



*Exceptional care in South-East of Edinburgh*

## INTRODUCTION

### Message From Our Manager

As autumn approaches with its crisp air and changing leaves, we've been looking back on the sunshine-filled days of summer and the many special memories we've shared together. From joyful gatherings to quiet moments in the garden, the past season has given us much to treasure.

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 Link](#)

Best wishes,

*Shirley*

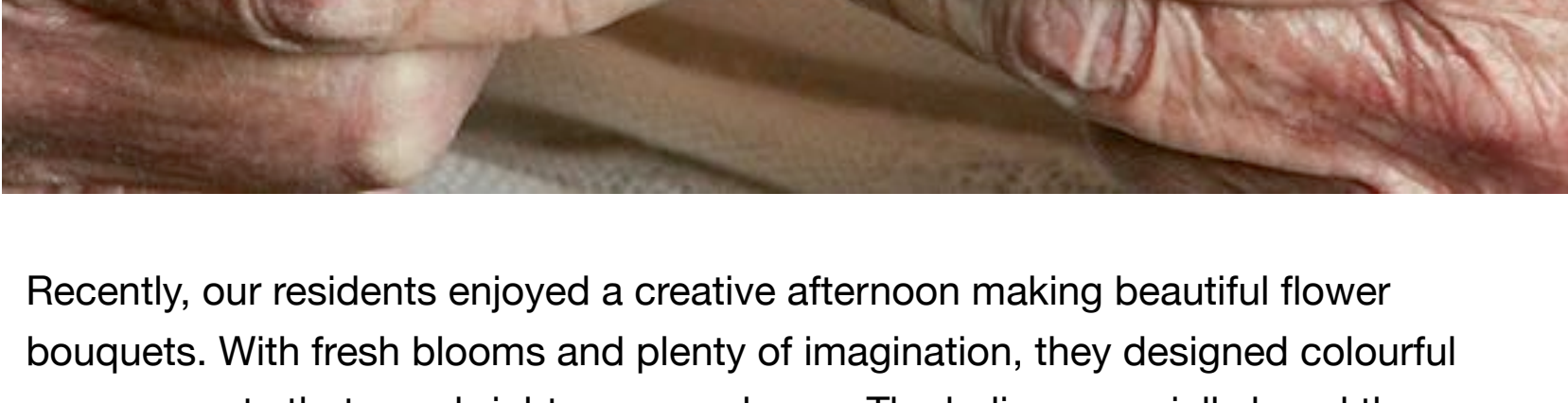
**Shirley Ramsay**  
Home Manager

## ACTIVITIES & EVENTS

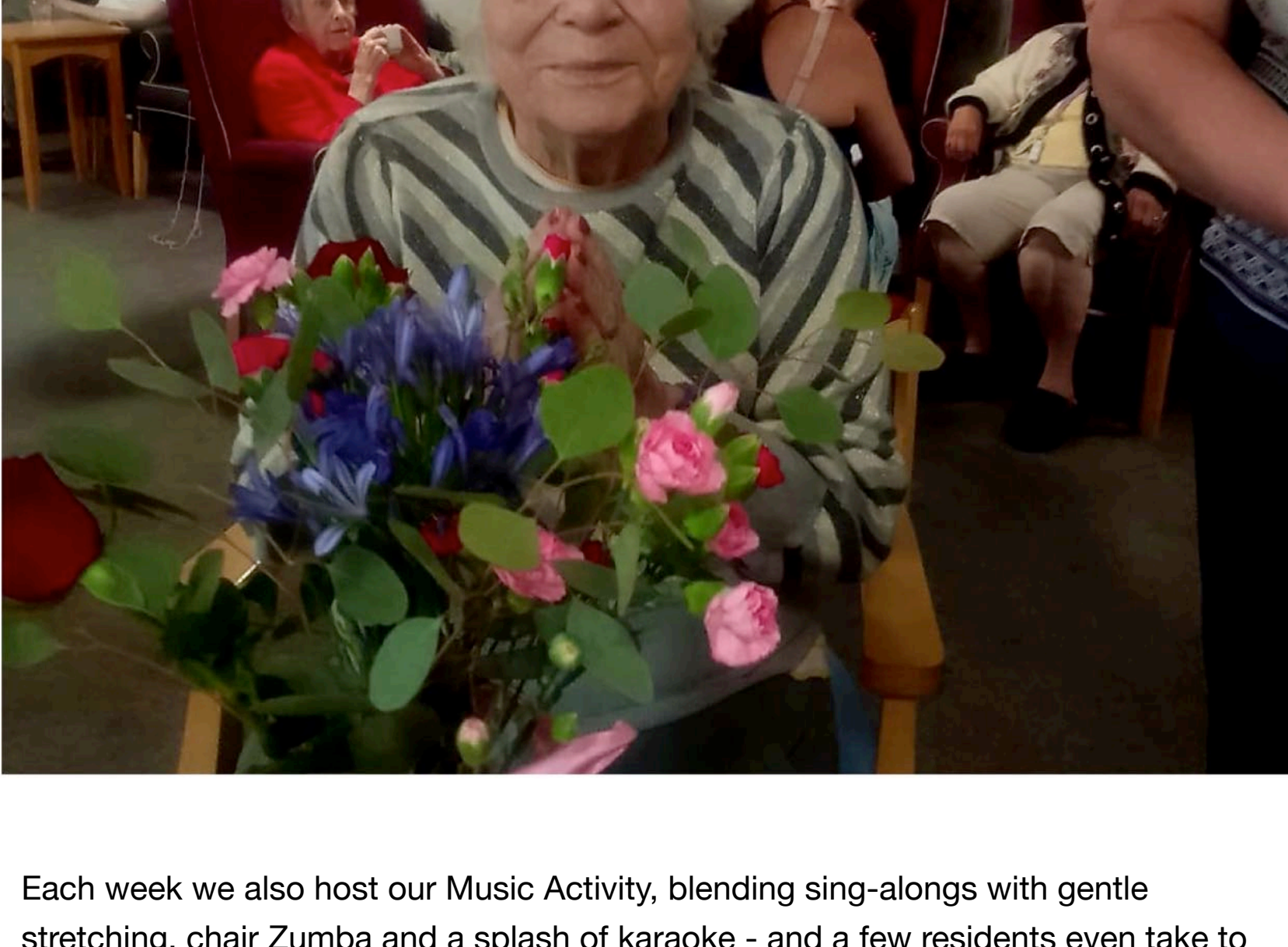
### Inclusive and Engaging Creative Sessions

Beyond the physical and mental benefits, arts and crafts at Guthrie House create meaningful connections among residents and staff. These activities provide opportunities for shared stories and celebrating successes, helping build a warm and supportive atmosphere throughout our care home in Edinburgh.

We also invite family members and visitors to join in with these sessions as it allows residents to show off their newly learned skills to those closest to them and offers the opportunity for many more memories.



Recently, our residents enjoyed a creative afternoon making beautiful flower bouquets. With fresh blooms and plenty of imagination, they designed colourful arrangements that now brighten up our home. The ladies especially loved the activity, showing such joy, care and passion for creating something truly lovely. It was a delightful way to spend time together and bring a touch of nature indoors.



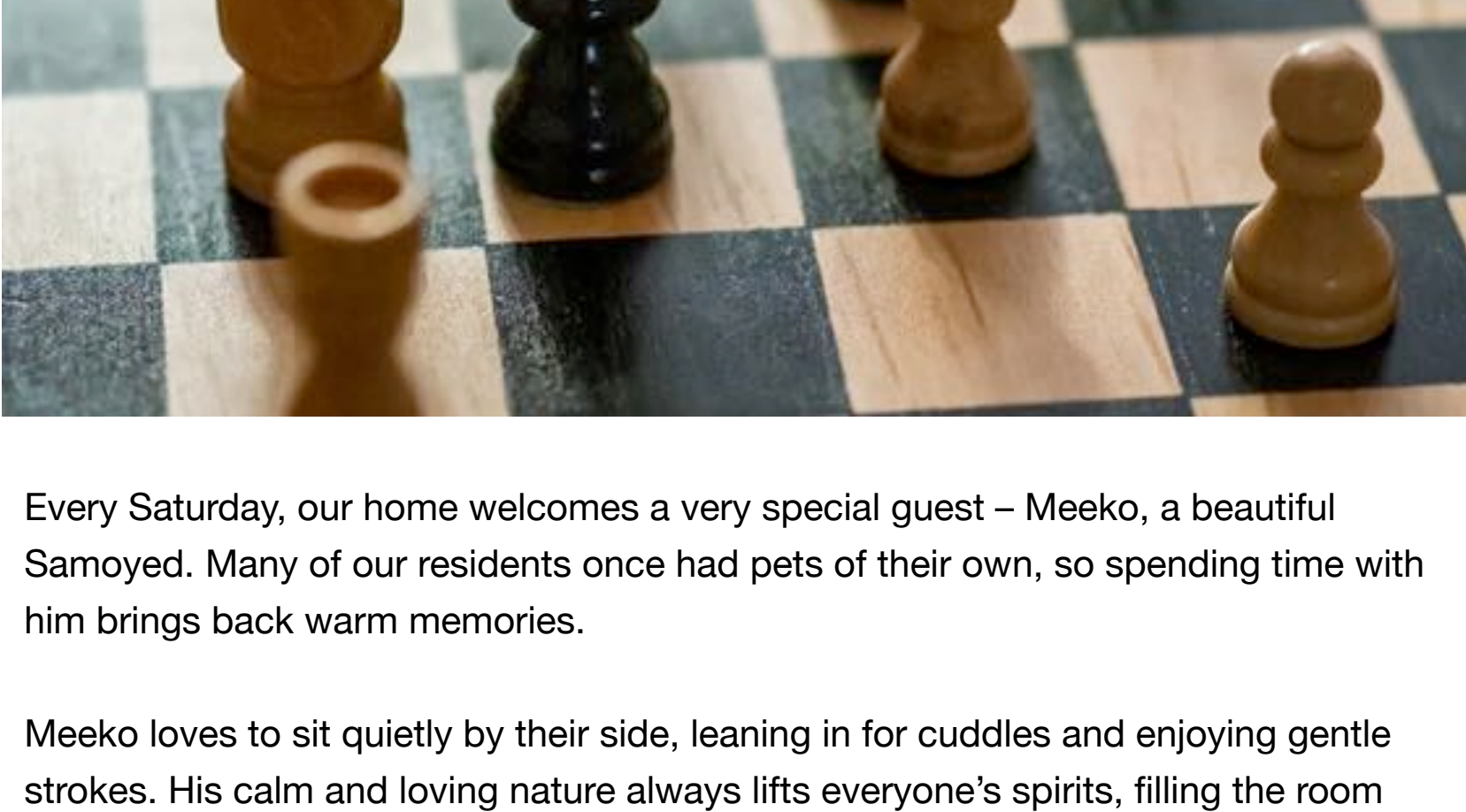
Each week we also host our Music Activity, blending sing-alongs with gentle stretching, chair Zumba and a splash of karaoke - and a few residents even take to the floor for a dance. We play favourite songs from their younger years, which sparks lovely memories and gets everyone involved. With residents and staff joining in, the room fills with energy, laughter and a warm, supportive buzz. It's a simple joy that lifts the whole home.



### Active Recreation and Day-to-Day Variety

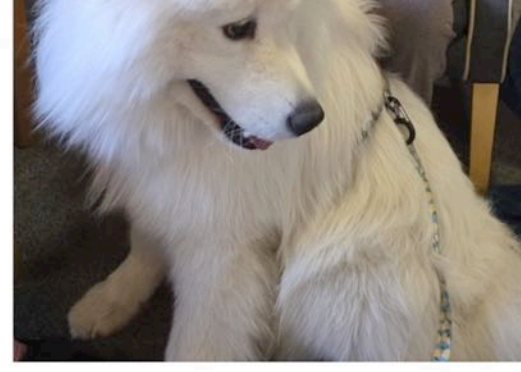
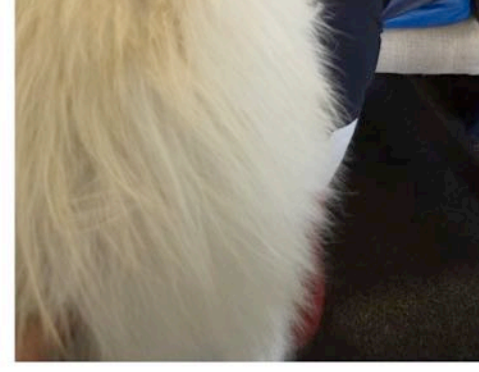
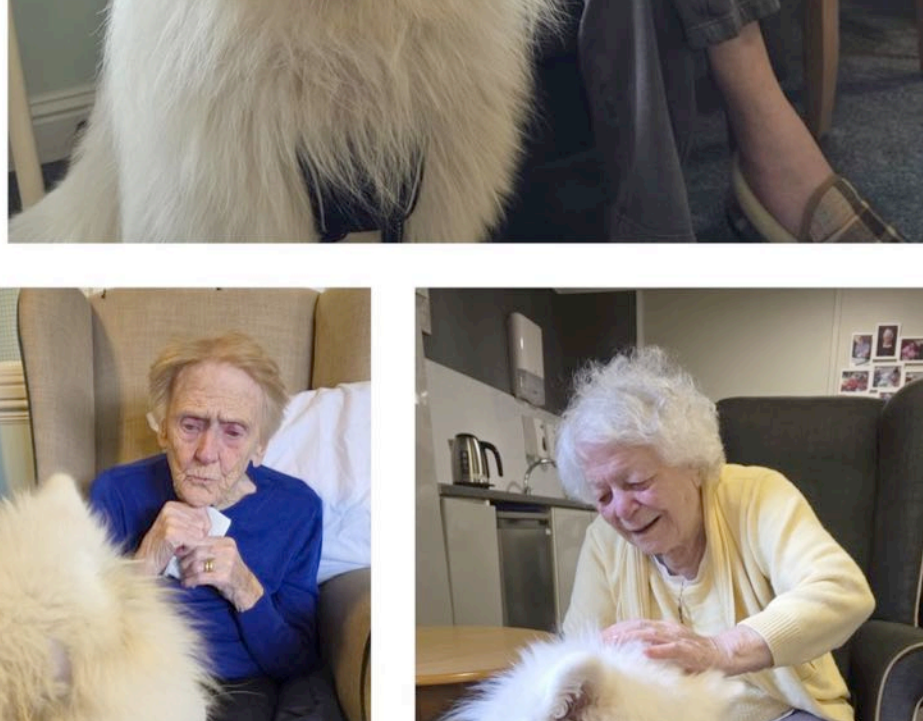
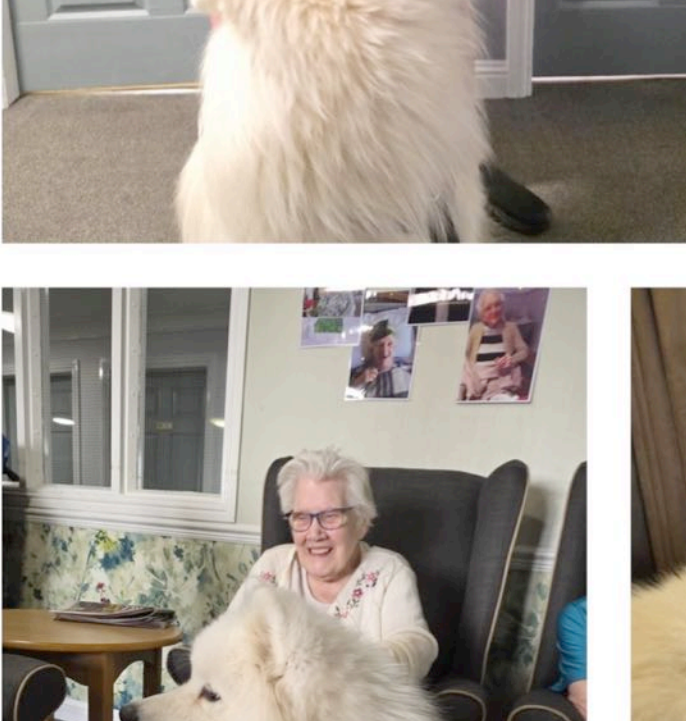
We know that physical movement is vital, so our recreation programme includes gentle exercise games, indoor team sports and activities like skittles or beanbag toss. These games are adapted for all mobility levels and offer a sense of achievement while bringing a fun energy to each day.

Beyond the games, our busy activities calendar includes themed days, holiday celebrations and visits from guest entertainers. Residents' families are encouraged to take part during visits, as we are always looking for ways to build our community.



Every Saturday, our home welcomes a very special guest – Meeko, a beautiful Samoyed. Many of our residents once had pets of their own, so spending time with him brings back warm memories.

Meeko loves to sit quietly by their side, leaning in for cuddles and enjoying gentle strokes. His calm and loving nature always lifts everyone's spirits, filling the room with smiles. We are so proud of him and the joy he brings each week.



### Your Support Means A Lot...

Thank you to all who took part in our September Soiree and raffle. Beautiful gift hampers filled with sweets, treats and a touch of something sparkling were won. It was a wonderful chance to join in the fun and get the chance to take home a lovely prize. Well done to our winners!



## MAKING EVERY TRIP SPECIAL

### Exploring Edinburgh and Beyond

Residents at Guthrie House regularly set out to visit some of the city's best-loved destinations, from trips to shopping centres and cafés to afternoons at local parks or the seaside. Our central South East Edinburgh location means we're ideally placed for scenic drives, trips to historic sites, and visits to gardens or local events.

Our minibus offers safe, comfortable transport for group excursions as well as more personal trips. Each outing is accompanied by experienced staff so that every resident feels secure and can enjoy the adventure at their own pace, regardless of mobility.



### Outdoor Life and Community Events

Enjoying the outdoors is a key part of daily life at Guthrie House, with year-round access to the gardens available to all residents. Whether for a gentle stroll, reading under the shade, or joining in lively activities such as BBQs, parachute games, or garden lunches, the outdoor spaces foster vibrant social connections.



## STAFF NEWS & UPDATES

### Congratulations - Hard Work Pays Off!

We couldn't be prouder of our very own Head Chef, Jess, who recently showcased her culinary skills at the NACC (National Association of Care Catering) competition in Glasgow. Jess impressed the judges with her creativity, passion, and talent, earning herself a place as a finalist in the prestigious 'Care Chef of the Year' competition.

The grand final will take place on 1st October 2025 in Nottingham, and we'll all be cheering Jess on as she represents Guthrie House on this national stage.

Congratulations Jess - you've already made us proud, and we wish you the very best of luck in the final!



### Happy Hello's and Fond Farewells...

We are thrilled to announce the arrival of our new administrator, Ashleigh, who has recently joined the Guthrie House team. Ashleigh brings warmth, enthusiasm, and a wealth of experience, and we are so pleased to welcome her into our home. We know she will be a wonderful support to both residents and colleagues alike.

At the same time, we say a fond farewell to Mark, who has been an invaluable member of our team. Mark leaves Guthrie House to take on a new role and we are excited for the new opportunities that await him. We thank him sincerely for his hard work and dedication during his time with us, and we send our very best wishes for this next chapter.

## EXTERNAL LINKS

### Social Media

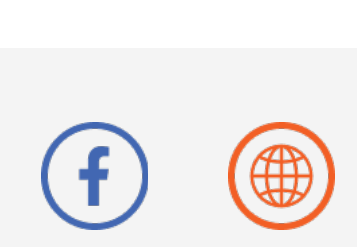
Make sure to check out the Guthrie House Care Home Facebook Page for all our latest photos!

[Don't Forget To 'Like' Us!](#)

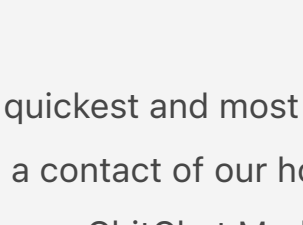
### Leave A Review

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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