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A WARM WELCOME TO OUR
AUTUMN 2024

Quarterly Newsletter

Manager's Introduction

As the leaves fall from the trees, and the cool, refreshing air becomes a familiar presence, we joyfully embrace the arrival of autumn. The cosy season not only fills our surroundings with breathtaking colours but also ushers in a myriad of activities and events that are thoughtfully put in place to celebrate and enjoy this time of year.

We invite you to sit back and read all about our recent happenings, activities and events.

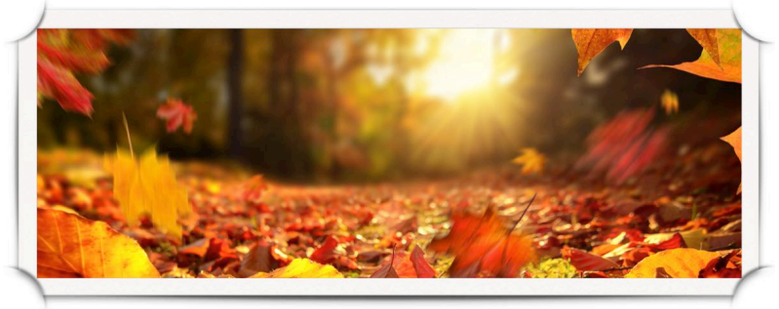
Also, if you know someone who would like to receive our email newsletters just let us know, or forward them the newsletter sign up link below:

Newsletter Sign-Up

Best wishes,

Liz Brown
Home Manager

Bothwell Scarecrow Festival



Go Team!

Bothwell Castle Care Home has once again claimed the top prize at this year's Bothwell Scarecrow Festival, marking our second consecutive win!

Our residents' creative rendition of the iconic Wizard of Oz scene wowed judges and community members alike, securing us the highly coveted trophy and a delightful hamper filled with goodies for everyone to enjoy.

We were so excited to win again and have the trophy proudly displayed in our front foyer for all to see and celebrate.

Reinventing The Wizard of Oz in Straw

This year's festival saw Bothwell Castle Care Home near Glasgow, enter the world of The Wizard of Oz, capturing the hearts of everyone with our colourful and imaginative scarecrow scene. From the Scarecrow to Dorothy and the Tin Man, each character was lovingly recreated with exceptional attention to detail, thanks to the hard work and enthusiasm of everyone involved.

Our residents, along with our staff and their families, thoroughly enjoyed the creative process, finding joy in bringing this iconic story to life. Participating in the festival provided not only a wonderful creative outlet but also a meaningful way to foster inclusion and community spirit. Being part of the festival allowed everyone to feel connected, valued, and engaged—a core part of our ethos here at Bothwell Castle Care Home.

An Annual Highlight

The Bothwell Scarecrow Festival has been an annual highlight for the village since its inception in September 2011. The festival brings together residents of all ages in a celebration of creativity, camaraderie, and fun. Over the years, it has grown into a beloved tradition that everyone eagerly anticipates.

All surplus funds raised from the festival go to the Glasgow Children's Hospital Charity, a cause that is close to many of our hearts. It's truly rewarding to be part of something that not only brings happiness and engagement to our residents but also benefits children and families in need.

Celebrating Our Success at the Grand Parade

At Bothwell Castle Care Home, promoting inclusion and a sense of community is at the heart of everything we do. Our participation in the Bothwell Scarecrow Festival is just one of the many ways we strive to engage our residents in meaningful activities that foster joy, creativity, and connection. Events like this not only bring our residents closer to each other but also strengthen our bonds with the wider Bothwell community.

The smiles and laughter shared throughout the festival, from the crafting of our Wizard of Oz scene to the excitement of the grand parade, are so valuable. It is these shared experiences that make Bothwell Castle Care Home a warm and welcoming place to live, where every resident is encouraged to be an active participant in the life of the community.

Walking Football

Fun & Games

Our residents return fresh faced and full of energy from Walking Football sessions at Toryglen.

Walking football is a modified version of traditional football that is designed to be more inclusive for people of all ages and abilities. It was first introduced in the UK in 2011 and has since gained popularity worldwide. The game follows the same rules as regular football, with the key difference being that players are not allowed to run. This makes it a safer and more accessible form of the game, particularly for older adults and those with limited mobility.

The history of walking football can be traced back to a desire to provide a way for older individuals to stay active and engaged in physical activity. As people age, it can become more challenging to participate in high-impact sports, and walking football offers a low-impact alternative that still provides the benefits of exercise and social interaction.

In care homes, walking football has been embraced as a way to promote physical activity and social engagement among residents. The game can be played indoors or outdoors, making it a flexible and adaptable activity for care home settings. It not only helps residents stay physically active but also provides a sense of camaraderie and teamwork.

The benefits of walking football for care home residents are numerous. It helps improve cardiovascular health, strength, and balance, which are important for maintaining overall well-being, especially in older adults. Additionally, the social aspect of the game can combat feelings of isolation and loneliness, promoting a sense of community and connection among participants.

Bothwell Castle Music Festival

Fun in the Sun!

In a care home setting, music plays a crucial role in enhancing the overall well-being of the residents. Music has the power to evoke emotions, stimulate memories, and create a sense of comfort and familiarity. It can help reduce feelings of isolation and loneliness, as well as provide a means of self-expression for the residents.

Music also has therapeutic benefits, particularly for individuals with cognitive impairments such as dementia. It can help improve cognitive function, decrease agitation, and promote relaxation. Additionally, group music sessions can encourage social interaction and facilitate a sense of community among the residents.

We had an amazing Music Festival at the end of the summer with friends and family joining us for live entertainment, refreshments and fun!

Celebrating Grandparents

Visits With Loved Ones

At Bothwell Castle Care Home, we had the absolute pleasure of celebrating Grandparents' Day on October 6th.

The event provided a wonderful opportunity to show appreciation for our residents and their loved ones.

Here at Bothwell Castle, we've taken a thoughtful approach to Grandparents' Day. In the lead-up to the event, our staff worked closely with residents to reminisce about their own grandparents, creating a lovely opportunity for reflection. It wasn't just about looking back; we also spent time learning about our residents' grandchildren and celebrating the joy and fulfilment that these intergenerational relationships bring. It was truly heart-warming to see our residents light up as they shared fond memories and spoke with pride about their grandchildren. Our residents were also eager to share tales of their own grandparents as well, reflecting on the love and guidance they received as children.

Building Intergenerational Bonds

One of the central themes of our Grandparents' Day celebration was the importance of intergenerational bonds. These relationships form a key part of family life, and here at Bothwell Castle, we're keen to nurture them. Grandparents often play a vital role in the lives of their grandchildren, offering a lovely blend of love, patience, and an additional trusted adult in their lives and during our event, we heard some wonderful stories from residents about their grandchildren.

We recognise that for many of our residents, being a grandparent is a source of immense pride. Our Grandparents' Day activities were designed not only to celebrate this role but to reinforce it. By acknowledging the vital role our residents play within their families, we're helping to strengthen those family bonds, which are so important for their well-being.

As we all know, family relationships can be a powerful source of self-esteem and self-worth. When our residents see themselves being celebrated as valuable, loved members of their families, it does wonders for their confidence and emotional well-being. For many, it reminds them that they continue to make meaningful contributions to family life, even if they're not as physically active as they once were.

Enjoying Our Young Visitors!

At the heart of our Grandparents' Day celebration was the recognition of how much our wee visitors love spending time with their Grannies and Grandpas.

We believe that events like this are important for our residents and their families. It's a chance for everyone to come together and celebrate the love and affection that binds families together. We're already looking forward to seeing our wonderful children again!

Lillian Finds Her Forever Home

Happy Times!

At Bothwell Castle Care Home, we believe that every resident deserves a life filled with warmth, comfort, and a sense of belonging.

We celebrate Lillian's journey from respite care to becoming a cherished member of our close-knit family.

A Difficult Decision, Made Easier

Lillian joined Bothwell Castle in May 2024 for a period of respite care. Leaving her beloved bungalow was initially a daunting prospect. Her children, concerned about her living alone, had suggested the care home. Lillian, while appreciative of their concern, felt apprehensive about adjusting to a new environment and worried about fitting in with new people.

A Warm Welcome and New Friendships

Upon arriving at Bothwell Castle, Lillian's worries quickly dissipated. The staff's kindness and the friendly atmosphere eased her transition. "I haven't met anyone I can complain about," Lillian chuckles. "And they always know what I want… a cup of tea!"

She quickly found her place within the Bothwell Castle family, forming strong bonds with fellow residents. "Making friends has been easy," she says. "I love to make everyone laugh."

A Lifestyle of Comfort and Choice

The worry-free living at Bothwell Castle has been a significant relief for Lillian. "The staff are wonderful," she emphasises. "I enjoy the satisfaction of not having anything to worry about. All my meals and cups of tea are taken care of."

Lillian's days are now filled with social interaction and engaging activities. She looks forward to breakfast with her friends in the lounge, and the care home's diverse activities program keeps her entertained and active. "I'm never bored! I really enjoy the variety – from trips to the garden centre and the park to getting my hair done in the salon or watching a film in the cinema." Even small pleasures, like coffee mornings in the Alice in Wonderland-themed tearoom, have become highlights of her week.

A Home Away from Home

The freedom to explore different floors, meet new people, and enjoy the beautiful gardens (with her children's dogs as visitors!) has made Lillian feel truly at home. "I can't find anything that I don't like, it is wonderful," she shares. "I would recommend anyone to live here."

The Bothwell Castle Difference

Lillian's story exemplifies how Bothwell Castle's person-centred approach and exceptional amenities can turn a period of respite care into a permanent, fulfilling home. The home's focus on creating a supportive community, offering personalised care, and promoting an active lifestyle has clearly resonated with Lillian.

Keep In Touch

Communication is key, so make sure to check out our **Bothwell Castle Facebook Page** and give us a Like! We love to share photographs of what we have been up to recently on this platform.

Leave A Review

We would greatly appreciate all feedback, reviews or suggestions you may have. Please contact us directly or leave a review through the link below:

Carehome.co.uk Reviews

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