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A WARM WELCOME TO OUR
AUTUMN 2024

# Quarterly Newsletter

OAKBANK CARE HOME

## Welcome To Our Newsletter

Autumn has arrived and it is a beautiful season with the gold and red leaves on the oak trees surrounding our home.

We have had a fabulous summer packed with many entertaining activities. There has been so much for everyone to join in with, from the Adventure Circus to our trip(s) in winning three awards in the annual Giving for Gold competition in Perth & Kinross, well done to everyone!

As the nights draw in, we still have so much to look forward to with many more exciting events planned in the run up to Christmas.

We have welcomed new residents and staff over the last few months and we are building a lovely home together.

Our door is always open, and a warm welcome is always waiting.

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

Newsletter Sign Up

Best wishes,

**Margaret Ann Gavin**
Home Manager

## Stanley our Therapet

### Cuddles & Pats

Stanley and his owner, Lucy, visit Oakbank every Thursday and the residents really look forward to his visit. Lucy rescued Stanley when he was younger, it took a while for him to realise he was safe. Three years on he is very happy living with Lucy and her family and really looks forward to visiting us. Stanley is at their terrier and has a lovely caring nature, he visits each resident and even gives for a walk in the garden.

## Crieff Highland Gathering

### Meet Our Mascot

In August, Oakbank had a stall at the annual Highland Games in Crieff, there was a free tombola, games, glitter tattoos and name the Oakbank mascot. We all had a great day chatting with people from all over the world and being part of the community. We had a lot of names suggested for the squirrel mascot and Conker was the winner, congratulations to Jacqueline who has pride of place in the reception and the name was suggested by Alice C McG.

## Adventure Circus

### Amazing Experience

Suzi, Gemma and Jo from the Adventure Circus put on an amazing acrobatic Bring Me Sunshine Show for the residents. The show was full of colour, bright outfits, music and dancing. The residents were mesmerised and amazed by the skill and talent of the ladies. Staff and residents even had a go on the big hoop.

## Go for Gold

### Go Team!

Every year care homes in Perth and Kinross take part in a Go for Gold games competition, this year's theme was the Paris Olympics, each home had to come up with a team name, a team outfit, a poster, design a well-being challenge and submit a team score for some games that were played. Although Oakbank had only just opened we decided to enter and put an all into it, our team name was 'Toulouse' or 'Toul' for short, our outfits were made by our Activity Coordinator and her mum, inside, We made our outfit and together with our friends from the Craft Lane bunnies coffee morning we made a launch. At the online awards ceremony we were delighted to win the best outfit, the best launch and same second with best team name. Well done team Oakbank!

## National Nutrition Week

### Healthy Choices

To celebrate Nutrition Week, we used a different colour fruit and vegetable each day and did a few different fruit and vegetable based activities. Scavenger hunt, bingo, what's your fruit name and quizzes. On each day we made smoothies and tasted different fruits and vegetables with the days theme colour. The smoothies were enjoyed so much we now have a regular that Friday where we all make smoothies.

## Resident Spotlight – Ian H

### Words of Wisdom

Ian has worked on the railways for over 30 years and has a lot of interesting stories and knowledge so it was suggested that he did a few talks on various subjects. The first was on the 25th of September and it was held in the Dinnes Tearoom where staff, residents and their families came along to listen to Ian talk about his time on the railways and the Glasgow subway system and everyone received a copy. Ian delivered his talk with confidence and it was very interesting. The next talk is on the 29th of October and we are all looking forward to it.

## Staff Update

### A Warm Welcome

Welcome to our Team! Meet the new staff members.

Carers:

- Wai Ching (Gloria Fu)
- Jessica Lynn Bridges
- Lorenzo Lillo
- John Sowede
- Emma Winstanley
- Karina Kolesta
- Nicola Farina

They all are a great addition to the team at Oakbank. We wish them all every success in their new positions.

## Dates For The Diary

### Memorable Activities

Upcoming Dates For The Diary :

- 29/10/24 Bertie bus trip at 2pm
- 29/10/24 Relative Meeting at 6.30pm – 9pm
- 31/10/24 Arduinella Nursery visit at 11.30am
- 31/10/24 Halloween Disco Dance Party at 2pm
- 5/11/24 Church Service at 2.30pm
- 8/11/24 Scream Memorials at 10.45am

## Social Media

### Connect With Us

Make sure to check out the Oakbank Care Home Facebook Page.

Don't Forget To 'Like' Us!

## Leave A Review

### Your Thoughts Matter

We would be very grateful if you could spare a few minutes to write a review for us:

Carehome.co.uk Reviews

Google Review

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