



INTRODUCTION

Message From Our Manager

As we welcome the arrival of spring, it's a wonderful time to enjoy brighter days, fresh air, and new beginnings here in our home. Over the coming months, we look forward to more outdoor activities, seasonal events, and creating meaningful moments together with our residents and their families.

Thank you, as always, for your continued support and for being part of our home.

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

SPRING PLANS



Looking Forward to April...

We're looking forward to a lively and engaging April, with several national holidays providing wonderful opportunities for celebration within the home. These occasions will bring a sense of fun and community, with themed activities planned to mark each event.

We are also delighted to be welcoming a talented violinist, who will be performing for residents during the month. Live music always creates a warm and uplifting atmosphere, and we're sure this will be a highlight.

In addition, ZooLab will be visiting us, bringing along a variety of small animals for residents to meet and enjoy - an experience that is always both educational and therapeutic.

CLUBS, GROUPS & PET THERAPY

Ladies & Gentleman's Clubs

Our Ladies Club is a warm and welcoming weekly get-together. Whether you enjoy knitting and crafts, singing along to your favourite tunes, or simply relaxing with a cocktail and a chat, there's something for everyone to enjoy. It's the perfect opportunity to unwind, share stories, and have plenty of giggles in great company.

The Gentleman's Social Club offers a relaxed space to catch up, unwind, and enjoy good company. Each week features a mix of entertainment including classic movies, sports viewing, and lively conversation. With beer and snacks provided, it's a great way to spend the afternoon socialising, sharing interests, and enjoying a laid-back atmosphere.



Pet Therapy

Pet therapy is a valuable activity in care homes, offering emotional, social, and physical benefits to residents. For many residents, especially those living with dementia, animals can provide comfort, trigger positive memories, and promote a sense of calm.

Additionally, pet therapy can support gentle physical activity, such as walking or stroking an animal, which contributes to overall wellbeing. When properly managed, it is a safe and enriching way to enhance quality of life in a care home setting.

MARCH HIGHLIGHTS

Mother's Day & More...

March has been an active and meaningful month for everyone. Residents have been keeping fit and energised with regular sessions led by Alastair, our dedicated exercise coach. These sessions continue to support both physical health and overall wellbeing.

We also celebrated Mother's Day in style, with beautiful flowers and a delightful afternoon tea, creating a warm and appreciative environment for all. Creative activities such as flower arranging proved very popular, and our resident committee meeting gave everyone a chance to share ideas and feel involved in shaping life within the home.



This month also saw the launch of our "You Said, We Did" initiative. The first request - dressmaking sessions - has already been embraced enthusiastically. Residents and staff have come together to begin work on a beautiful design, showcasing creativity, collaboration, and the importance of listening to resident voices.



FEBRUARY FAVOURITES



Love Is In The Air...

In February, love and companionship were at the heart of our celebrations. We hosted a special Valentine's Day dinner for couples, creating a warm, romantic atmosphere for residents to enjoy together. It was a lovely occasion filled with smiles, conversation, and shared memories.

JANUARY REFLECTIONS

New Year, New Activities...

The year began with some truly memorable moments. We celebrated an incredible milestone as one of our residents turned 105 - a remarkable achievement that was enjoyed by the whole home.



Activities have continued to flourish, with mini chair golf bringing laughter and friendly competition, while the ladies' knitting club remains as popular as ever. We also introduced our very first woodwork session, offering residents the chance to try something new and hands-on.

Music has also played a big part in our home, with John bringing great joy through his piano playing, creating a relaxed and uplifting atmosphere for all to enjoy.

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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