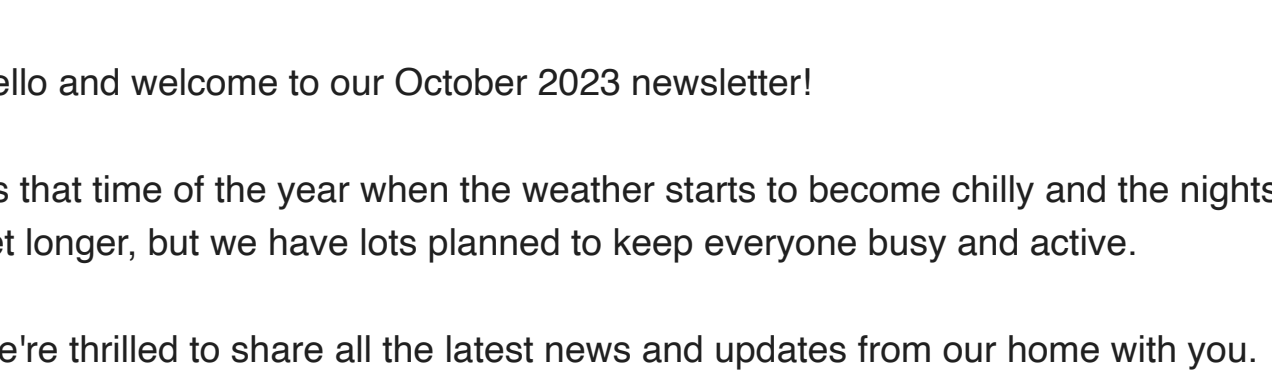




## Welcome To Our Newsletter



Hello and welcome to our October 2023 newsletter!

It's that time of the year when the weather starts to become chilly and the nights get longer, but we have lots planned to keep everyone busy and active.

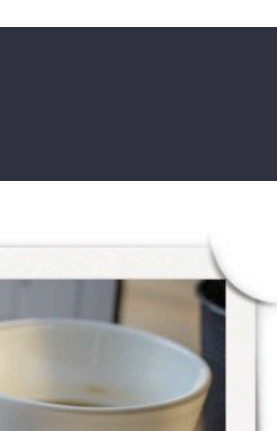
We're thrilled to share all the latest news and updates from our home with you.

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:

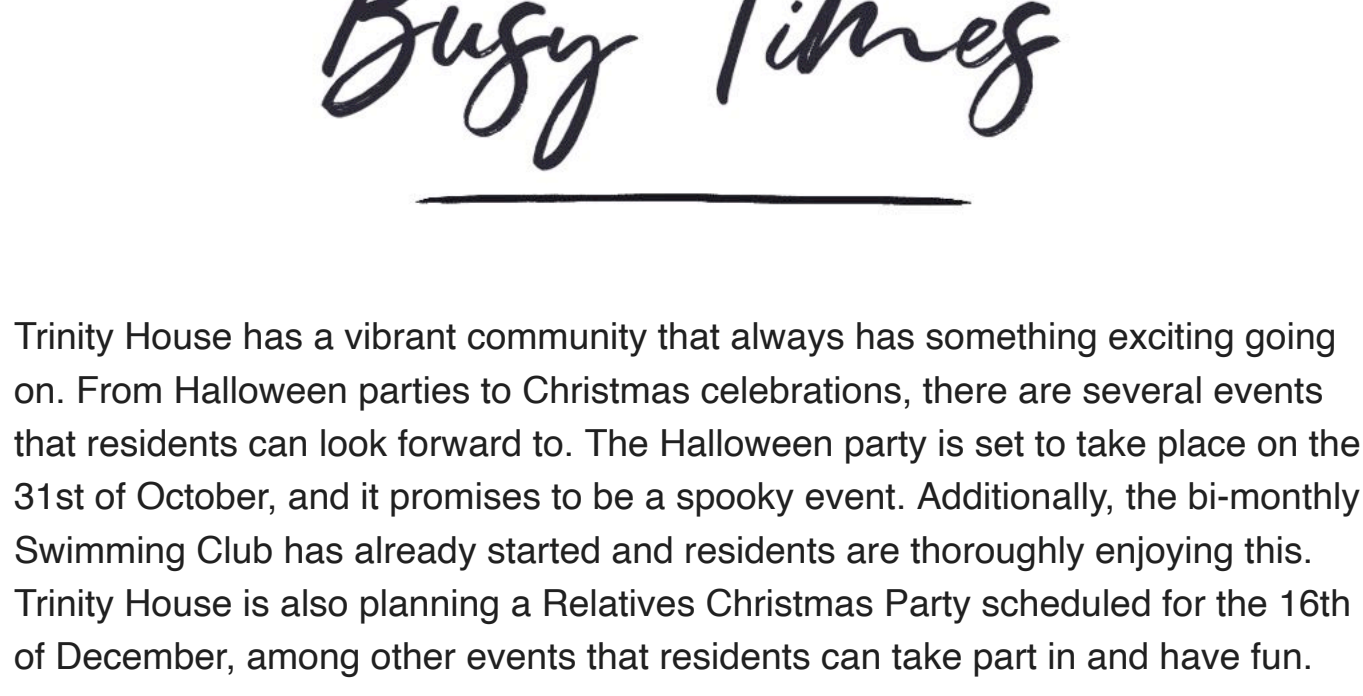
[Newsletter Sign-Up](#)

Best wishes,

Ann Lyell  
Home Manager

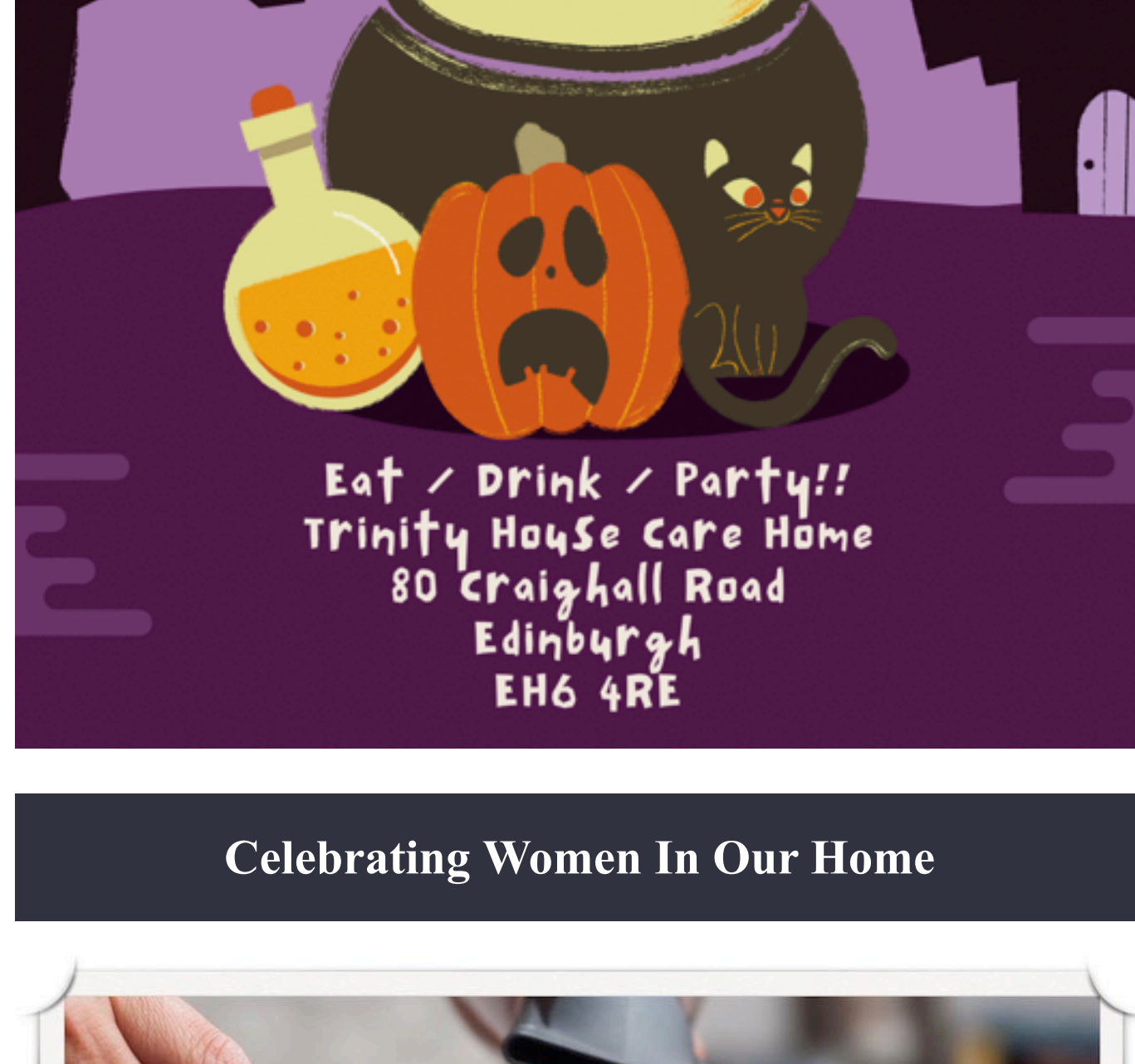


## Upcoming Events



## Busy Times

Trinity House has a vibrant community that always has something exciting going on. From Halloween parties to Christmas celebrations, there are several events that residents can look forward to. The Halloween party is set to take place on the 31st of October, and it promises to be a spooky event. Additionally, the bi-monthly Swimming Club has already started and residents are thoroughly enjoying this. Trinity House is also planning a Relatives Christmas Party scheduled for the 16th of December, among other events that residents can take part in and have fun.

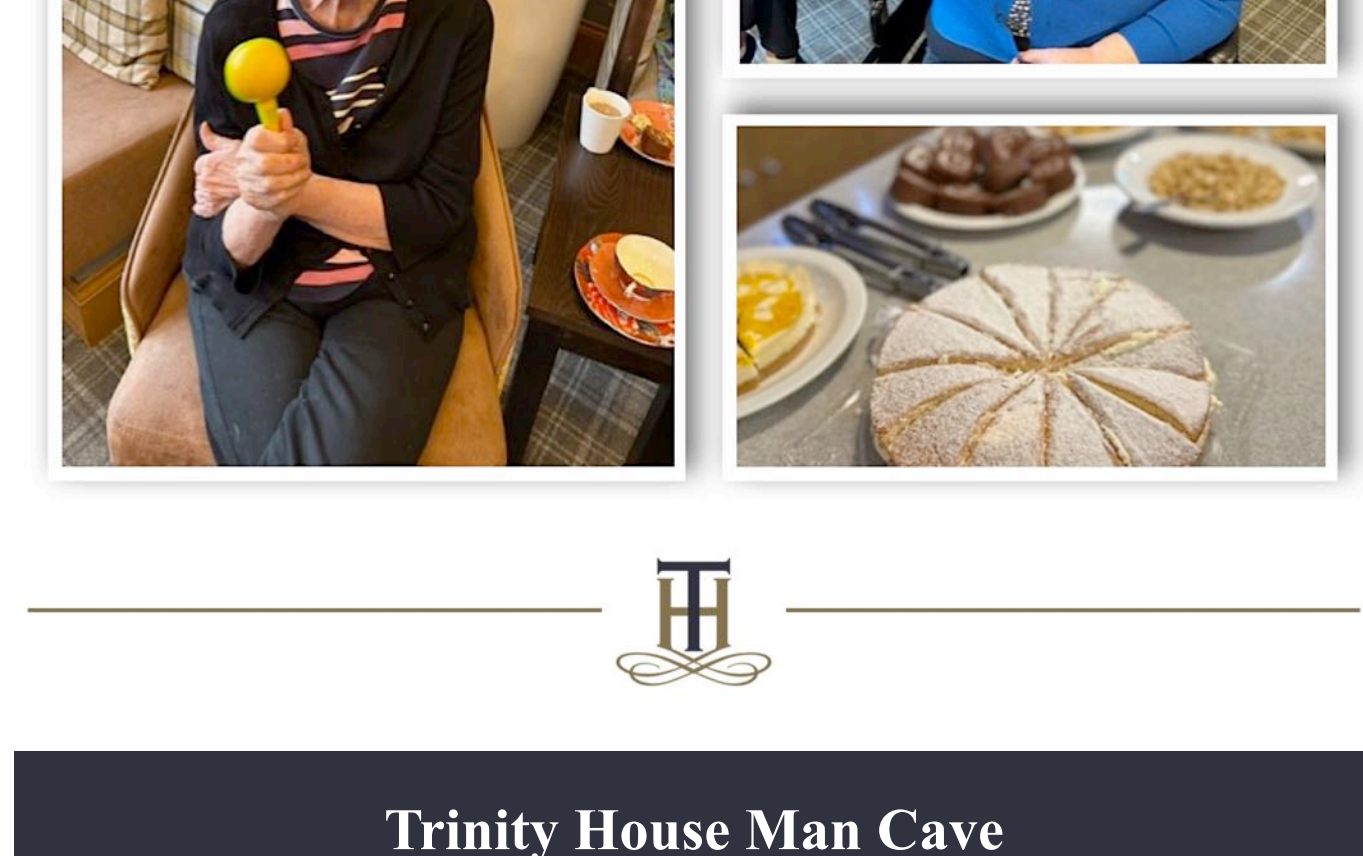


## Celebrating Women In Our Home



## We Appreciate You!

On the 4th of October, Trinity House dedicated the day to celebrate the women in the home. The ladies were pampered with their hair, makeup and nails done by two amazing hairdressers and staff. Afterwards, the ladies enjoyed afternoon tea while listening to a live performance from a singer. They looked beautiful and the atmosphere was lively with singing and dancing.



## Trinity House Man Cave

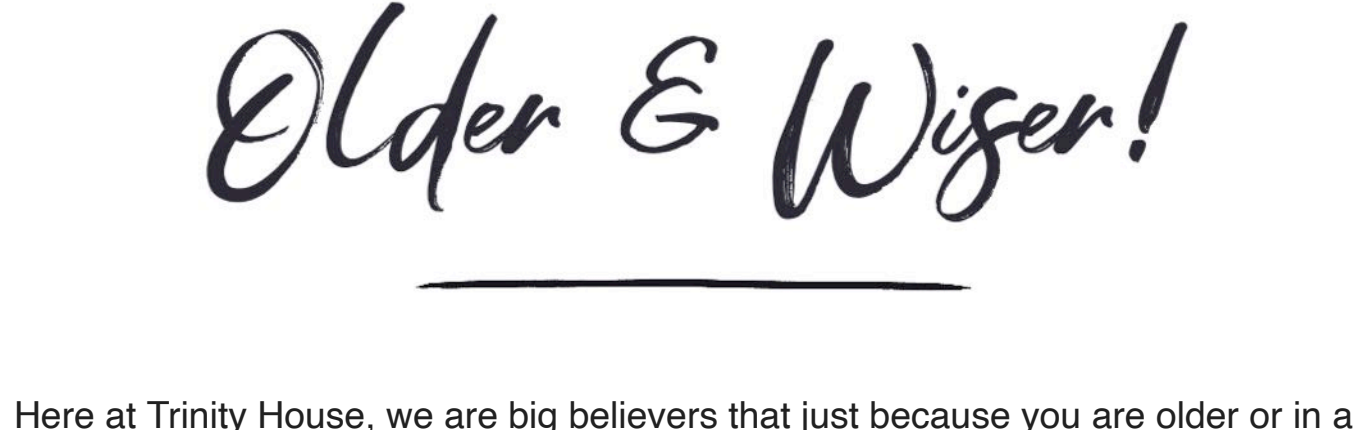


## Meaningful Activities

Every Tuesday, the gentlemen of Trinity House leave home around 1.00pm to go to Spartans Football Club for their Sporting for Memories Club and have soup with them. When they return, they go to the cinema to watch football games, play dominos, chat and reminisce. They enjoy spending this time together and chatting about their childhood. The link between Trinity House and Spartans FC has helped us gain more community ties and we look forward to working with them more.



## Expanding Knowledge In Trinity House



## Elder & Wiser!

Here at Trinity House, we are big believers that just because you are older or in a care home you don't stop learning, so our activity team have had many outings to the National Museum of Scotland and to the Modern Art Gallery. We have recently viewed the exhibits on *Rising Tide: Art and Environment in Oceania* at the National Museum of Scotland. This exhibition focuses on this urgent issue which is felt especially deeply in Australia and the Pacific Islands where sea levels are rising due to climate change and the oceans are filling with plastic. We also enjoyed the *Alberta Whittle: Create Dangerously*, an immersive exhibition inviting you to pause. At the heart of Alberta's solo show is her generous spirit which promotes compassion and collective care as a means of resisting racism and anti-Blackness that we have seen at the Modern Art Gallery.

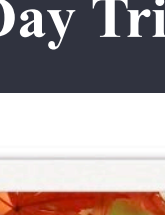
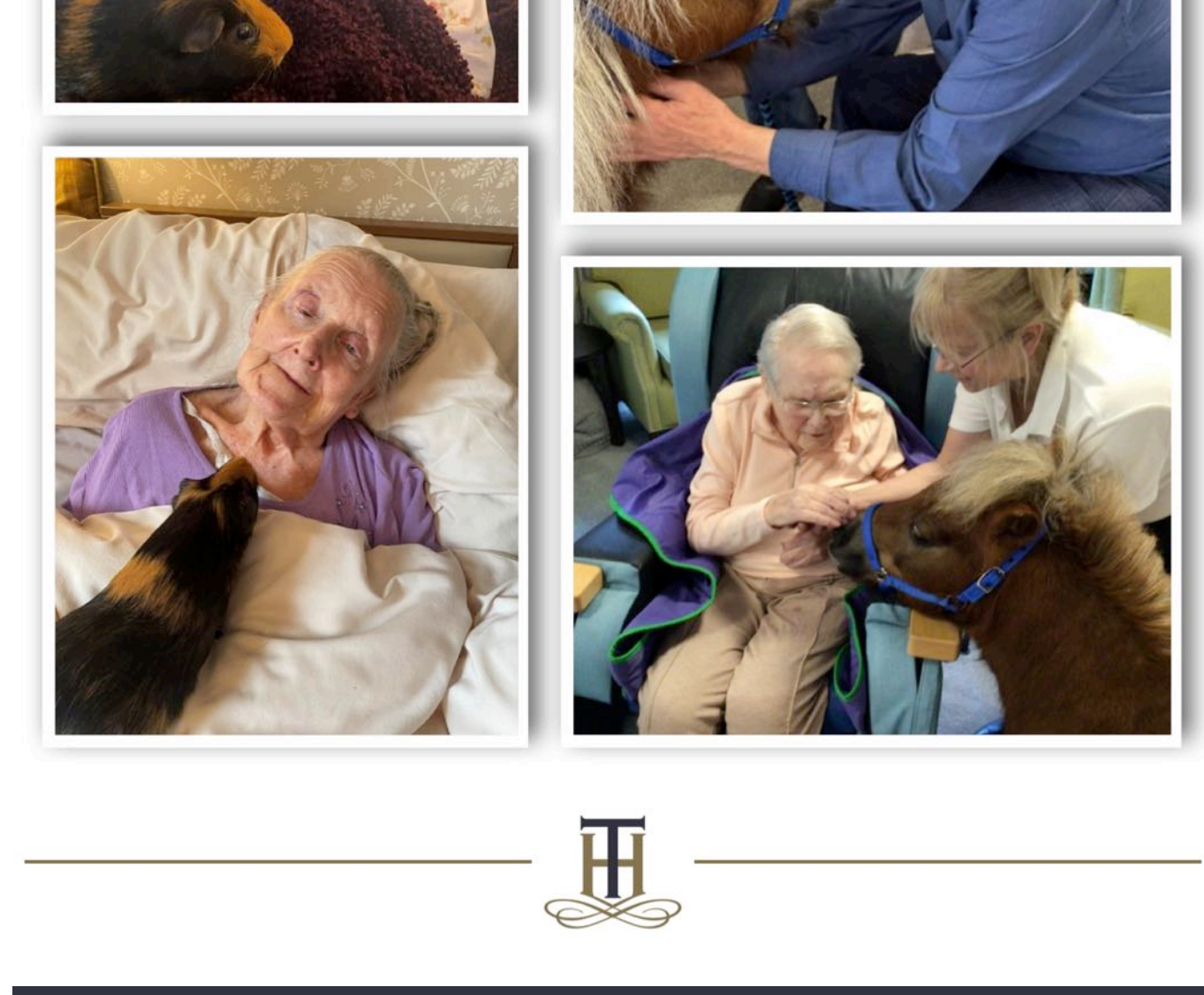


## Therapy Pets



## Furry Friends!

This month, Trinity House had bi-monthly visits from guinea pigs and therapy ponies. The guinea pigs went around the bedrooms, bringing smiles to the residents' faces. The therapy ponies travelled between all the floors, visiting all the residents and staff and brought joy to everyone.

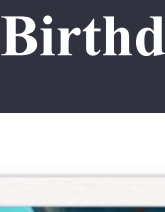


## Day Trips



## Out & About...

Trinity House residents have been busy this month, going everywhere from North Berwick to Aberdour Castle and enjoying a mystery tour around Edinburgh. The Friday trips are the most anticipated, where everyone gets to have a sing-along and quizzes to and from their destinations. We also use the company car, pack a picnic and to go out for the day anywhere the residents choose. The trips have been beneficial for everyone, getting them out and about more often.



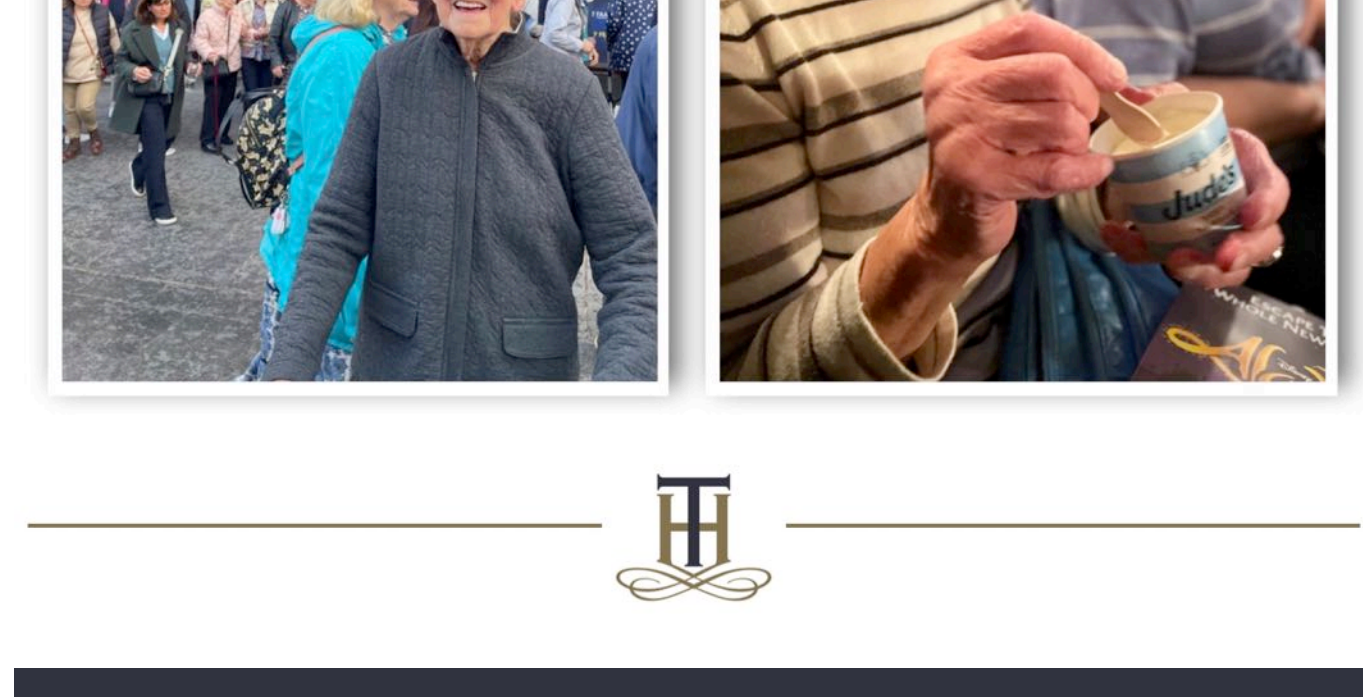
## Jean's Birthday Wish



## Happy Birthday!

In the lead up to Jean's birthday, we had started to discuss what she wanted to do for her birthday and if she had any birthday wishes. Jean told us that she would love to go to the theatre and see the King and I. Jean hasn't been to the theatre in many moons, but said she missed the experience and this was her one wish. Our activity team started their work and got Jean tickets to see the King and I shortly after her birthday, with the help of our Admin.

On the lead-up to the trip, Jean was getting more and more excited and telling everyone that she was going to the theatre. Jean started her morning by meeting with a friend, then we had some lunch and set off to the Edinburgh Playhouse Theatre. We enjoyed getting a programme and some refreshments. During the Interval we also enjoyed some ice cream, because as Jean said "You can't watch a show without ice cream". At the end of the show waiting on the taxi Jean said that she was overjoyed with her day and hasn't had a better birthday in a while and was so thankful to activity staff who arranged the trip and who accompanied her.



## Social Media

We will be making good use of Facebook to keep families connected and would be grateful if you could "Like" our page to keep up to date.

[Don't forget to 'Like' us!](#)



## Review Us

## Your Thoughts Matter

Feedback is so important, we love hearing your thoughts, ideas and positive responses. We would welcome any feedback at this time so if you have a spare minute or two, please leave us a review on Carehome.co.uk by clicking the link below. Thank you in advance!

[Click here to submit a review!](#)

[carehome.co.uk](#)

We would also be grateful for your reviews of Trinity House on Google My Business, the link is as follows:

[Click here to submit a Google Review](#)

