



Spring



Hush can you hear it?
The rustling in the
grass
Bringing you the
welcome news

Winter's day is past
Soft, can you feel it?
The warm caressing
breeze

Telling you the sticky
buds
Are bursting on the
trees

Look, Can you see
them?
The primrose in the
lane,
Now you must believe
it
Spring is here again

(May Denn)

Spring Gardens Care Home Newsletter

Spring 2019 Newsletter



Welcome to the latest edition of our newsletter. March marks the start of Spring here in the Northern Hemisphere and autumn in the Southern Hemisphere. Spring is synonymous with new beginnings and that is certainly true here in Spring Gardens as we embrace technology with Care Docs a new digital care plan system. We have also silenced the call bell system with the introduction of pagers so even though you won't hear it anymore the doorbell is still working!

Staff Training

Along with the mandatory training staff are required to update annually. Much of the training taking place over the coming months will be centred around using Care Docs. We will continue to educate staff on Dementia through the Promoting Excellence modules.

Congratulations to those staff members who have successfully completed their SVQ courses.



Making bonnets and cards in preparation for Easter



The lavender girls decorated the tree



After what feels like a very long, although mild winter we have encouraged our residents to breathe-in and enjoy the fresh air of Spring. A little planning was required, with temperatures being up and down but we made sure to keep warm and dressed for the changeable weather that comes with Spring in Scotland. We kept hydrated with warm drinks and covered up with blankets and enjoyed the benefits of the (very subtle) raised temperatures.





Memories from the barge trip...



Seagull Trust Barge

Although the weather wasn't kind to us on our first trip of the year our residents found another way to enjoy themselves. **Dancing the day away.** Kenneth played the gentleman by dancing with all the ladies BUT found Isa to be the most irresistible!!!!



Our 2nd trip on the barge in May was so lovely. With the weather being drier and brighter we were able to enjoy the sail sitting outside watching all the wildlife. The swans were nesting and we were lucky to catch a glimpse of the mum to be.





Alan making short work of transporting the plants using his trolley...



As Bette and Ailsa plan the next project.



Gardening Club

We began meeting up just before early Spring for the gardening enthusiasts. The core group have planted all the hanging baskets and planters and their efforts are not going unnoticed with the flourishing flowers now on show. As much as the weather has been changeable for this time of year it has not diminished our enthusiasm.





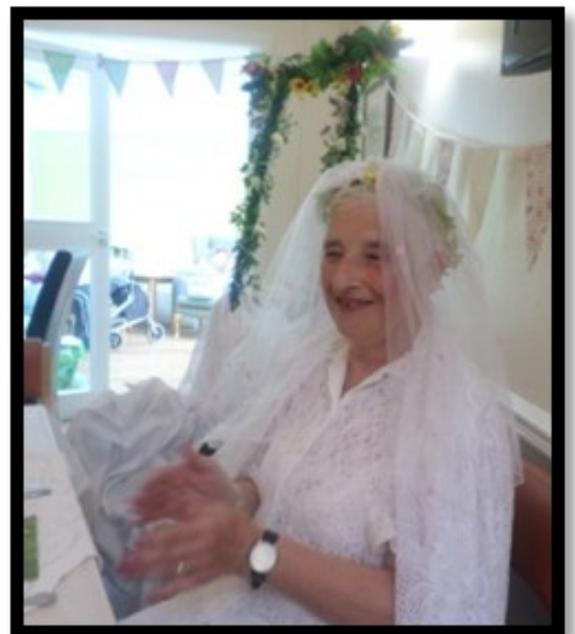
Spring Gardens May Queen 2019



This year we chose the youngest resident to be our May Queen and a wonderful day it

turned out to be for a very surprised Carol Airlie. All her subjects had a magical day as well and also enjoyed being dressed for the occasion.

Carol looking delighted to be chosen as May Queen 2019, below the residents enjoying the May Day festivities.





On rainy spring days we:

- Listened to the rain
- Enjoyed seasonal fruit & vegetables
- Enjoyed home baked cookies
- Watched a movie with all the trimmings
- Organised a Sing-along
- Took part in a fund raiser for Alzheimer
- Held a 'Spring-Cleaning Day' and tidied up our handbags and trollies

Spring Activities 2019

We have been busy over the last few months, whether we've been supporting our local community by cheering on participants on sports day and showing our support for the 73rd annual taxi outing for children with disabilities, or just enjoying some retail therapy. Of course there were those days when the weather was really not on our side, however we didn't let that stop us either and were never short of entertainment! Below are some snapshots of what we have enjoyed this spring:





Things we did Spring 2019:

- Watched the local schools sports events on the beach
- Enjoyed walks to the Park
- Watched and listened to birds busy constructing their nests
- Visited Gullane and Longniddry beaches
- Bird watching at the park and backyard
- Enjoyed afternoon tea in a vintage tea room
- Took boat trips on the River Almond at Ratho
- Planted hanging baskets and plants in the garden and courtyard
- Had Ice cream at Holyrood Park
- Went to Silverknowes to enjoy the views
- Coffee and Donuts at McDonalds
- Watched and listened to Bumblebees at work
- Bought seasonal flowers to decorate our tables





Recognise anyone?



Above is a photograph of the telephone box on the High Street, inside is a snap of our very own celebrity models !

Can you spot them?

Best wishes

The residents and staff of Spring Gardens Care Home



Dates for the diary

- **Strawberry afternoon tea**
Saturday 20th July 2.30-4.30pm
- **Full day barge trip**
Monday 26th August
- **MacMillan coffee afternoon**
Friday 27th September 2.30-4.30pm

As always we welcome you to join us at any of our events, activities, outings or afternoon teas, check the notice board or chat to Maureen for further details.

Karen

Karen Bravin
Registered Manager

Maureen

Maureen Thomson
Activities Coordinator