



## INTRODUCTION

# Message From Our Manager

Welcome to our Autumn Newsletter.

We have had a busy and fun-filled summer at Cumbrae Lodge, with plenty happening for residents as well as a number of improvements taking place around the home.

Following a recent visit from the Care Inspectorate, we were very pleased to have our work acknowledged for delivering good care. This reflects the hard work and commitment shown by our staff across every department, so I would like to thank the whole team for their continued efforts.

I would also like to say a big thank you to everyone who helped organise and run our Summer Fun Day and supported our Marymass activities. Events like these take a great deal of preparation behind the scenes, and it was lovely to see residents, families, staff and visitors enjoying them together.

Our work to improve the environment at Cumbrae Lodge is progressing well, with developments continuing at a steady pace to make the home as comfortable and welcoming as possible for residents and our team. Recruitment has also gone very well, and we now have very few vacancies remaining across the home.

As we move into autumn, we have another busy programme ahead, including a particularly special occasion as Cumbrae Lodge celebrates its 30th birthday.

Thank you, as always, to our residents, relatives, friends and staff for your continued support.

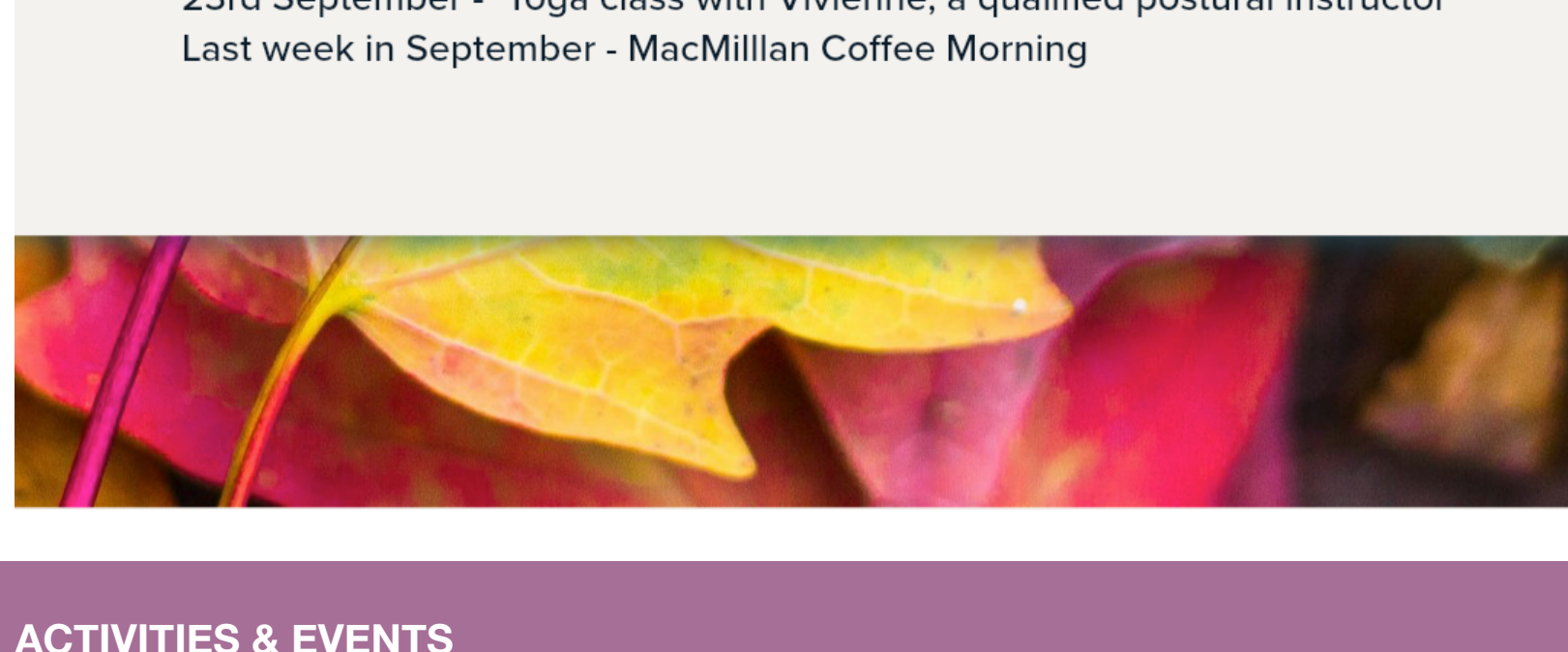
If you know someone who would like to receive our email newsletters/updates just let us know, or forward them the newsletter sign up link below:

[Newsletter Sign Up](#)

Best wishes,

**Lee Gove**  
Home Manager

## SAVE THE DATES



## ACTIVITIES & EVENTS

# Wild West Summer Fun Day

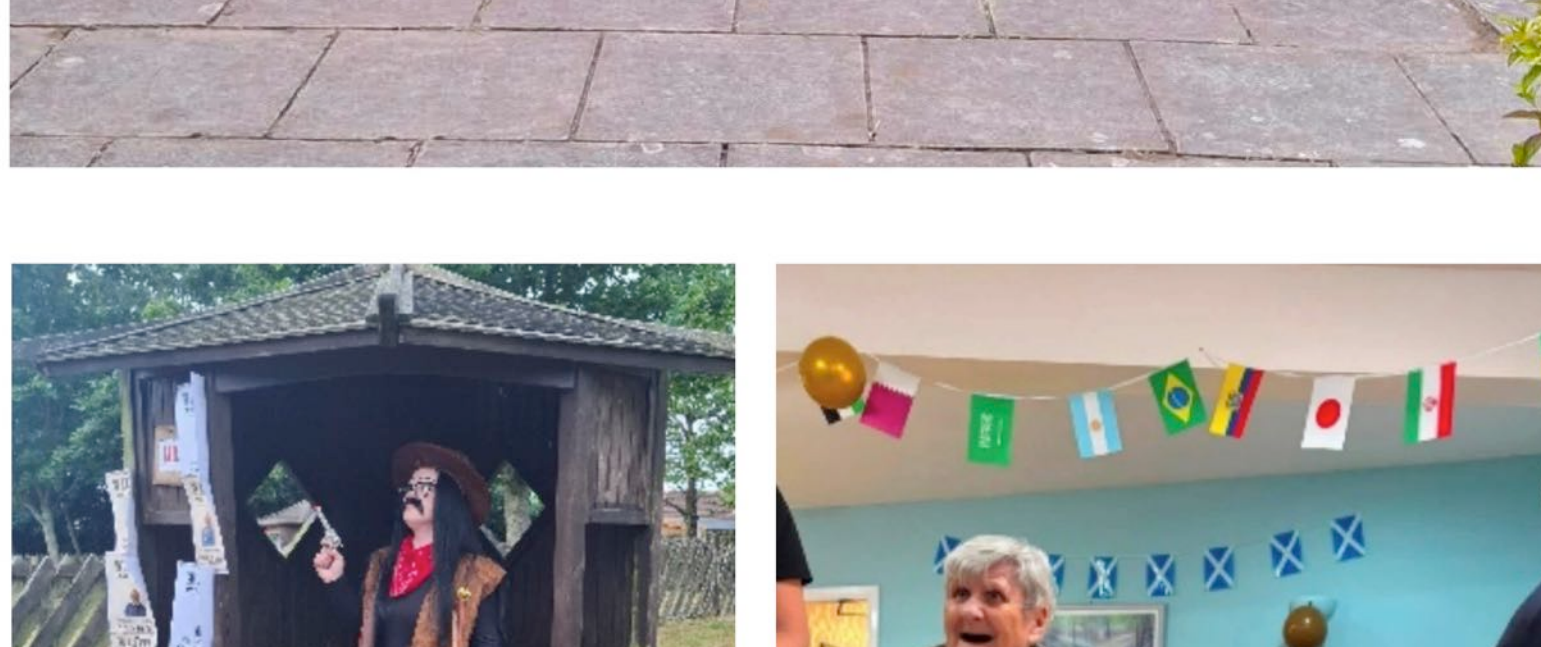
Our Wild West-themed Summer Fun Day took place in July and was a great opportunity to bring residents, families, staff and friends together.

We were joined by the Amazing Bea, who provided live entertainment throughout the event, while Bunny Luv brought along a wonderful selection of animals for everyone to meet. Our visitors included ducks, rabbits, guinea pigs, chickens and tortoises, all of which received plenty of attention from residents and guests.

There was also plenty of food to enjoy, live music and games for our younger visitors. One attraction in particular proved very popular – Sponge the Band!! There certainly seemed to be no shortage of people willing to take aim.

It was also great to see so many people getting into the Wild West spirit and dressing up for the occasion, which added to the atmosphere and helped make the day even more memorable.

Thank you to everyone who joined us, helped with the preparations or played a part in making our Summer Fun Day such an enjoyable occasion.



# A Visit from the Marymass Marys

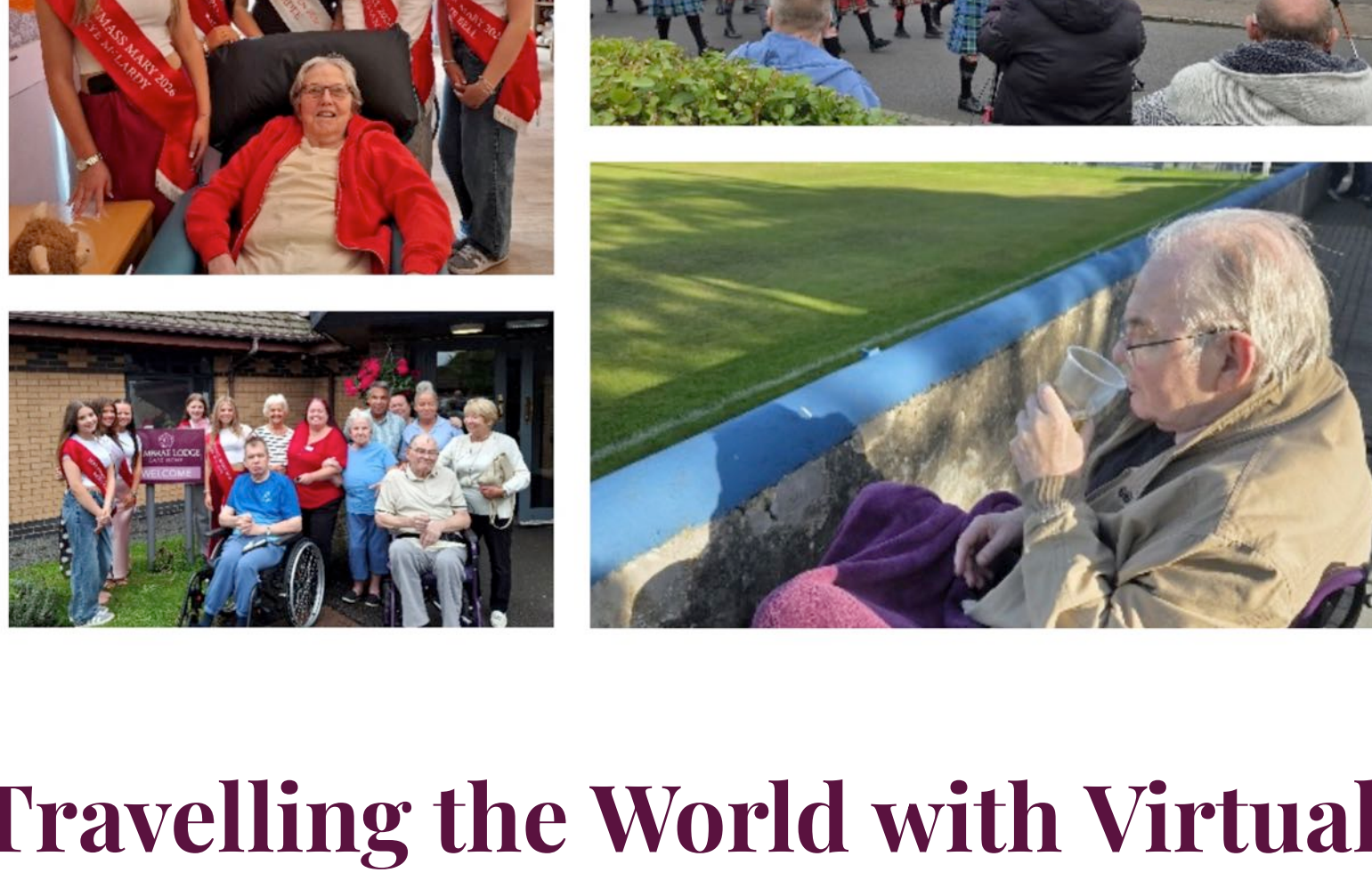
With Marymass celebrations taking place in Irvine, we were delighted to receive a visit from the Marymass Marys.

The girls spent time chatting with our residents and talking about the Marymass Festival. Residents really enjoyed meeting them and hearing more about the celebrations.

Some of our residents also headed into Irvine to experience Marymass for themselves, watching the parade and taking in the atmosphere.

There was also the chance to watch the famous Marymass football derby between Irvine Meadow and Irvine Vics, adding a little sporting rivalry to the festivities.

It was lovely to be involved in such an important local tradition and for residents to remain connected with events happening within the wider community.



# Travelling the World with Virtual Reality

We were pleased to welcome The Turnstyles back for another virtual reality experience.

Using VR headsets, residents were able to travel to different destinations around the world without leaving the comfort of their chairs. Everyone who tried the headsets had a great time exploring the different locations.

For some residents, the experience provided the opportunity to revisit places they had previously travelled to on holiday. Seeing familiar destinations again brought back plenty of memories and led to conversations about holidays, favourite places and experiences from years gone by.

Turnstyles is a non-profit organisation which uses immersive virtual reality experiences to create enjoyable and meaningful experiences for older people.

A big thank you goes to Paul and Mhairi from Turnstyles, who took the time to make sure everyone was comfortable with the equipment and helped residents get the most from their experience.

The session was a big hit, and our residents are already looking forward to the next one.



# Making the Most of the Sunshine

We were fortunate to enjoy plenty of sunshine over the summer, including some particularly warm spells, so we made the most of every opportunity to spend time outdoors.

Residents enjoyed nature walks and trips out for coffee, as well as simply spending time outside and enjoying the fresh air.

During the warmer weather, we even brought out paddling pools so residents could sit back and cool their feet in the water. It was a simple idea that proved very popular, particularly on the hottest days.

After such a lovely summer, we will continue to make the most of our outdoor spaces for as long as the autumn weather allows.



# Supporting Scotland at the World Cup

There was plenty of excitement at Cumbrae Lodge as we prepared to support Scotland at the World Cup.

In the lead-up to Scotland's opening game, we made a proper occasion of it with Scottish-themed arts and crafts, traditional food and drink and a Scottish karaoke session.

Residents enjoyed getting behind the team and sharing their football memories and predictions before the matches began.

Unfortunately, the results did not go quite the way we had hoped, but that did not stop us enjoying the occasion. After a 28-year wait to see Scotland back at a World Cup, it was certainly something worth celebrating at Cumbrae Lodge.



## COMING UP...

# Looking Ahead

As we move into autumn, we have plenty to look forward to at Cumbrae Lodge.

Our 30th birthday will be a particularly important occasion, giving us the chance to celebrate three decades of Cumbrae Lodge and the many residents, families and members of staff who have been part of the home over the years.

Our regular activities, outings and Coffee Afternoons will continue alongside special events, visiting entertainers and opportunities to try something different. We will also continue making improvements around the home as our environmental work progresses.

Most importantly, we will continue listening to residents and involving them in the activities and events they would like to see at Cumbrae Lodge.

Thank you once again to our residents, relatives, friends, local community and dedicated staff team for all your support. We look forward to another busy few months together and to sharing more Cumbrae Lodge news in our next newsletter.

## EXTERNAL LINKS

# Social Media

Make sure to check out the Cumbrae Lodge Care Home Facebook Page for all our latest photos!

[Don't Forget To 'Like' Us!](#)

# Leave A Review

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

[Carehome.co.uk](#) & [Google Reviews](#)