

A WARM WELCOME TO OUR
SUMMER 2024

Quarterly Newsletter



**WESTERTON
CARE HOME**

Manager's Introduction

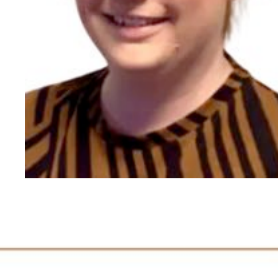
As the summer months unfold, our care home has been buzzing with a multitude of meaningful activities and events tailored to enrich the lives of all our residents. We welcome you to delve into the latest newsletter and read all about our latest happenings within our home...

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



Relaxing Pamper Time



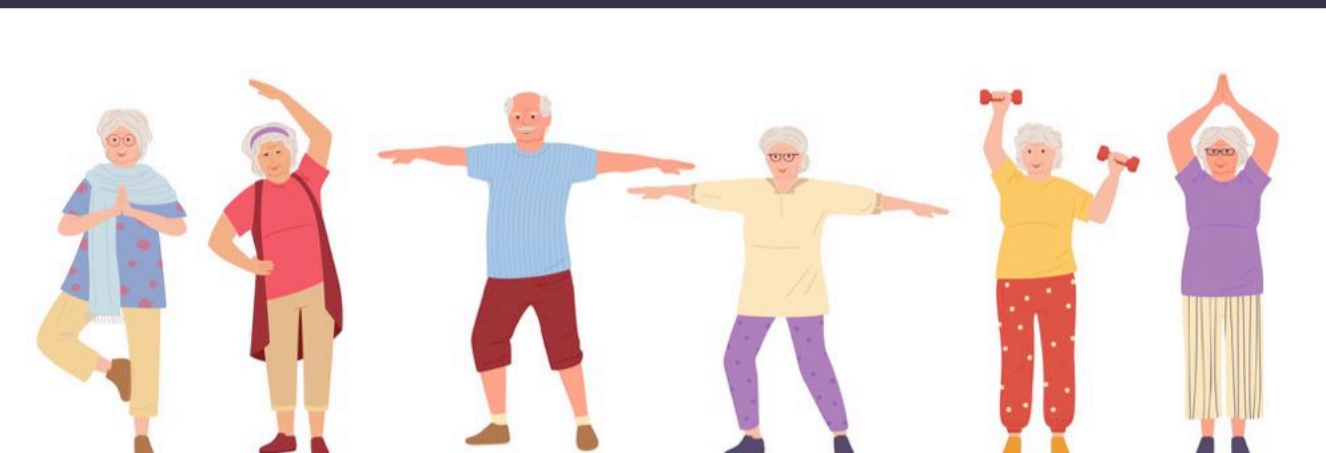
Relax & Rejuvenate

With our pampering days, there is no better way to relax and have a blether. Everyone loves to have a pamper and some of our ladies have recently enjoyed having their hair done, followed by nail painting then foot massages and spas.

As part of the all-inclusive care at Westerton, we have a lovely hairdressing salon with two hairdressers working within the home between Monday and Friday to ensure our residents are looking and feeling their best.



Keeping Fit



Health & Wellbeing

We have been getting plenty of exercise by playing various games. We enjoyed lots of movement, stretching and fun. Keeping fit is never easy but we try our best to make it fun! CAPA has been a big focus for us as our residents have been requesting exercise classes daily and we decided to source an external class to support our in-house class.

We have joined a weekly online exercise class with Burns Gym and a community of other care homes. The two brilliant instructors attend in their kilts and have all in the homes engaged and active.



What's Been Happening?



Keeping Busy & Active

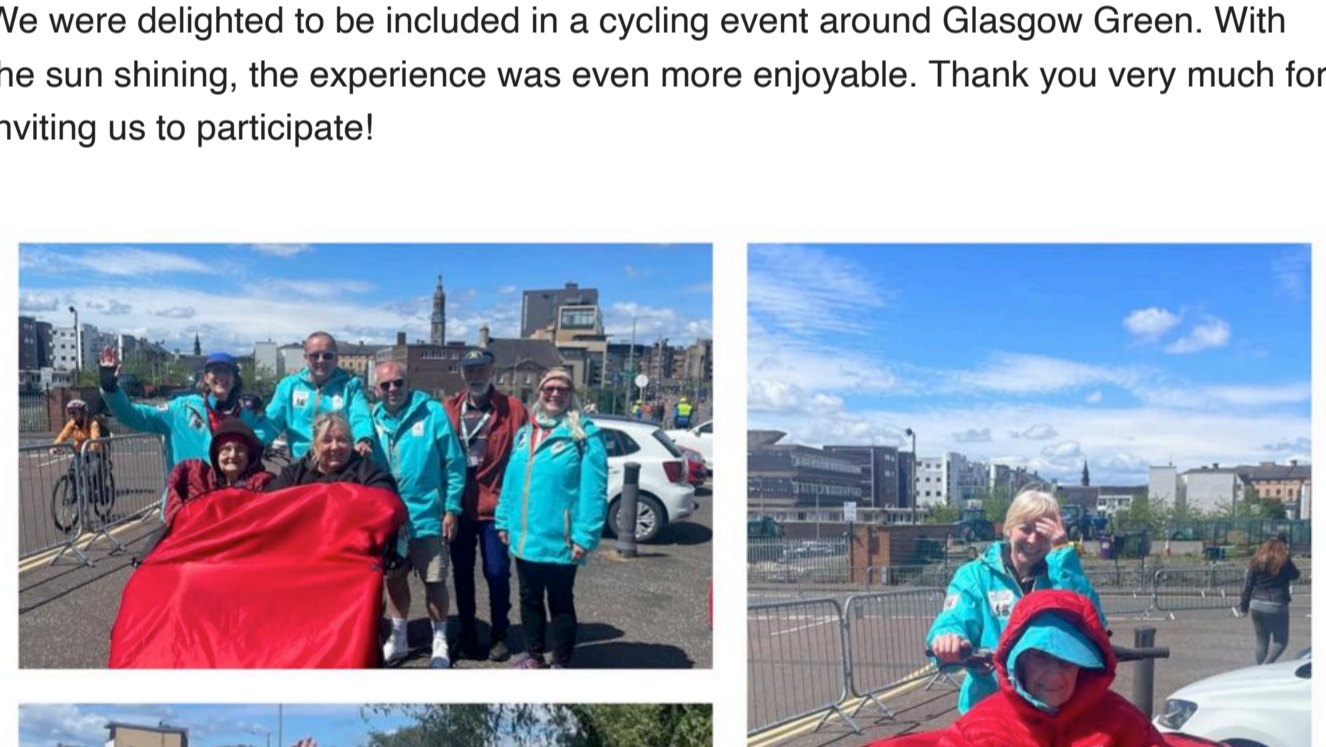
Boxing Classes

Our Gentlemen had the opportunity to try out a unique form of exercise recently when we were invited to a boxing class. We had a great time and want to express our gratitude to everyone at North Glasgow ABC Boxing for wanting to use.



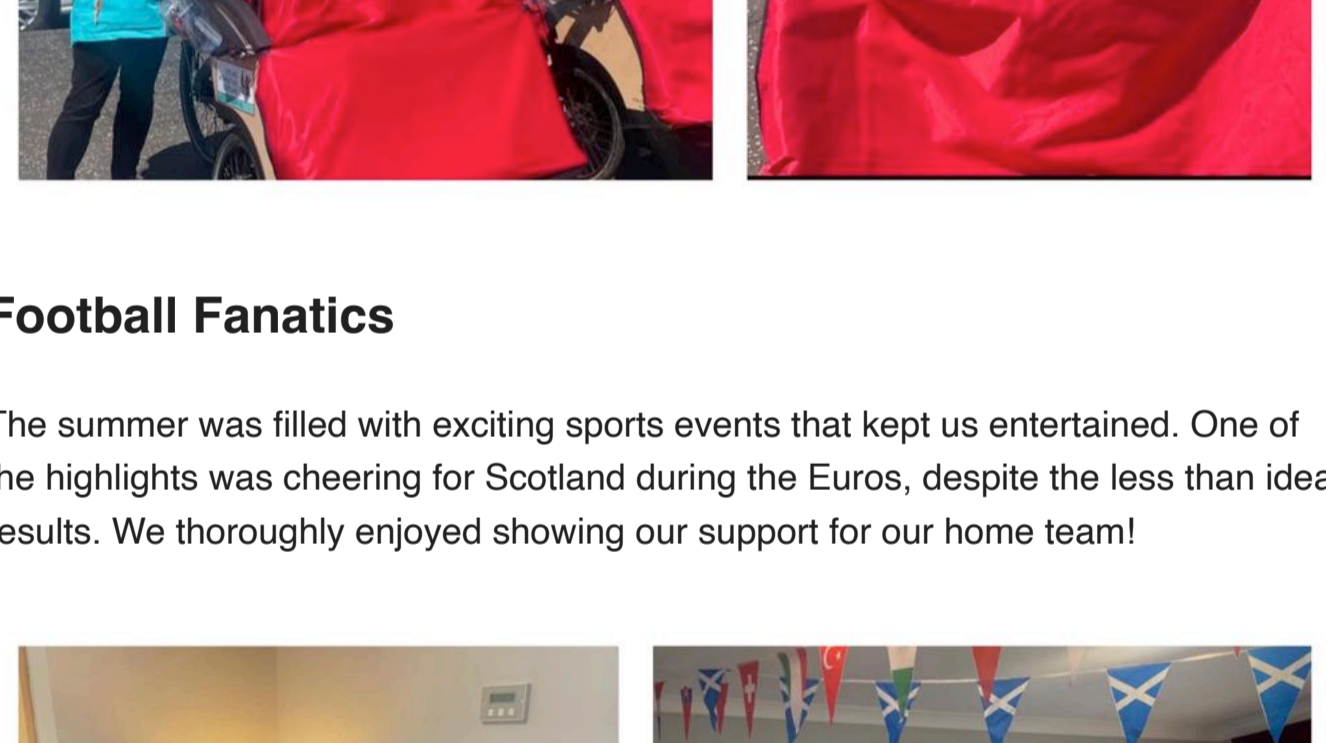
Glasgow Green Cycle

We were delighted to be included in a cycling event around Glasgow Green. With the sun shining, the experience was even more enjoyable. Thank you very much for inviting us to participate!



Football Fanatics

The summer was filled with exciting sports events that kept us entertained. One of the highlights was cheering for Scotland during the Euros, despite the less than ideal results. We thoroughly enjoyed showing our support for our home team!



Psychic Charity Event

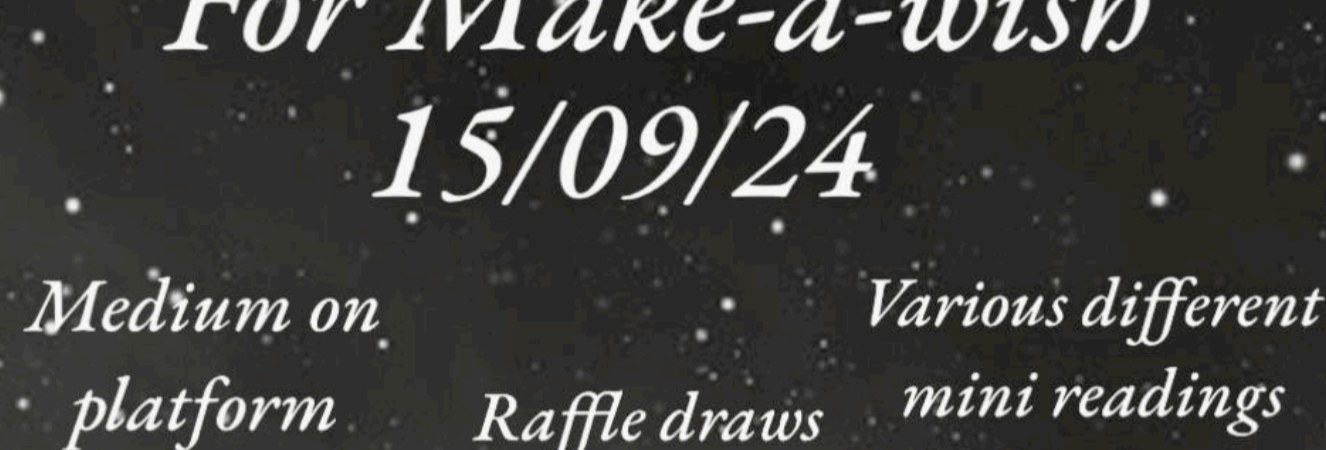


Fundraising Event

Our parent company has set off our home the goal of raising money for the charity Make-a-Wish UK. To kick off our efforts we will be holding a psychic charity event. If you would like to attend this event for all friends of Westerton please see any of the activity staff within the home for a ticket. We hope to see you all there and also supporting this worthwhile cause.



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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