

## INTRODUCTION

### Message From Our Manager

We have had a jam-packed autumn with lots of activities at the home. Thank you to the residents, relatives, volunteers, and our brilliant team who helped make the past few months so special.

As the seasons change with shorter days and colder weather, we embrace our cosy and warm home. With the festive build-up towards Christmas and New Year, there is much to look forward to.

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

**Newsletter Sign-Up**

Best wishes,

**Victor Dewson**  
Care Home Manager



## ACTIVITIES & EVENTS

### Halloween

We certainly had Halloween fun at Springvale! We love Halloween so much that we decided to throw an amazing party! All our staff and residents had a fantastic time celebrating together, with lots of dancing, singing, laughter, and some incredible costumes. The effort and enthusiasm from everyone really made the atmosphere spooktacular and magical.



### Golf Club Charity Event

Our residents enjoy getting out and about, and one of our recent trips was to attend the charity event at the Golf Club. They had the chance to mingle with the local community and enjoy an afternoon tea, forming friendships and smiling as they spent time together for a worthy cause.



### Keeping Fit

Our residents enjoy our regular keep-fit classes, and this is a great way to enjoy exercise while keeping it fun. The exercise classes are a wonderful way for our residents to stay active and energised. With gentle movements, stretching, and seated exercises adapted to all abilities, everyone can join in at their own pace. The sessions are filled with laughter, music, and encouragement, making fitness fun and social.



### Kelvingrove Museum

We also went to the Kelvingrove Art Gallery and Museum in Glasgow, another great favourite. We, of course, had to stop by for a cuppa and a cake before the day was through!



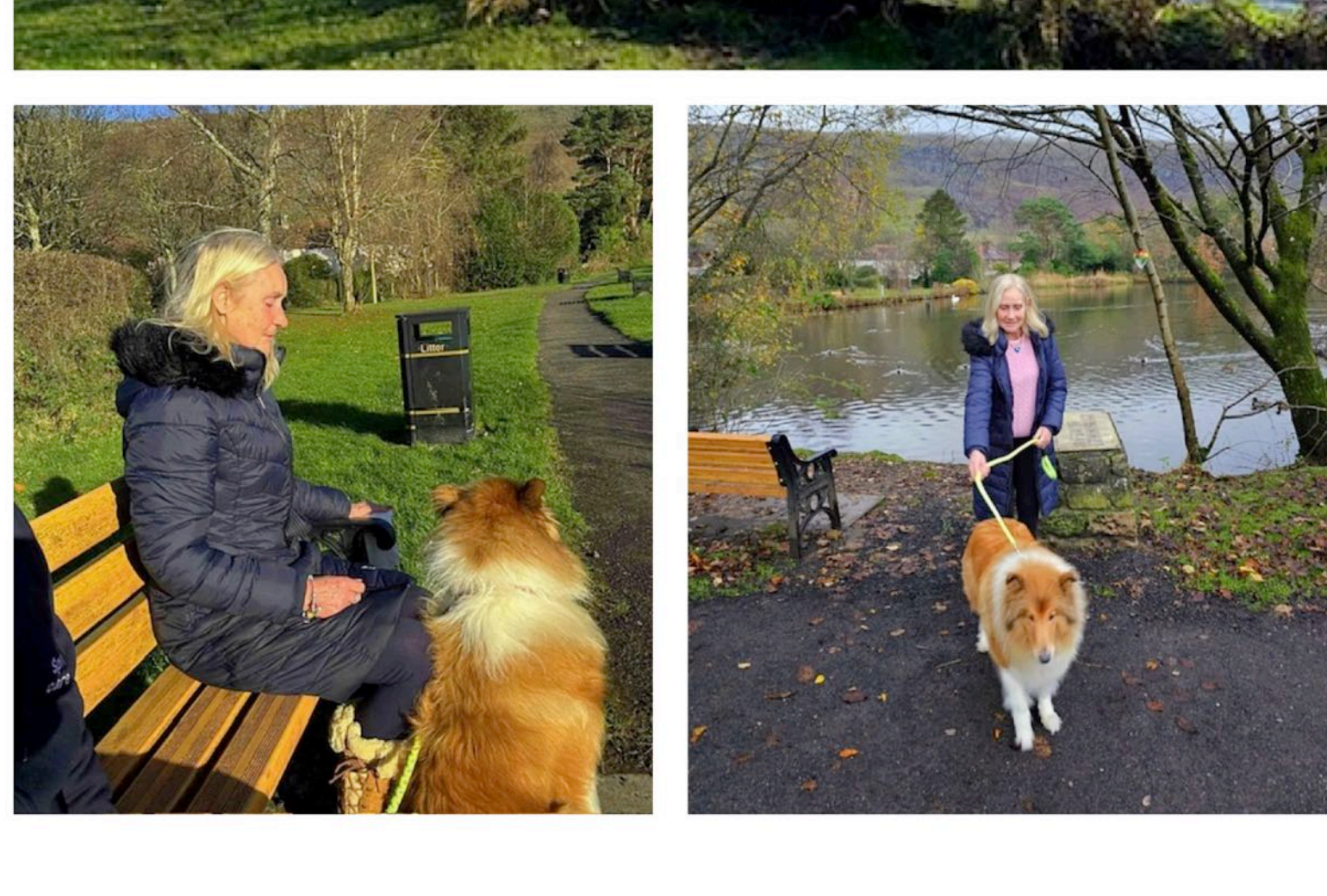
### Transition to Home Life

We were delighted to welcome Mrs L to Springvale recently, and even more pleased that she was able to settle in with her beloved dog, Nia. Keeping Nia by her side was incredibly important to her as she made the transition into long-term care, offering comfort, routine, and a familiar sense of home during this significant change.

From the moment they arrived, it was clear that Mrs L and Nia share a strong and heartwarming bond. Nia has quickly become a friendly and familiar face around the home, bringing joy not only to Mrs L but also to fellow residents and staff who enjoy seeing the pair out and about.

To help maintain the meaningful routines, our team is delighted to support her in taking Nia out for daily walks in the local community. These outings provide fresh air, gentle exercise, and cherished moments together. One of their favourite destinations is the nearby pond, where Mrs L enjoys the peaceful surroundings while Nia explores happily by her side.

We are proud to support Mrs L in continuing this important part of her life, ensuring that both she and Nia feel truly at home here at Springvale.



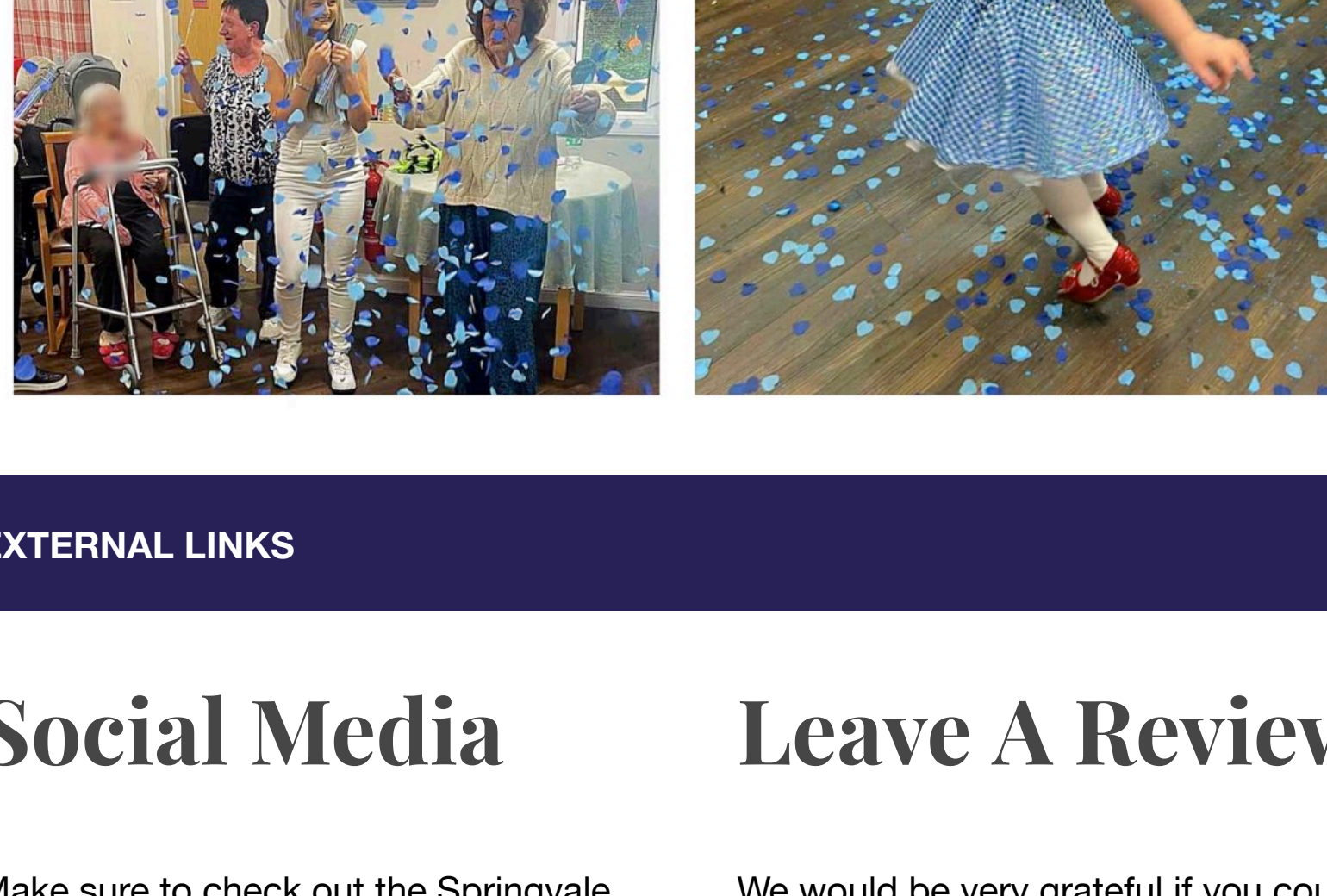
### Refurbishment

We are continuing to refurbish rooms throughout the home, and we very much welcome residents' and families' suggestions and feedback. Here we have residents picking out new paint colours for our home.



### Gender Reveal

We were delighted to share in the celebration of our expectant colleague, who involved residents in the baby's gender reveal. We sent our best wishes to our colleague and her growing family.



## EXTERNAL LINKS

### Social Media

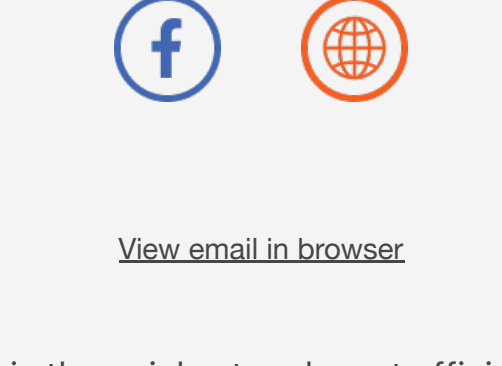
Make sure to check out the Springvale Care Home Facebook Page for all our latest photos!

**Don't Forget To 'Like' Us!**

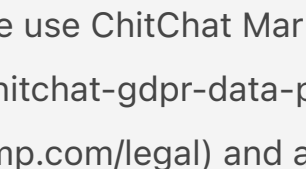
### Leave A Review

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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