



Spring Gardens Care Home Newsletter



Winter 2018 Newsletter



Blow, Blow, Thou Winter Wind

By William Shakespeare

Blow, blow, thou winter
wind
Thou art not so unkind
As man's ingratitude;
Thy tooth is not so keen,
Because thou art not
seen,
Although thy breath be
rude.

Heigh-ho! sing, heigh-ho!
unto the green holly:
Most freindship if feigning,
most loving mere folly:
Then heigh-ho, the holly!
This life is most jolly.

Freeze, freeze thou bitter
sky,
That does not bite so nigh
As benefits forgot:
Though thou the waters
warp,
Thy sting is not so sharp
As a friend remembered
not.

Heigh-ho! sing, heigh-ho!
unto the green holly:
Most friendship is feigning,
most loving mere folly:
Then heigh-ho, the holly!
This life is most jolly.

A warm welcome to our Winter edition newsletter. I hope everyone had a lovely time over the festive period and enjoyed some time with loved ones. It may be difficult to believe that spring is just around the corner with the recent snow, however the daffodils and crocuses are peaking through the ground despite the exceptionally chilly conditions! We hope you enjoy catching up on the events in Spring Gardens.

Staff Training

We continue to invest in all our staff by offering a variety of courses in order to ensure our staff are up to date with current best practice and allowed the best opportunities to develop and progress within the company. Along with mandatory training courses which all staff must complete to maintain SSSC registration, a new group of candidates are about to embark on the SVQ3 in Health and Social Care.

Resident Update

We would like to take this opportunity to extend a warm welcome to our new residents, Betty Hamilton, Alan Kemp and Joan Capocci. We look forward to getting to know you all.





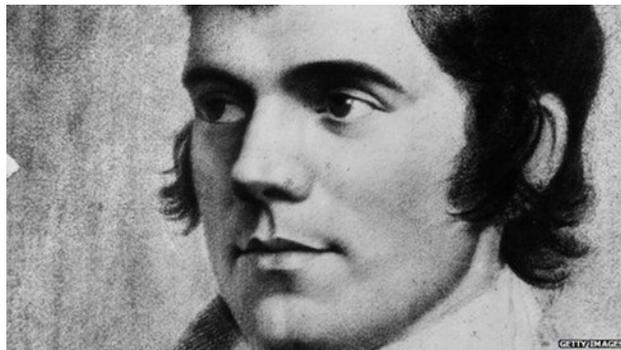
Resident News

Although it has still been cold with some beautiful sunshine and the occasional snow flurries we live in hope for a glorious spring this year. It's the best time to get a good dose of fresh air and exercise and in the last few weeks we have certainly been getting out for walks along the promenade and up to the high street for some shopping and having coffee in our local Greggs.



Mary, Betty, Eva and Carol enjoying a well deserved coffee in Greggs.

Entertainment



Over the last few months we have enjoyed being entertained by Neil Robertson, Jim Mackie, and Maria with her music for health as well as newcomer James with his singing and Karaoke.

Historian Roy Johnstone came along the week before Burns day and gave us a very informative and illuminating talk about Robert Burns. This led to quite a heated discussion afterwards with Betty suggesting Robert Burns was a good for nothing scallywag. After a moments thinking Elizabeth defended Rabbie and said to Betty "No he wisnae!!! He was alright"



Burns Cottage





A Red, Red Rose

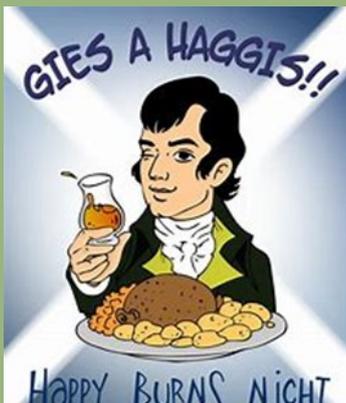
BY ROBERT BURNS

O my Luvie is like a red,
red rose
That's newly sprung in
June;
O my Luvie is like the
melody
That's sweetly played
in tune.

So fair art thou, my
bonnie lass,
So deep in luvie am I;
And I will luvie thee still,
my dear,
Till a' the seas gang
dry.

Till a' the seas gang dry,
my dear,
And the rocks melt wi'
the sun;
I will luvie thee still, my
dear,
While the sands o' life
shall run.

And fare thee weel, my
only luvie!
And fare thee weel
awhile!
And I will come again, my
luvie,
Though it were ten
thousand mile.



Resident News



With all the pomp and circumstance it has become quite a tradition in Spring Gardens to celebrate the life and poetry of our great bard Robert Burns.

The annual celebration is very much enjoyed by the residents and staff and everyone is encouraged to play a part be it reading a poem or joining in in song.

The top table with Carol, Chris, Helen and Alec.



Chef, Krys bringing in the haggis.



Betty giving the Selkirk Grace.



Maureen giving The Toast to The Immortal Memory of Robert Burns.





The Staff; Hannah, Anna, Shelly, Kasia & Chiara



Krys



Chiara and Helen



Mary and Betty



Leah



Resident News

Krys read the address to the lassies and Helen read the reply from the lassies, below is what she said;



“Here’s to the laddies- a whole array of them
They are charming and talented– each one a gem
Where else can one find such superior men who excel
At talking and eating and napping so well.
They can sing, they can dance,
They can speak Burns Quotations, but what they’re really best
at

Is PROCASTINATION!!!

So with one last tribute let me conclude,
This is the age of being “a super cool dude!”
Our laddies like pipers in the mist,
Bring music to our hearts, thank God they exist.

TO THE LADDIES”





Resident's enjoying the Afternoon Tea Party at Bellfield Halls.



Nan Mearns
" I loved Party"



Betty and Eva enjoying tea and cake.



Betty along with local celebrity Shona McDonald

Resident News



Photo by Jon Davey Photography

Portobello Love Stories

The hall at Bellfield came alive again recently with an inter-generational event, Portobello Love Stories. Organised by Tribe Party Youth Theatre, Action Party and Portobello Heritage Trust, Portobello Love Stories took place on 10th February 2018 in the Bellfield Halls.

This was a pilot event that brought together some senior members of the community including, our two sister care homes, to share love stories and memories of Portobello. Children from Tribe Party Youth Theatre chatted and recorded conversations and memories from the elderly and soon this will be made into a short film. This was hosted by the Portobello heritage trust who also gave us a very informative slide show of Portobello in days gone by.

It was a lovely afternoon of memory sharing between Portobello Older People's Project participants and members of the youth theatre. We enjoyed this pilot event immensely and look forward to it fully opening in June.



In February

By Alice Maynell

Rich meanings of the
prophet-Spring adorn,

Unseen, this colourless
sky of folded showers,

And folded winds; no
blossom in the bowers;

A poet's face asleep in
this grey morn.

Now in the midst of the
old world forlorn

A mystic child is set in
these still hours.

I keep this time, even
before the flowers,

Sacred to all the young
and the unborn."



Resident News



On Thursday 22nd February we celebrated Chinese New Year with a Chinese lunch of sweet and sour chicken. Later in the afternoon we had a special Chinese afternoon tea with scrumptious cakes and savouries.





ART Therapy



Resident News

We like to keep busy in Spring Gardens, below some residents enjoy some light exercise with a game of beach ball football.



Michael and Carol



Leah and Margaret



My Story - Alan Kemp

This month our new resident Alan Kemp would like to share a little about himself.

Alan joined the Spring Gardens family earlier this month and has said that he feels he is settling in quite well. "its nice here" he commented.

86 year old Alan was a timed served joiner for 40 years, working for McTaggart & Mikel. Originally from Leith Allan soon became a very keen football fan and supported Hibernian football team.

He told me that all his leisure time was spent enjoying watching the football with his family or walking and watching the television.

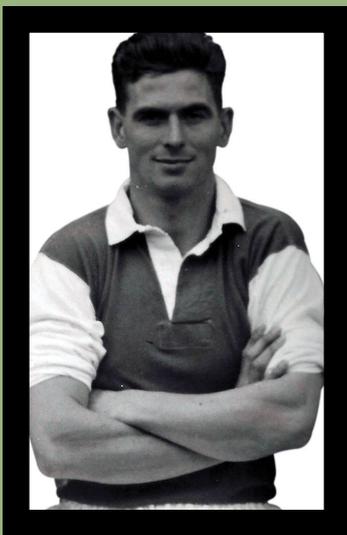
"I don't like reading now but I do continue to like to walk or go for a wander about, I always enjoyed walking my dog. My other passion was cars"

Alan also told me he served his National Service in RAF and thoroughly enjoyed his time there.

When asked who his all time favourite football player was he answered "without a doubt Gordon Smith"

Alan also said it was nice having so many of the staff popping in and out talking about the things he likes i.e. football and cars.

We look forward to sharing some lovely walks along Portobello promenade with you Alan!





Why do you build my up Buttercup

The Foundations

Why do you build me up
(build me up) buttercup,
baby
Just to let me down (let
me down) and mess me
around
And then worst of all
(worst of all) you never
call, baby
When you say you will
(say you will) but I love
you still
I need you (I need you)
more than anyone, darlin'
You know that I have
from the start
So build me up (build me
up) buttercup, don't
break my heart



Meet the Staff

Lynsay Ross—Practitioner

- Q1. How long have you worked in Spring Gardens?
2 years
- Q2. What's the best part of your job?
Interacting with the residents
- Q3. What did you want to be when you were a child?
A forensic scientist
- Q4. What do you do in your spare time?
I like to bake with my daughter
- Q5. Your favourite 3 course meal would be?
Pate followed by steak and rounded off with sticky toffee
pudding
- Q6. If you could visit one special place where would it be?
I would like to visit my uncle in Australia
- Q7. If you could have a super power what would it be?
Invisibility
- Q8. Tell us something we wouldn't know about you?
I used to help finish the sewing of kilts for a home kilt
maker
- Q9. Any pets?
I recently just got a wee Prince Charles Cavalier whom
we called Hugo
- Q10. What song would you sing at a karaoke?
Build me up Buttercup by the Foundations

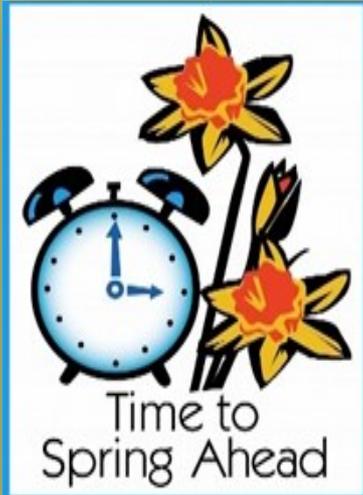


Dates for Diary

26 th March at 2.30	Margot Falconer
28 th March at 2.15	Historian Roy Johnstone's Visit
2 nd April at 2pm	Neil Robertson
11 th April at 2pm	Jim Mackie
12 th April at 2.30	April Showers Afternoon Tea
19 th April at 2pm	Marias Music for health

Following a taster session of Shuniya Chair Yoga the residents decided to practice with Lesley every Tuesday morning in the dining room at 10.45am

A warm invitation is extended to all relatives and friends who wish to join us.



A little reminder to all that spring is finally on the way and the clocks go forward on Sunday the 25th March 2018



Karen

Karen Bravin
Registered Manager

Maureen

Maureen Thomson
Activities Coordinator