



Welcome To Our Newsletter

Spring is just around the corner and we are all looking forward to the lighter days. Our amazing residents have been keeping busy, so please sit back, relax and enjoy reading all about what we have been up to.

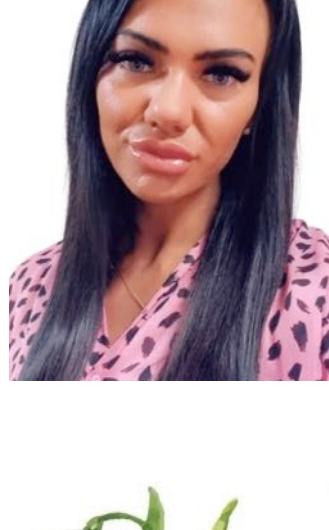
If you know someone who would like to receive our email newsletters/updates just let us know, or forward them the newsletter sign up link below:

[Sign-Up Form](#)

Best wishes,

Adele

Adele Macgillivray
Interim Home Manager



Love Is In The Air



Happy Valentine's

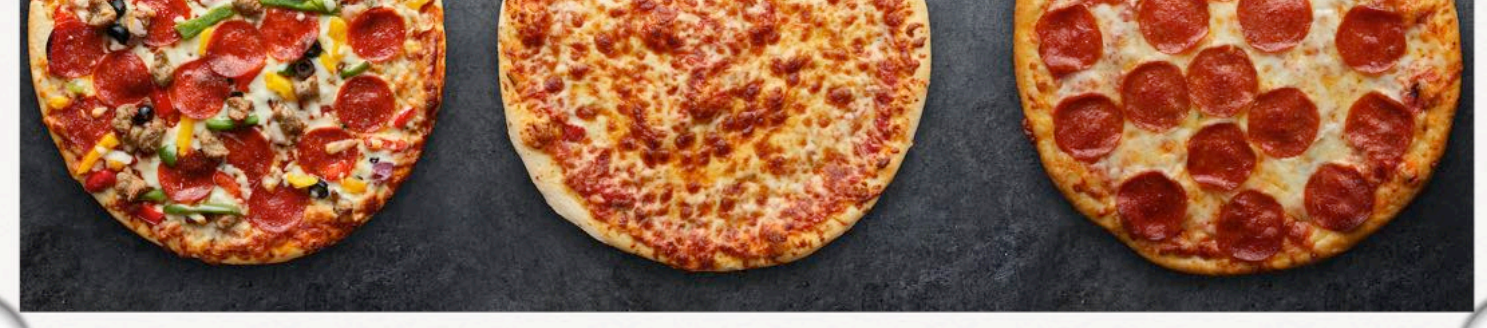
Love was certainly in the air as we celebrated Valentine's Day here at Westerton. Maintaining relationships with loved ones is really important and our Valentine's Day lunch was a great success.



Our residents enjoyed spending time in our Cafe area speaking with other residents which creates a fun and friendly atmosphere...



International Pizza Day



Mouth Watering...

It would have been rude to let International Pizza Day pass without celebrating! We had lots of delicious fresh pizza with toppings galore - but the question remains... does pineapple belong on pizza?

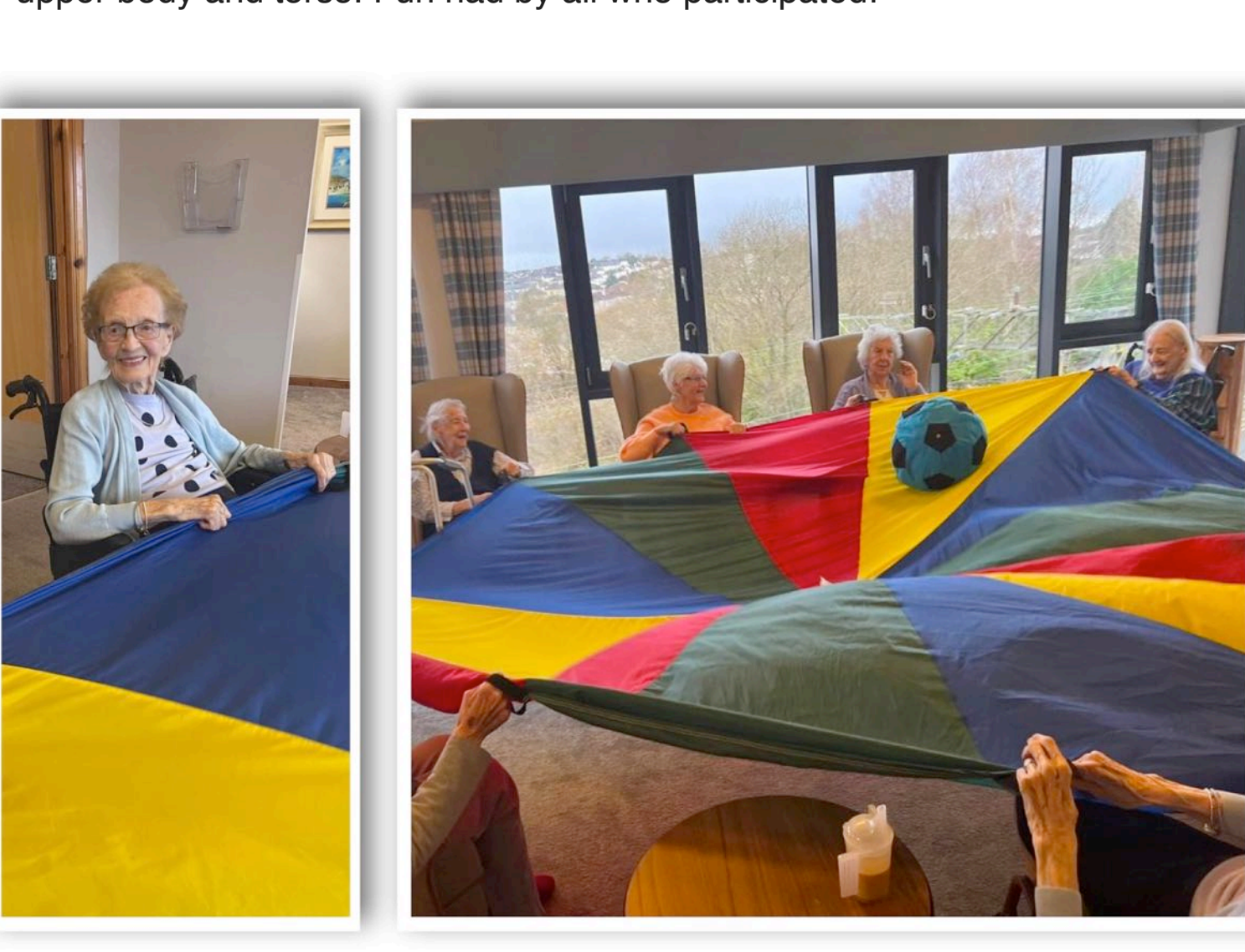


Recent Activities



Teamwork!

Our residents really enjoy getting together for a game of parachute and ball. Not only does this exercise the mind as the residents work together, but it also strengthens our upper body and torso. Fun had by all who participated!



It's crucial to remember the importance of a varied activities programme in a care home. Taking part in activities that are meaningful and positive is key to living a healthy and fulfilled life. Some of our favourites include our knitting group, pamper sessions and fitness classes...



Our Facebook Page

Our Westerton Care Home Facebook Page is a great place to view photos and updates throughout the month. Make sure to 'Like' our page!

[Westerton Facebook Page](#)

Review Us

All feedback is very much appreciated and we would be very grateful if you could spare a few minutes to write a review for us:

[Carehome.co.uk Review](#)

[Google Review](#)



Produced by ClitChat Marketing Ltd.

Copyright © 2023 Westerton Care Home (Westerton Care LLP, Company Number OC364350). All rights reserved.

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#).