WESTERTON
CARE HOME

RESIDENTIAL | NURSING | DEMENTIA | RESPITE CARE



INTRODUCTION

Message From Our Manager

Welcome to our Autumn Quarterly Newsletter from Westerton Care Home. We've had an enjoyable few months, with residents taking part in musical activities, spending time with our friends from Lullaby Lane Nursery and enjoying outings within the local community.

One of our biggest highlights has been the completion of our beautiful new garden, which has already become a popular place for residents to spend time together. It was a pleasure to celebrate its opening with our residents, families, friends and members of the local community, and our Westerton Wildflowers have already been putting their gardening skills to good use.

As we look towards the winter months and the festive season, I would like to thank everyone who continues to support our home and contribute to our residents' enjoyment of daily life at Westerton.

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 & EVENTS

Our Passion for Music

At Westerton, we have a real passion for music, and our residents thoroughly enjoy opportunities to sing together and play musical instruments. There's something about a familiar tune that brings people together, and our musical activities always provide plenty of enjoyment and opportunities for everyone to get involved.

Music can play an important role in supporting emotional wellbeing, encouraging self-expression and helping residents reconnect with memories from throughout their lives. Playing instruments can also encourage coordination, concentration and gentle movement, while singing together provides a shared experience that helps strengthen friendships. Whether residents are singing along, playing an instrument or simply enjoying listening to the music, there's something for everyone to appreciate.



Westerton Wildflowers

Our Westerton Wildflowers gardening group has been making the most of our new garden, enjoying time outdoors and taking pride in their growing achievements. We were particularly pleased with the success of our home-grown coriander, which will be a welcome addition to our kitchen and something our cook can incorporate into residents' meals.

Growing our own produce is a rewarding experience, giving residents a sense of purpose and achievement as they see the results of their efforts. Gardening also provides opportunities for gentle physical activity, sensory stimulation and relaxation, while encouraging conversation about plants, favourite recipes and memories of tending gardens in years gone by. We're looking forward to seeing what else our green-fingered residents will grow in the future.



Visits from Lullaby Lane Nursery

We always look forward to visits from our young friends at Lullaby Lane Nursery. Our residents particularly enjoy listening to the children sharing their stories, and it's amusing to see the different generations spending time together and getting to know one another.

Intergenerational friendships can be beneficial for both residents and children, providing opportunities to share experiences, learn from one another and develop meaningful connections. The children's enthusiasm and curiosity bring a different energy into the home, while our residents have a wealth of knowledge and life experiences to share.

We greatly value our relationship with Lullaby Lane Nursery and look forward to many more visits together.



Glasgow Science Centre

Getting out and about remains an important part of life at Westerton, and one of our favourite destinations is Glasgow Science Centre. Our residents enjoy having a look around, exploring the surroundings and spending time reminiscing together.

Outings like these provide opportunities to maintain connections with familiar places, discover something new and enjoy a change of scenery. They can also encourage interesting conversations, particularly when something sparks a memory or reminds residents of their own experiences. Spending time together away from the home is a valuable social experience, and we always enjoy making the most of the attractions Glasgow has to offer.

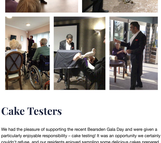


A Little Magic at Westerton

We've enjoyed some rather different entertainment at Westerton recently, with performer Ian MacDonald keeping our residents mesmerised during his show. We also welcomed a magician to the home, bringing some mystery, surprises and amusement to our activity programme.

Magic performances are a great way to capture everyone's attention, encouraging curiosity and giving residents something interesting to talk about together. There's always enjoyment in trying to work out how a trick has been performed, and these visits offer a welcome change from our usual activities.

We thoroughly appreciate our visiting entertainers and the variety of experiences they bring to Westerton.

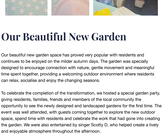


Cake Testers

We had the pleasure of supporting the recent Bearsden Gala Day and were given a particularly enjoyable responsibility – cake testing! It was an opportunity we certainly couldn't refuse, and our residents enjoyed sampling some delicious cakes prepared by this year's entrants.

Being involved in local events is something we value at Westerton, helping our residents remain connected to the wider community and take an active part in familiar local traditions. Having the opportunity to contribute to the occasion made it all the more enjoyable, and our cake testers were certainly happy to lend a hand.

Well done to everyone who entered a cake this year and thank you for giving us such a tasty task!



Our Beautiful New Garden

Our beautiful new garden space has proved very popular with residents and continues to be enjoyed on the milder autumn days. The garden was specially designed to encourage connection with nature, gentle movement and meaningful time spent together, providing a welcoming outdoor environment where residents can relax, socialise and enjoy the changing seasons.

To celebrate the completion of the transformation, we hosted a special garden party, giving residents, families, friends and members of the local community the opportunity to see the new space and enjoy refreshments together for the first time. The event was well attended, with guests coming together to explore the new outdoor space, spend time with residents and celebrate the work that had gone into creating the garden. We were also entertained by singer Scotty D, who helped create a lively and enjoyable atmosphere throughout the afternoon.

Having access to a thoughtfully designed outdoor space can make a real difference to everyday wellbeing. Whether residents wish to enjoy some gardening, take a gentle stroll, sit quietly in the fresh air or spend time with visiting family and friends, our new garden provides opportunities for all of these experiences. We're delighted with the transformation and look forward to seeing the garden develop and flourish over the coming seasons.



Looking Ahead

As we move into the winter months, we're looking forward to celebrating Christmas at Westerton, enjoying seasonal activities, festive music and opportunities for residents, families and friends to spend time together. Alongside the festive celebrations, we look forward to continuing our regular activities, welcoming visiting entertainers and maintaining our valued connections with the local community.

Thank you to our residents, families, friends and staff for their continued support throughout the past few months. We wish everyone a very Merry Christmas and a happy and healthy New Year, and we look forward to sharing more of our news in our next quarterly newsletter.

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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