

A WARM WELCOME TO OUR SPRING 2024

Quarterly Newsletter

DB DALGETY BAY CARE HOME

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Manager's Introduction

The light nights are here now and let's also hope for lots of blue skies and sunny days which will allow us to get out and about more and enjoy our beautiful grounds.

We are delighted to have new residents in our communities and there is a real joyful buzz to the place. We hope you enjoy reading our newsletter as it is our great pleasure to keep you updated with what has been happening recently within and around our home.

Also, 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,

Tabatha Jacome-Sturge
Home Manager



Exercise and Yoga



Keeping Busy & Active

We introduced the Corridor Challenge to our residents to encourage exercise and movement throughout the day. They were given a star shape to decorate and this has been placed along the corridor of each community. Their challenge is to walk to the star and then move it for the next day to increase the distance walked.

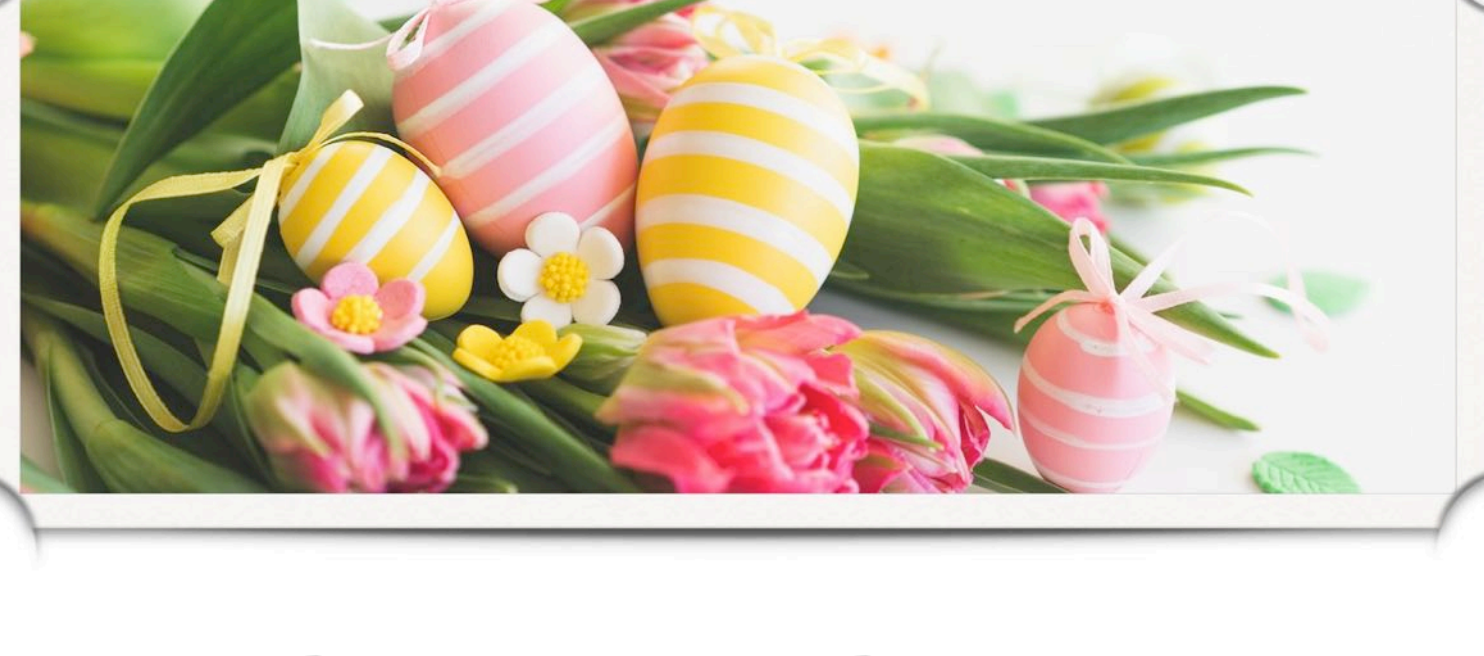
We have also arranged some daily light chair exercises in the lounge which include an exercise ball and a mini pedal exerciser. The residents have enjoyed the challenges and the staff have had fun encouraging them to take part

We also decided to introduce a different form of exercise to boost mental wellbeing as well as physical wellbeing. We started our Arm Chair Yoga sessions. This holistic session lasts for around 40 minutes combining meditation and exercises. The residents that have taken part have been very engaged in the activity and really enjoyed trying something different, saying they loved it, as you can see by the photos.

We are hoping to do these sessions at least once a month through the OOMPH Wellbeing and Activities platform.



Easter Celebrations

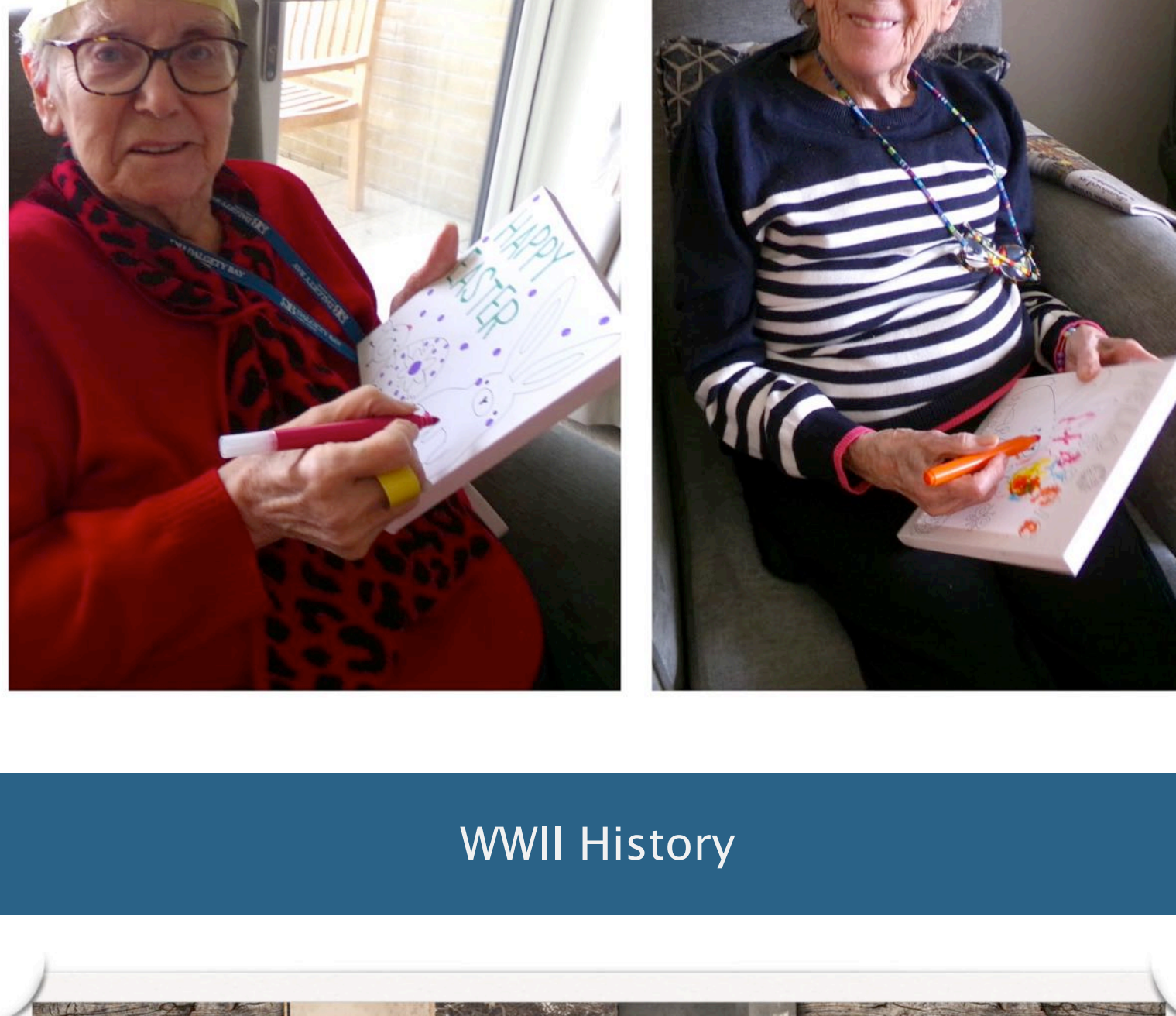


Creative Creations

As it was Easter we thought it was a good time to get creative and bring a little colour into our activities! Our residents had fun creating lots of lovely works of art with canvas, pens and paint.

Everyone shared their art with each other and seemed to be very happy with the results, including the Easter Bunny who came round with chocolate eggs and crackers to enjoy too!

The colouring sessions were a great social activity with everyone gathered together in the lounge. It was a good, calming project and helped to reduce any stress and anxiety.

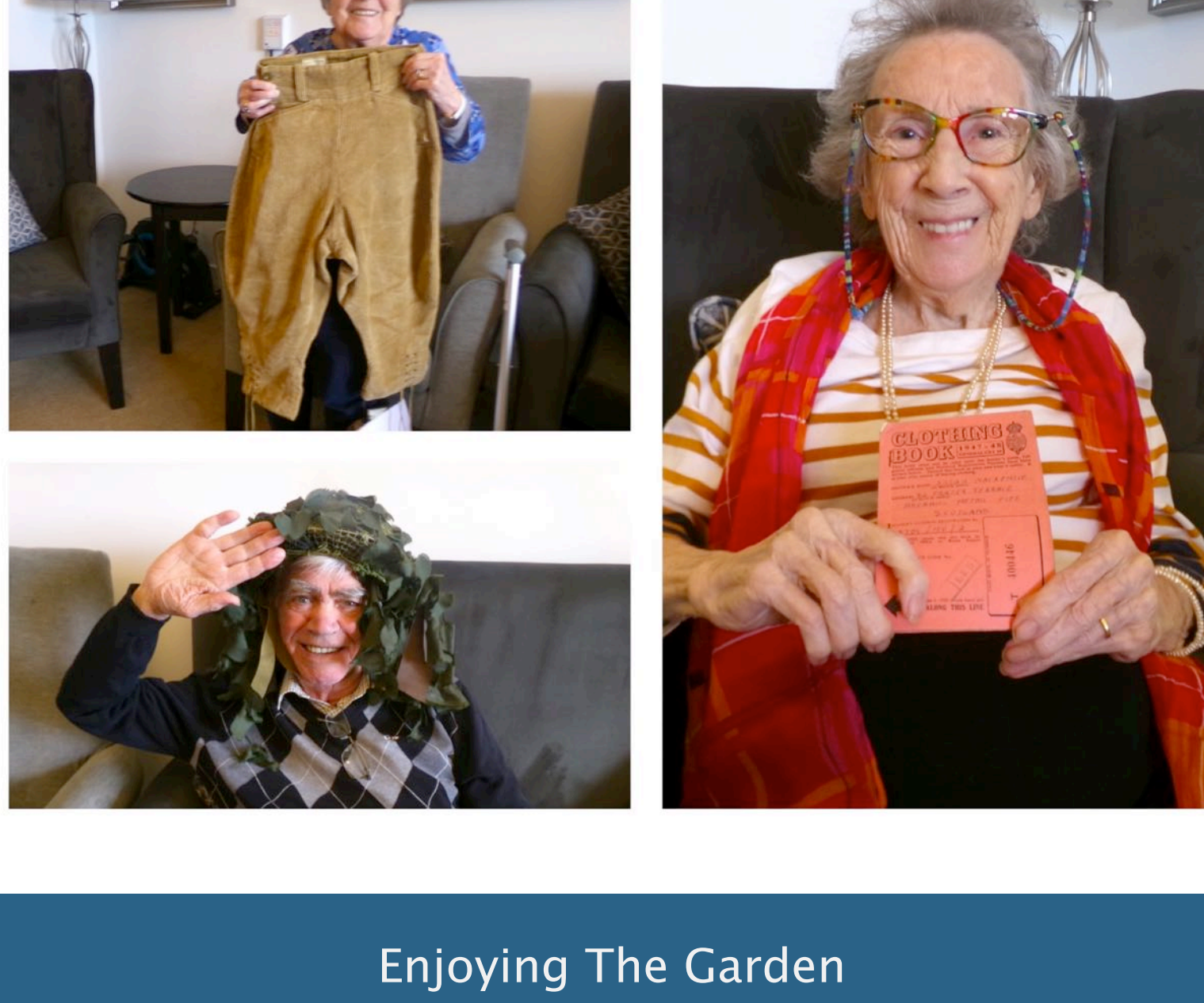


WWII History



Reminiscing

Our residents explored the contents of a box loaned to us by Kirkcaldy Museum. This box contained original objects, photographs and information from World War II. It was a great success and we'll be borrowing some more historical pieces soon.



Enjoying The Garden



Fresh Air & Sunshine

Residents have been able to take advantage of some sunshine and spend time in the garden enjoying Pitch 'n' Putt, Scrabble, Dominoes and a game of Bocce.

We received a kind donation of a greenhouse from a member of Dalgety Bay Allotments so once we work out how to assemble it we can get some planting done!



Meet The Team

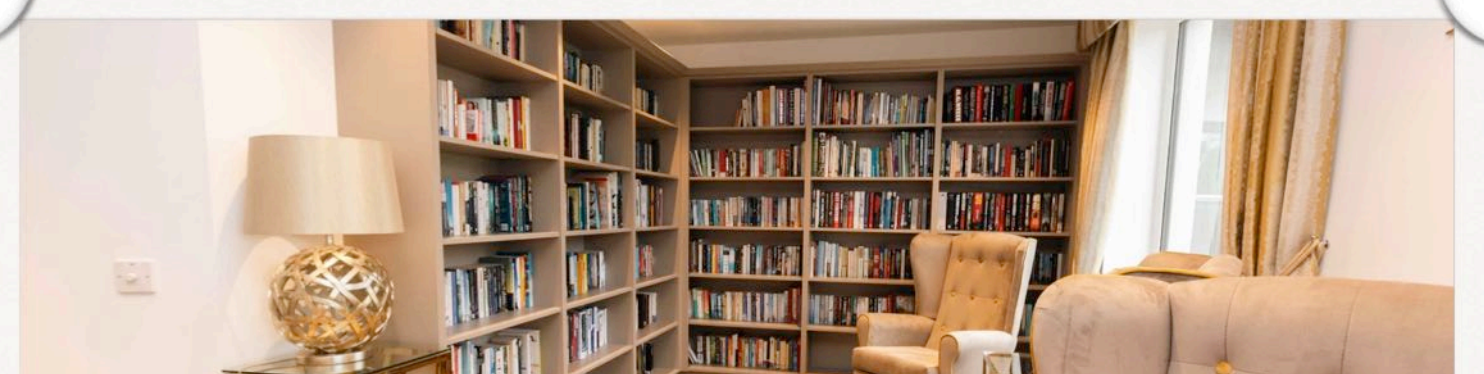
Staff Profiles

Chloe Fleming- Activities Coordinator

"My name is Chloe Fleming and I have recently joined Dalgety Bay Care Home as the new activity coordinator. I have come from a senior care position, and I was looking for more job satisfaction and more social interaction with the residents. I'm looking forward to interacting with the residents to fulfil their day."



Social Media



Connect With Us

Make sure to check out the Dalgety Bay Care Home Facebook Page.

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

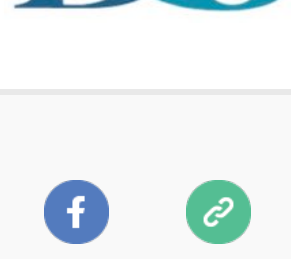
Leave A Review



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](https://www.carehome.co.uk/reviews)



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