

# Amicura *life*



p2 Coronation celebrations!



p5 Dementia Awareness Week

## Letter from the Editor's Desk

Hello everyone,

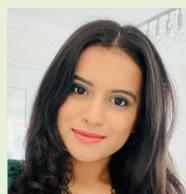
As we embark on the summer season, I am excited to showcase an array of activities and celebrations at Amicura homes in the last months. With longer and warmer days upon us, our team is working harder to fill the days of our residents with joy, laughter and passion. From outdoor activities and garden parties to themed events, we have begun the summer season full of energy.

We are absolutely thrilled to announce that Amicura has been awarded the prestigious **"Outstanding Smaller Group Care Provider"** at the Care Home Awards. This award is a testament to our entire group's unwavering dedication and hard work. They never fail to go the extra mile in ensuring the highest care standards for our residents. Additionally, I am proud to share that **Kingfisher Care** Home has recently been rated as overall **'Good'** in its latest inspection conducted by the Care Quality Commission (CQC).

A big congratulations to the team and thank you for your outstanding commitment and dedication.

This feature contains creative endeavours that our home teams have undertaken for the well-being of our residents. We also share highlights, stories and photos from our activities on Amicura's Facebook and LinkedIn pages, as we aim to create a more digital mode of communication between our homes and residents' loved ones. Thank you for choosing us to be a part of your or your loved ones' care, we truly believe in making this journey a memorable one.

Wishing you all a joyful and fulfilling summer season.



*Rahi Joshi*

Marketing Associate  
Amicura Care Group

## Outstanding Smaller Group Care Provider of the Year

We are extremely honoured to have received the **"Outstanding Smaller Group Care Provider"** award for Amicura at the Care Home Awards. At the ceremony held towards the end of June, our Estates Manager had the honour of receiving this prestigious award on behalf of Amicura. This is a testament to the hard work of our home teams who never fail to go the extra mile to maintain high care standards.



## Kingfisher Team Celebrates 'Good' Rating

The **Kingfisher Care Home** team is beaming with joy as they celebrate their outstanding achievement in the recent Care Quality Commission (CQC) inspection. The home achieved an overall **'Good'** and received **'Good'** ratings in all the key areas - safe, effective, responsive, well-led and caring. A big thank you to our fantastic team who consistently maintain exceptional care standards, ensuring the well-being and happiness of our residents.



# Celebrations at Amicura Homes



## ROYAL CELEBRATIONS: HONOURING THE CORONATION OF KING CHARLES III

The home teams made this historic celebration a moment to cherish forever. By planning an array of wonderful activities, hosting royal parties with at-home entertainment, and culinary teams cooking delicious dishes, they made it one of the most incredible celebrations for everyone to enjoy with their friends and families.

Here is a glimpse of the celebrations across the homes.



## WELCOMING THE LITTLE EXPLORERS: PRIMARY SCHOOL VISITS

Local primary school children visit **Haslingden Hall**, fostering interaction and learning opportunities between the residents and young visitors. Engaging activities are organised to create a joyful and educational experience for all involved.



## WITNESSING PHENOMENAL PERFORMERS!



The ladies from **Kingsley** had a trip to Johnston Town Hall to witness the captivating performance of "Calendar Girls." It was an unforgettable experience filled with tears of laughter.





## FATHER'S DAY CELEBRATIONS

We had an extraordinary Father's Day celebration at Amicura Homes. Our teams made this day special to honour and appreciate our residents and the amazing dads who are the pillars of strength for their families.

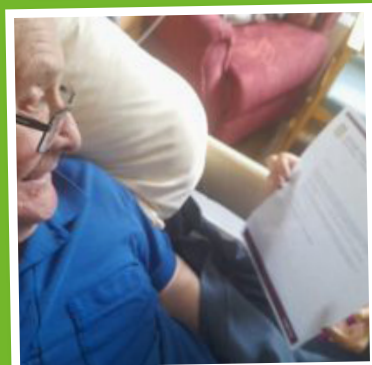
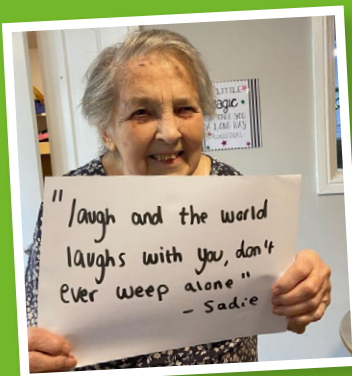
**Harmony House:** The gentlemen were treated to special gift sets and indulged in an afternoon of games over a few refreshing drinks.

**Kingsley:** The team organised a memorable activity where residents shared some cherished memories of their fathers. This beautiful exercise helped them reminisce about special moments with their loved ones. A few of the residents spent this day with their families and enjoyed a delicious meal together.

**Jasmine Court:** The Jasmine Court team kicked off the Father's Day weekend by hosting an elegant in-house afternoon tea for the gentlemen and their loved ones. The celebrations continued with a delightful trip to the garden centre for lunch, allowing residents to bask in the warm weather.

**Haslingden Hall:** The gentlemen bonded over home-baked cakes and aromatic coffee at the home's cosy café.

**The Glen:** The residents had a fun day filled with music, singing, and dancing in the vibrant garden.



## OUR RESIDENTS SHARE THEIR SECRET TO HAPPINESS

The inspiring ladies at **Haslingden Hall** share their wisdom on finding happiness, offering valuable insights, and uplifting advice that brightens the lives of everyone around them.

### Roseway House's heritage craft work with Molly

Residents at **Roseway House** engaged in enriching sessions with Molly from Jarrow Hall, exploring the heritage craft of heddle board weaving and learning about the fascinating process of transforming flax into linen.

### Magic Moments at Harmony House

It is wonderful to witness the amazing work being done by the team at **Harmony House** who take the time to connect with residents to find out what their dreams and desires are.

Magic moments were created for two residents. One lifelong fan of Aston Villa Football Club received a personalised letter from the club and another resident's dream of meeting Bob Brolly, a famous Irish singer, came true.

# Summer Serenity: Amicura Homes embrace the Sunshine

As sunnier days grace us, residents across the homes are basking in the joy of summer. Welcoming the good weather and creating memorable moments, the residents at **Kingfisher**, **Liberton Brae**, **Kingsley**, **Haslingden Hall**, and **Roseway House** are enjoying a pleasant season filled with serenity and engaging activities.

## LIBERTON BRAE

At **Liberton Brae**, the rooftop terrace serves as a serene haven where residents can unwind, connect, and appreciate the surreal beauty of Arthur's Seat.

## KINGSLEY

**Kingsley** residents indulge in the spirit of summer, immersing themselves in seaside-inspired activities and experiencing the joy of the beach at home.

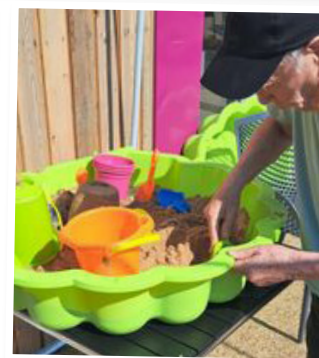
## HASLINGDEN HALL AND ROSEWAY HOUSE

At **Haslingden Hall Care Home**, residents spent time in the home gardens.

The residents at **Roseway House** are making the most of the weather by spending time in the garden. The residents dipped their feed in the splash mat, listened to the birds chirping and were joined by bunnies, Heather and Eddie.

## KINGFISHER

The residents of **Kingfisher** are relishing their lunch under the sunshine in the home's landscaped garden.



## CELEBRATING CARERS WEEK AT SIGHT SCOTLAND DAY CENTRE

The residents of **Kingsley** were invited to the Sight Scotland Day Centre during the carers' week. It was a day filled with creativity and serenity, the residents painted with watercolours, while some of the ladies enjoyed a relaxing meditation session.



## HASLINGDEN HALL RESIDENTS CELEBRATING PRIDE MONTH



## SHARING SPECIAL MESSAGES: NATIONAL FRIENDS DAY

Tommy, a beloved resident at **Kingsley**, shared a Best Friends Day message with his daughters, Claire and Jane in a beautifully crafted card.



## POWER OF MELODIES: WORLD MUSIC DAY

In celebration of the day, the residents at **Kingsley** had a fun filled karaoke session.





# Dementia Awareness Week

During this special week, the **Kingsley** team shared with us incredible moments of joy and connection. The day started with entertainment as Christian, a talented singer and dancer, brought smiles to everyone's faces with his fun performance. The enchantment continued with "Day's Gone By" and Shoogalie Road Productions, who transported the residents to the fascinating world of Doris Day. Other activities arranged were baking, pebble painting, games of bingo, and flower arranging as well as a special trip for two residents to tour the Rangers Football Stadium.



At **Kingfisher**, Dementia Awareness Week started with a 'strengthening mind and body' exercise class. The week was focused on nurturing cognitive abilities by playing unique games and at home pampering.

At **Harmony House**, the week was spent celebrating creativity and inclusivity. The picture shows the residents painting cherry blossom trees. As we painted we witnessed a beautiful transformation in the room. Smiles lit up faces, conversations flowed, and a deep sense of accomplishment radiated through the air.



## GARDENING

The **Kingfisher** residents potted plants to witness them blossom as the summer season approached.



## EXPLORING RATHO IN THE ST JOHN'S CRUSADER

The residents at **Liberton Brae** went on a picturesque journey on the St John Crusader canal boat, exploring Ratho and enjoying the serene surroundings.

## FUN 'NATIONAL DAYS' AT HARMONY HOUSE

At **Harmony House**, it has become a cherished tradition to mark national days with taste and trial sessions, allowing residents to judge and crown their favourite delicacies.

### NATIONAL CHEESE DAY

Residents crowned cracked black pepper and spicy cheddar with chilli as their top loved cheeses during their cheese-tasting session.



### NATIONAL DOUGHNUT DAY & NATIONAL BISCUIT DAY

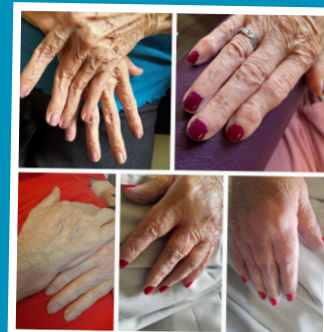
The custard-filled doughnuts topped the list on Doughnut Day. A resident said they were "very very nice, the custard is lovely and tastes of vanilla." Also savouring the tastes of different biscuits, the residents at **Harmony House** agreed on cream crunch and jammy dodgers being the ultimate best bikkies!



# Enriching experiences: Recreational activities flourish at Amicura Homes

## PAMPER THERAPY

**Harmony House** and **Kingfisher** residents are treated to nail care sessions. Every Wednesday at **Kingsley** is dedicated to the residents getting their nails and hair done, providing a luxurious experience that boosts self-esteem and leaves them feeling rejuvenated.



## UNIQUE GAMES

**Kingfisher** residents engaged in a lively atmosphere filled with a variety of games, including skittles, table ice hockey, ball and balloon games, and dominoes. Meanwhile, at **Haslingden Hall**, residents enjoy playing games like Jenga and Bamboozled, fostering friendly competition and lots of laughter.



## PET THERAPY

At **Liberton Brae**, the residents love the presence of Teddy, a fluffy therapy dog who brings boundless happiness to their lives. Additionally, Tinkerbelle, an adorable Pygmy goat from Menagerie, Edinburgh visited the home. Dotty, a regular visitor at **Harmony House**. She loves to receive cuddles from all and ensures to greet all the residents.



## STAYING FIT AND ACTIVE

**Kingfisher** residents prioritise their physical well-being with regular exercise sessions, while residents at **Haslingden Hall** continue their refreshing walks in the community, making the most of the pleasant weather and enjoying the benefits of staying active.



## SENSORY THERAPY

The innovative team at **Haslingden Hall** has designed a sensory therapy for the residents, presenting them with a box filled with intriguing objects that engage their senses. It provides sensory stimulation which has been known to increase brain activity.



## SHOPPING SPREE AND A MEETUP IN THE COMMUNITY

At **Harmony House**, the residents enjoyed a day trip to a local garden centre. The outing was followed by a meet-up with relatives and friends at a nearby café, for a much-needed cup of tea and slice of cake.





# Creating unforgettable moments: Special activities and experiences for our beloved residents

## RHYTHMIC JOURNEYS: THE RESIDENTS DISCOVER AFRICAN DRUMS

**Harmony House** residents embarked on a rhythmic adventure as they learned about African drums and experienced the joy of drumming together with the visiting African drummers.



## THE RESIDENTS ENJOY A SUMMERTIME AFTERNOON AT THE PUB!

**Kingfisher** and **Kingsley's** residents spent an afternoon at the local pub.



## Upcoming Competition: Life at Amicura Homes

This edition's competition is focused on bringing out what goes on inside our homes daily. We would like to have our team make a 1–2 minute video showcasing **'life in their home'**. You will decide the title for your video that best describes the day, you can also be creative to include personal statements from staff, residents, and families.

### Competition Rules:

- Give it a unique title (a wonderful way to have residents' ideas too)
- You can find the mode of sending it across at [news@amicura.co.uk](mailto:news@amicura.co.uk) before **18th August 2023**.
- Additional Ideas to Enhance Your Video:
  - Showcase meaningful interactions between staff, residents, and families, highlighting the warm and caring relationships that flourish within our homes.
  - Capture engaging activities, such as art sessions, music therapy, garden walks, and recreational events that reflect the diverse interests and talents of our residents.
  - Include heartwarming testimonials from residents and their families, sharing their experiences and expressing gratitude for the exceptional care they receive.
  - Highlight any unique programs or initiatives that set your home apart, emphasizing the personalized and holistic approach to care.
  - Highlight a particular staff member and their role at the home



# Words of appreciation

We are grateful to receive such kind words of appreciation from residents, their families, and friends. These kind testimonials serve as a reminder of the meaningful impact we have on the lives of those we care for, and they inspire our team to always maintain exceptional standards of care. Here are a few of such amazing reviews received on [carehome.co.uk](https://carehome.co.uk)

## Liberton Brae

### Daughter of a resident from Liberton Brae states:

*"Just a wonderful home. All the facilities are new, and of a very high standard, but that's not what sets the home apart. The most amazing thing about this place is the staff - and I mean everyone. No matter what their role is, all the staff go the extra mile. They aren't doing a job, they are genuinely caring for individuals. Everyone I have met, and engaged with, has a heart and it shows in everything they do. I have so much admiration for them.*

*Checking my dad into a care home was something I put off several times, but in the end, I had to do it so he was safe. It was one of the hardest decisions I have ever made. I have no regrets and only praise for the wonderful team at Liberton Brae. They are special people. My dad - who I thought would never settle away from his own home - is content and happy.*

*The rooms, communal spaces, dining experiences, and activities are all great but what makes this a real home is the care and heart of the team. Thank you to them all."*



## The Glen

### Daughter of a resident from The Glen states:

*"Looking for a home for Mum, I went to visit **The Glen Care Home** and knew immediately it was the right place. Bright, clean, airy, and friendly. Mum settled in quickly and was very happy. The staff are amazing! From the domestics to management, they are kind and happy, and nothing is too much trouble. I found out how amazing the staff were when my mum sadly passed away a few days ago; I spent a lot of time there and stayed overnight.*

*The staff went above and beyond to love and care for my mum and me! They brought me food and drinks, supported me, comforted me, and reassured me all through the night.*

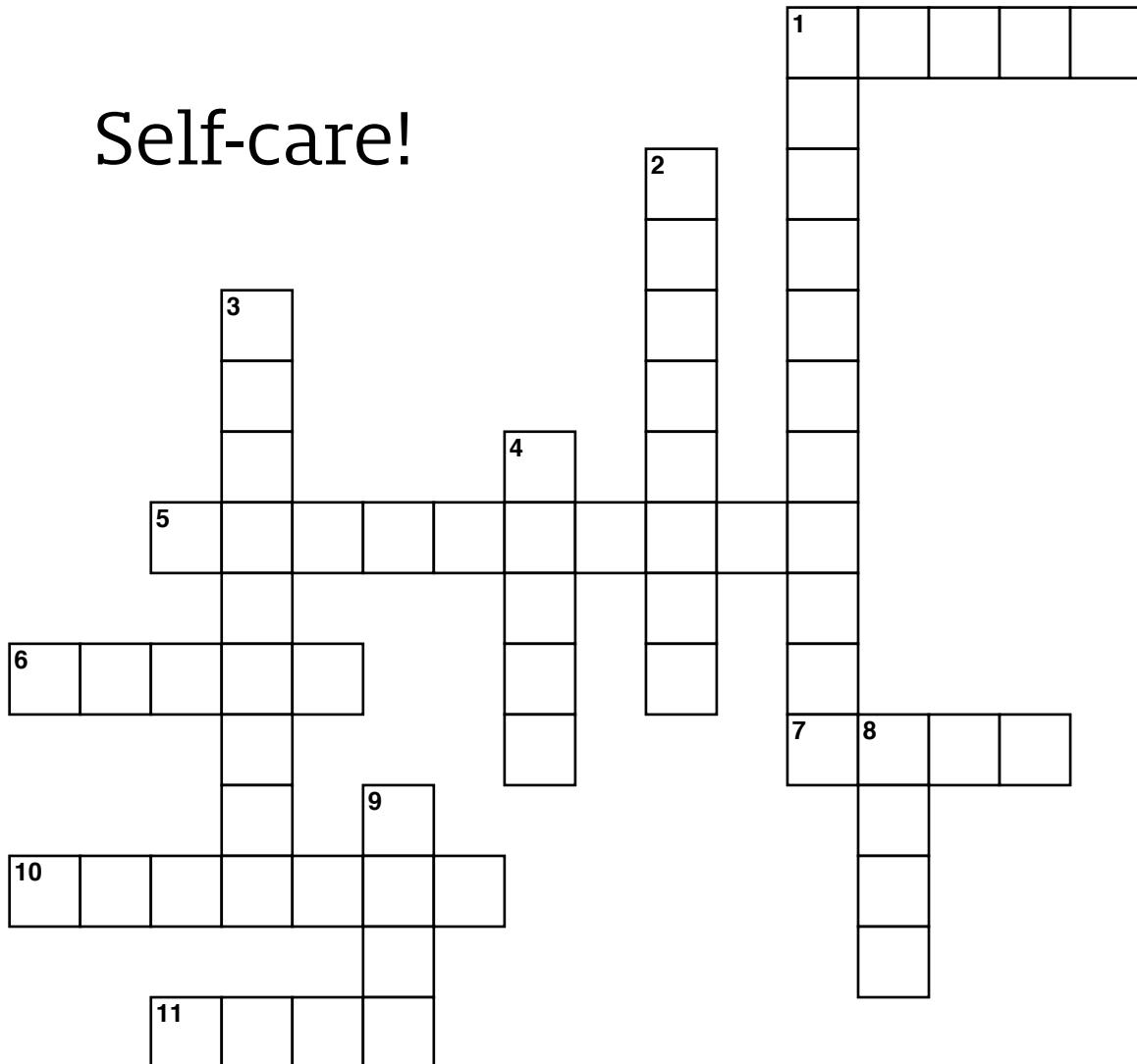
*They dealt with Mum with such dignity and respect; they sat with me and cried with me... their love and kindness overwhelmed me... this home is the best! There are always activities to interest the residents and keep them occupied... it was a happy home-from-home for my mum and for me when I visited. I never had to worry or doubt her care! Anyone looking for a great dementia home - go and look around! "*





# Springtime **Crossword** fun!

## Self-care!



**Across**

- [1] Listening to this can improve your mood
- [5] Deep breathing is a way to promote
- [6] Do this when listening to music
- [7] Watch your favorite\_\_\_\_\_
- [10] Focus on what you can\_\_\_\_\_
- [11] Go for a\_\_\_\_\_

**Down**

- [1] A way to be in the present
- [2] It is important to do this for your physical and mental health
- [3] Do this to communicate with friends and family while social distancing
- [4] Drink 8 glasses of this a day
- [8] It is okay to ask for\_\_\_\_\_
- [9] Read a\_\_\_\_\_

