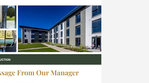
WOODLANDS
CARE HOME



INTRODUCTION

Message From Our Manager

Welcome to our Autumn newsletter.

It has been a busy few months at Woodlands, with residents enjoying a fantastic mix of outdoor activities, outings and opportunities to spend time with friends, family and our wonderful team.

One of our highest highlights was our Skin Successful Walk for Alzheimer's Awareness Month, which raised an impressive £1100 for the Alzheimer's Society. We extend our heartfelt thanks to everyone who participated, whether by walking, donating everything from gift card bowling to our starting and cooking.

Our regular outings continue to be popular, whether that means visiting wonderful sites, returning to our favourite restaurant or simply enjoying a warm drink. Back at home, our weekly Pub Fridays have become a lovely way for residents to get together and socialise.

I am particularly proud of the care our team provide this month, providing exceptional and meaningful for each resident. We want everyone at Woodlands to have opportunities to enjoy life to the fullest, whether through outings, activities, relaxation and for new experiences, regardless of their mobility or support needs.

Thank you to our families, families, colleagues and community partners for your continued involvement and support. We hope you enjoy catching up on our latest news.

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

Newsletter Sign Up

Best wishes,

Lucy Stewart
Home Manager

NEWS, ACTIVITIES & EVENTS

Walking Together for Alzheimer's Awareness

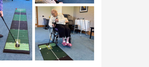
As part of Alzheimer's Awareness Month, Woodlands organised a Skin Successful Walk to raise money for the Alzheimer's Society.

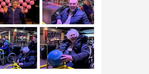
Residents, relatives, friends and colleagues came together to support the event, with everyone contributing in their own way. Some completed the full route, while others joined for shorter distances, offered encouragement or helped with the organisation.

It was particularly good to see residents taking part alongside family members and friends, demonstrating how meaningful this kind of support can be. The walk also provided an opportunity to enjoy some time together while raising awareness of dementia and supporting a charity that makes a difference to so many people.

Thanks to the generosity of everyone involved, **we raised an impressive £110 for the Alzheimer's Society.**

We would like to thank everyone who walked, donated, helped organise the event or came along to offer their support. It was a real team effort and we are delighted with the amount raised.



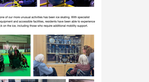


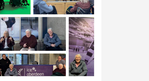
No Barriers, Just Possibilities

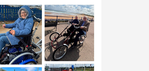
Our garden area has been undergoing a series of improvements, offering some friends and residents with physical disability the opportunity to enjoy that outdoor time without difficulty.

Once recent months, we have been working with local organisations and activity providers to ensure our outdoor spaces are accessible and welcoming, including opportunities that some residents may not have thought possible.

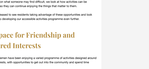
Our growing Staff Society has proved particularly popular, giving residents the chance to enjoy a monthly social in a relaxed and supportive setting. With adapted equipment and accessible terrain, residents can continue practising their skills and enjoying the social side of golf.

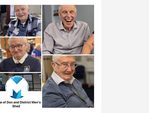




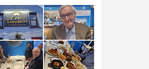


Bowling has also been a welcome addition to our programme, offering some friends and residents with physical disability the opportunity to play that pub's their traditional pastime.





Perhaps one of our more unusual activities has been ice skating. With specialist support equipment and accessible facilities, residents have been able to experience taking back on the ice, including those who require additional mobility support.



We have also continued our partnership with Cycling Without Age, which provides opportunities for residents to enjoy outings on specially designed trishaws. These bikes with different seats to support the local area, enjoy some fresh air and time in the sunshine.

Alongside this, our dual cycling sessions with Powerstage Community Council have been another opportunity to enjoy outdoor activities with varying mobility needs, including wheelchair users, to take part and enjoy cycling in a supported environment.

These activities are an important part of our approach at Woodlands. Rather than limiting what residents can do, we work to find ways for everyone to participate, adapted as they can continue enjoying the things that matter to them.

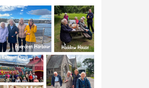
We are pleased to see residents taking advantage of these opportunities and look forward to developing our accessible activities programme even further.

A Space for Friendship and Shared Interests

Our garden area has been enjoying a varied programme of activities designed around their interests, with opportunities to get out into the community and spend time together.

Recent outings highlights has been our weekly visits to the Mary's Shed in Bridge of Dee. These sessions provide a relaxed setting for residents to meet others, share their knowledge and skills, and take part in practical projects.

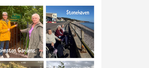
For residents who have always enjoyed visiting Kings, working with their hands or simply spending time chatting with others, the Mary's Shed offers a familiar and enjoyable environment. The visits have become a popular part of the weekly routine.

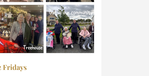


Bridge of Don and District Men's Shed

Back at Woodlands, we also organised a Pizza and Pint Night, giving our gardeners the opportunity to prepare their own pizzas using our outdoor pizza oven.

Residents chose their favourite toppings, got involved in preparing the food and then sat down together to enjoy the results with a drink and some good conversation.





We also recently enjoyed a Curry Night at Echt Tandoori, which was particularly popular among our residents who enjoy curry. The restaurant has been a regular outing for us over the years, so returning brought back many personal memories.

Being able to revisit familiar places is something we value at Woodlands. These outings allow residents to maintain connections with their past while continuing to enjoy experiences that are important to them today.

Whether it is a practical activity, an evening meal or simply spending time with friends, we want residents to have opportunities to enjoy their own interests and socialise in ways that feel natural to them.

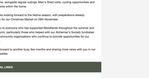
Out and About with Woodlands

Our Woodlands trishaws have been getting plenty of use over the past few months, helping residents enjoy regular trips into the local community and surrounding areas.

Having our own transport gives us greater flexibility when planning outings and allows us to arrange trips that reflect residents' interests and preferences.

We have been making the most of opportunities to enjoy the outdoors, visit local attractions, take scenic drives and stop for lunch or a cup of tea along the way.

For some residents, these outings provide the chance to return to places they know well and to share memories with friends and family members. For others, it is an opportunity to spend time in a relaxed setting with familiar surroundings, or simply enjoy a change of scenery.



Getting out and about is an important part of life at Woodlands, helping residents maintain their connection with the wider community and continue enjoying everyday experiences beyond the home.

With our trishaw available, we look forward to planning more outings throughout autumn and into the winter months.

Fizz Fridays

Friday afternoons have become something of a tradition at Woodlands, with our popular Pub Fridays providing a lovely way to finish the week.

Residents get together for music, refreshments and the opportunity to catch up with one another. There is often some singing and dancing too, depending on what everyone feels like doing.

While we enjoy organising larger events and outings, these regular social occasions are just as important. Sometimes it is simply nice to sit down together, enjoy a drink and have a good conversation.

COMING UP...

Woodlands Christmas Market

We are looking forward to welcoming residents, their friends and members of the local community to our Woodlands Christmas Market.

- **Saturday 28th November 2026 - 1pm to 4pm**

There will be a wide variety of local vendors offering handmade arts and crafts, sweet treats and seasonal gifts, making it a lovely opportunity to do some Christmas shopping.

Visitors will also be able to enjoy mulled wine and mince pies while taking in the festive atmosphere.

The event will also include performances planned throughout the afternoon, including a traditional brass band and a special visit from Father Christmas, who will be welcoming younger visitors to Santa's Grotto.

The Christmas Market is a great opportunity to bring residents, families and the wider community together, and we hope to see as many of you there as possible.

Looking Ahead

As we move further into autumn, we will continue to focus on the activities and community partnerships that have been so successful over the past few months.

Our accessible sports and leisure activities will remain an important part of our programme, alongside our regular outings, Mary's Shed visits, cycling opportunities and local events within the home.

We are also looking forward to the festive season, with preparations already underway for our Christmas Market on 28th November.

Thank you to everyone who has supported Woodlands throughout the summer and autumn, whether through attending events, volunteering, donating or simply being part of the community. Opportunities like these are what make a supportive environment for our residents.

We look forward to another busy few months and sharing more news with you in our next newsletter.

EXTERNAL LINKS

Social Media

Make sure to check out the Woodlands Care Home Facebook Page for all our latest photos!

Don't Forget to "Like" Us!

Leave A Review

We would be very grateful if you could spare a few minutes to write a review for us:

Carehomes.co.uk & Google Reviews

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