

Winter 2021

thevoice

The newsletter of abbeyfieldscotland



Residents enjoy some fun and fresh air!

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Animal therapy

At Abbeyfield Scotland, we know the positive impact being around animals can make on people's lives. Animals can help those living in sheltered accommodation relax, provide companionship and bring great joy. When we spend time caring for animals, it can also boost mental and physical health and help people to become more active.

Resident Hamish, at Abbeyfield Killearn, enjoys receiving visits from dog Molly. His owner, Sandra, loves bringing her in and watching the smiles she puts on people's faces. Many of our sheltered houses also allow residents to keep their pets with them. The bonds that people have with their pets and the unconditional affection they receive can be extremely powerful.

Recent research has also shown that over-70s who have a pet are considerably less likely to feel lonely. It is also acknowledged that stroking animals significantly reduces blood pressure and improves cardiovascular health!



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Keep on **rollin'**

Thanks to **Sustrans, a joint partnership with Bike Life and Stirling Council, Ellison has enjoyed touring Bridge Of Allan on her electric trike.**

Cycling is excellent for improving your mental health, boosting your immune system, improving balance, and slowing down the aging process.



However, for a more comfortable ride, a trishaw can be a great way to explore new places and get some fresh air.

Elma and Anne recently enjoyed a birl around Stonehaven on Cycling Without Age's trishaw. Elma told us: 'It was wonderful having a run down the beach, followed by a visit to my childhood home. I can't wait to go again!' Anne added: 'I really enjoyed the trip and look forward to our next outing and finding new routes'.



A word from the CEO

After a lovely summer, where we saw so many activities up and running again, we are now heading towards the darker weeks with more chill in the air. However, Christmas is almost upon us, and I hope you will all enjoy some wonderful parties and events. I look forward to seeing the photos as always!

Of course, we do not lose sight of COVID-19 and remember all those who have suffered loss or dealt with the terrible virus. We remain committed to keeping our residents and staff safe, with a clearer path just up ahead. Thank you to everyone for sticking by the rules and being so patient with us during the past 20 months.

As you know, we are well underway in negotiations with Blackwood Homes and Care, our selected partner, and look forward

to a bright and prosperous future with them. But remember, nothing will change until you, our residents, have your say and vote in early spring 2022. We will keep you up to date in the meantime.

Stay safe over the winter weeks ahead, and I wish you all a very Merry Christmas and a peaceful and happy New Year.

Best wishes,
Karen Barr, CEO (Group)



Message from the Chair

Since March 2020, we have experienced one of the most difficult periods of our lives. Whether you experienced illness, the loss of a loved one, restricted visiting in our houses, or have worked throughout the pandemic. Unfortunately, we now know that we will have to learn to live with COVID-19 for a considerable time. At the time of writing, we may be subject to further restrictions for our future protection.

I want to take this opportunity to thank all the residents and staff again for your exemplary conduct. Personally, and on behalf of the Board of Abbeyfield Scotland Ltd, I commend you.

Our negotiations with Blackwood Homes and Care, our selected partner, continue, and we will bring you more information and your opportunity to vote for any constitutional change as soon as possible in 2022.

When I wrote to you in our winter 2020 newsletter, we were emerging slowly from

a lockdown only to have it imposed again following Christmas. For many of us, the last festive period was unlike any other as we were unable to visit family and friends. Whilst we can never know what is ahead of us, I hope that you will be able to spend it with those who matter most to you this year.

May I wish you all a Happy Christmas and a Prosperous New Year. Stay safe and well.

Nance Smith, Chair, Abbeyfield Scotland Ltd



Artist joins Abbeyfield Bridge of Allan during the pandemic



During the pandemic, budding artist Margaret Farley moved into our house in Bridge of Allan. Staff and fellow residents love seeing the beautiful artwork she creates.

Margaret started taking art classes with Madeline Cosgrove in 1992, held at Airthrey Castle in Stirling University, followed by Cowane Centre in Stirling, then finally at St Saviour's Episcopal Church in Bridge Of Allan. Margaret explains: 'I prefer painting watercolours and working with charcoal. It's a feeling of accomplishment when I finish my artwork successfully'.

While many vulnerable adults have felt isolated and alone during the pandemic, Abbeyfield Bridge of Allan encourages residents to keep up with their hobbies and interests. Exercising creativity is hugely beneficial for elderly adults' mental and physical health. Art therapy challenges them and can stimulate the senses to become sharper. In addition, learning new art forms can enhance thinking skills and improve the nervous system.

Jane Ritchie, an Area Supervisor at Abbeyfield Scotland, added, 'The pandemic has been extremely challenging for many vulnerable adults. However, residents benefit from the support from staff and a welcoming and safe environment. Residents are encouraged to participate in activities, offering companionship and the opportunity to maintain interests and develop new ones'.

Margaret tells us about moving into her new home; 'My arrival to Abbeyfield, Bridge of Allan was with half of my household goods, in the middle of the pandemic. However, all the staff were there to help me unpack and to feed me. It felt like I had come home! There have been ups and downs, but it takes special people to run an Abbeyfield house, and Bridge of Allan is blessed'.



Abbeyfield Lockerbie raises £101.00

Well done to our sheltered housing in Lockerbie for hosting a Macmillan Coffee morning. They raised a fantastic £101.00.

Residents were delighted to take part and raise vital funds for people living with cancer. To find out how you can host your coffee morning, visit www.coffee.macmillan.org.uk





Spot of pampering at Haddington

Did you know that manicures with some gentle manipulation, soft touch, and kneading can help provide light relief from the stiffness caused by arthritis?

At age 94, Doreen had her nails done for the very first time!



Lockerbie names new wind turbines

Many thanks to Muirhall Energy for gifting these wind turbine pictures. Residents at Abbeyfield Lockerbie were lucky to have the opportunity to name the two new turbines 'Oden' and 'Whirlwind Wanda'. There is even a cairn to mark their adopted names!



Preparations for **spring**

Abbeyfield Giffnock have been busy preparing their wildflower meadow for next year. We hope it will attract lots more bees. Abbeyfield Torphins has also been busy planting an impressive 120 daffodil bulbs! The residents will enjoy watching them all pop up in spring.



Long term **service**

A very special thank you to Sandra for 36 years of service. She has been an invaluable part of the Abbeyfield Bridge of Allan team and will be sorely missed. We hope you enjoy your retirement, Sandra!





Halloween Celebrations



Christmas Crafts!

Abbeyfield Haddington has been making beautiful Christmas tea lights from recycled marmalade jars. Meanwhile, Abbeyfield Turriff has been painting lovely tree decorations. Here are some reasons for you to take up painting and crafts this winter:

- Improves motor skills & coordination
- Improves your cognitive function
- Improves mental health & elevates mood



Remembrance Day



We are **listening**



- As part of our ongoing discussions with Blackwood Homes and Care, most of you will have now met with the independent tenant advisor; Tenant Participation Advisory Service (TPAS).
- Your views are being collated, and they will help inform our negotiations with Blackwood Homes and Care.
- We will let you know the next set of dates when you can meet with TPAS again, along with Blackwood too.
- During consultations, there were some day-to-day management issues raised. These have been passed to our Housing Manager, who will review them.





Dates for the diary!

This winter, 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.

January

- 17th January**
Brew Monday
- 25th January**
Burns Night
- 27th January**
Holocaust Memorial Day
- 28th January**
RSPB Big Garden Watch Weekend

February

- 1st February**
Chinese New Year
- 3rd February**
Time to Talk Day
- 14th February**
St Valentine's Day
- 14th February**
Book Giving Day

March

- 1st March**
Shrove Tuesday/ St. David's Day
- 17th March**
St. Patricks Day
- 18th March**
Comic Relief
- 21st March**
World Poetry Day

April

- 4th April**
Community Garden Week
- 15th April**
Good Friday
- 17th April**
Easter Sunday
- 29th April**
International Dance Day

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

Sudoku

December 2021

Answers from August 2021 >

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



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

Newsletter also available in large print and on tape.

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