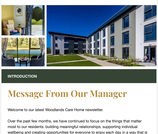
WOODLANDS
CARE HOME



INTRODUCTION

Message From Our Manager

Welcome to our latest Woodlands Care Home newsletter.

Over the past few months, we have continued to focus on the things that matter most to our residents: building meaningful relationships, supporting individual wellbeing and creating opportunities for everyone to enjoy each day in a way that is personal to them.

This edition highlights some of the many ways we are strengthening person-centred care, from introducing new initiatives that encourage residents to enjoy the outdoors, to enhancing our dining experience, supporting faith and community connections, and celebrating the dedicated members of our team who make such a positive difference every day.

At Woodlands, we believe that wellbeing is about much more than physical health. It is about feeling connected, valued and supported to continue enjoying the people, places and activities that bring meaning to life. Whether that is sharing breakfast with friends, spending time in the garden, practicing your faith or simply having someone who knows your story and preferences, contributes to making our home a warm, welcoming and supportive place to live.

Thank you, as always, to our residents, families and dedicated staff for your continued support. We hope you enjoy reading about some of the wonderful things that have been happening across our Woodlands, and we look forward to sharing many more with you in the months ahead.

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

Step Change Design

We are delighted to be part of the Step Change Design initiative, which celebrates the joy of being in great outdoors, sensory support, and the enjoyment of our beautiful gardens.

One inspiring phrase that guides us every day is:
"Everyone has the right to see the sky at least once a day."

With this in mind, you may have noticed new posters around the home encouraging everyone to make the most of our garden spaces. We have also stocked up on raincoats and other umbrellas, helping us embrace the outdoors whatever the weather.

So, even when the Scottish weather is less than kind, you can wrap up warm, step outside, take a deep breath, and enjoy a moment looking up at the sky. After all, a little fresh air and a connection with nature can make a wonderful difference to our day.

WHY DON'T WE GO TO THE GARDEN?
Take a look inside your surroundings and ask yourself, what can I see?
This poster provides simple tips on how residents, staff and families could spend longer in the garden. It aims to encourage people to step outside, notice what's around them, and make small changes to begin a large scale change in people's lives with the collaboration of 7 residential care settings across Greater Glasgow.
Go back to your childhood
304
Let's take a walk down memory lane
60%
Activities in a sensory garden
50%
Tree's
Bring a bird feeder home
31%
Bring a
20%
TOP 3 Sensory Stimulations
69%
What do you miss most about being outside?
34%
Step beyond your comfort zone
36%
Guided Nature Walks
Make a Sensory Garden
39%
Bringing outside, whatever the weather
Sensory Garden Ideas
Sensory Garden Ideas
Sensory Garden Ideas