



Welcome To Our Newsletter



A warm welcome to our latest newsletter, August 2023. We are thrilled to share with you all the exciting news and updates from our care home over the past month.

It has been a busy time for us and we can't wait to fill you in on all the details. So sit back, relax and enjoy all the interesting reads we have in store for you!

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



Spending Time Together



Summer BBQ

One event that we had recently was our Summer BBQ. Due to the weather it had to be moved indoors, despite this, we still managed to have a fantastic time! Thank you to all who joined and contributed to making it such a success.



Garden Projects

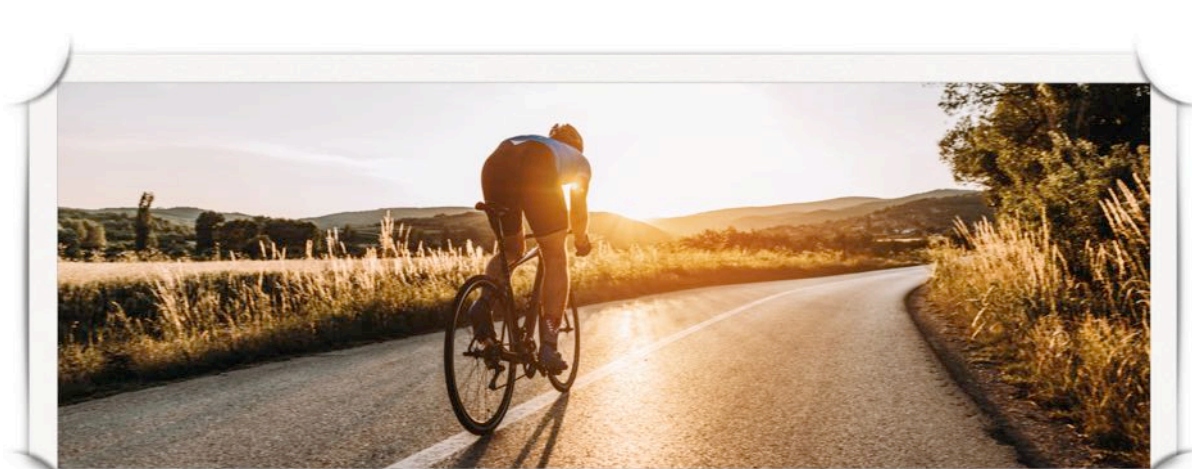


Teamwork!

Our Gardening Club is also going strong, and we have even had some success in growing our own vegetables. It's always rewarding to see the fruits of your labour when it comes to gardening and we are proud of the progress we've made so far.



CAPA Program



Out & About...

Cycling Without Age Scotland invited our residents along to the Riverside Museum. We got the opportunity to feel part of the current cycling event to celebrate 2023 UCI Cycling World Championships by having a go on their specialised bikes. Our residents really enjoyed this and even managed to spot a cyclist while on the cycle path. Not many care homes got this opportunity.



Our CAPA (Care About Physical Activity) Program continues. Summer Cycling Club visited the home and we enjoyed a virtual cycle around Millport/Isle of Cumbrae with some much-needed hydration after!



Relatives Meetings

Your Thoughts Matter

We find it so important to hear your thoughts and comments. We always strive to deliver the highest standard of care for your loved ones and receiving your comments helps us to maintain this goal. Below are the dates for our next Relatives Meetings:

Wednesday 25/10/23 at 6.30pm

Wednesday 24/1/24 at 3.30pm



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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