



INTRODUCTION

Message From Our Manager

Welcome to our latest Angusfield Care Home newsletter.

We've had plenty going on recently, with residents enjoying everything from games, puzzles and birthday celebrations to trips out on the trishaws and time in the garden.

The summer weather has also given us the chance to get outdoors when we can, whether for a morning cuppa or simply a bit of fresh air before lunch.

We've also had some very welcome help from our friends at King's Church Aberdeen, who gave their time to help spruce up our garden.

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:

Newsletter Sign Up

Kind regards,

Wisdom

Wisdom Gavor
Home Manager



ACTIVITIES & EVENTS

Exercise with a Difference

Who said keeping active had to be serious? A recent activity session combined balloon games, karaoke and dancing, so there was plenty of movement without it feeling like exercise.

The balloon game soon brought out everyone's competitive side as residents tried to see who could get the most balloons through the hoop. There was lots of encouragement from those watching and a fair bit of determination from those taking part.

The karaoke got everyone singing their loudest, and there was even some dancing thrown in for good measure. It was a good way to get moving, have a laugh and spend the afternoon together.

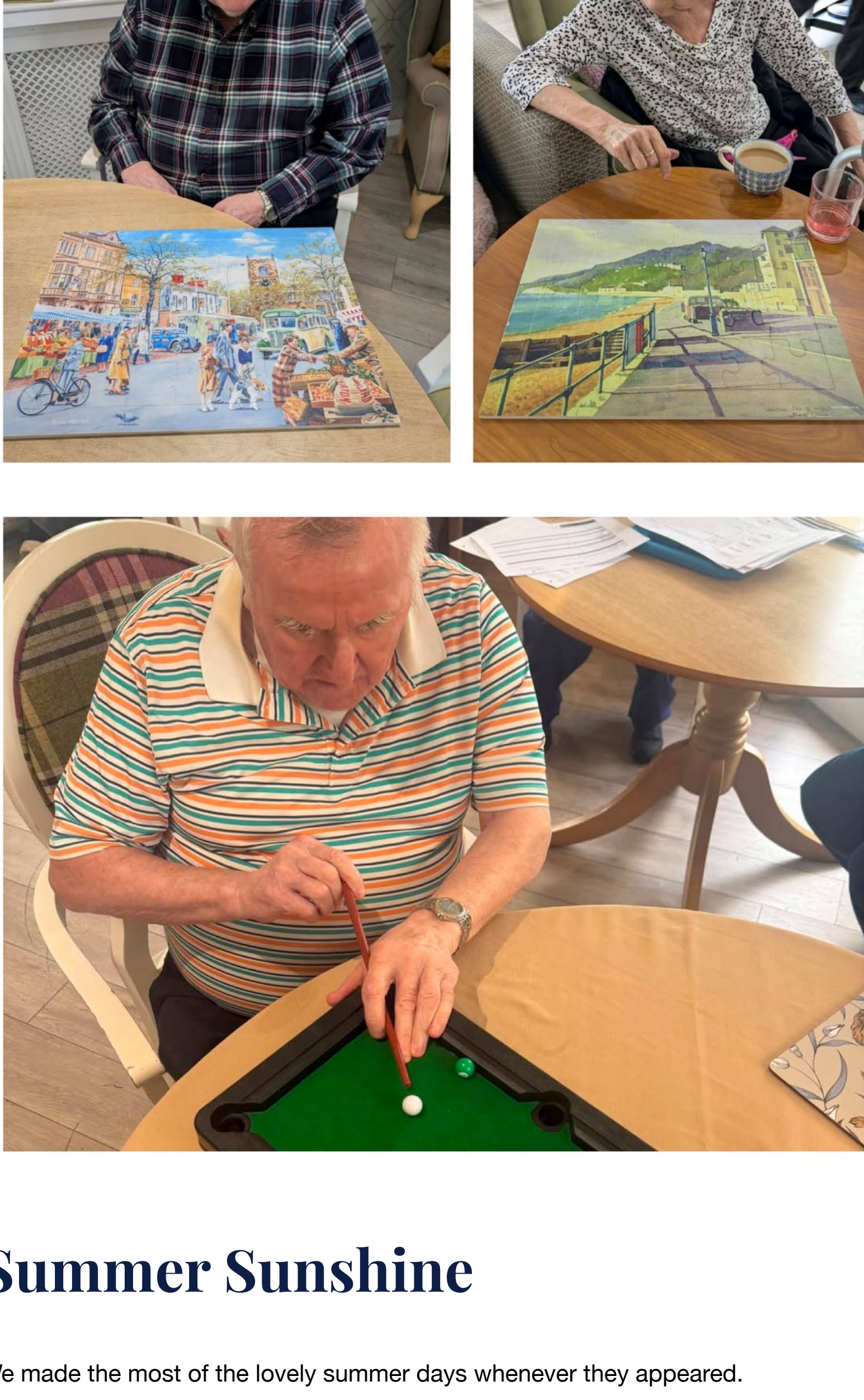


Games & Puzzles

The competitive spirit continued when Stacey and Tommy went head-to-head over the miniature pool table. It was a close contest, but just for the record... Tommy won!

We've also been keeping our minds busy with puzzles. One session before lunch proved particularly successful for Yvonne, who was very pleased with the puzzle she completed and couldn't wait to show everyone.

Activities like these give residents a chance to concentrate, problem-solve and keep both mind and body active, but the main thing is that everyone enjoys taking part.



Summer Sunshine

We made the most of the lovely summer days whenever they appeared.

Sometimes there's nothing better than finding a comfortable spot outside and having a wee chill in the sunshine before lunch. With Factor 50 at the ready, residents could enjoy some fresh air while keeping safe in the warmer weather.

We were careful during the hotter spells, making sure residents had plenty to drink, access to shade and weren't outside when temperatures became too high.

An Early Morning Cuppa

Nothing beats a morning cuppa, especially when the sun decides to make an appearance.

Residents enjoyed sitting outside with their tea and catching up on the daily news before the day properly got underway.

On one particular morning, our timing couldn't have been better. We managed to enjoy some sunshine and fresh air before the rain arrived. You have to take your chances with the Scottish weather!



Our Garden Makeover

A massive thank you goes to the volunteers from King's Church Aberdeen, who kindly came along to Angusfield to give our garden some attention.

They got stuck in and helped spruce things up, giving the outdoor space a new lease of life for our residents to enjoy.

Our garden is an important part of the home, particularly during the warmer months, so we really appreciate everyone giving up their time to help us look after it. Thank you from all of us at Angusfield.



Off to Hazlehead by Trishaw

We had a brilliant trip out to Hazlehead Park recently, travelling there and back on the trishaws.

It was a lovely way to get out into the fresh air and see some familiar parts of Aberdeen from a slightly different perspective. There was plenty of laughter along the way, and we even learned a few things about Hazlehead that we hadn't known before.

The trishaws are a great way for residents to get out and about and enjoy the local area, and this was certainly a trip we'll remember.



Birthday Celebrations

Birthdays are important at Angusfield, but we also know that not everyone wants to celebrate their birthday in the same way. We always try to make the day personal to each resident and follow their wishes, whether they would like a bigger celebration or something quieter with those closest to them.

Phylis enjoyed a lovely afternoon surrounded by family and friends for her birthday. Her fellow residents were excited for her too, with a few even making her their own birthday cards, which was a lovely personal touch.

We also helped Bill celebrate his 93rd birthday with his family and everyone here at Angusfield. The room was full of laughter and chatter as everyone got together to mark the occasion, with a bit of birthday cake before lunch going down very nicely.

Happy birthday again to Phylis and Bill from everyone at Angusfield!



Building Connections

We are always looking for opportunities to help residents stay connected with the wider community and take part in activities that reflect their interests.

We have recently established a connection with the Men's Shed at Bridge of Don, giving our gentlemen the opportunity to visit the hub, meet and chat with people from the local community and get involved in activities of their choice.

Going forward, we will be supporting our gentlemen to visit the Men's Shed every Monday at 10.30am. We hope this will become an enjoyable part of the week, providing opportunities to socialise, develop new interests and build friendships within the local community.

COMING UP

Looking Ahead

We'll be continuing with the games, puzzles, music, exercise and activities that residents enjoy, alongside trips and outings whenever we get the opportunity.

We'll also be making good use of our newly spruced-up garden whenever the weather is on our side. Even if the sunshine becomes a little harder to find, there will still be plenty happening indoors.

Thank you to our families, friends, volunteers and everyone in the local community who continues to support Angusfield. We look forward to sharing more of what we get up to in our next newsletter.

EXTERNAL LINKS

Social Media

Make sure to check out the Angusfield House 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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