



## INTRODUCTION

### Message From Our Manager

Welcome to our Summer Newsletter.

The past few months have been full of enjoyable activities, outings, and opportunities for residents to spend time together both inside the home and out in the local community. With the arrival of the warmer weather, we have been making the most of our outdoor spaces and enjoying a variety of experiences that have encouraged residents to stay active, social, and engaged.

From relaxing afternoons in the garden to trips out on our new minibus, there has been something for everyone to enjoy. We are also delighted to welcome a new member of our Activities Team, whose enthusiasm and fresh ideas have already made a positive impact on daily life within the home.

We hope you enjoy reading about some of the highlights from the past few months and thank our residents, families, staff, and volunteers for helping to make Kingsacre such a welcoming and vibrant community.

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,

**Nicola Dow**  
Home Manager



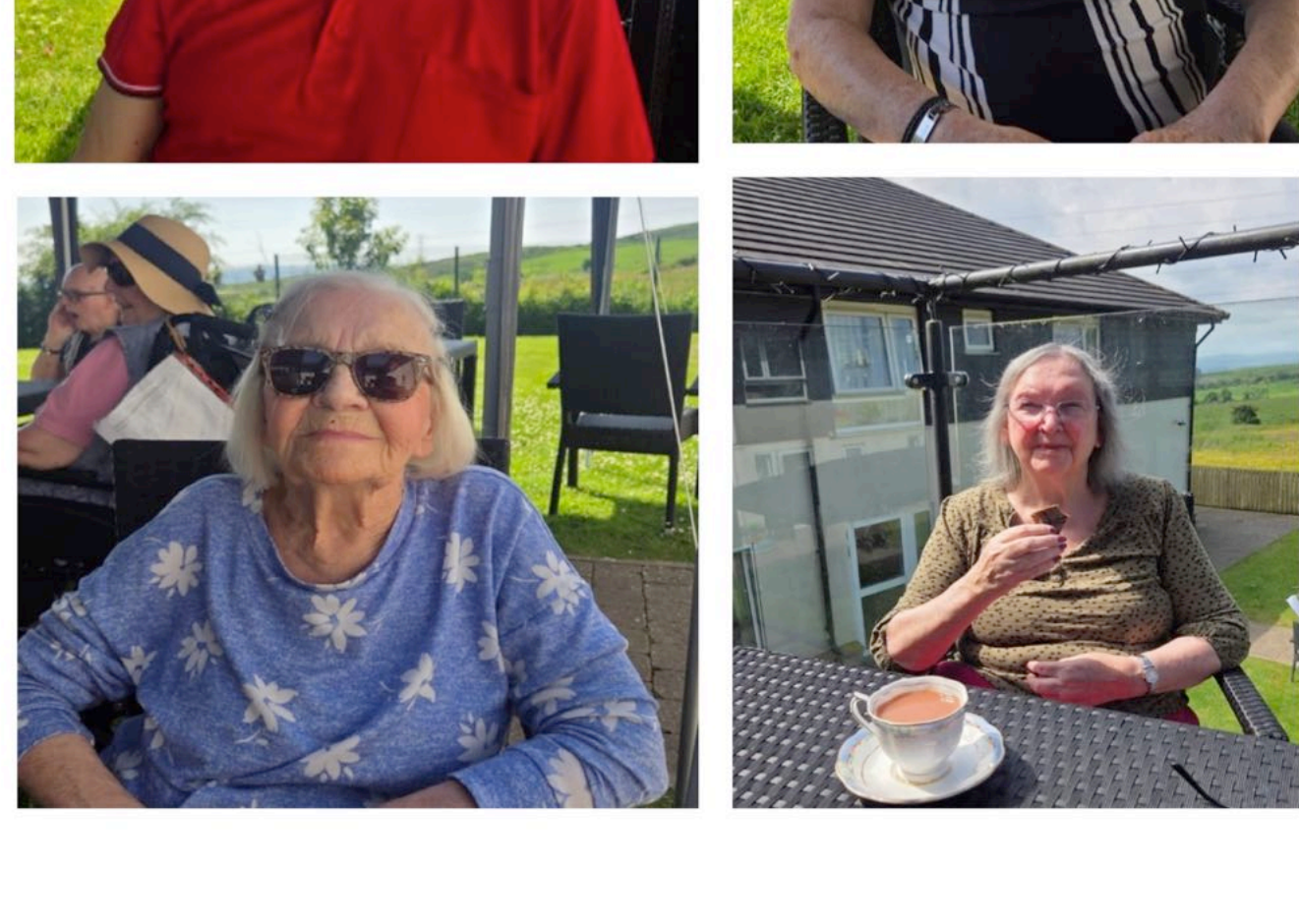
## ACTIVITIES & EVENTS

### Making the Most of Summer

The recent spell of fine weather has given residents plenty of opportunities to enjoy time outdoors and make the most of our beautiful garden.

Whether relaxing in the sunshine with a cup of tea, chatting with friends, listening to music, or simply enjoying the fresh air, the garden has become a favourite place to spend time during the warmer days. Residents have enjoyed watching the flowers bloom, listening to the birds, and appreciating the peaceful surroundings.

Being outdoors provides many benefits for wellbeing, and it has been lovely to see so many residents making the most of the sunshine while enjoying each other's company.



### Visiting the Local Ponies

Residents recently enjoyed gentle walks around the local area, taking the opportunity to visit the neighbouring farmland and meet some of the friendly ponies nearby.

The visits gave residents the chance to enjoy the fresh air while reconnecting with nature and the local countryside. Spending time with the animals prompted many conversations, with residents sharing memories of horses, farming, and growing up in rural communities.

The outings provided a relaxing change of scenery and were enjoyed by everyone who took part. We look forward to making more visits throughout the summer months.



### Keeping Active Together

Encouraging residents to remain active continues to be an important part of life at Kingsacre, and our activities programme includes a variety of opportunities for movement and exercise that can be adapted to suit individual abilities.

Residents have been taking part in gentle exercise sessions, movement activities, and games that promote mobility, coordination, and overall wellbeing while making exercise enjoyable and social.

We were also delighted to welcome Fitback back to the home, where residents enjoyed taking part in a friendly mini football tournament. The sessions were filled with enthusiasm, laughter, and plenty of encouragement as residents worked together and cheered one another on.

These activities continue to be extremely popular, and we remain committed to incorporating enjoyable physical activity into everyday life at Kingsacre.



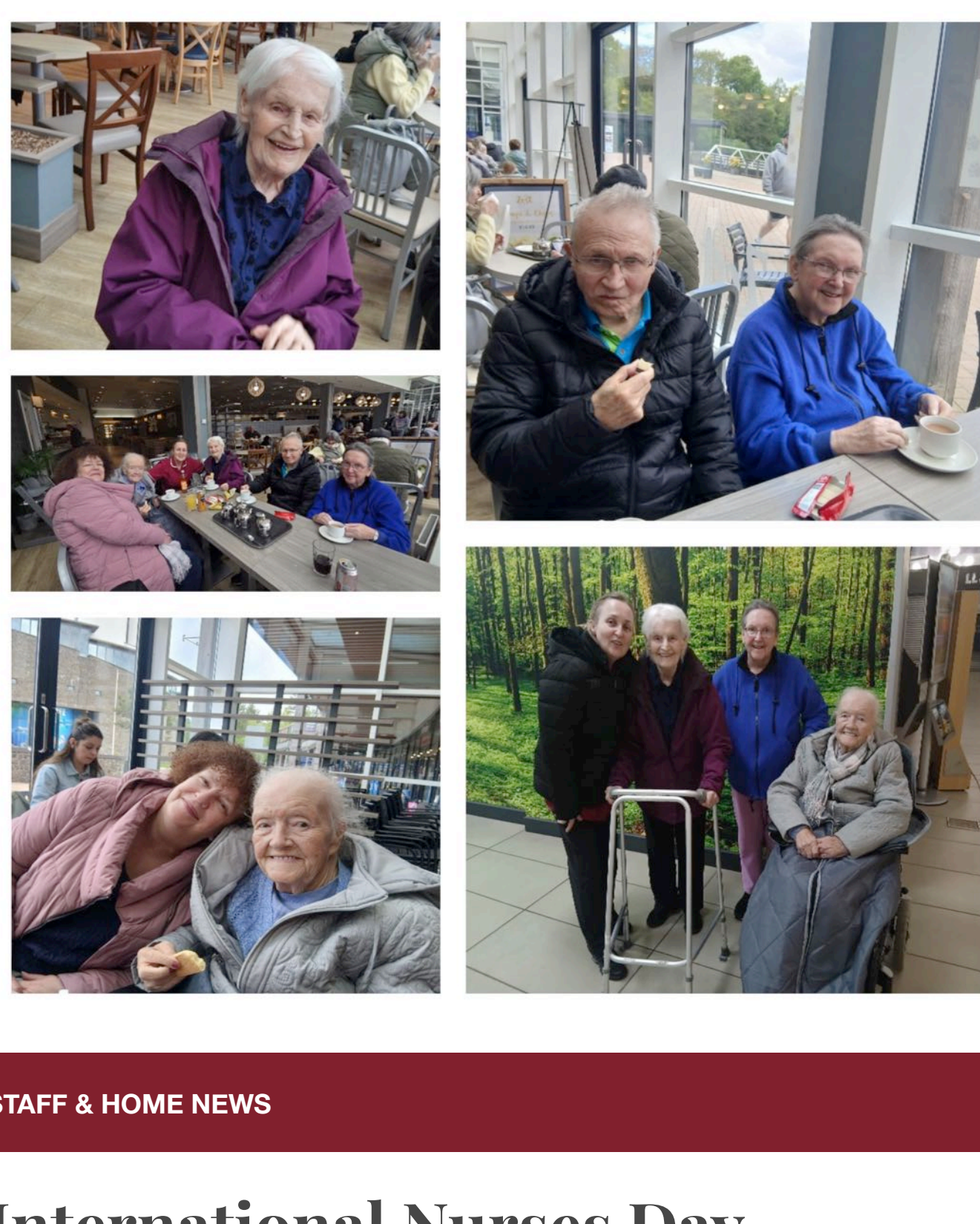
### A Day Out in Balloch

Our new minibus has opened up many opportunities for residents to enjoy outings, and one recent trip took us to the beautiful town of Balloch.

The visit gave residents the chance to enjoy familiar surroundings while taking a trip down memory lane. Many shared stories of previous visits with family and friends, reminiscing about holidays, days out, and special occasions spent there over the years.

Alongside the memories, the outing also created new experiences as residents spent time together exploring the area, enjoying refreshments, and taking in the beautiful scenery.

Days like these provide valuable opportunities to stay connected with the local community while creating new friendships and lasting memories.



## STAFF & HOME NEWS

### International Nurses Day

On 12th May, we proudly celebrated International Nurses Day, which marks the birthday of Florence Nightingale.

The occasion provided an opportunity to recognise the invaluable contribution made by our nursing team, whose dedication, professionalism, and compassion make such a positive difference to residents every day.

Residents were invited to share what they appreciate most about our nurses, and it was heartwarming to hear so many kind words describing their care, patience, kindness, and willingness to go the extra mile.

To thank our nurses for everything they do, we held a special afternoon tea where the team could relax together and celebrate their achievements. We would like to extend our sincere thanks to every member of our nursing team for their continued commitment to providing exceptional care.



## STAFF SPOTLIGHT



### Meet Erin - Activities Coordinator

We are delighted to introduce Erin, our new Activities Coordinator.

Over the past six weeks, Erin has been working alongside Carol, supporting the delivery of activities throughout the home and quickly becoming a valued member of the Kingsacre team.

Erin has brought with her a fantastic amount of enthusiasm, creativity, and fresh ideas, helping to ensure residents continue to enjoy a varied programme of meaningful activities. Her positive attitude and friendly approach have already been appreciated by residents and colleagues alike.

We are excited to see the new ideas and activities Erin will introduce over the coming months and are delighted to have her as part of the Kingsacre family.

## COMING UP

### Looking Ahead

As we continue through the summer, we are looking forward to making the most of the longer days with even more outings, outdoor activities, entertainment, and opportunities for residents to spend time together.

Our minibus will continue to play an important role in helping residents enjoy visits to local attractions, while activities within the home will focus on keeping residents active, engaged, and connected. We are also excited to build on the new ideas being introduced by our Activities Team and continue creating experiences that residents enjoy.

Thank you to all our residents, families, staff, and volunteers for your continued support and involvement in life at Kingsacre Care Home. Together, you help make our home a welcoming place where new memories are created every day.

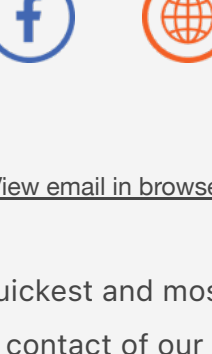
We look forward to sharing more highlights with you in our next newsletter.

## EXTERNAL LINKS

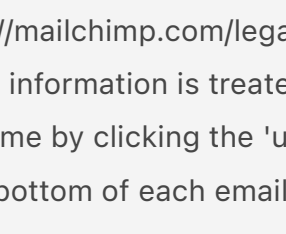
**Social Media** Make sure to check out the Kingsacre Care Home Facebook Page for all our latest photos!

**Leave A Review** We would be grateful if you could spare a few minutes to write a review for us:

[Don't Forget To 'Like' Us!](#) [Carehome.co.uk & Google Reviews](#)



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