INTRODUCTION

Message From Our Manager

Welcome to our Summer Newsletter

This past four months have been some of the most memorable we've shared at Almond Valley Cyclo Hacks. This edition celebrates not only the many activities and milestones we have reached, but the spirit of resilience, creativity and mutual support and community spirit that has been at the heart of everything we have achieved together.

The highlight of the season has undoubtedly been Project Eagles Challenge 2026, an inspiring journey that has brought together residents, families, friends, and supporters in a shared commitment to health and wellbeing. It has also demonstrated that, with encouragement, opportunity and the right support, there are no limits to what people can achieve.

Across the challenge period, our residents have continued to enjoy a varied programme of activities, creative projects and summer outings, making the most of Scotland's beautiful scenery while strengthening friendships and creating lasting memories.

I would like to thank our dedicated staff, volunteers, families and everyone who has contributed to this journey. Your time, encouragement and belief in our residents have continued to make our home a place where residents can enjoy meaningful experiences every day.

We hope you enjoy reading about some of our summer highlights.

If you know someone who would like to receive our small newsletters updates just let us know, or forward them this newsletter sign up link below.

Newsletter Sign-Up

Best wishes,

Maggie

Maggie Silver
Home Manager

PROJECT AGNES

Cycle Challenge 2026

This year's Project Agnes Cycle Challenge – Ashes the Forth has been one of the most ambitious and inspiring projects ever undertaken at Almond Valley Care Home. The challenge began as a celebration of one resident's remarkable determination.

Following a life-changing stroke that dramatically altered her retirement plans, Agnes chose not to let disappointment define her future. Instead, she embraced new ways of receiving support, independence and connection to those around her.

Supported through generous donations from Agnes's family, friends, an activity fundraiser and Almond Valley Care Home, Agnes's dream became a collaborative effort of unforgettable adapted cycles which helped to make this challenge possible.

The event was strengthened even further through the support of the Brockburn and Longpoint Wood Residents' Association, whose generous donation of a tandem bike made it the Ashes family for their encouragement and practical support throughout the project.

The challenge became far more than a cycling event. It celebrated resilience, inclusion, teamwork and the belief that everyone deserves the opportunity to experience adventure, regardless of age or ability.

A Memorable Opening Ceremony

The challenge began with a moving opening ceremony led by the Brockburn and Longpoint Wood Band.

Residents gathered to enjoy a wonderful programme of music, creating a warm and uplifting atmosphere before the first lines of the challenge began. The performance set the tone for the entire day, bringing residents, families and friends together and supporting the band.

The ceremony brought together residents, families and supporters in celebration of the journey ahead and perfectly reflected the strong community spirit that would continue throughout the challenge.

Team Aberfoyle – Every Mile Counts

The first virtual stage of the challenge saw Team A House begin their journey from Aberfoyle to Stirling using adaptive static exercise bikes.

With music playing and encouragement coming from every corner of the room, residents pedalled enthusiastically while staff, family members, friends and other residents participated, audience and personal achievement, proving that success comes through supporting one another.

Team Joyride – Stirling to Falkirk

The challenge then moved outdoors as Team Joyride completed their next stage from Stirling to Falkirk.

Cycling alongside the River Forth offered beautiful scenery and a wonderful sense of freedom (where the team reached one of Scotland's most recognizable landmarks. The Kelpies.

The journey demonstrated how adapted cycling enables people of all abilities to continue enjoying the outdoors.

Team Kelpies – Freedom Through Cycling

Supported by Cycling Without Age, residents continued the journey around The Kelpies and towards the Falkirk Wheel.

Feeling the fresh air, enjoying the changing scenery and sharing the experience together made this stage special. Many residents had not been able to cycle or replicated such a route for years. It was about independence, inclusion and taking part in everything truly special.

Team Falkirk Wheel

At the Falkirk Wheel, members of the Almond Valley Men's Club and their wives joined the challenge in a unique way.

Travelling around a Sixsept Trust canal boat, residents pedalled adapted exercise bicycles while being lifted through the iconic Falkirk Wheel. This stage perfectly blended lifelong connections with modern adaptive cycling.

It was an imaginative and enjoyable stage that highlighted the creativity behind the entire project.

Team Linlithgow

Linlithgow provided another unforgettable chapter in the challenge.

Using wheelchair-accessible trishaws alongside two leader cycles, residents travelled around Linlithgow Palace and the surrounding lochs. This stage perfectly combined heritage, nature and community spirit, with participants enjoying the opportunity to participate, regardless of mobility or physical ability.

The entire throughout the day spoke for themselves.

The Journey Continues

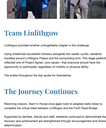
Returning indoors, Team A House once again took to adapted static bikes to complete the virtual miles between Linlithgow and the Forth Road Bridge.

Supported by relatives, friends and staff, residents continued to demonstrate their recovery and achievement are strengthened through encouragement and shared determination.

Crossing the Forth

One of the most challenging stages took place at South Queensferry, where residents, families, staff and volunteers crossed the Forth Road Bridge using adapted trishaws and wheelchair cycles.

Despite cold temperatures and strong winds, mainly gave up. The determination shown throughout the day was remarkable and demonstrated the resilience that had become the hallmark of the entire project.



Reaching the Finish Line

The final stage brought everyone together around the Wall of the Forth. Participants completed the last miles on the adapted static bikes before a special ceremony to recognise dedication, sportsmanship, compelling the challenge where the River Forth meets the North Sea.

The final journey was filled with celebration, reflection and an enormous sense of pride in everything that had been achieved together.

Celebrating Successx

The Project Agnes Awards Ceremony provided a fitting conclusion to an unforgettable journey.

Hosted by local musician Gary Coupland, well known for his years performing with Big Country, the ceremony celebrated every participant's achievements through music, laughter and shared memories.

One of the most touching moments came as Agnes and her daughter, Margaret Ainie, presented medals to everyone who had taken part.

Each medal represented much more than miles completed. It recognised courage, determination, teamwork and the willingness to embrace new opportunities following life-changing circumstances.

The ceremony reminded everyone that life after illness or diagnosis can still be filled with purpose, achievement, friendship and adventure.

Project Agnes continues to create opportunities that allow residents to reconnect with hobbies, discover new experiences and enjoy life to the fullest.

We would like to thank every individual, organisation and sponsor who supported this journey. Your generosity has made it possible for residents to continue enjoying cycling, spending quality time, outings and many more exciting adventures in the future.

ACTIVITIES & GRANTS

The Honesty Box

Visitors to Almond Valley may have spotted our popular Honesty Box, located beside the café.

This simple roadside gifts created by residents through the Gone Away Project, it offers a wonderful selection of handmade keepsakes, including cards, bath salts, cream treats and handcrafted items.

Every purchase helps fund future outings and activities for residents while encouraging their creativity and skills.

Thank you to everyone who continues to support this wonderful initiative.

Summer Adventures

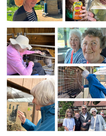
Residents have enjoyed an action packed summer exploring many of Scotland's scenic attractions.

Highlights have included visits to Almond Valley Heritage Centre, where residents enjoyed a day of nostalgia and conversation, Dalgety Bay Sailing Club, where they sailed around the Island of the Forth, lovely Kaplarig Farm and Ice Cream.

Other memorable outings included cycle rides and picnics in Cadzow Park, visits to Lindlinga Palace, The Falkirk Wheel, and The Kelpies, along with peaceful coach cruises on the Union Canal.

To round off the season, residents also enjoyed scenic coach trips along the Ayrshire coastline, visiting Ardrossan Harbour, Saltcoats and Stevenston, and Ardeer and Isle of Arran.

These outings have provided opportunities for relaxation, friendship, confidence and enjoyment while allowing residents to continue exploring the places they love.



New Activities, New Opportunities

Our activities programme continues to evolve, providing each room opportunities for residents to choose activities that reflect their interests.

Our weekly Stained Glass Class has quickly become a favourite, combining music, movement and fun in an inclusive environment where everyone can participate comfortably.

We have also introduced Lumina: Circus Wednesdays, allowing the ladies to demo circus skills and enjoy a relaxed, creative session. Whether residents choose to participate or spectating sessions, the focus remains firmly on resident choice.

Meanwhile, the Men's Club continues to grow, with members planning quizzes, discussions and shared interests that encourage conversation, friendship and ownership of these sessions has helped strengthen friendships while encouraging confidence and independence.

It has been wonderful to see everyone supporting one another, sharing ideas and enjoying new experiences together.

COMING UP

Relatives' Meeting

Our next relatives' meeting will take place on:

- Thursday 15th October 2026
- 2.00pm – 3.00pm

These meetings provide an opportunity to hear updates from the home, discuss future plans and share ideas with the management team. We look forward to welcoming families and friends.

Looking Ahead

As we look towards the months ahead, we are excited to continue building on everything that has been achieved this summer.

Project Agnes has shown what can be accomplished when determination is matched with opportunity and support, and we look forward to creating even more experiences that encourage residents to remain active, adventurous and connected. Future plans include further adapted cycling, sailing trips, community outings, creative projects, exercise sessions and visits to many more local attractions, ensuring residents continue to enjoy meaningful experiences throughout the year.

Thank you to our residents, relatives, volunteers, community partners and dedicated staff for helping make Almond Valley Care Home such a positive and inspiring place to live. We look forward to sharing many more memorable moments with you in our next newsletter.

EXTERNAL LINKS

Social Media

Make sure to check out the Almond Valley 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**

Created by ChitChat Marketing Limited

View email in browser

You are receiving this email as it is the quickest and most efficient way we can keep you updated with our news and communications as a contact of our home. We hope you find our newsletters interesting and informative. We use ChitChat Marketing as our marketing partner (https://www.chitchatmarketing.co.uk/chitchat-gdpr-data-processing-agreement) and Mailchimp as our marketing platform (https://mailchimp.com/legal) and as such your information is transferred to them for processing. All information is treated professionally and with respect. You can of course unsubscribe at any time by clicking the 'unsubscribe from this list' link at the bottom of each email.

update your preferences or unsubscribe

INTUIT mailchimp