



Spring Gardens Care Home Newsletter



Summer 2018 Newsletter



Summer fun!



Kasia, Carol and Lynsay



watching sports day



out for a stroll

Hello everyone, welcome to our latest newsletter, the third this year, each of which, we trust, has kept you informed of all the residents' activities to date. We also hope you enjoyed the excellent summer weather. Our residents certainly don't have to go far to enjoy a day at the beach. As you know and, you will see from the pictures, we have enjoyed everything on offer, dipping our feet in the sea, watching people metal detecting, walking their dogs, children having fun and, schools enjoying their sports days. We also met old friends, made new friends and, appreciated the occasional ice cream or ice lolly. As we approach the summer solstice we hope you will enjoy reading what we have been up to since the last newsletter.

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.

Care Inspections

It is fast approaching the time of year for our unannounced Care Inspection. As you will be aware, in June we sent out our own questionnaires and we use these to look at any areas for improvement. However, you will receive a further Care Inspectorate questionnaire which, we would be grateful if you complete and return to the Care Inspectorate in the stamp addressed envelope.

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Resident News

This spectacular sunny summer the residents have thoroughly enjoyed numerous walks on the promenade enjoying an ice cream or having coffee in the Beach Hut café on the promenade at the bottom of Bath Street. Residents use this as an opportunity to catch up with each other and others in the community. While there we met Aileen, the Monday morning movement class teacher who was delighted to see everyone.



Outings on the Ratho Barge this summer have been exceptional as the weather was very good to us. Two of our new residents, Ailsa Maxwell and Kenneth Milne, were delighted to be able to go on one of these trips.



Another afternoon was spent visiting Merry Hatton Garden Centre at East Fortune. Ella Whiteman thoroughly enjoyed the chance to take off and wander at leisure enjoying all the shrubs, flowers and aromas from the beautiful garden display. The afternoon tea was one to remember, beautifully presented, the staff excelled themselves, an afternoon tea to rival Carberry Tower!

If Teacups Could Talk

The very act of preparing and serving tea encourages conversation. The little spaces in time created by teatime rituals call out to be filled with conversation. Even the tea itself warm and comforting inspires a feeling of relaxation and trust that fosters shared confidences.”

Written by Emilie Barnes





Lingo Flamenco

As stated in our last newsletter residents decided to take part in some Spanish lessons. The course was spread over 10 weeks and was done in a way so that the residents enjoyed a learning experience at their own pace. After 10 weeks of good fun and hard work the Spanish students were rewarded for their efforts with a graduation to remember.



Summer Tea Dance

Residents attended a summer tea dance at the Leith Dockers Social Club. This is a club that Carol Airlie frequently attended with her sister. They spent many evenings and afternoons there, socialising and having great fun. This event was an open invitation to everyone and, five residents took the opportunity to attend. Everyone was very welcoming, arranged seating at a lovely table and we were well catered for. The afternoon consisted of an afternoon dance to a live DJ followed by a break for a lovely afternoon tea. Then, there was more dancing, another break for bingo, which was right up Carol and Betty's street, and of course they won a prize! The afternoon continued with dancing and Elizabeth made a new friend who became her dance partner for the afternoon.





Life's A Beach

At the beach, life's
different.
Time doesn't move,
Waves crash the
ocean front,
Kissing my feet.
Sea glass glistens in
the sun,
The warm air dances
around me
Giving a new start to
the world.
The sand tingles
under my feet
Like being tickled by
love.
Laying on the beach
shore,
Tanning the day away.
The tans may fade,
But memories
Never do.

Patricia Polka



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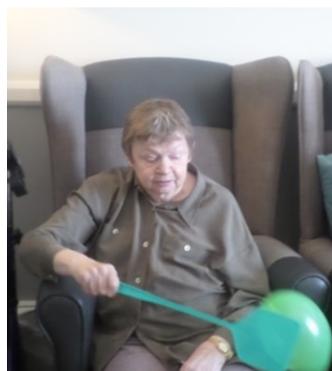
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Socialising on the Promenade

Part of our daily routine can include residents 'promenading' (this was a regular activity for many people dating back to the 1800's. If you look into local history books this is mentioned as an everyday event). When we go out along the promenade we never know who we will bump into, this time we met Joseph and Liz Phair out on a cycle run, (what, again!! They are super fit) if we don't meet them on the way there, we meet them on the way back. As always, Elizabeth made friends with yet another dog!



Plenty of musical entertainment has been enjoyed the last few months as well as floor dominoes, Carol Airlie and Moira Campbell are a great help to those residents who wish to take part but, due to their visual impairment feel restricted. Carol buddies Joan Cappoci and, Moira buddies Mary Phair, although the game is taken somewhat seriously, there is always an element of hilarity. Swat the balloon is a great livener and always raises energy levels. Cooking is another activity enjoyed by most residents, this sees them lining up to show of their cooking skills, especially now we have our portable hob induction cooker.





Resident News

The Tuesday Yoga class instructor has now left to prepare to have her baby but, the class continues with Claire. Claire is lovely and, has not only increased the numbers but has increased the fitness levels in our residents. All who participate have shown great improvement in movement, strength and muscle.

The fantastic weather has also enabled our residents to have had the choice of eating their meals alfresco or inside and, this Summer many residents took the opportunity to eat their meals outside.



Strawberry Fayre

For the first time in many years our annual “Strawberry tea” was enjoyed outside in the courtyard garden. It was wonderful for residents and families to have the choice of sitting outside, in the garden, or to sit inside in a cooler environment. There was a great turnout with families sitting in groups at tables.



We, of course, did our infamous Spring Gardens Summer Quiz. Michael Reynolds four year old grandson, Bertie, answered some of the questions and, gave us an insight into his friendly caring character, he also treated us to an impromptu dance much to the delight to his doting grandad.



Blessed are they...

Blessed are they who understand
My faltering step and shaking hand.

Blessed are they who know my ears today
Must strain to hear the things they say.

Blessed are they who seem to know
My eyes are dim and my answers slow.

Blessed are they who look away
When my tea was spilled at the table today.

Blessed are they who with a cheery smile
Will stop to chat for a little while.

Blessed are they who never say
“You’ve told that story twice today.”

Blessed are they who know my ways
And bring back memories of yesterdays.

Blessed are they who ease the days
And care for me in loving ways.

Blessed are they who make it known
I’m loved, respected and not alone.

Author Unknown

Meet the Staff

Maureen Thomson – Activity Coordinator



Q1. How long have you worked in Spring Gardens?

11 years this December, it’s the longest I have worked in any job.

Q2 Why have you stayed so long?

I have enjoyed every role I had in Spring Gardens, the support given to me during each role is amazing. I think I would have left a long time ago if it wasn’t for the support and, encouragement from not just my colleagues but my manager.

Q2. What’s the best part of your job?

Everything, I enjoy the residents, their stories and their histories.

Q3. What did you want to be when you were a child?

A Hairdresser.

Q4. What do you do in your spare time?

What spare time! I love spending time with my grandchildren.

Q5. Your favourite 3 course meal would be?

Pate on toast, scampi and chips then tiramisu.

Q6. If you could visit one special place where would it be?

I would go back to the Isle of Skye.

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 run a boys club, I did it for 13 years and I was a girls brigade officer.

Q9. What song would you sing at a karaoke?

Five hundred miles or sunshine on Leith, but I’m not really a karaoke person.



From Sunset to Star Rise

Go from me, summer friends, and tarry not:
I am no summer friend,
but wintry cold,
A silly sheep benighted
from the fold,
A sluggard with a thorn-
choked garden plot.
Take counsel, sever from
my lot your lot,
Dwell in your pleasant
places, hoard your gold;
Lest you with me should
shiver on the wold,
Athirst and hungering on
a barren spot.
For I have hedged me
with a thorny hedge,
I live alone, I look to die
alone:
Yet sometimes, when a
wind sighs through the
sedge,
Ghosts of my buried
years, and friends come
back,
My heart goes sighing
after swallows flown
On sometime summer's
unreturning track.

By Christina Georgina
Rossetti

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Dates for Diary

October Events

- | | |
|--------------|-------------------------------|
| 15th–19th | Italian themed week |
| 31st October | Halloween Afternoon Tea Party |



November Events

- | | |
|---------------|---|
| 1st November | Shoogly Road Production Company
'The War Singer' |
| 12th November | Neil Robertson |
| 15th November | Maria's Music for Health |
| 26th–30th | Scottish themed week |
| 28th November | Margot Falconer |

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

Karen

Karen Bravin
Registered Manager

Maureen

Maureen Thomson
Activities Coordinator