

A WARM WELCOME TO OUR SPRING 2024

Quarterly Newsletter



Manager's Introduction

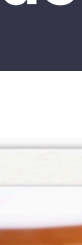
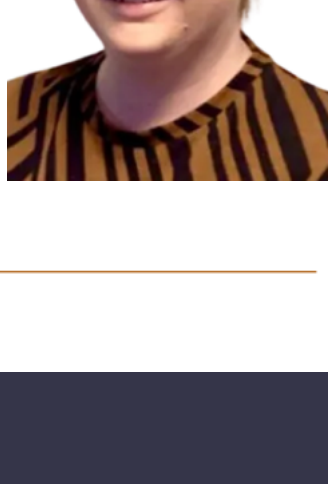
As we transition into the warmer months, we have plenty of exciting activities and events planned for our residents and there's something for everyone to look forward to. Read on to stay updated with all the latest news and happenings in our care home...

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



Hampden Park

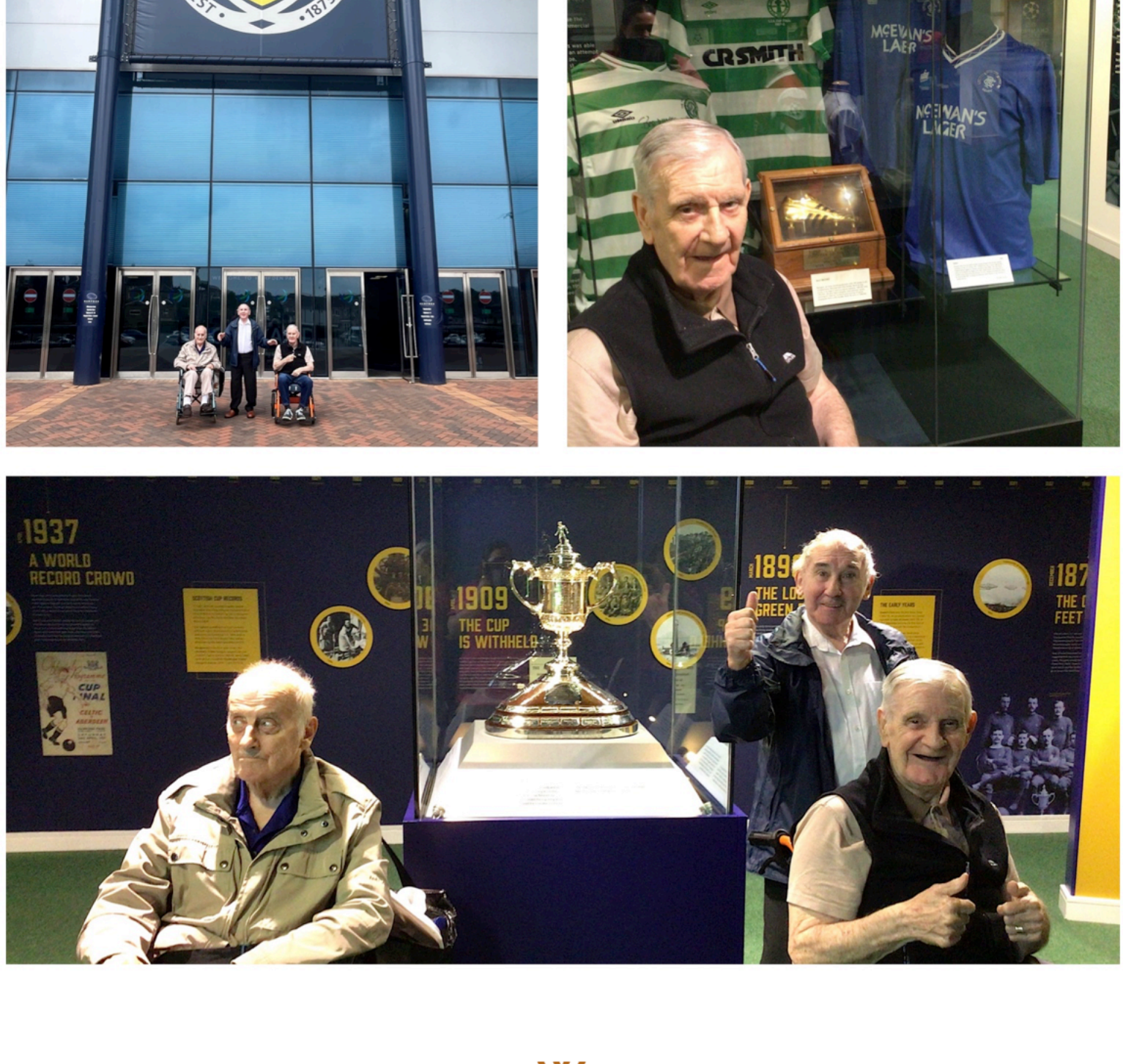


Good Times

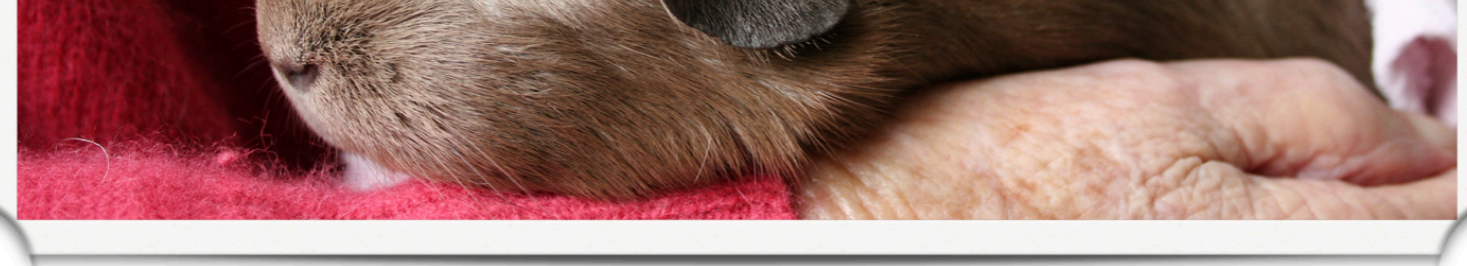
We encourage all residents to keep enjoying exactly what makes them happy...

Recently, some of the football fans at Westerton Care Home had the opportunity to take a tour of Hampden Park, where they enjoyed reminiscing about their favourite football memories.

Being able to participate in activities and events in and around the local community is key to living a healthy and fulfilled life.



National Pet Day



Cuddles & Pats

On Thursday, April 11th, 2024, in celebration of National Pet Day, Westerton Care Home organised a pet therapy session for the residents. The event featured an assortment of different animals, providing a delightful and therapeutic experience.

Having pets in the home can improve self-esteem and confidence, reduce stress levels, decrease blood pressure and offers a way to increase physical activity.

Most important of them all, it leaves a warm feeling in your heart.



Out & About



Change of Scenery

With the sun making its appearance, Westerton Care Home has been taking full advantage of the pleasant weather. Residents have been enjoying various outdoor activities, including walking trips, boat excursions, and picnics, all made possible through the use of our bus.

Getting out and about and being able to do things that our residents enjoy is just one of many ways that we support our lovely residents to continue to lead a fulfilled life.



Dates For Your Diary



Relatives' Meetings



Relatives' Meetings: Stay Connected with Your Loved Ones

We understand the importance of staying connected with loved ones, and that's why we have organised regular relatives' meetings. These meetings provide an opportunity for relatives to meet with our staff and learn more about our facilities and services. We encourage all relatives to attend these meetings to stay informed and connected.

Relatives' Meetings:

Friday 7th June 3 - 4pm

Wednesday 24th July 2 - 4pm

A Microsoft Teams link can also be provided for our meeting on 07 June. If relatives wishing to join via Microsoft Teams can get in touch the day before the meeting to request the link. Please send an email to info@westertoncarehome.com



Our Facebook Page



Connect With Us

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



Your Thoughts Matter

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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