WOODLANDS
CARE HOME

INTRODUCTION

Message From Our Manager

Welcome to our spring newsletter. It has been a particularly active and positive time at Woodlands with residents, staff and families all contributing to a busy and engaging programme of activities.

There has been a strong focus on wellbeing, community connection and creating meaningful moments throughout the care home and beyond its walls. It has been encouraging to see the enthusiasm and participation across the home. I would like to thank our team for their continued dedication and our families for their ongoing support.

Also, if you know someone who would like to receive our email newsletters and updates just let us know, or forward them this newsletter sign up link below:

Newsletter Sign-Up

Best wishes,

Lesley Stewart
Home Manager

SOCIAL ACTIVITIES & EVENTS

Winter Olympic Fever

The Winter Olympics brought a real sense of excitement to the home. Inspired by the games, residents and staff took part in a variety of themed activities, creating our own version of the Olympic experience.

Activities included curling, ice skating-inspired games, chair ski trips and bobsleigh relay. Residents also enjoyed skills and crafts, making their own Olympic-themed creations and decorating the dining room with colourful displays celebrating Nordic participation while napping through light hearted and occasional.

To round things off, we held our own awards ceremony. Five residents received gold medals for being part of the highest number of activities, with one resident attending an impressive 27 sessions. All participants were recognised with certificates and medals, making it a fitting end to a very enjoyable fortnight.

Armchair Travel Adventures

Our armchair travel sessions continue to be a favourite among residents, offering a chance to explore different places and cultures from the comfort of home.

Recently, we were fortunate to be joined by Grazielle and Jill, who shared their experiences of living and working in Brazil. The sessions included photos, stories and nostalgic items, giving residents a rare insight into a country they may never visit themselves.

Many enjoyed asking questions, sharing their own memories and even trying on traditional clothing. These sessions continue to be meaningful for both residents and staff, and we are grateful to those who take the time to share their experiences with us.

Getting Active with Leigha

Staying active remains a key focus at Woodlands, supported by our personal trainer, Leigha. Her sessions are tailored to residents' abilities and interests, and regularly encourage movement and are a positive time for the day.

Throughout the week, residents can take part in a wide range of activities, including chair yoga, gentle exercises, balance work and light strength training, all delivered in a welcoming manner. These are designed to enhance mobility and confidence, encourage movement and take part in a level that suits them.

Leigha has also introduced a mobile fitness trolley, allowing residents to engage in exercise on a one-to-one basis if they prefer. Her approach has helped many residents feel more confident in staying active.

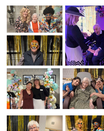
Staying Connected to Our Community

Maintaining strong links with the local community is an important part of the at Woodlands. Recent visits from local groups have helped to add a fresh perspective to afternoon tea and Mass at Drum Castle Church.

Local parks including Duthie Park, Hazlehead Park and Johnston Gardens have also been popular, offering a chance to enjoy fresh air and familiar surroundings.

A recent visit to the Theiss Exhibition at Rhu Cove provided an opportunity for learning and reflection. This experience prompted thoughtful conversations among residents and was well received.

We also took part in community giving during Easter, delivering Easter eggs to local organisations including the children's hospital, emergency services and GP surgeries. This was a meaningful way to connect with others and share a small gesture of kindness.



Introducing Lady Catherine

We are pleased to formally recognise Catherine, now known as Lady Catherine, for her contribution to life at Woodlands.

Catherine plays an active role in the home, particularly through her involvement in activities and the running of Cafe's Bar, which hosts regular social events such as Fish Fridays. Her enthusiasm and willingness to support others have made a positive difference.

It was a pleasure to mark this recognition, which reflects her valued place within the Woodlands community.

Supporting Meaningful Connections

We recently took part in a project with DAFOH Scotland, making exchange cards designed to support communication for individuals living with dementia.

The sessions encouraged conversation and helped residents share experiences and memories. It was adaptable to ask how this approach supported meaningful interaction, and we are pleased to have been involved in the project.

STAFF & HOME NEWS

Celebrating Our Achievements

The past few months have brought several achievements for Woodlands Care Home. We are proud to share that we have been ranked in Top 5 for the Care Concern Group, recognising the work of the entire team.

We have also maintained a Top 20 Care Home by Caterwise, as we continue to be one of the highest ranking providers in Scotland. In addition, our recent Care Inspectorate inspection resulted in strong grades across all areas assessed.

To celebrate, we hosted a house party for residents, families and staff. It was a wonderful evening together, filled with these achievements and many more as a community.

Celebrating a Resident Achievement

We are proud to recognise Isabel G. who was honoured at the Grampian Rheny Star Awards for her contribution within the home.

Isobel plays an important role in welcoming new residents and supporting them as they settle in. Her dedication has made a meaningful difference to the experiences and helping to shape the welcoming environment at Woodlands.

Her kindness and willingness to support others make a real difference, and we are grateful for all that she does.

NEW TEAM MEMBERS

Warm Welcome to Liz...

We are pleased to welcome new members to the Woodlands team.

Originally from New Zealand, Liz has recently relocated to Aberdeen and is enjoying settling into her new surroundings. She brings a strong background in care, with experience in customer service and reception roles, and has a strong focus on creating a warm, welcoming environment for all who come through the Woodlands doors.

COMING UP...

Upcoming Diary Dates

The Friendship Hub (13:30 – 15:00):
29th April
27th May
24th June
29th July
26th August
30th September

Relatives' Meetings (18:00):
Thursday 21st May
Thursday 20th August
Thursday 19th November

Wellbeing Focus Groups (15:00):
Tuesday 19th May
Tuesday 18th August
Tuesday 17th November

EXTERNAL LINKS

Social Media

Make sure to check out the Woodlands 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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