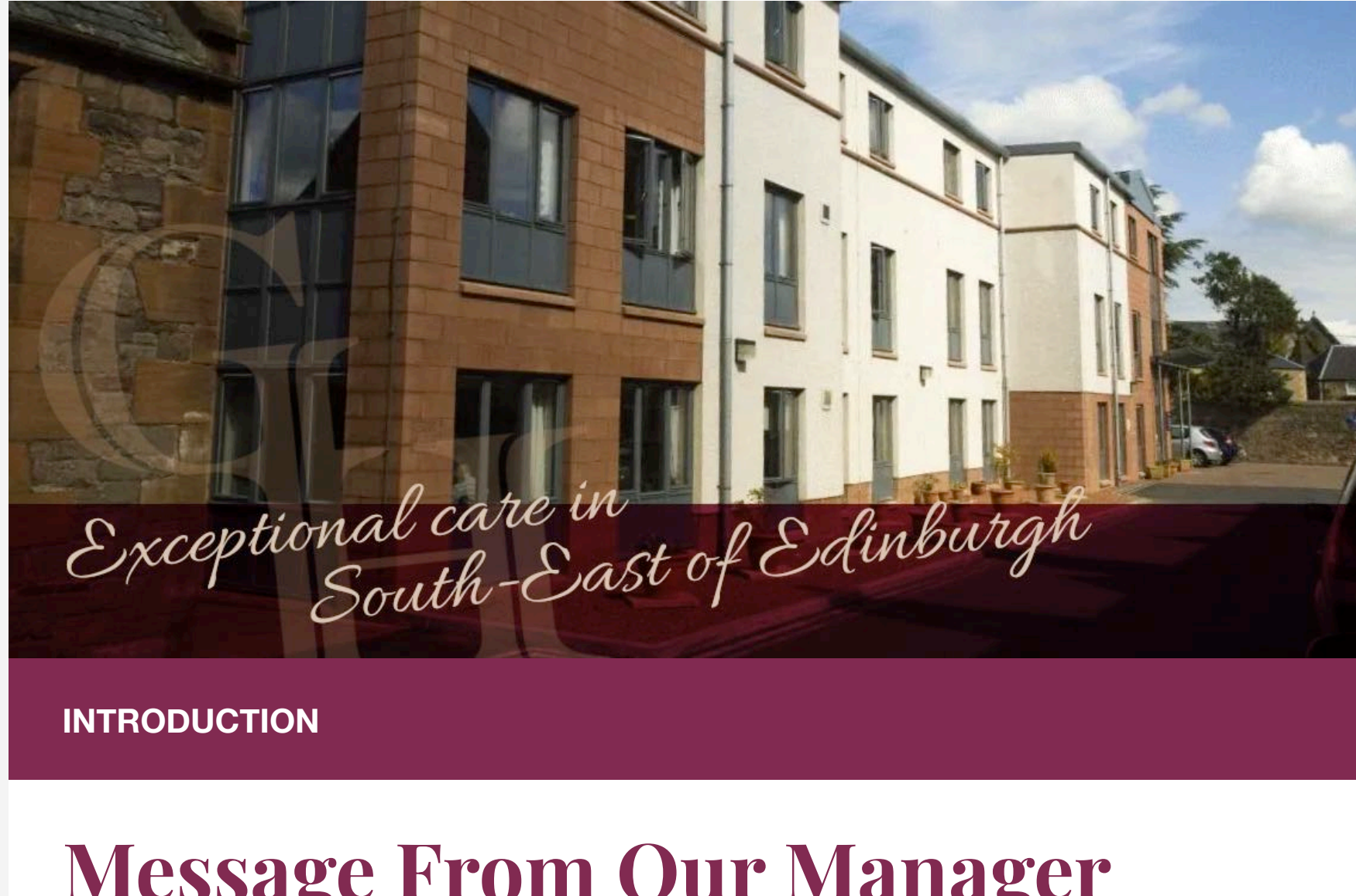




INTRODUCTION

Message From Our Manager

As summer comes to a close here at Guthrie House, it is lovely to look back at everything that has been happening over the past few months. We have enjoyed a busy summer, with plenty of opportunities for residents to spend time together, get out and about, welcome visitors and take part in a variety of activities.

From our Summer Fete and visits from the ponies to baking, outings and our regular clubs, there has been plenty going on. Thank you, as always, to our residents, relatives, staff and everyone who has helped make these activities and outings possible. We hope you enjoy catching up on some of our recent news.

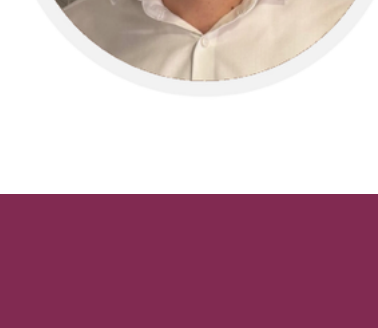
If you know someone who would like to receive our email newsletters/updates just let us know, or forward them the newsletter sign up link below:

[Sign Up Link](#)

Best wishes,

Kieran

Kieran Burt
Home Manager

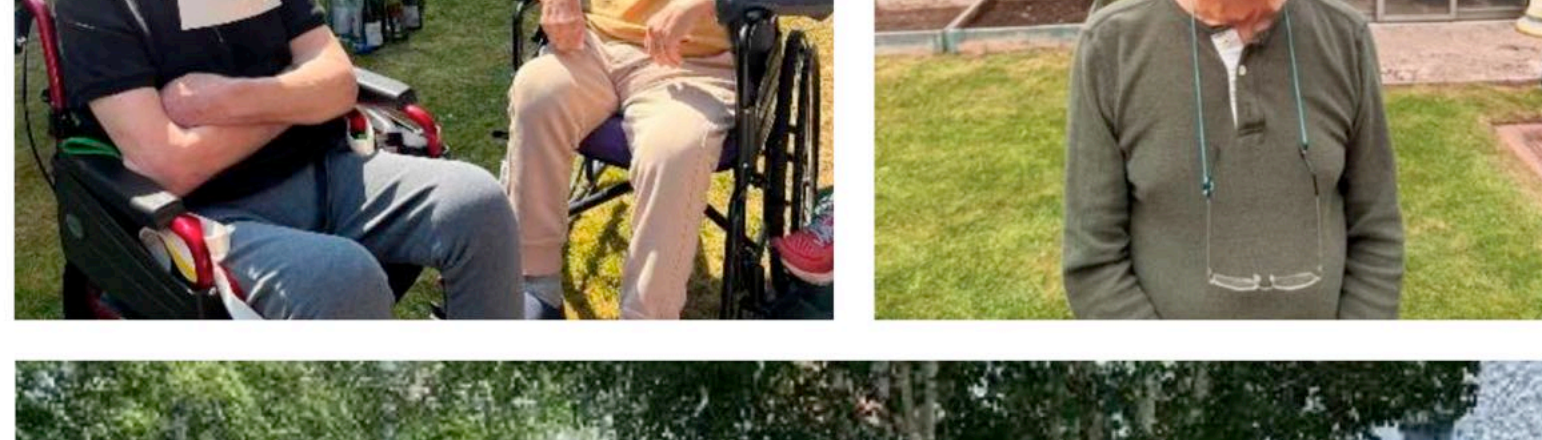


ACTIVITIES & EVENTS

Summer Fete

We kicked off the summer with our Summer Fete, and we were very lucky to have the sunshine on our side. It was great to see everyone coming together and enjoying the day, with residents, relatives and staff all getting involved.

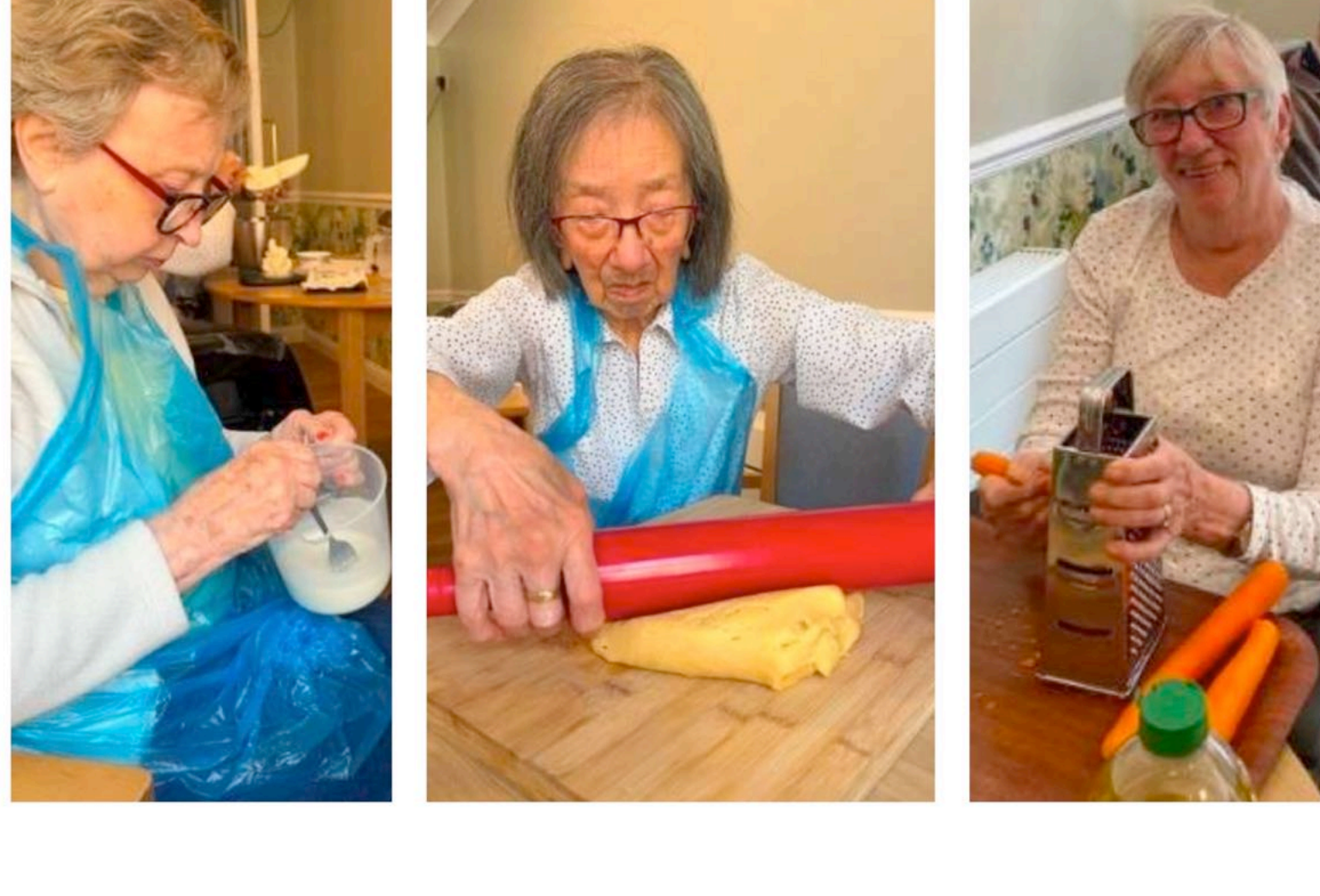
Our fete is always a good opportunity to spend time together in a relaxed setting, and there was a lovely atmosphere throughout the day. Thank you to everyone who joined us and helped make it such an enjoyable start to the summer.



Baking Time

There has also been plenty of baking taking place, with residents getting involved in making some tasty treats for everyone to enjoy.

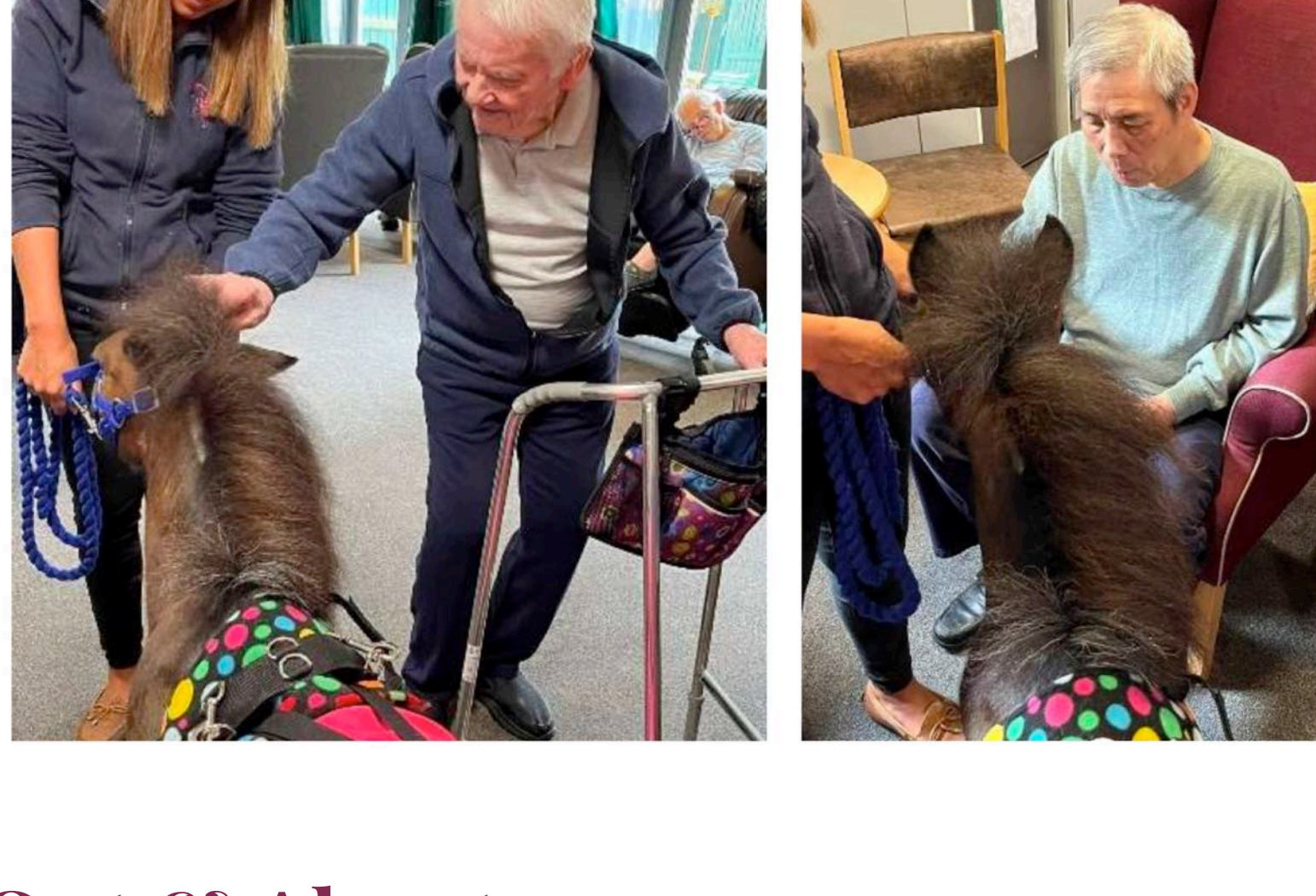
We tried our hand at making Empire biscuits, as well as a homemade carrot cake, which went down very well. Baking is always a popular activity and gives residents the chance to get involved at each stage, from preparing and mixing the ingredients to, of course, enjoying the finished result with a cup of tea.



Pony Visits

We have been pleased to welcome the ponies back for visits throughout the summer. Their visits are always enjoyed by residents and bring something a little different to the day.

Residents have had the opportunity to spend time with the ponies, giving them plenty of attention and enjoying the chance to get up close to them. Animal visits continue to be a firm favourite and always create plenty of conversation afterwards.



Out & About

We have made the most of the summer months with a number of outings. One of our trips took us to Dobbies Garden Centre, where residents enjoyed stopping for coffee and cake before having a wander around the garden centre. There was plenty to look at, including some inspiration for plants that we could add to our own garden.



Our weekly visits to the kirk for coffee and cake have also continued and remain something residents look forward to. More recently, we have started attending the local senior club each week, which has been a great addition to our diary. Residents have enjoyed meeting others, having a good sing-song and even getting up for a dance.

These regular outings are a lovely way to enjoy a change of scenery, keep connected with the local community and, most importantly, spend time together.

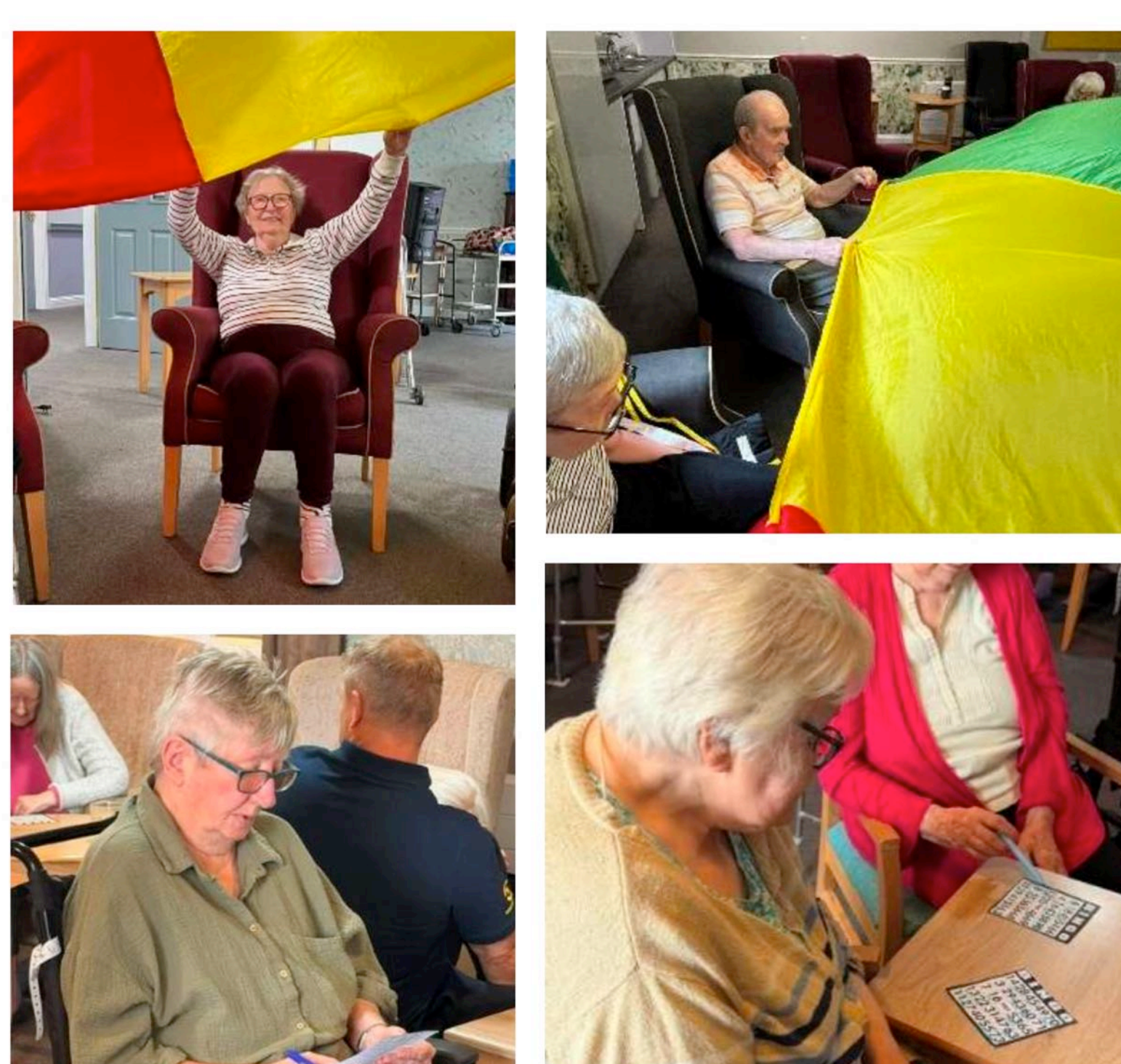


Fun and Games

Back at home, our activity programme has kept everyone busy with plenty of fun and games. Our weekly exercise club has continued throughout the summer, giving residents an enjoyable way to keep active at a pace that suits them.



We have also enjoyed parachute games, bingo and balloon volleyball, with plenty of friendly competition and encouragement along the way. These group activities are always a good opportunity to have a laugh together while keeping both minds and bodies active.



COMING UP

Looking Ahead

As we move into autumn, we are looking forward to another busy few months together. Our regular activities, clubs and outings will continue, alongside plenty of seasonal activities as the weather begins to change.

We look forward to sharing more news with you in our next newsletter and, as always, thank our residents, relatives and staff for their continued support and for helping make our home such a welcoming place to live and visit.

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!](#)

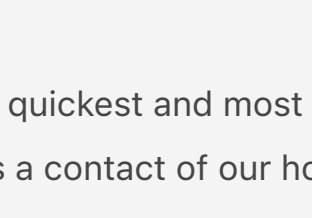
Leave A Review

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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