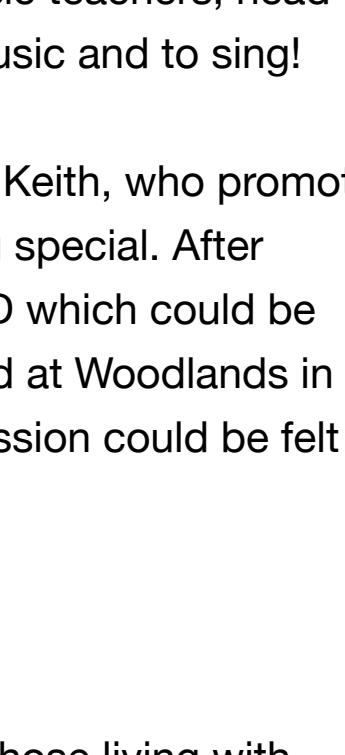
Also, if you know someone who would like to receive our email newsletters and updates just let us know, or forward them the newsletter sign up link below:

[Newsletter Sign-Up](#)

Best wishes,

Lesley Stewart

Home Manager



NEWS, ACTIVITIES & EVENTS



Outstanding Contribution Award

Many of you may know Isobel, however, did you know Isobel is a befriender at Woodlands? This is a role she takes incredibly seriously and has led us to nominate her for the Outstanding Contribution Award at the Care Concern Group company awards.

What is a befriender?

A befriender is someone who helps new residents transition from their homes into Woodlands as we are sure you can all appreciate just how daunting it can be. They provide regular companionship and social connection to residents, combating loneliness and isolation through simple activities like chatting, sharing hobbies (watching TV, reading), going for walks, or having a cup of tea, offering a consistent, friendly presence beyond the basic care routine. They offer friendship, listen, engage in activities, and help residents feel part of the community, becoming a trusted, familiar face.

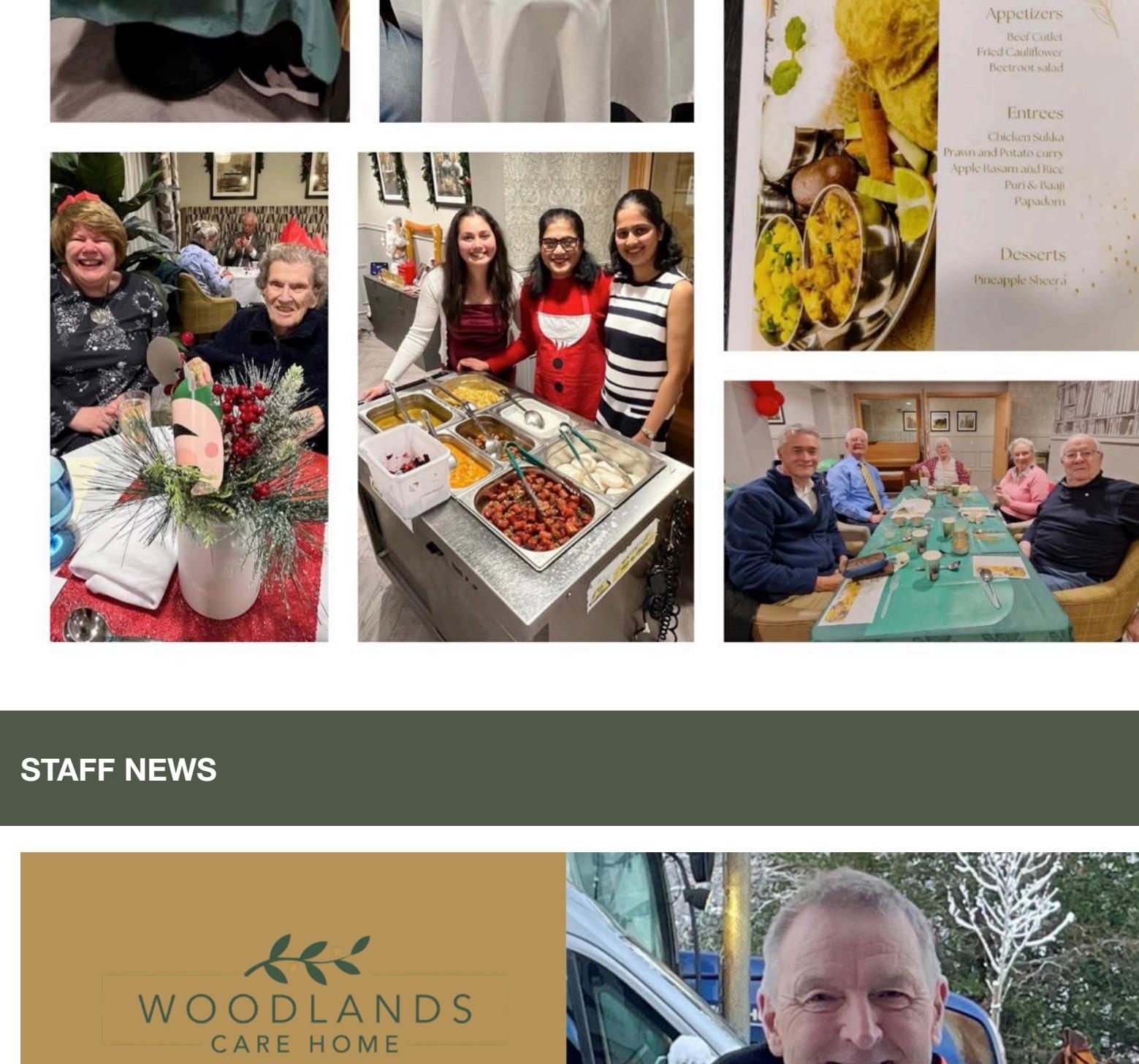
Woodlands Choir & CD

A little over a year ago the Woodlands choir was born, we are incredibly lucky to have so many musical residents, from all aspects, including music teachers, head of the tenors with sweet Adelines Choir and those who just love music and to sing!

Working in partnership with The Rock Rooms, and their founder Keith, who promotes involvement of all aspects of music, we knew we had something special. After talking with the residents the idea came to make a Christmas CD which could be gifted as a Christmas present to their families. This was recorded at Woodlands in bite size segments as not to overwhelm anyone. The joy and passion could be felt whilst singing and this has transferred into the recording.

Why a Choir benefits the residents.

Choirs significantly enhance people's quality of life, particularly those living with dementia. Research indicates that singing in a group provides holistic, therapeutic benefits that improve mental, social, and physical wellbeing.



Bringing The Snow Inside

A new role has been created at Woodlands for a Forget-Me-Not Ambassador, Leah. This role will focus on our residents who live with dementia to support them and their families. Before Leah had even started, with Aberdeen having a vast snowfall this year the ideas had been flowing and suggested bringing the snow inside!

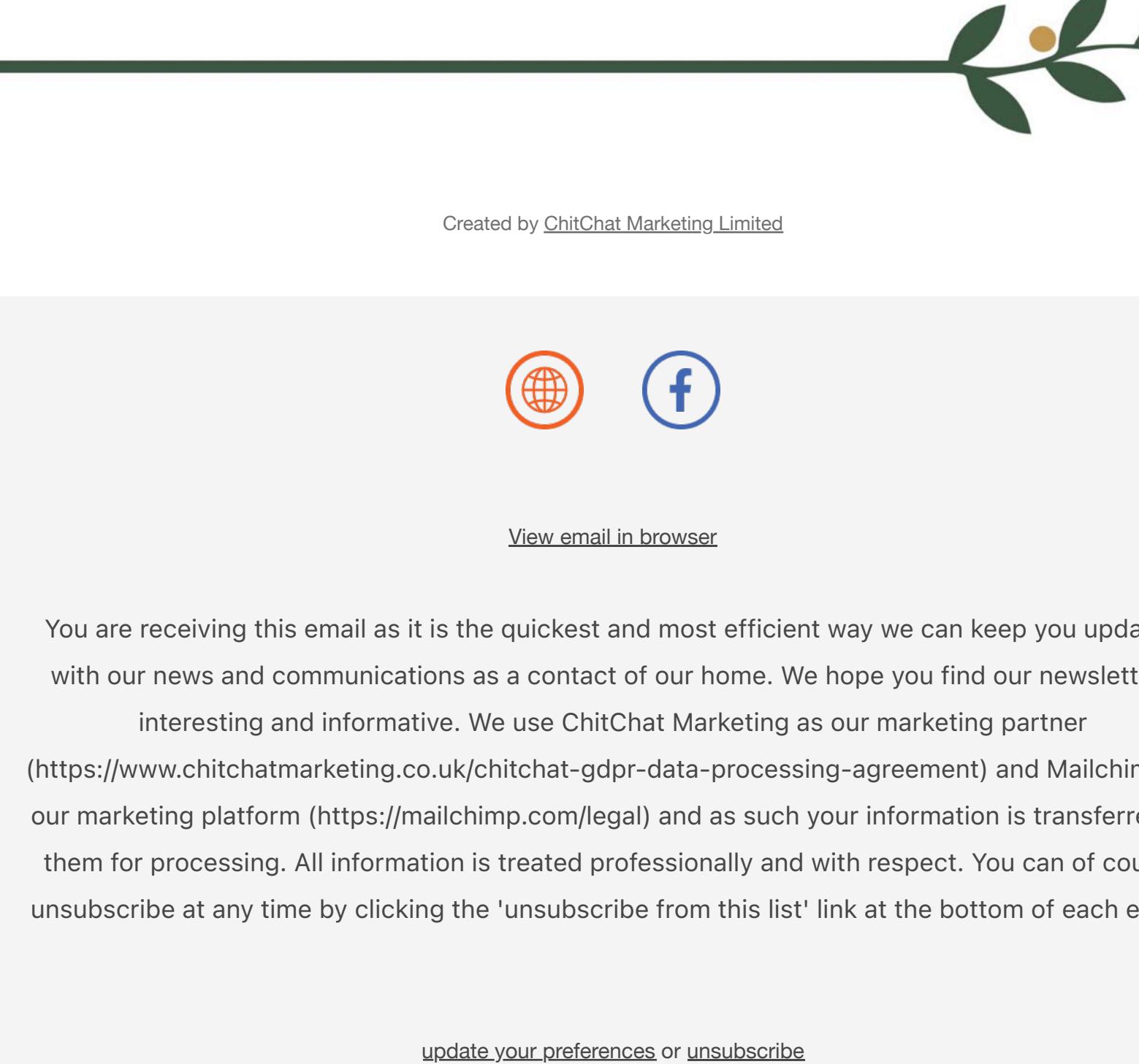
This sensory activity offers a controlled, warm environment to engage in tactile exploration without the stress of cold, wet, or bulky clothing. It allows for fine motor skill development, such as scooping, pouring, and moulding, while providing calming, repetitive sensory input for the nervous system.



Concierge Desk

Our concierge desk is now open for business which is located in the main reception area. The idea behind the concierge desk is if a resident or a loved one would like to book a special trip out, or has an interest in trying something different, they can come and speak with us at the desk so we can work in partnership to make peoples wishes reality. The desk is manned from 2pm - 4pm daily.

The first request from a resident is to brew their own beer. We have already put the wheels in motion and can't wait to get started. Look out for our progress in upcoming newsletters.



Staff News

