



Parklea in Lockerbie has won the Gold Award for the UK's Best Retirement Housing Scheme: Under 24 Units, *Read more on page 2*

Pictured: Rena Upton, Resident and Liz Guthrie, House Supervisor, Parklea





Lockerbie Wins Gold!

Abbeyfield Scotland's house, Parklea, Lockerbie has won a gold award in the Elderly Accommodation Counsel's (EAC) National Housing for Older People Awards.

The award for Best Retirement Housing (under 24 units) was presented to Liz Guthrie, House Supervisor, at a glittering awards ceremony held at the Hilton Hotel in Manchester on the 17th February.

Delighted with the win, Liz commented

"It was a brilliant event and we were delighted to receive the gold award on behalf of all the staff and residents at Parklea. This is a great achievement for us all and everyone is extremely proud and elated to have won this award. My personal thanks to everyone at the house who played their part in our success."





St Andrew's Day at Park House

St Andrew's Day was celebrated at Park House, Bridge of Allan with traditional Scottish fare of haggis, tatties, neeps and carrot mash, followed by cranachan and shortbread and blueberry saltire buns with tea and coffee.

There was also a wee touch of uisge beatha, a sing-a-long and foot tapping music from

Jimmy Shand and his band (on ipod). Saltire flags adorned the room, table settings and even the cups.

Resident Lilius McDonald said *"This was a great and tasty way to commemorate Scotland's Patron Saint and national day."*



Helen Steele posting her suggestions at the coffee chat.



Jean Vivars enjoying a cheerful dance with a visiting contractor.

Dock Park Suggestion Box

Lynne White, House Supervisor at Dock Park, introduced a suggestion box for ideas including menu options. What a great concept! All of our Abbeyfield houses are encouraged to introduce their own suggestion box.





Chinese New Year

Wishing everyone “Gung Hay Fat Choy” are residents Pauline Fraser, Helen Worrall, Beryl Wotherspoon and Margo Barclay at Park House, Bridge of Allan celebrating Chinese New Year, the Year of the Monkey.

Staff cooked a tasty, and healthy Chinese meal accompanied by Chinese music, fortune cookies, chopsticks, and decorations.

Each resident’s door was protected by an illustration of a Chinese Door God believed to keep evil spirits away.

Volunteers, Torin and Kyle, working on their Duke of Edinburgh award, helped serve the meal and entertained the residents with Chinese Fortune Sticks and their Chinese Zodiac Animals.

Resident Beryl Wotherspoon said “It was an enjoyable experience learning about other cultures and we were very interested to discover our individual Chinese Zodiac Animals are a tiger, a dog, two roosters and two rabbits.”



New Recruit

There was a ‘new recruit’ at Abbeyfield House, North Berwick recently. Young Sophie was helping her mum, Linda, who was visiting one of the residents.

Strawberry Tea



Strawberry tea season is approaching!





“There is no doubt that everyone left knowing just a little bit more about Abbeyfield Killearn!”

Abbeyfield Killearn At Home

Abbeyfield Scotland Limited and the Friends of **Abbeyfield Killearn** jointly hosted an “At Home” held in the House in Killearn. The purpose of the afternoon was to thank all the local organisations within the village that have supported The Friends of Abbeyfield Killearn either financially or in other ways. It also gave representatives of these organisations an opportunity to view the Killearn facilities, meet the Residents, Friends and personnel from Abbeyfield Scotland Limited and learn a little of the work of Abbeyfield.

The organisations that were represented on the day included Killearn Trust, Killearn Co-op, the Local Councillor for Forth and Endrick, Killearn Community Council, Killearn Golden Years Club, Contact the Elderly, The Rotary Club of Strathendrick, The Inner Wheel Club of Strathendrick, Killearn Community Futures Company, Killearn Womens Guild and Killearn Kirk.

The format for the day was a brief introduction by the Chairman of the Friends of Abbeyfield Killearn, Mike Menzies and was followed up with a short power point

presentation given by Karen Barr, Head of Housing and Garry Smith, Area Manager for North and Forth Valley outlining the history of Abbeyfield, where the organisation is now and its exciting plans for the future. There was then an opportunity for the audience to ask questions with interesting discussion taking place.

The formal part of the afternoon was rounded off by Mike Menzies who gave a short resume of the activities of the Friends. The Friends are an entirely voluntary group of ten members who supplement the excellent service that Abbeyfield Scotland provide with the icing on the cake such as trips, discussion groups, musical entertainment and companionship which hopefully adds a little sparkle to the lives of our Residents.

This was all followed by a delicious tea prepared by Barbara, Killearn House Supervisor with mouth watering home baking by the lady members of the Friends. This gave everyone a chance to circulate and meet all the other guests.



100th!



Parklea resident, Mrs Ada Brooks celebrated her 100th birthday on the 27th January 2016 with her proud family.



Ada Celebrates Her 100th Birthday

Housing and Support Facilitator, Linda Murdoch who knows Ada well said “We love working with Ada. She is a fantastic person who lives a rich and fulfilling life, supported by her loving family.”

Pictured above: Ada receiving the Queen’s birthday card from John Henderson, Lord Lieutenant. Ada also received a card from President Obama!



Supported Independent Living

At **Abbeyfield Scotland** we provide safe, secure quality accommodation where those in later life can maintain their independence but benefit from a little help and enjoy companionship and company - when they want it.

Our residents and their families place a high value on what an Abbeyfield house offers – prestigious locations, shared spaces for dining and entertaining, good food and an active social life.



You’ll also have the daily support of our in-house staff and 24 hour telecare onhand for peace of mind. **We welcome enquires. Visits and an invitation to lunch can be arranged.**

Tel: **0131 225 7801** Fax: **0131 225 7606**
Website: www.abbeyfield-scotland.com



100th!



Niall Patterson, CEO, presenting Isa Waddell with a spring birthday bouquet.



Isabel and her partner, Bill - what a team!

Mrs Isa Waddell celebrated her **100th Birthday** on the 8th April 2016. Lord Lieutenant Mr Guy Clark presented Isa with the Queen's birthday card and Provost Alastair Carmichael gave her a beautiful bouquet of fresh flowers.



Karen presenting the cake to Isabel as Beryl looks on.



Happy Easter!

Top Photo: Easter fun at Abbeyfield Inverness! Thanks go to House Supervisor, Michelle Breau, for organising the decoration of Easter Bonnets for the residents.

Bottom Left: Ina Gordon and Lorna Gatford, Dock Park, with a beautiful Easter cake.

Bottom Right: The Easter Bunny called at Abbeyfield House, Turriff!

"A big thank you for all your hard work over the years, Isabel"

Isabel, you will be missed

The Friends Group at Park House, Bridge of Allan recently held a presentation to recognise the amazing contribution from **Isabel Law**, who has very recently stepped down as Chairperson. She has carried out this role for more than 15 years. We are very sad to see her go, but are delighted she is staying on as a Friend of Abbeyfield. Isabel received a cake to share with us all, some flowers, and a cheque from residents, staff and Friends.





A word from the Chief Executive

You already know how dedicated and hard-working our staff across the country are. All the same it was still a thrill to hear recently that the Abbeyfield in Lockerbie won a Gold award in the EAC National Housing for Older People Awards.

This is always a boost to the staff team and residents and helps publicise the excellent experience offered by Abbeyfield. Good people are at the heart of our service to you and we will continue to support the delivery of that high quality experience.

I often ask residents how they could sum up their Abbeyfield Experience. Most recently I was told “for me, it’s about that freedom from worry about all the little things”.

It also helps to hear of occasions when things don’t go so well, too – that way we can sort things out! Perhaps the suggestion box at our Dumfries house could be extended to all houses – what do you think?

Getting even better and keeping up with changing demands is also very important. We want you and potential residents to find what they are looking for at Abbeyfield so I thank you for your help with our recent survey. Enjoy the spring season!

Niall



Jo James at Abbeyfield

Residents and volunteers at Esplanade, Greenock were entertained by Jo James, poet and songstress. House Supervisor, Julie Shaw, prepared afternoon tea which included an array of home baking to complete the enjoyable occasion.

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7	6			5	9	4		
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1	5				6			
4	9			8				3
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Sudoku

April 2016

Answers from Dec >

9	5	6	1	4	3	7	8	2
4	3	8	7	2	9	5	6	1
7	1	2	5	6	8	3	4	9
8	4	9	6	5	7	2	1	3
6	7	1	2	3	4	9	5	8
3	2	5	8	9	1	4	7	6
1	9	4	3	7	6	8	2	5
5	6	3	4	8	2	1	9	7
2	8	7	9	1	5	6	3	4

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Contact Us

Abbeyfield Scotland Ltd, 14 New Mart Road, Edinburgh EH14 1RL

Tel: 0131 225 7801 Fax: 0131 225 7606 Web: www.abbeyfield-scotland.com

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