

Summer 2021

# thevoice

The newsletter of abbeyfieldscotland



**Abbeyfield residents enjoy the outdoors and good weather as COVID restrictions start to ease.**





# Abbeyfield Week Celebration

From the 5th – 11th of June, we enjoyed celebrating all things Abbeyfield to remind us what makes us so unique!



From parties to wine and cheese evenings and BBQs to chocolate fondue, residents took the opportunity to come together and enjoy each other's company.

This year's focus was around creating conversations and using speech bubbles to explain what residents love about Abbeyfield.

For example, residents at Abbeyfield Greenock told us: 'It's friendly and understanding' .... 'It's my new home'..... 'the other residents are lovely!' Kathleen from Lenzie said she loved 'the kind staff, the good food, and the company!'



# Message from the CEO

Summer is here, and so far, it has not been bad at all—some lovely weather! Let's hope it stays nice as we all try to get back to some kind of normal.



The Pandemic has dominated all our thoughts over the last 18 months, and I want to thank you all for following the guidance and keeping yourself and others safe during this difficult time. Unfortunately, we did experience a couple of isolated cases of Covid-19, but I am overwhelmed by the commitment from staff in dealing with it.

Back to the lovely summer, and I hope you all manage to enjoy some fun times with your neighbours, friends, and family. It is a great time to enjoy the outdoors and events like our Strawberry Teas. I look forward to seeing more photos and hearing stories about your celebrations.

We are entering an exciting period of implementing our strategic aims at Abbeyfield Scotland. As you know, we are seeking to partner with another registered

social landlord, and I am pleased to say we are having discussions with Blackwood Homes and Care. As we continue to implement our Business Plan objectives and roll out our new model of care and support, we hope Blackwood will enhance our offering and look forward to discussing this with them in more detail in the near future.

Any proposal of a partnership structure will be subject to formal consultation with you and ensure you access independent advice on the benefits of such an arrangement. We will, of course, keep you updated on the potential partnership in due course.

Have a wonderful summertime, please continue to follow the Scottish Government guidelines, and I hope to visit all houses very soon.

**Best wishes,  
Karen Barr, CEO, Group**

## Visit the zoo from the comfort of your own home

Take five minutes out from the sun, grab yourself a coffee and a comfy chair, and you can watch your favourite animals at Edinburgh Zoo or the Highland Wildlife Park from the comfort of your own home!

Abbeyfield residents were thrilled to spot new additions to the colony on the live penguin cam.

[www.edinburghzoo.org.uk/webcams](http://www.edinburghzoo.org.uk/webcams)



# News from Abbeyfield North



## Meet Yolanda!

Yolanda, who receives support from our Abbeyfield Care and Support service in Stonehaven, shares her journey from Belgium to the northeast coast of Scotland.

Born in Belgium, Yolanda, has many fond memories of her childhood and early working days. She met her husband through work before moving to Aberdeen in 1955.

Although it was very hard moving to a strange country and leaving all her family behind, she made many friends with colleagues at Oxfam, who enjoyed listening to her stories so much that she once made an appearance on the front page of Aberdeen's magazine the Leopard!

Our Companions at Abbeyfield Care & Support continue to enjoy listening to Yolanda's fascinating stories today. Kay says, 'it's a pleasure to visit Yolanda, who always has a smile and a story to share over a cup of tea. We love listening to classical music together and always switch on the radio while doing a crossword, or when I am helping with the ironing'.



## Taking care of our birds

Scotland's rich diversity of wild bird species has been facing threats for a long time. Climate change, intensive agriculture, forestry, and the use of pesticides have diminished many of their food supplies.

Residents at Stonehaven have been working hard to look after their garden birds in the North, providing them with food and water throughout the year. If you would like to find out more about how you can help your winged neighbours visit: [www.rspb.org.uk/birds-and-wildlife/advice/how-you-can-help-birds/](http://www.rspb.org.uk/birds-and-wildlife/advice/how-you-can-help-birds/)



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## New Gardener for Turriff

We have been delighted to welcome a new gardener to our house in Turriff. Calum has done a great job in sprucing up our outdoor space for residents to enjoy this summer. Resident Sandy has also enjoyed sharing tips and learning how best to grow neeps, tatties, and cucumbers!



# News from **Abbeyfield Central Belt**



## Return of sport

Many of us were delighted to see the return of sporting events, watching Wimbledon and the Euros from the safety of our own homes. Residents at Bridge of Allan enjoyed a competitive volley when they received a swingball set for their garden.



## The love of music



Music can improve mood, decrease pain and anxiety, and facilitate opportunities for emotional expression. Residents at Abbeyfield Lenzie love listening to Alma playing the piano. Bridge of Allan was also recently visited by their local Scouts Group where they were thrilled to listen to their pipe music.

## Enjoying the outdoors

**Abbeyfield Haddington** took part in 30 Days Wild with The Wildlife Trusts. From identifying wildflowers, planting seeds to walking bare feet in the garden, the residents enjoyed getting back to nature. [1]

As lockdown has started to ease and we get back to a 'new normal', residents at **Greenock** have been enjoying walks in the sunshine along the Esplanade. See page 7 for tips on how to ease yourself safely back into going out. [2]

Making the most of the good weather, a new resident at **Bridge of Allan**, Ellison, has been planning the best cycle routes with help from Bob's local knowledge. [3]

**Many thanks to Peter** for sprucing up our garden and giving the furniture a fresh lick of paint at Abbeyfield Coatbridge. It has been enjoyed by all residents this summer. [4]





## News from Dumfries & Galloway | Green fingers!

Residents throughout Scotland have been enjoying gardening and watching their plants flourish this summer. The plants kindly donated by Tesco have been blooming with all the sunshine and careful tending from residents at Abbeyfield Lockerbie.

## Thank you!!!

We would like to say a big thank you to all the staff who continue to work through challenges faced by the pandemic. A special thanks must go to Gina, House Supervisor at Turriff, who recently made the journey down to Dumfries, to help out. We hope the residents enjoyed meeting her and hearing a few new 'Doric' phrases from Aberdeenshire!



## Chocolate is good for you!

Yes, you heard correctly.... according to scientists at Harvard Medical School, two cups of hot chocolate a day may help keep the brain healthy and prevent memory decline thanks to better blood flow. Abbeyfield residents didn't need any more convincing as they celebrated World Chocolate Day!

## Friends of Abbeyfield

**We have been delighted to welcome Friends of Abbeyfield back to our houses for outdoor visits.** Residents in Haddington have enjoyed canapés in the sun during recent visits. If you know of someone that would like to become a Friend of Abbeyfield volunteer, please call **0131 225 7801** or email **info@abbeyfield-scotland.com**



# Managing Post- Lockdown Anxiety



With all areas of Scotland moving to level 0, many of us feel apprehensive about returning to the ‘new normal’. Age Scotland has shared some handy tips below on managing these feelings and making it easier for us to adjust.

## ♥ Take things at your own pace

If you’re feeling anxious about getting back to socialising, take things step by step. By starting small – setting a regular date to meet a friend for coffee, for example – and building back up, you can avoid feeling overwhelmed.

## ♥ Plan in advance

Having a clear plan before heading out can help you feel more confident. For example, choosing times of day you know will be quieter can help with anxiety about encountering larger groups.

## ♥ Use trusted information sources

While restrictions are easing further, they’re not disappearing completely. So it’s important to stay informed about all official guidelines. Make sure you’re getting your information from up-to-date, trustworthy sources e.g. [www.gov.scot](http://www.gov.scot)

## ♥ Don’t suffer in silence

We know the Covid-19 pandemic and lockdown has increased loneliness. If you are feeling lonely, please don’t hesitate to speak to a member of staff. If you’re feeling particularly low and finding it difficult to tell others, mental health support services from the Samaritans is available by calling 116 123.

## ♥ Looking ahead

The restrictions still in place in Scotland, such as mandatory face coverings and social distancing, offer us a sense of security and reassurance when getting back out and about. Although it may seem daunting at first, we hope you’re able to enjoy lockdown easing, whether you’re looking forward to long-awaited reunions with family and friends, a trip to the local park, or just taking comfort in the return to some semblance of normality.





## Calling all writers!

If you would like to get involved in writing stories or sharing news from your house for the next edition of The Voice, we would love you hear from you. Email: [marketing@abbeyfield-scotland.com](mailto:marketing@abbeyfield-scotland.com)

# Dates for the diary!

This autumn, our staff will be hosting various activities and events in your **Abbeyfield house**. If there is something you would like to take part in, please speak with a member of the team.

	1				8		4	
6			9				7	
		9						
	6				3	1		4
							3	
4			5			8		2
			7		6	2	9	
3	9			8		6		
			2		9			

## August

### 6<sup>th</sup> August

International Beer Day

### 9<sup>th</sup> - 14<sup>th</sup> August

National Allotments Week

### 10<sup>th</sup> - 15<sup>th</sup> August

Afternoon Tea Week

### 13<sup>th</sup> - 19<sup>th</sup> August

National Prosecco Week

### 19<sup>th</sup> August

World Photo Day

## September

### 6<sup>th</sup> September

National Read A Book Day

### 19<sup>th</sup> September

National Dance Day

### 13<sup>th</sup> September

Jeans For Genes Day

### 24<sup>th</sup> September

National Doodle Day

### 25<sup>th</sup> September

World's Biggest Coffee Morning

## October

### 4<sup>th</sup> October

World Animal Day

### 7<sup>th</sup> October

National Poetry Day

### 31<sup>st</sup> October

Halloween

Seed Gathering

Season

## November

### 5<sup>th</sup> November

Guy Fawkes Night

### 13<sup>th</sup> November

World Kindness Day

### 14<sup>th</sup> November

Remembrance Sunday

### 30<sup>th</sup> November

St Andrew's Day

## Sudoku

August 2021

Answers from  
April 2021 >

1	5	9	2	4	7	3	8	6
7	8	2	6	1	3	9	5	4
3	4	6	9	8	5	7	1	2
5	2	4	8	3	6	1	7	9
9	6	7	1	5	4	2	3	8
8	3	1	7	2	9	4	6	5
2	7	8	4	6	1	5	9	3
4	1	5	3	9	8	6	2	7
6	9	3	5	7	2	8	4	1

Newsletter also available in large print and on tape.

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