



## INTRODUCTION

### Message From Our Manager

Welcome to the latest quarterly newsletter from Westerton Care Home.

The past few months have been steady and positive, with plenty of activity and time spent together across the home. It is always encouraging to see residents engaging in daily life in ways that suit them best - whether that means joining in group activities, enjoying quiet moments, or taking part in community visits.

Our priority remains the same: to provide a safe, comfortable and welcoming environment where residents feel respected, listened to and at home. Thank you to our staff team for their continued dedication, and to families and friends for your ongoing support and involvement.

We hope you enjoy reading about some of our highlights.

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



## ACTIVITIES, NEWS & EVENTS

### Flower Arranging

Flower arranging has brought a welcome splash of colour to the home. Residents have enjoyed selecting flowers, discussing their favourites and creating their own arrangements to display around the lounges and dining areas.

The sessions are not only creative but also calming. Handling fresh flowers often sparks conversation and memories, and it is lovely to see the pride residents take in seeing their arrangements brighten shared spaces. The finished displays have certainly added a cheerful touch throughout the home.



### Active Indoor Golf

Our indoor golf sessions have proved to be a popular addition to the activity calendar. With adapted equipment and plenty of encouragement, residents have been able to take part at their own pace.

There is always a sense of friendly competition, but just as importantly, plenty of laughter. The activity supports gentle movement, coordination and concentration, while offering an enjoyable way to spend time together indoors.



### Relaxing with Jigsaws

Not every activity needs to be lively. Some of our residents prefer quieter pastimes, and jigsaw puzzles continue to be a firm favourite.

Working together on a puzzle encourages teamwork and conversation, while also providing a calm and focused environment. It is rewarding to see a puzzle gradually take shape, and many residents enjoy returning to the same table over several days to complete it.



### Supporting Spiritual Wellbeing

Spiritual care remains an important part of life at Westerton. We support residents who wish to attend local church services and are grateful to nearby churches for their continued welcome.

In addition, local church representatives visit us each month to provide services within the home. These gatherings offer comfort, familiarity and an opportunity for reflection. For many residents, maintaining these connections is deeply meaningful.



### Arts and Crafts in the Café

Our café area has become a welcoming space for arts and crafts sessions. Residents have enjoyed a range of creative activities, from painting to seasonal crafts.

The informal setting encourages conversation and companionship. Whether someone is keen to complete a project or simply prefers to sit with a cup of tea and observe, everyone is made to feel included.



### Afternoon Tea

We would like to extend our thanks to Acre Community Hall for inviting us to afternoon tea. Our residents were delighted to attend and, as always, received a warm and friendly welcome.

Opportunities to visit local venues are valued by our residents. Getting out into the community, meeting familiar faces and enjoying a change of scenery makes a real difference and helps maintain strong local connections.



### Christmas Festivities

Christmas is always a highlight in our calendar, and this year was no exception. The home looked festive throughout December, and there was a real sense of anticipation in the lead up to the big day.

Our traditional Christmas dinner was enjoyed by residents and staff alike. The dining rooms were set for the occasion, and it was important to us to keep those familiar traditions that make the day feel special. There were plenty of smiles around the tables, and it was lovely to see everyone coming together.

We also held Christmas parties and enjoyed carol concerts, which brought back many fond memories. Singing well-known carols created a warm atmosphere and encouraged everyone to join in, even if just for a verse or two.

Christmas karaoke proved to be a particular hit. Residents chose their favourite festive songs, and there was no shortage of enthusiasm or applause. It was a relaxed and light-hearted afternoon that everyone thoroughly enjoyed.

We wrapped up warm for a visit to the Glasgow Christmas Market, taking in the lights, stalls and seasonal atmosphere. Getting out and about during the festive period made it feel even more special.

Another highlight was attending the Jordan Hill School Christmas Party. We are very grateful for the invitation and the warm welcome we received. Spending time with the pupils brought energy and laughter to the afternoon and was a wonderful way to celebrate together across generations.



## NEWS & UPDATES

### Activities Team

This quarter we were pleased to welcome Donna Brown to our activities team. Donna has been spending dedicated one-to-one time with residents to understand their individual interests, preferences and hobbies.

Getting to know each person properly is essential to planning meaningful activities. Donna is keen to develop a varied activity schedule that reflects the interests of everyone in the home, ensuring there is something enjoyable and engaging for all.

### Thank You

We look forward to sharing more updates with you next quarter and thank you for being part of the Westerton community.

## EXTERNAL LINKS

### Social Media

Make sure to check out the Westerton Care Home Facebook Page for all our latest photos!

**Don't Forget To 'Like' Us!**

### Leave A Review

We would be very grateful if you could spare a few minutes to write a review for us:

**Carehome.co.uk & Google Reviews**



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