



the Wheatlands Blether



A word from care home manager Grace....

Welcome to the **Autumn** edition of our newsletter.

Let's hope the weather stays kind and we don't see the same snow as we did last winter.

Please join us on 1st Dec at 11.30am for our Christmas Fayre where we will be fundraising for our comfort fund

New residents:

We would like to welcome Chris Heron, Betty Martin, Helen Boyd, Peggy Lindsay, Marjorie Bisset, Tom Turnbull, Andrew Campbell, Pat Fox and Tom Malley.

New staff:

We are delighted to welcome all new staff into the Wheatland's Family. We would like to welcome Amy Lees, Cat Kirk, Chantelle Gray, Kirsty Ewing and Karen Wright.

Every Day Heroes

Balhousie Care group are encouraging residents, staff and relatives to nominate staff members or volunteers who they feel are working to Balhousie Care groups new values TRIP – Trusted, Responsive, Inspiring, and Passionate care giving. If you feel a member of staff deserves recognition please email karen.buchan@balhousiecare.co.uk or speak to Grace who will nominate on your behalf
Nominate your everyday Hero today!!

Thought for the day:

Amazon Echo's purchased for all units. Please speak to Alexa to share favourite musical memories with your loved one

Dates for your diary

Remembrance Anniversary celebration November 23rd at 7pm in Grangemouth

Michael Paterson 26th November

Christmas Fayre 1st December at 11.30am

Relatives meeting – December 19th at 5.30pm - 6.30pm

Christmas Zumba session date to be arranged

Nursery children 10am 14th December carol singing

Primary children afternoon visit of 20th December carol singing

Visit to Christmas lights on 21st December in early evening

Hogmanay party 31st December starting at 8pm



New ideas: -

- **Our laundry hours have been amended to 8am – 4pm. 5 days per week as we now have Karen ,our housekeeper, on board**
- **Our menu is currently under review following resident feedback and seasonal changes**
- **Miigen ‘take control of your memories’ – Miigen is full of unique and easy to use tools. Miigen is a great app for keeping memories, store photos, voice tags and useful tools. This is a free App and a good way to reminiscence with your loved ones and save the memories. If you would like more information, please see Leeann our Activities Co-Ordinator or see one of the flyers at reception.**
- **We will shortly be trialling a n interactive table. We will be looking for relative’s thoughts prior to purchasing**

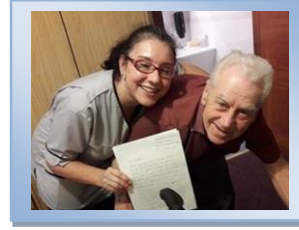
Fitness & Wellbeing activities

Wheatland’s staff are promoting residents to be more active in fun fitness and wellbeing group exercises and 1-2-1 activities. We ensure the activities are tailored to each individual care needs. Since the role out of our activity programme in May there has been a 50% reduction in falls within the home. This is a massive reduction and is directly linked to increased physical activity



Activities: -

Residents recently have been participating in an intergenerational activity by completing pen-pal letters. We will soon see the children and residents joining up to discuss their joint letters



Care Inspection

We had our inspection in September of this year and I am delighted to announce that our grades under the new inspection criteria are as below. We are the only home in the Falkirk area to receive these grades and I am immensely proud of the achievements of the staff. Well done to all the staff and many thanks to all of the residents and relatives for their continued support this year.

1.1

6

1.2

6

1.3

6

5.1

6

Condolences

Very sad news this month at the loss of Moira Wells, David Graham, Bill Mackay, Muriel Godfrey and Jimmy Carson. Our thoughts are with their families at this sad time. A candle will be lit in reception for 24 hours as a mark of respect

