



INTRODUCTION

Message From Our Manager

Welcome to our latest Colinton Care Home newsletter.

As we move into summer and enjoy some brighter weather, it has been wonderful to see residents making the most of both our activities within the home and our trips out into the local community. Whether enjoying time outdoors, getting creative, keeping active, or spending time with friends, there has been plenty happening across the home.

Creating opportunities for residents to remain engaged, connected and active is at the heart of what we do. We hope you enjoy reading about some of the highlights from recent weeks and sharing in the memories we have created together.

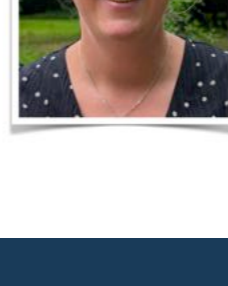
If you know someone who would like to receive our email newsletters/updates just let us know, or forward them the newsletter sign up link below:

[Sign Up Link](#)

Best wishes,

Elizabeth

Elizabeth Cass
Home Manager



OUT & ABOUT

Exploring Edinburgh by Minibus

Our minibus outings continue to be a highlight for many residents, and one recent trip took us into the heart of Edinburgh for a sightseeing tour.

Residents enjoyed spotting some of the city's most famous landmarks, including Edinburgh Castle and the Palace of Holyroodhouse. There were lots of stories shared along the way, with many residents reminiscing about previous visits to the city and recalling memories from years gone by.



No outing would be complete without a treat, so we finished our trip with a well-earned ice cream before heading back to the home. It was a thoroughly enjoyable morning and a lovely way to spend time together.

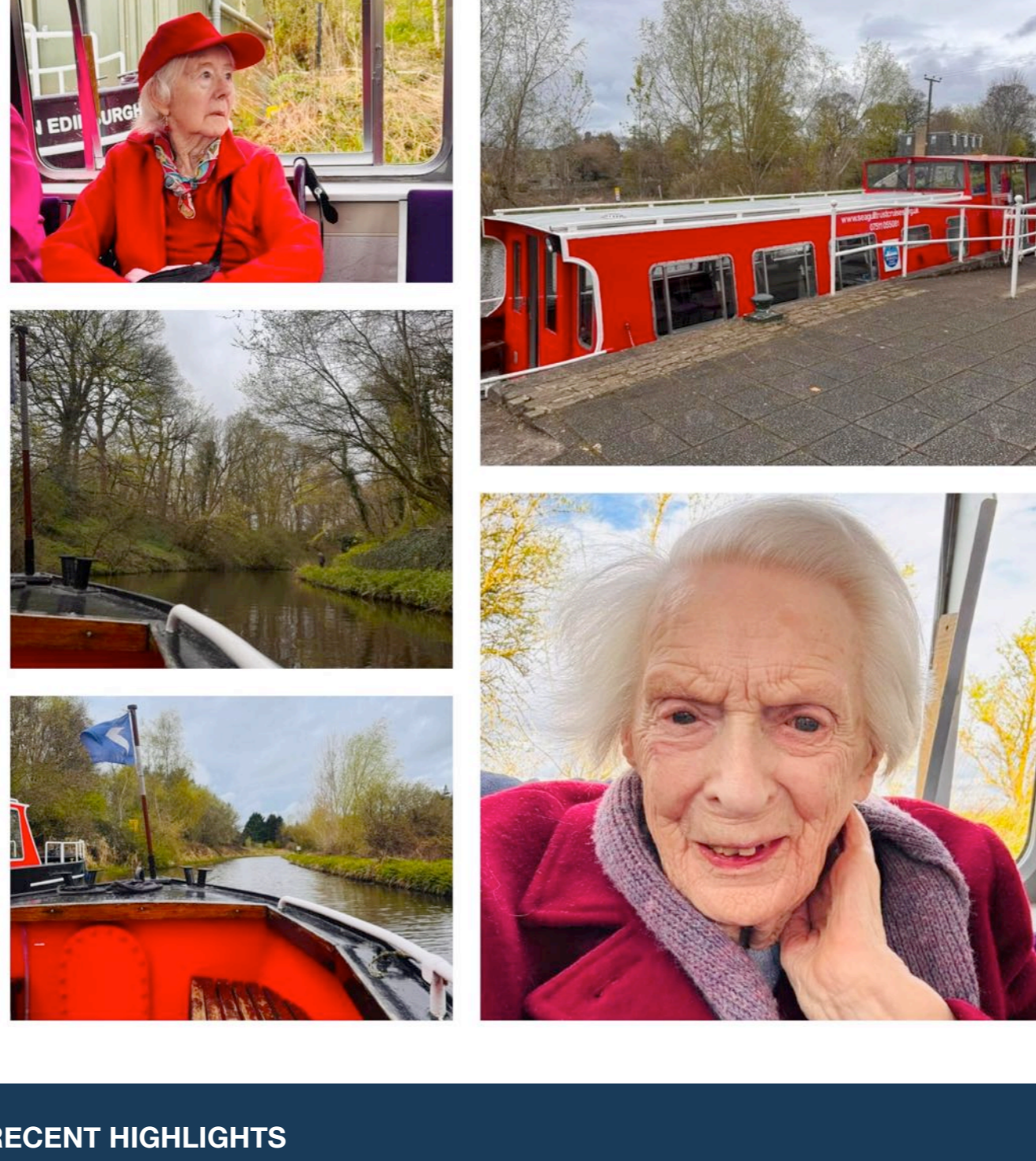


Canal Cruise Adventure

Residents also enjoyed a relaxing trip on the water thanks to Seagull Trust Cruises.

The canal barge outing provided an opportunity to enjoy the beautiful scenery at a gentle pace while spending time chatting with friends. The peaceful surroundings and fresh air made for a very relaxing experience, with residents enjoying watching the world go by from the comfort of the boat.

These outings are always well received and offer a wonderful change of scenery while supporting wellbeing and social connection.



RECENT HIGHLIGHTS

Spring Barbecue Afternoon

We were delighted that the weather stayed dry for our recent barbecue, allowing residents, staff and visitors to enjoy a lovely afternoon outdoors together.

The smell of freshly cooked food filled the garden as everyone gathered to enjoy a relaxed afternoon in the sunshine. There was plenty of conversation, laughter and good company, making it a wonderful opportunity for residents to spend time with friends and family while enjoying a delicious meal.

Events like these are always popular and help make the most of the warmer weather as we head into the spring and summer months.



Creative Spring Crafts

Our arts and crafts sessions have been full of colour as residents created beautiful spring flower artwork using paper and mixed materials like tissue.

Residents enjoyed experimenting with different colours, shapes and designs to produce their own unique creations. The sessions encouraged creativity while also providing a relaxed social environment where everyone could chat, share ideas and enjoy each other's company.

The finished artwork has been proudly displayed around the home, helping to brighten our communal areas and celebrate the spring and summer seasons.



Keeping Active with G-Fitness

Staying active remains an important part of life at Colinton, and our regular G-Fitness sessions continue to be very popular.

Residents take part in a range of gentle exercises designed to improve mobility, strength, coordination and overall wellbeing. The sessions are adapted so that everyone can participate at their own pace and ability, ensuring that exercise remains both enjoyable and accessible.

As well as the physical benefits, these classes provide plenty of opportunities for laughter, encouragement and social interaction, making them a favourite activity for many residents.

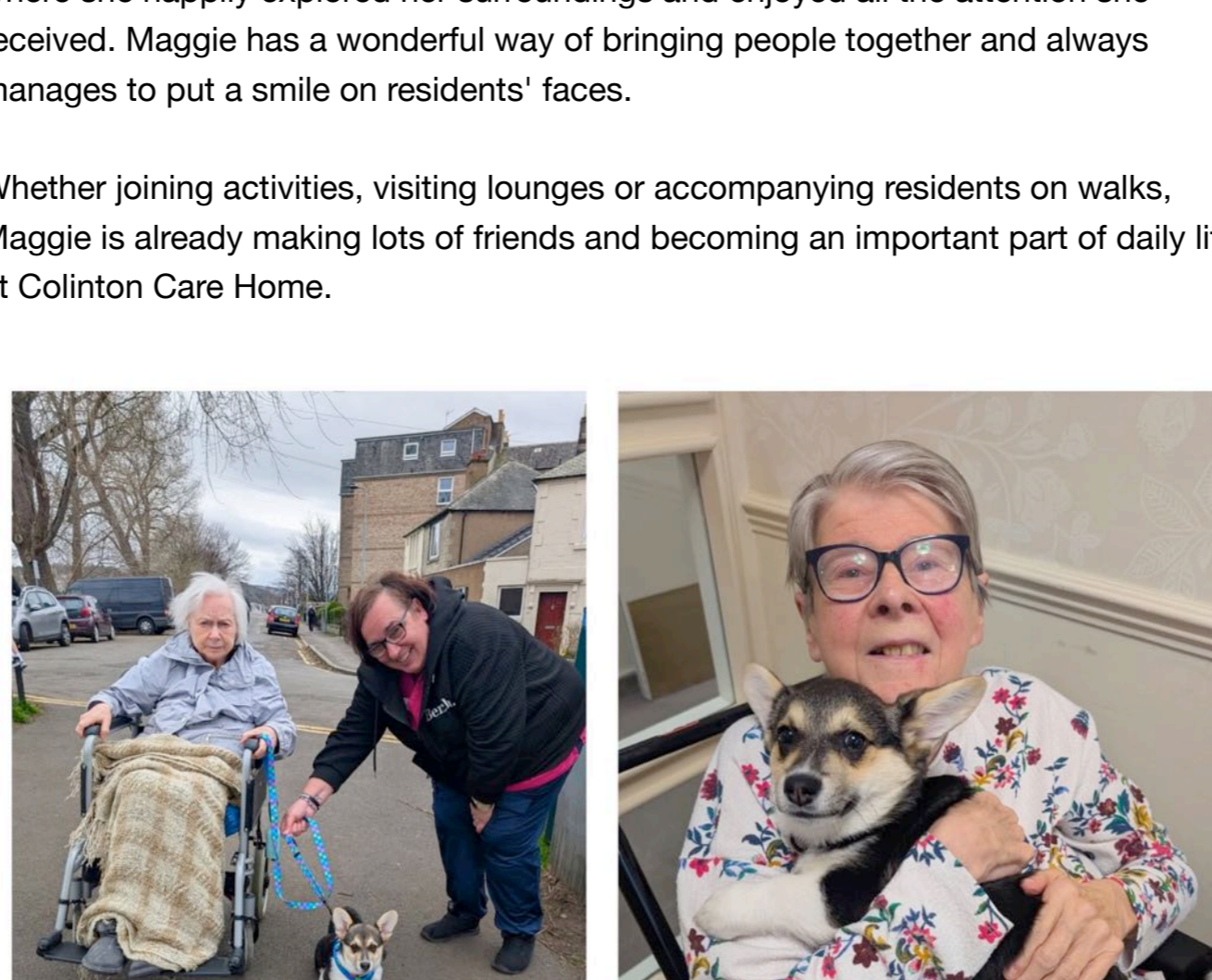


Meet Maggie, Our Resident Dog

Maggie, our resident dog, continues to settle into life at Colinton and has quickly become a much-loved member of the home.

Recently, a couple of residents enjoyed taking Maggie for a walk to the local park, where she happily explored her surroundings and enjoyed all the attention she received. Maggie has a wonderful way of bringing people together and always manages to put a smile on residents' faces.

Whether joining activities, visiting lounges or accompanying residents on walks, Maggie is already making lots of friends and becoming an important part of daily life at Colinton Care Home.



EXTERNAL LINKS

Social Media

Make sure to check out the Colinton 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](#) & [Google Reviews](#)



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