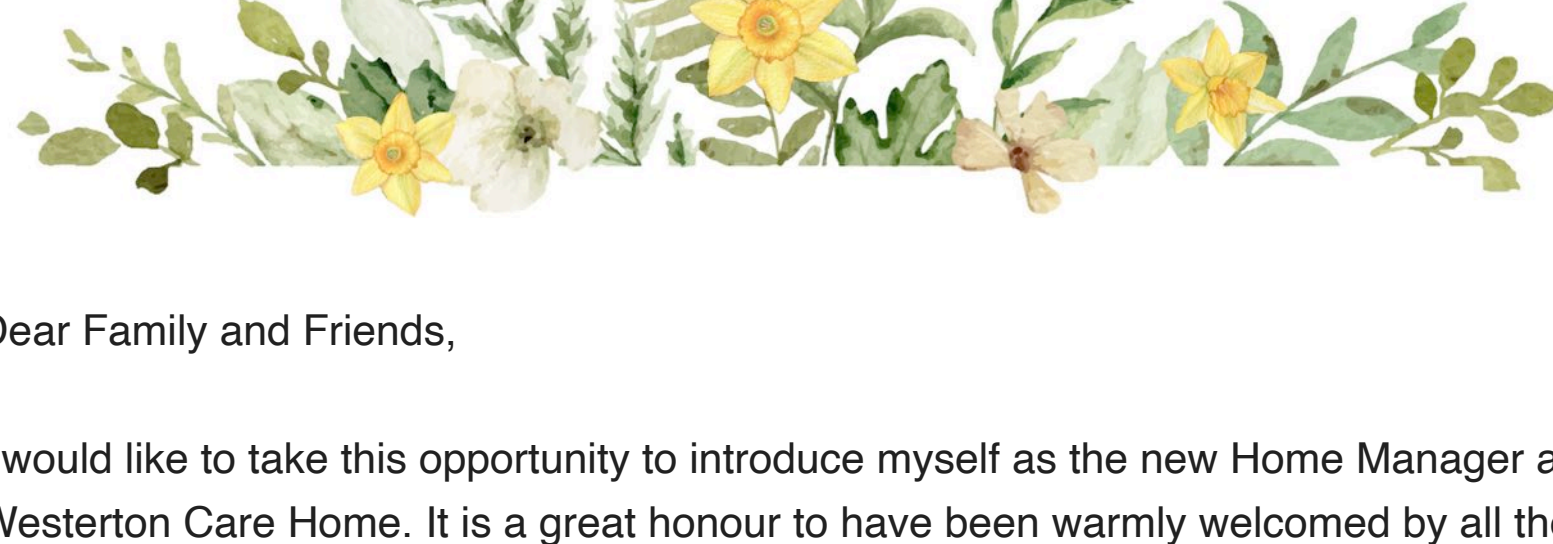




Welcome To Our Newsletter



Dear Family and Friends,

I would like to take this opportunity to introduce myself as the new Home Manager at Westerton Care Home. It is a great honour to have been warmly welcomed by all the amazing Westerton residents and staff.

I look forward to working with the fantastic team here at Westerton as we continue to improve all aspects of the service for our residents. I also look forward to meeting and getting to know you all and if you have any questions or queries, please don't hesitate to get in touch.

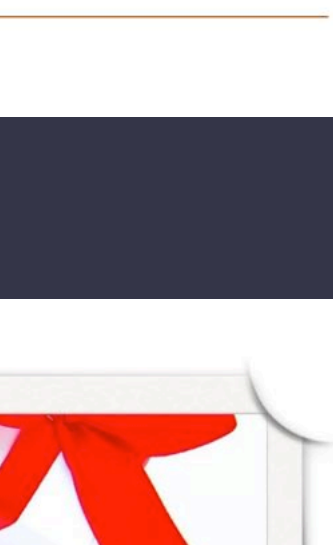
I will be holding a Relatives Meeting on Wednesday the 29th of March at 5pm. To register your interest in attending the meeting, can you contact the Office Staff at the Care Home, Monday to Friday, 8am - 4pm with your email address?

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,

Heather
Heather Lundie
Home Manager

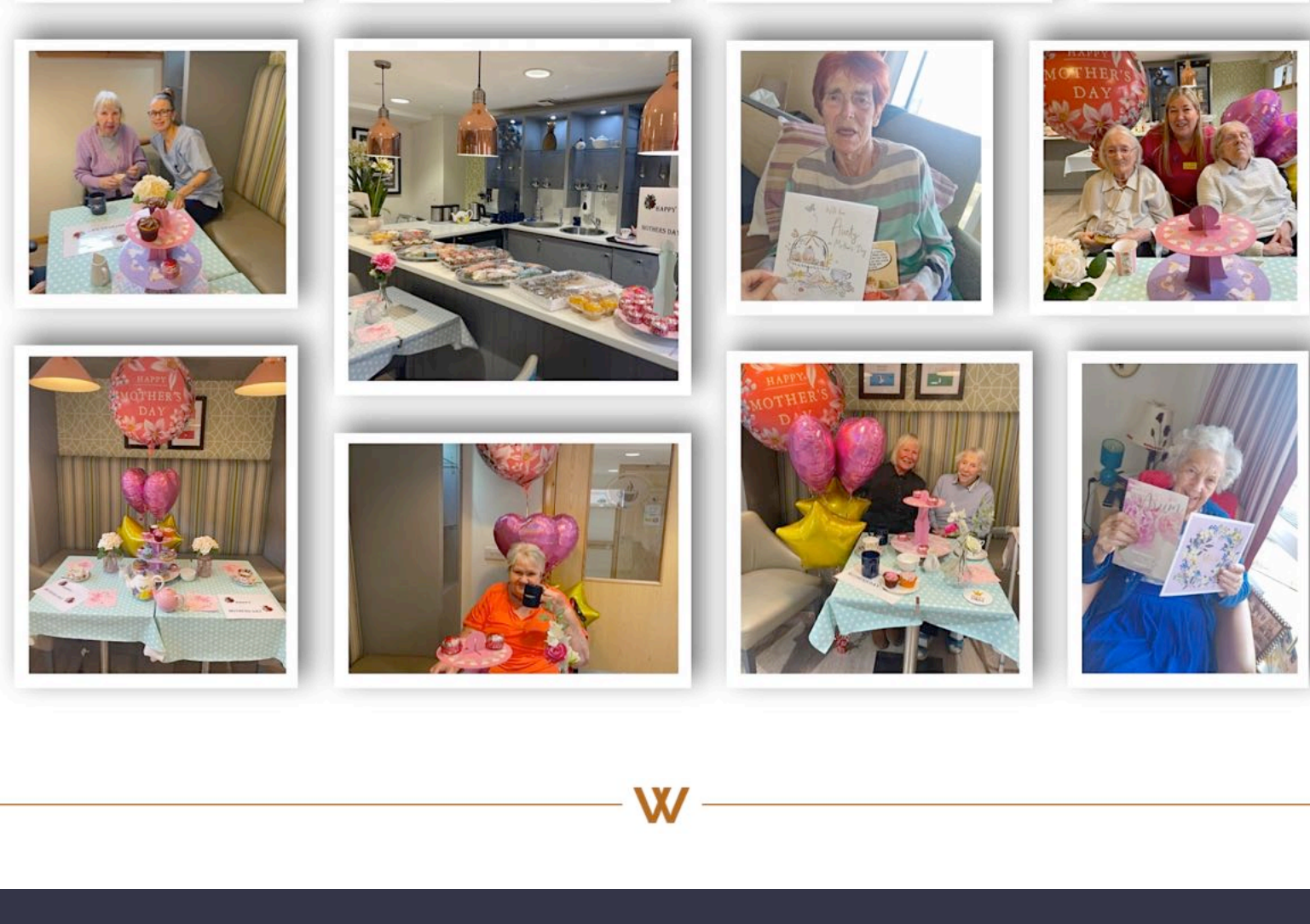


Mothering Sunday



With Love...

Mother's Day; a day when we celebrate all Mothers and Motherly Bonds... We had a lovely time on Sunday the 19th of March with lots of visitors and gifts!

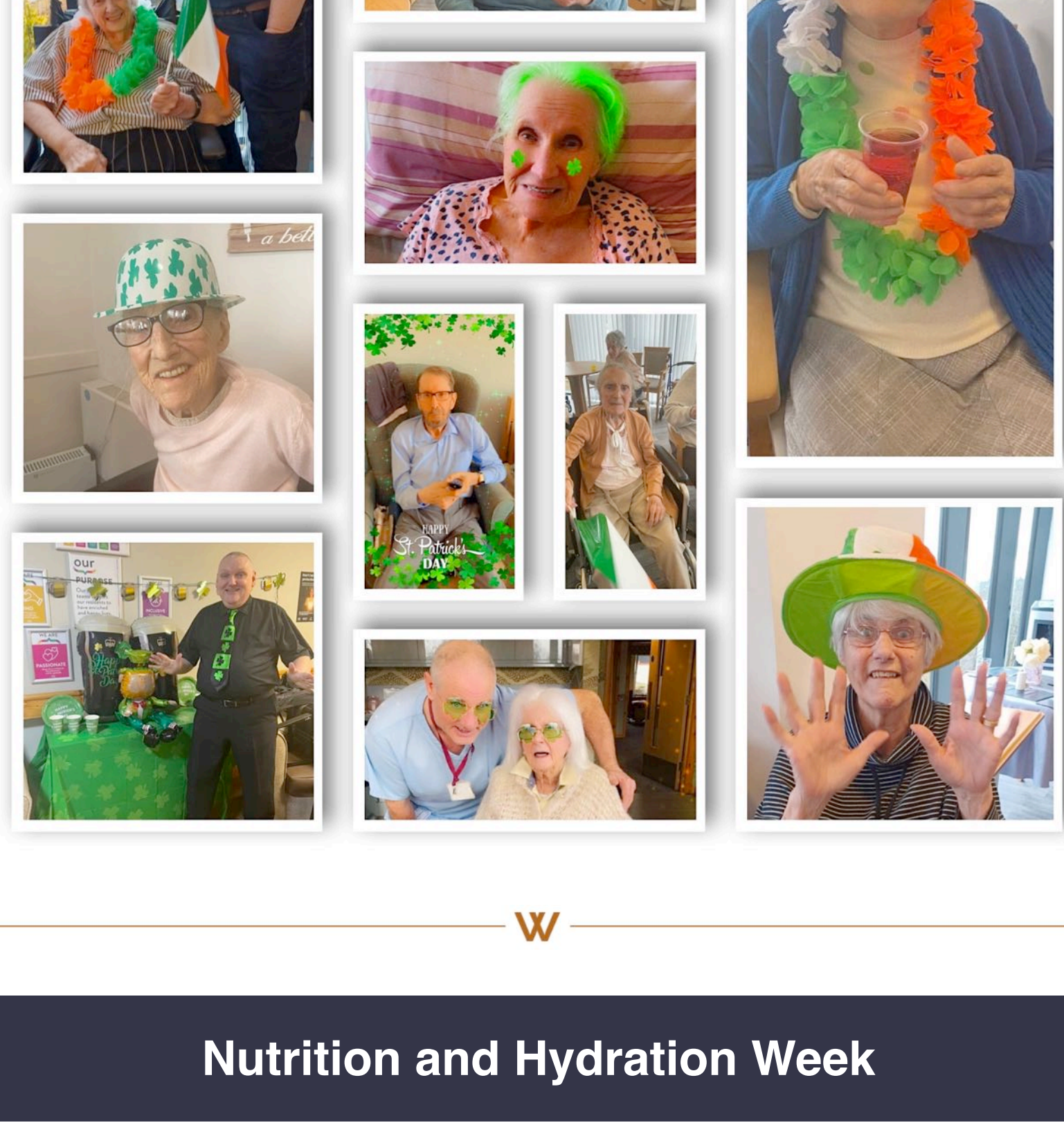


St. Patrick's Day



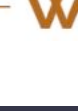
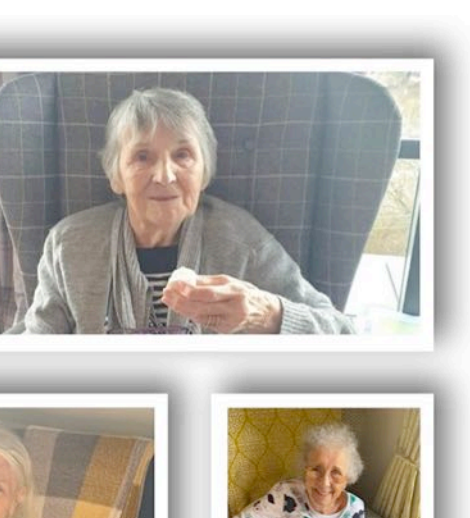
Plenty of Craic!

St. Patrick's Day was celebrated on Friday the 17th of March. We took part in themed colouring pages which were then displayed around the home.



Nutrition and Hydration Week

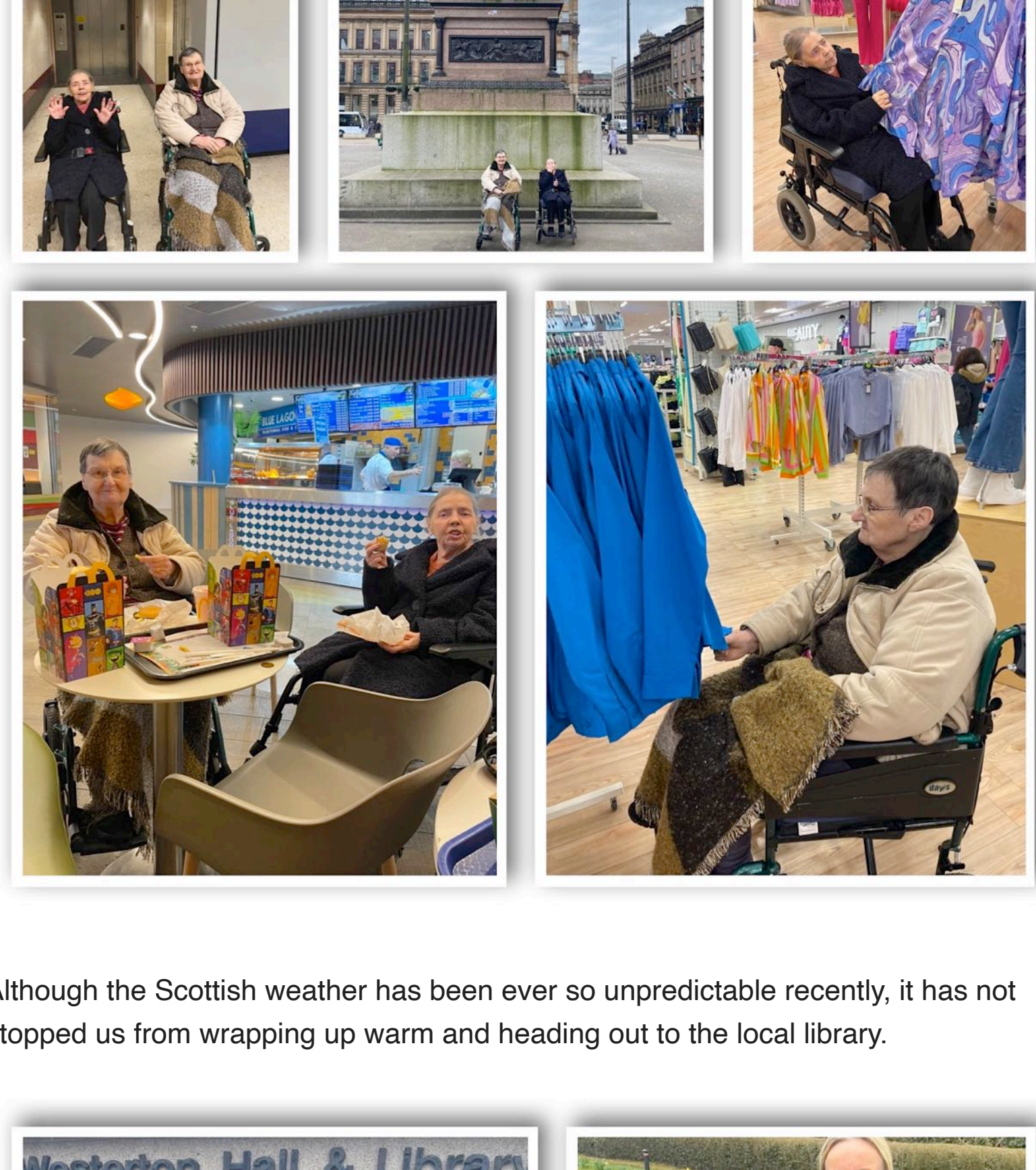
The residents enjoyed participating in Nutrition and Hydration Week when the home focused on healthy eating and staying hydrated while looking at the importance of a healthy and balanced diet. We also took part in some active games, whether that is part of a group or on a one to one basis.



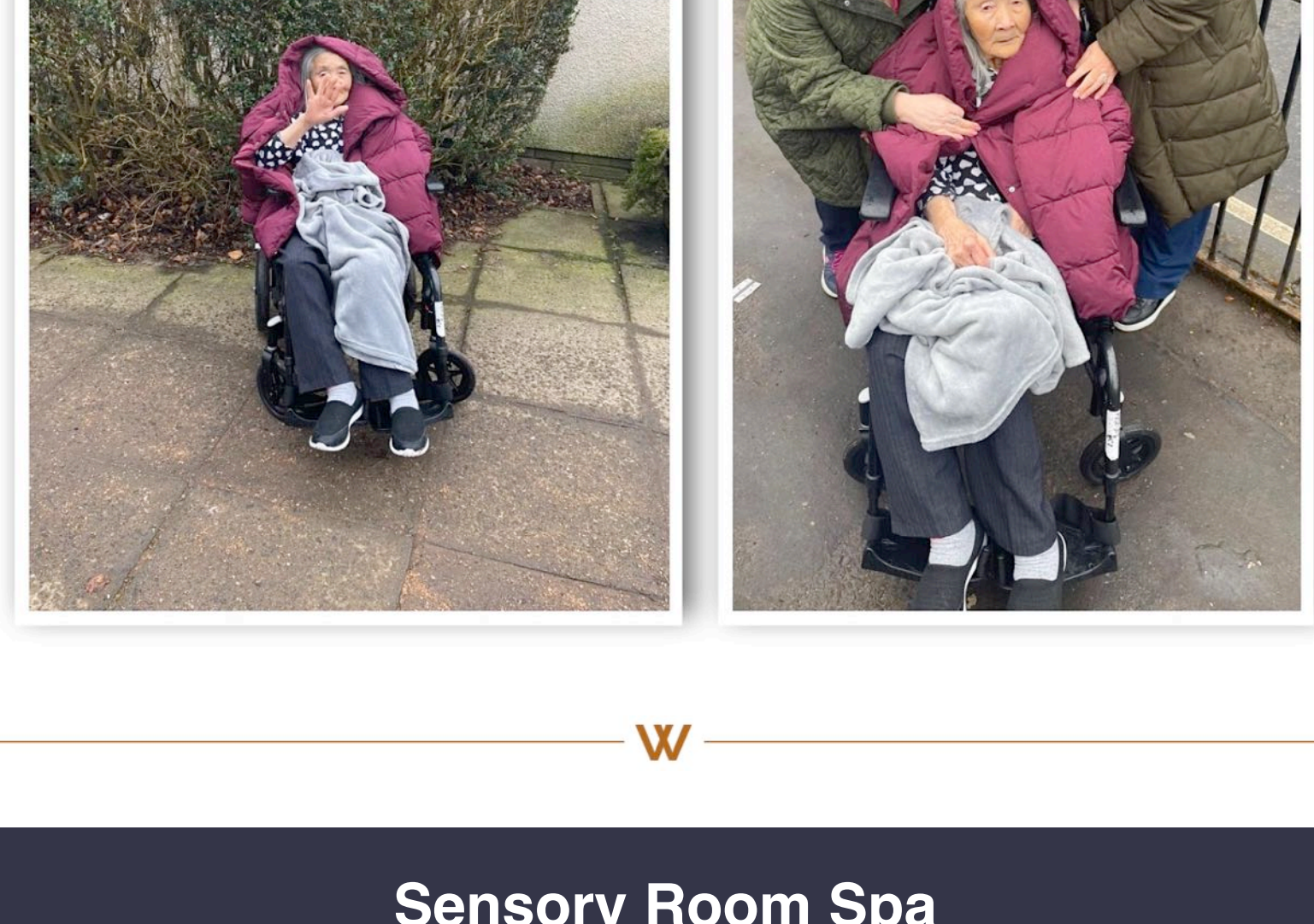
Getting Out & About

Change of Scenery

We just love a trip around our local area going to familiar places. It's always our resident's choice where they want to go, allowing independence and the opportunity to explore. Recently a couple of our residents went off on a retail therapy trip to Glasgow's city centre on the train. Of course, a stop-off for a delicious lunch was a must!



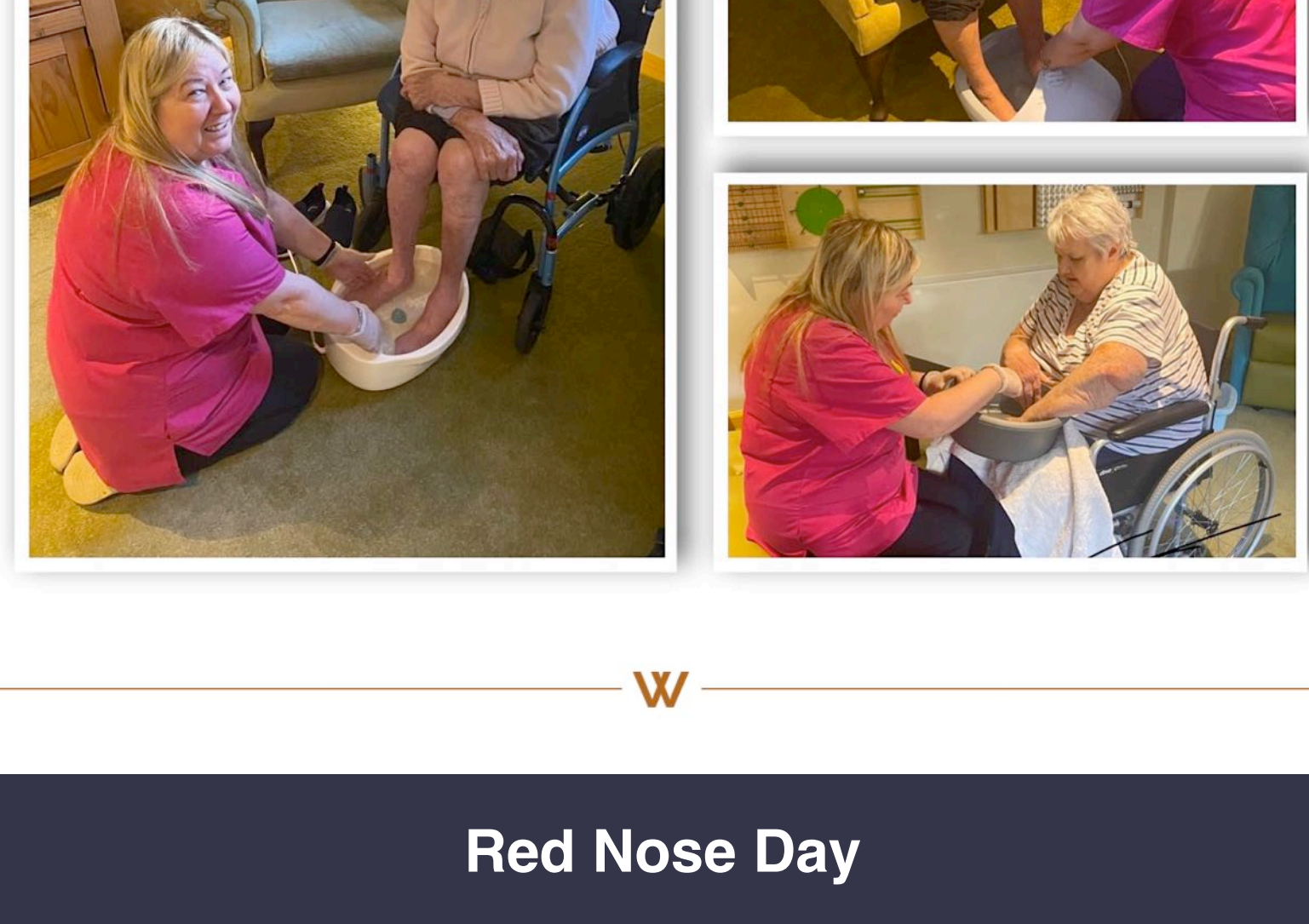
Although the Scottish weather has been ever so unpredictable recently, it has not stopped us from wrapping up warm and heading out to the local library.



Sensory Room Spa

And Relax...

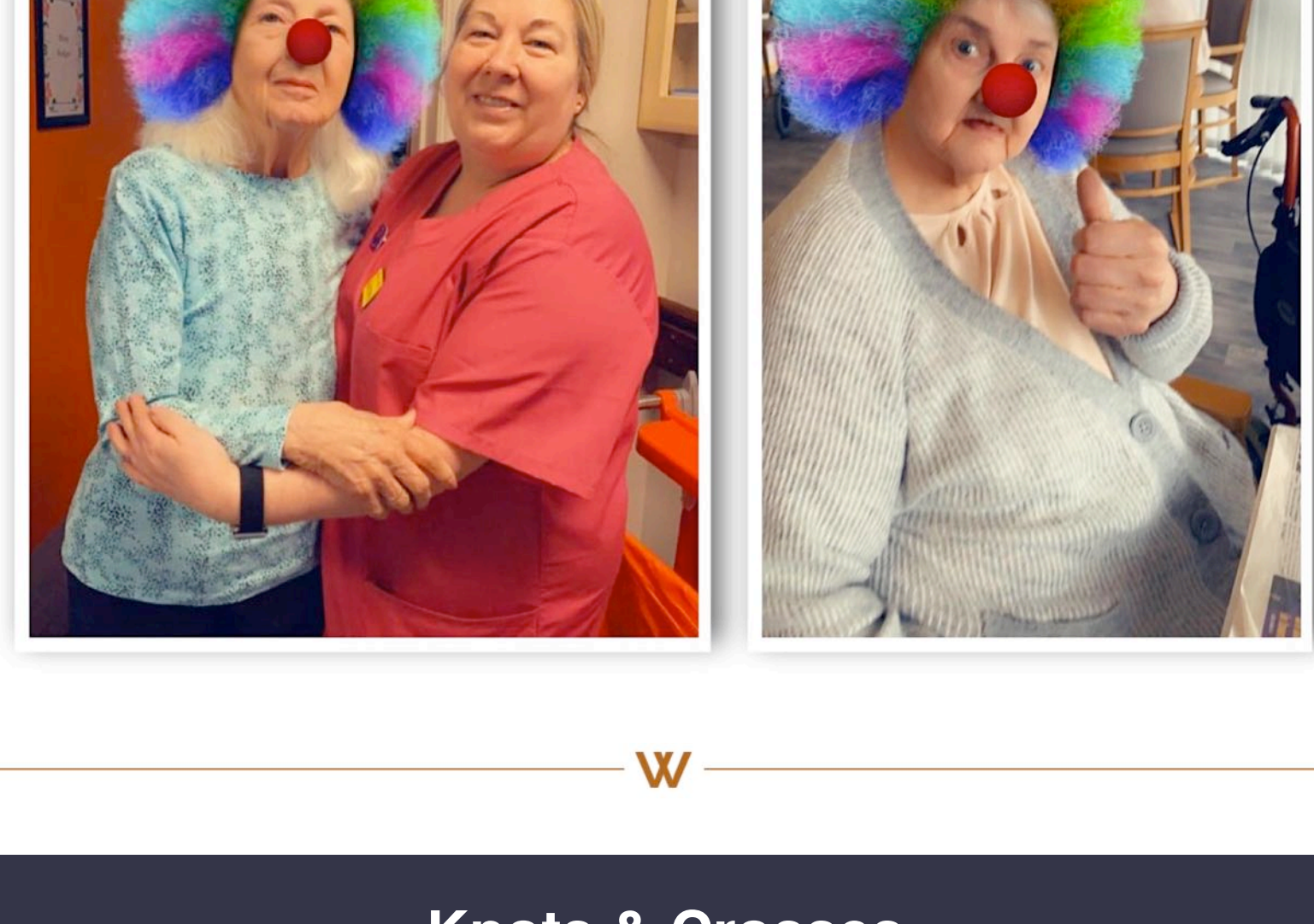
We just love a spa treatment to help relax and rejuvenate us. Recently, our Sensory Room was turned into a spa with hand and feet massages taking place.



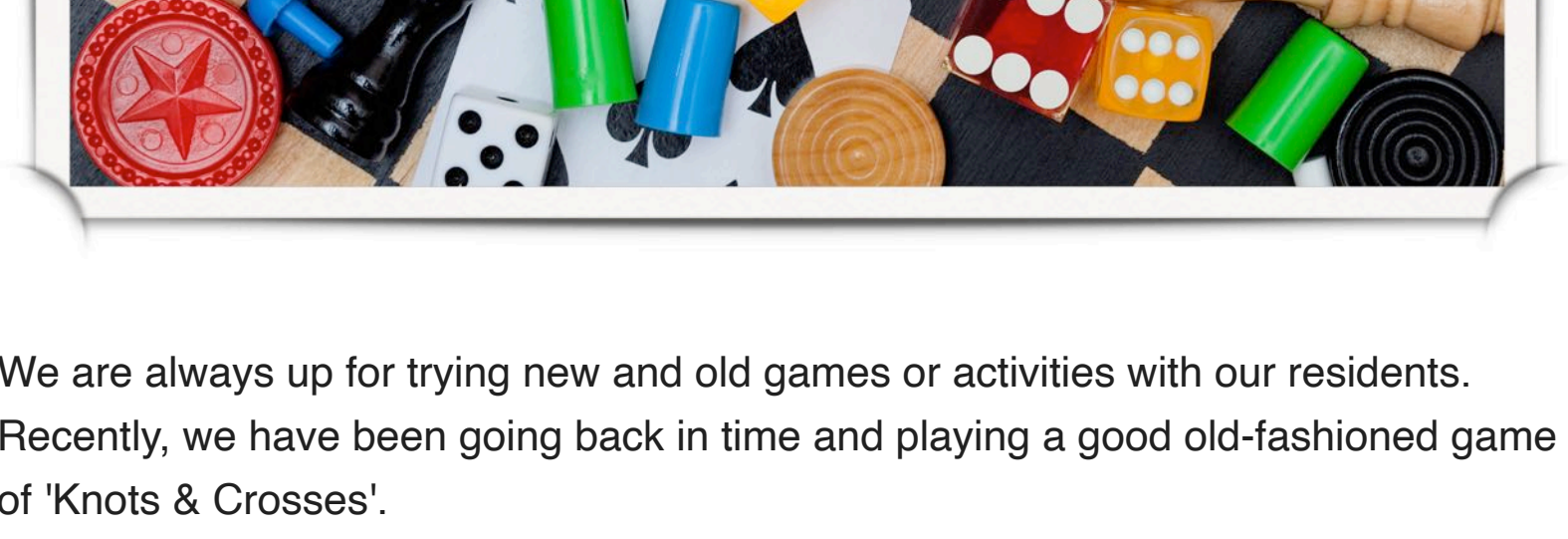
Red Nose Day

Showing Our Support

Red Nose Day is a campaign dedicated to ending child poverty "one nose at a time". Our residents looked fabulous as they sported their red noses while celebrating Red Nose Day. We had a super time and it felt fantastic to know that we contributed by raising awareness for the cause. Well done everyone!



Knots & Crosses



We are always up for trying new and old games or activities with our residents. Recently, we have been going back in time and playing a good old-fashioned game of 'Knots & Crosses'.



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](#)



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