



INTRODUCTION

Message From Our Manager

As the season changed from the warmth of summer into the cool and colourful days of autumn, there's been plenty happening both inside and outside of the Home. From fun outings and creative clubs to community events and cosy afternoons together, our residents have been keeping very busy!

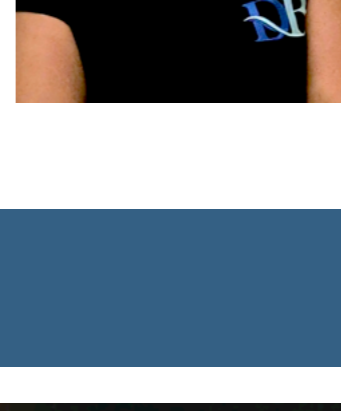
We've celebrated our Summer Fayre, started some new activities, and explored local beauty spots. As we move into the next few months, we look forward to even more outings, get-togethers, and quality time with family and friends.

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
Home Manager



SAVE THE DATE



Our Memory Care Café continues to run every second Tuesday in the Dalgety Bay Care Home Café. This month, gatherings will take place on November 4th and November 18th, and then every two weeks after that.

The Café is a warm and welcoming space for residents, families, and friends to enjoy a cuppa, share stories, and connect with others in the community. We encourage everyone to come along - it's a lovely way to spend a morning together.

ACTIVITIES & EVENTS

Days Out & About

Now that the weather has cooled, we have been taking trips out in the minibus. Residents have enjoyed visiting Dobbie's Garden Centre, Lochore Meadows, and attending our fortnightly dance sessions at the Sunshine Group. We've also been enjoying cosy stops for coffee and cake along the way. These outings bring plenty of smiles, laughter, and fresh air.



Keeping Fit & Active

Our weekly fitness sessions with Bex from Fitcare Scotland have been a big success. Bex understands how important movement and mobility are for everyone, and she brings wonderful energy to each class.

With upbeat music, gentle exercises, and plenty of laughter, residents are encouraged to join in at their own pace. Everyone looks forward to her visits, which always lift the mood and keep us active.



Activities Around Our Home

The Activities Team has been working hard to keep everyone engaged and entertained. We've enjoyed a full schedule including quizzes, bingo, cinema afternoons, and our ever-popular baking club, which has produced some delicious treats!

We've also welcomed singers, musicians, and even children from the local nursery school - their visits always bring so much joy and laughter.



Recently, we spent a lovely afternoon surrounded by flowers, friendship, and fun - creating beautiful displays and sharing beautiful smiles. It's the little things that make big memories!



Spa Saturday

Our residents enjoyed a wonderfully relaxing Spa Saturday recently. The lights were dimmed, soothing music filled the room, and everyone was treated to a bit of pampering. With face masks, cucumbers over the eyes, and calming aromas in the air, it was the perfect afternoon to unwind and recharge. A little "me time" goes a long way!

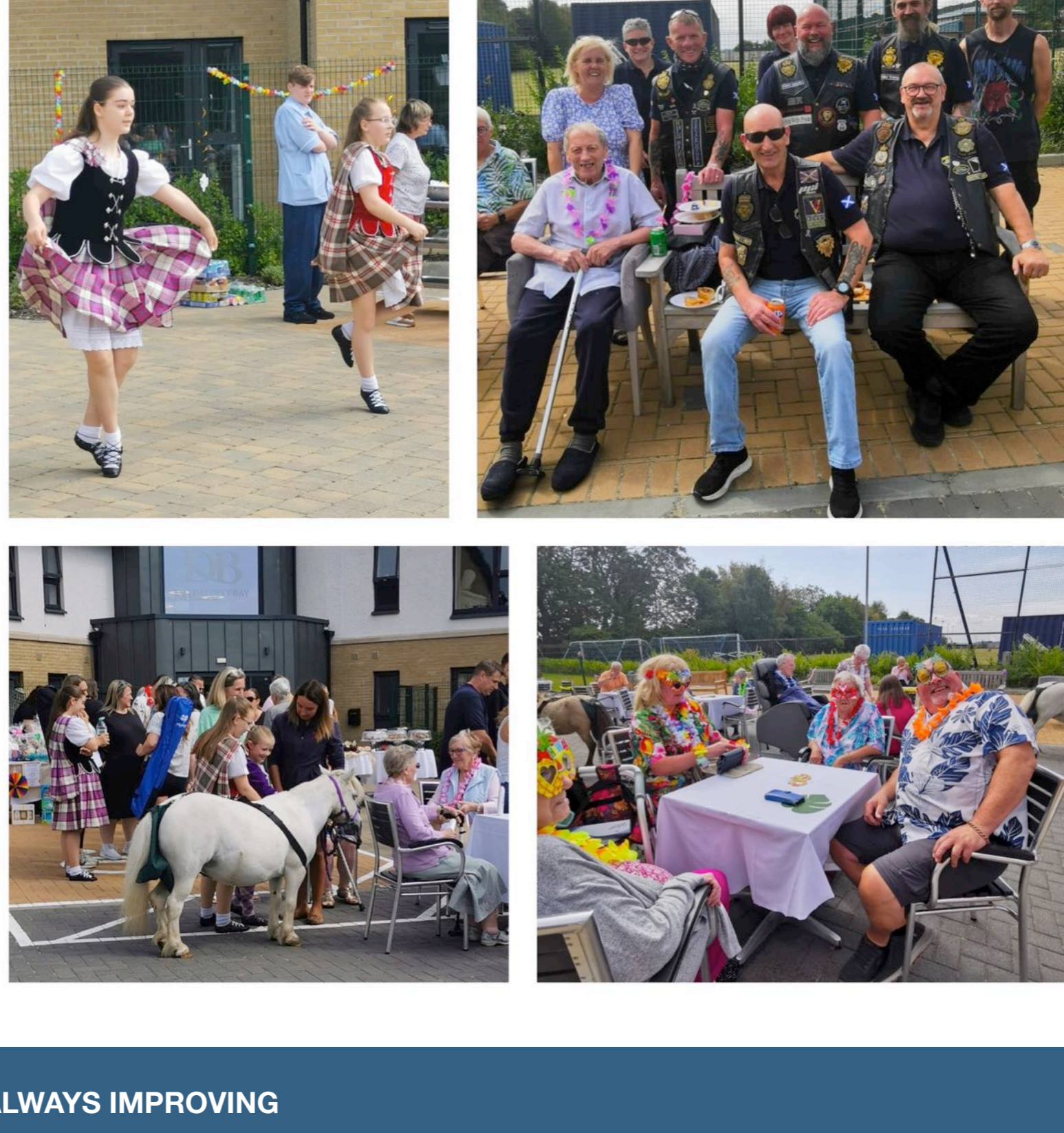


Summer Fayre Success

We rounded off the summer with a fantastic Summer Fayre, celebrating with family, friends, and members of the community.

There was so much to enjoy - Highland dancers, bikers, ponies, delicious food, stalls, and live entertainment. We were thrilled with the amazing raffle and tombola donations, which helped raise funds for our residents' activities.

The event was a wonderful success, full of laughter and community spirit - a day to remember!



ALWAYS IMPROVING

Residents' Meeting

We recently held a Residents' Meeting to talk about our activities programme and menu options. Our Activities Team and Head Chef, Simon, joined the discussion to gather feedback and suggestions directly from residents.

The meeting was a great success, with lots of positive ideas shared about what everyone enjoys and what they'd like to see next. We're proud to ensure residents have a strong voice in shaping life at the Home.

EXTERNAL LINKS

Social Media

Make sure to check out the Dalgety Bay 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](#)



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