ASHLEA COURT
CARE HOME

INTRODUCTION

Message From Our Manager

Welcome to our Summer Newsletter! We have certainly made the most of the summer months at Ashlea Court. The lovely weather has allowed us to spend plenty of time outdoors, both in our gardens and further afield, with residents enjoying a great variety of trips and local walks.

Alongside our outings, there has been plenty happening within the home. Our knitting and craft groups have been growing, we have enjoyed live music, exercise, sporting events and lots of time together in the garden. We have also welcomed Bryony, our new Activity Co-ordinator, who is already getting to know residents and bringing new ideas to our activities programme.

We were also very pleased with the outcome of our recent Care Inspectorate visit. The results reflect the hard work and commitment of the whole team, while also giving us areas to continue developing and improving.

Thank you to our residents, relatives, friends and staff for your continued support. We hope you enjoy looking back at some of our summer 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:

Newsletter Sign-Up

Best wishes,

Jacqui Caldwell
Home Manager

ACTIVITIES & EVENTS

Knitting and Craft Club

Our knitting and craft groups continue to grow in popularity, with more residents getting involved and enjoying the chance to work on their own projects alongside others.

Our knitters have been producing some beautiful pieces and are hoping to sell some of their creations at future fundraising events. There is a real sense of satisfaction in seeing something gradually come together, particularly when residents know their work may also help raise money for the home.

Our other craft sessions have been equally popular, giving both ladies and gentlemen the opportunity to be creative, try different ideas and enjoy a relaxed afternoon together.

Out & About

This summer has given us some fantastic weather for getting out and about, and we have certainly taken advantage of it.

Residents have enjoyed numerous outings, with visits to Lanark Loch, Garrion Bridge Antique Centre, Calderglen Zoo, Rosebank Garden Centre and The Kelpies among some of our favourites. Each trip has offered something different, whether browsing for interesting finds, seeing the animals, enjoying the scenery or simply stopping for refreshments and spending time together.

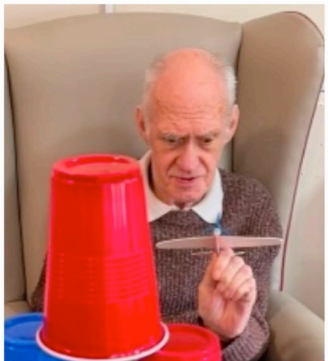
Our walking group has also been busy closer to home, enjoying regular walks around Ashgill whenever the weather has allowed. These local outings are a lovely way to enjoy the fresh air, see what is happening in the community and have a good chat along the way.

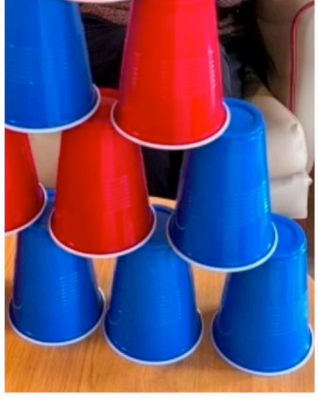
Keeping Fit and Having Fun

Our daily pre-lunch exercise sessions have become a regular part of the routine at Ashlea Court.

The emphasis is very much on having fun while encouraging gentle movement and keeping active. There is usually plenty of laughter during the sessions, and everyone seems to work up an appetite before sitting down together for lunch.

Our favourite games and pastimes have also continued throughout the summer, with many sessions moving outside into the garden whenever the weather has been suitable.





Live Music Afternoons

Our live entertainment afternoons continue to be eagerly anticipated by residents. There is always a good atmosphere when our entertainers arrive, and residents enjoy joining in with familiar songs, playing percussion instruments and getting up for a dance when the mood takes them.

These afternoons are as much about being together as they are about the music, and there is usually plenty of laughter, singing and conversation from beginning to end.

Remembering D-Day

As we approached the anniversary of the D-Day landings in Normandy on 6th June, we spent time talking with residents about their own memories of life during the Second World War.

It was fascinating to hear such different personal experiences. A couple of our residents remembered being evacuated to the countryside as children. One spoke very fondly of being billeted with a kind and caring family, while another remembered a much more difficult experience, having to work hard on a farm.

Others recalled Anderson shelters in their gardens and communal air-raid shelters in public spaces. Interestingly, several remembered these experiences through the eyes of a child rather than with fear. They spoke about the adults around them singing songs and telling stories during air raids to keep the children occupied and reassured.

There were also proud memories of family members who played their part during the war. One resident recalled her father serving as a fireman during the Clydebank Blitz, while another remembered not seeing her father for four years while he served overseas and the happiness she felt when he finally returned home.

Many residents also remembered the enormous street parties and celebrations that followed the end of the war. Listening to these first-hand memories was a real privilege and gave everyone plenty to talk about.

Wimbledon Time

No summer would be complete without a little tennis, and residents settled down to enjoy some of the action from Wimbledon.

Naturally, we made sure there were strawberries and cream to accompany the matches. It was a relaxed way to spend time together, with plenty of discussion about the players, the results and memories of tennis tournaments from years gone by.

STAFF & HOME NEWS

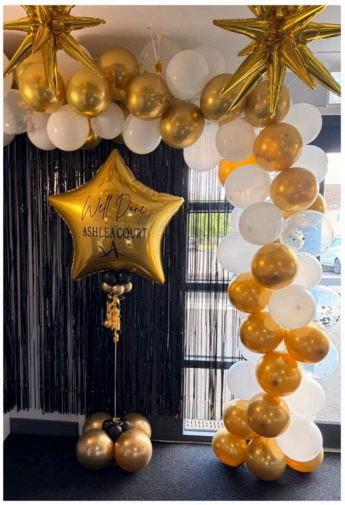
Care Inspectorate Inspection

We recently welcomed the Care Inspectorate for a full inspection of Ashlea Court and were delighted with the outcome.

The home received grades of 5, 5, 5, 5 and 4 across the areas inspected. We are very pleased with these results and proud of the hard work that takes place across the home every day.

The result also gives us something to build on. We will continue looking at where we can make further improvements, with the aim of achieving consistently high standards across every area of the home.

A big thank you goes to our entire staff team for their continued dedication, as well as to our residents and families for their support.



A Summer Welcome in Our Foyer

Our foyer was given its own summer makeover to bring a little sunshine indoors, even on the days when the weather was less reliable.

The area was decorated with a cheerful summer theme, complete with balloons and comfortable recliner chairs, creating another pleasant space where residents could sit, relax and watch the world go by.

It proved to be a nice addition to the home and helped keep the summer feeling going while we waited for the sunshine to return.

Our Garden Renovation

Our gardens have looked particularly lovely this year, and a great deal of work has gone into keeping both the front and rear areas looking their best.

Wullie has gone the extra mile throughout the season, making sure the flowers, plants and outdoor spaces are well cared for and ready for everyone to enjoy.

The gardens are an important part of life at Ashlea Court, particularly during the warmer months, providing residents with somewhere to sit in the sunshine, enjoy the fresh air or simply spend a quiet moment outdoors.

A very big thank you to Wullie from all of us at Ashlea Court for all his hard work.

STAFF NEWS

Welcome to Bryony

We are pleased to welcome Bryony, our new Activity Co-ordinator, to the Ashlea Court team.

Bryony has been settling into her new role and getting to know our residents, their interests and the activities they enjoy. Residents have already enjoyed having her on board, and we are looking forward to seeing our activities programme continue to develop with her input.

Please make sure you say hello and give Bryony a warm welcome when you see her around the home.

COMING UP

Looking Ahead

As summer begins to make way for autumn, we still have plenty planned at Ashlea Court.

Our outings, walking group, live entertainment, exercise sessions, crafts and favourite games will continue, with residents helping us decide what they would like to do and where they would like to visit. Our knitting group will also be busy preparing items for future fundraising events.

We will continue to make the most of our lovely gardens whenever the weather allows, while also beginning to plan activities and celebrations for the autumn months.

Thank you once again to our residents, relatives, friends and dedicated staff team for everything you contribute to Ashlea Court. We look forward to another busy few months and to sharing more of our news in the next edition.

EXTERNAL LINKS

Social Media

Make sure to check out the Ashlea Court 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**

ASHLEA COURT
CARE HOME

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