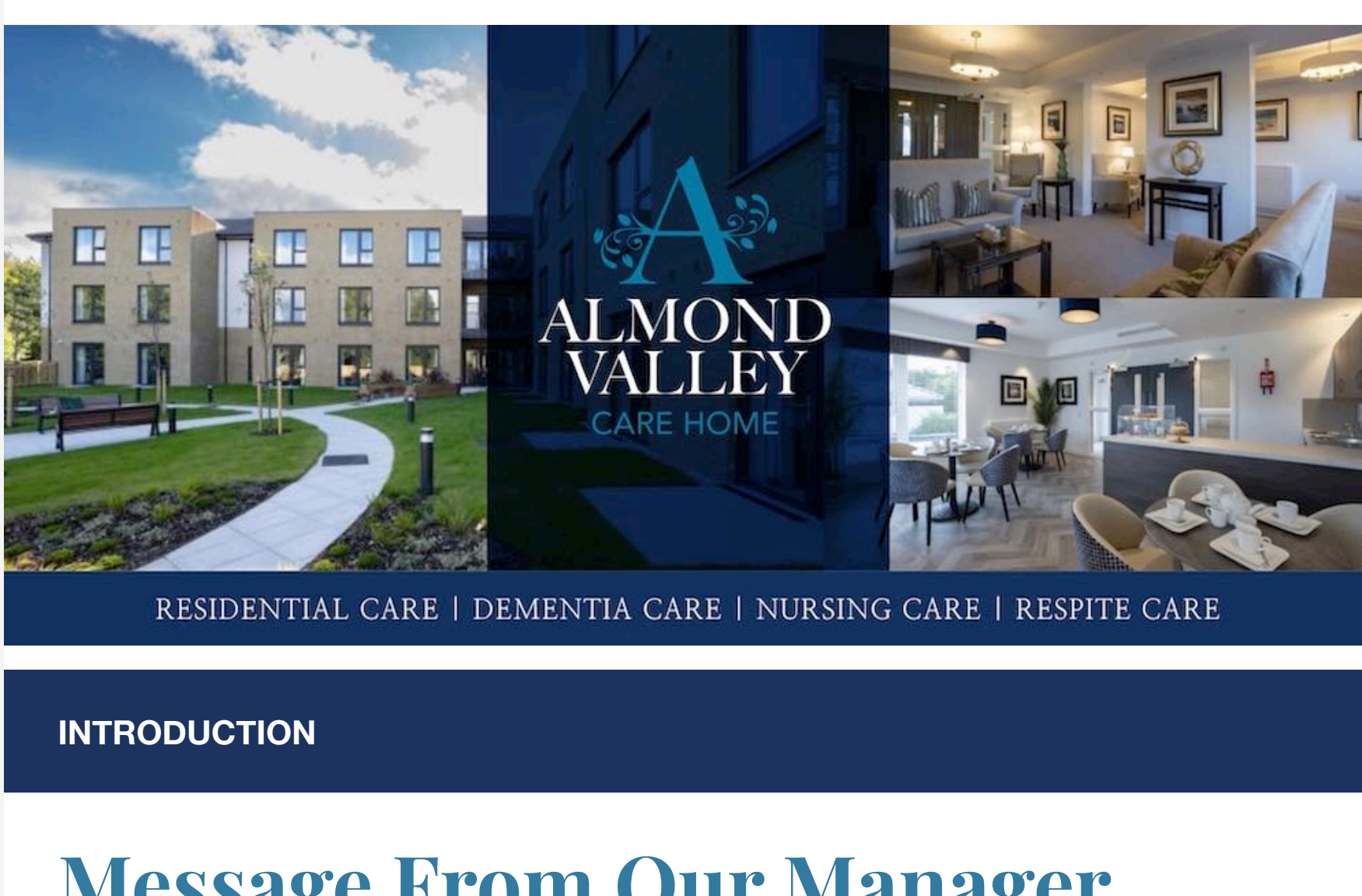




RESIDENTIAL CARE | DEMENTIA CARE | NURSING CARE | RESPITE CARE

INTRODUCTION

Message From Our Manager

Welcome to our Autumn newsletter.

We have had an exciting few months at Almond Valley, with residents enjoying some rather adventurous outings, sporting achievements and opportunities to spend time with family and friends.

Our trips on the River Forth have been a particular highlight, with residents enjoying everything from a peaceful cruise to the thrill of a high-speed speedboat ride. We have also had plenty to celebrate following this year's CANALYMPICS, where our residents returned with medals for both their sporting efforts and their creativity.

Back at home, our Summer Family Night brought a little murder mystery to Almond Valley, while work has been underway to make the corridor leading to our activities area a more welcoming and interesting space.

It has been lovely to see residents getting involved in so many different experiences, and I am proud of the effort our team puts into making these opportunities possible.

I hope you enjoy reading about what we have been up to, and thank you to our residents, families and colleagues for our continued support.

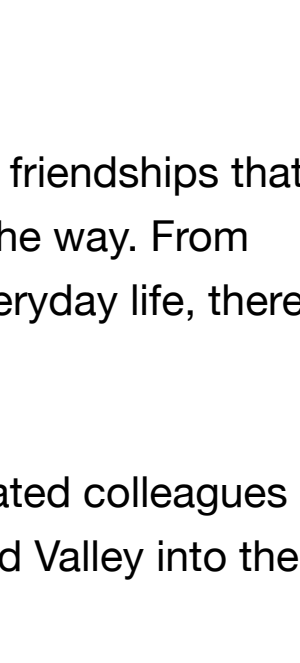
If you know someone who would like to receive our email newsletters/updates, just let us know, or forward them the newsletter sign up link below:

[Newsletter Sign-Up](#)

Best wishes,

Maggie

Maggie Allison
Home Manager



SPECIAL CELEBRATION

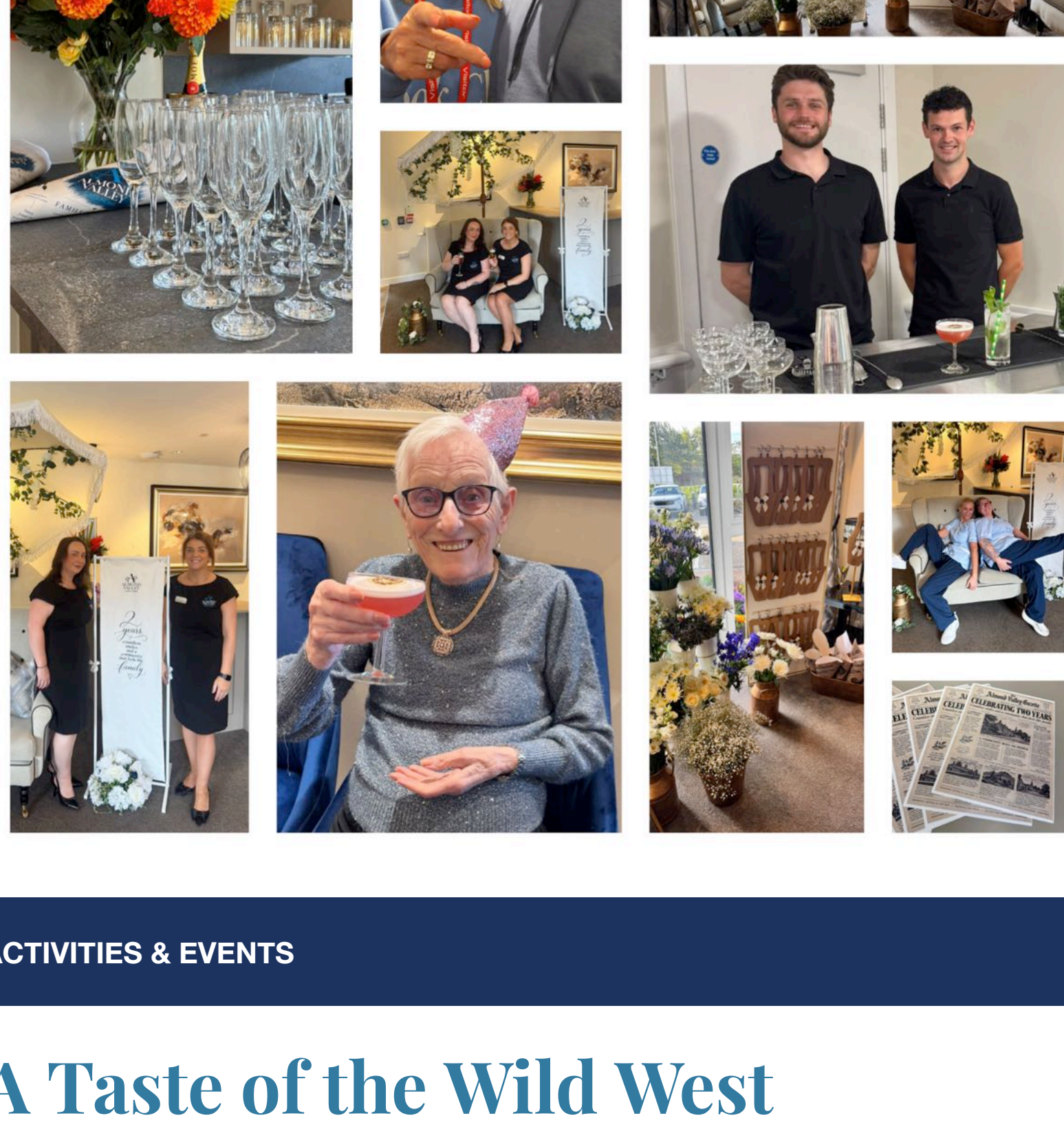
Celebrating Two Years of Almond Valley

Almond Valley recently marked its second anniversary, two years since we first opened our doors and welcomed our first residents.

It has been lovely to look back at how the home has developed, the friendships that have formed and everything our residents have experienced along the way. From community outings and new activities to the quieter moments of everyday life, there is plenty to be proud of.

This milestone also gives us the opportunity to recognise our dedicated colleagues and thank the residents and families who have helped shape Almond Valley into the home it is today.

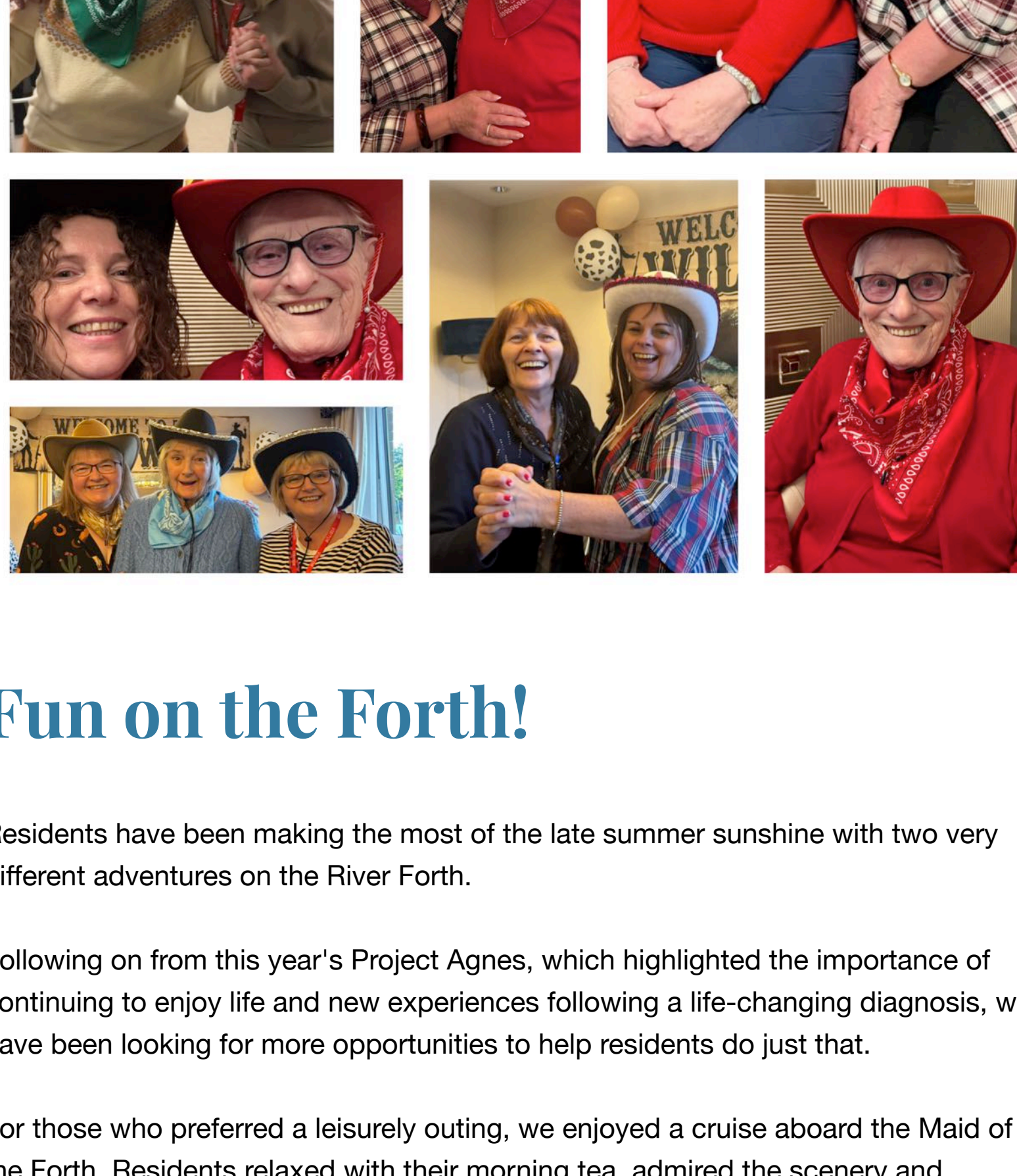
We look forward to seeing what the next chapter brings!



ACTIVITIES & EVENTS

A Taste of the Wild West

Cowboy hats were the order of the day as we brought a little Wild West spirit to Almond Valley! Our Western-themed party offered a change of scene, with residents, colleagues and family members embracing the cowboy theme and enjoying a light-hearted evening together.



Fun on the Forth!

Residents have been making the most of the late summer sunshine with two very different adventures on the River Forth.

Following on from this year's Project Agnes, which highlighted the importance of continuing to enjoy life and new experiences following a life-changing diagnosis, we have been looking for more opportunities to help residents do just that.

For those who preferred a leisurely outing, we enjoyed a cruise aboard the Maid of the Forth. Residents relaxed with their morning tea, admired the scenery and enjoyed spending time with friends and family as we sailed along the river.

For our more adventurous residents, however, we had something rather different in mind!

A group headed out on a speedboat experience, travelling along the Forth at speeds of up to 70mph. With the wind in their hair and spray from the water, it was certainly a change from our usual outings.

One of the biggest highlights was the opportunity for residents to take the wheel and try steering the boat themselves. Along the way, they also enjoyed views of the islands scattered across the Forth and heard interesting stories about the river's history.



The two trips could hardly have been more different, but both proved equally popular. Whether enjoying a peaceful morning on the water or trying something a little more daring, our residents certainly made the most of their time on the Forth.

CANALYMPICS – Going for Gold!

We were delighted to take part in this year's CANALYMPICS, joining residents from ten other care homes across West Lothian for the annual sporting event.

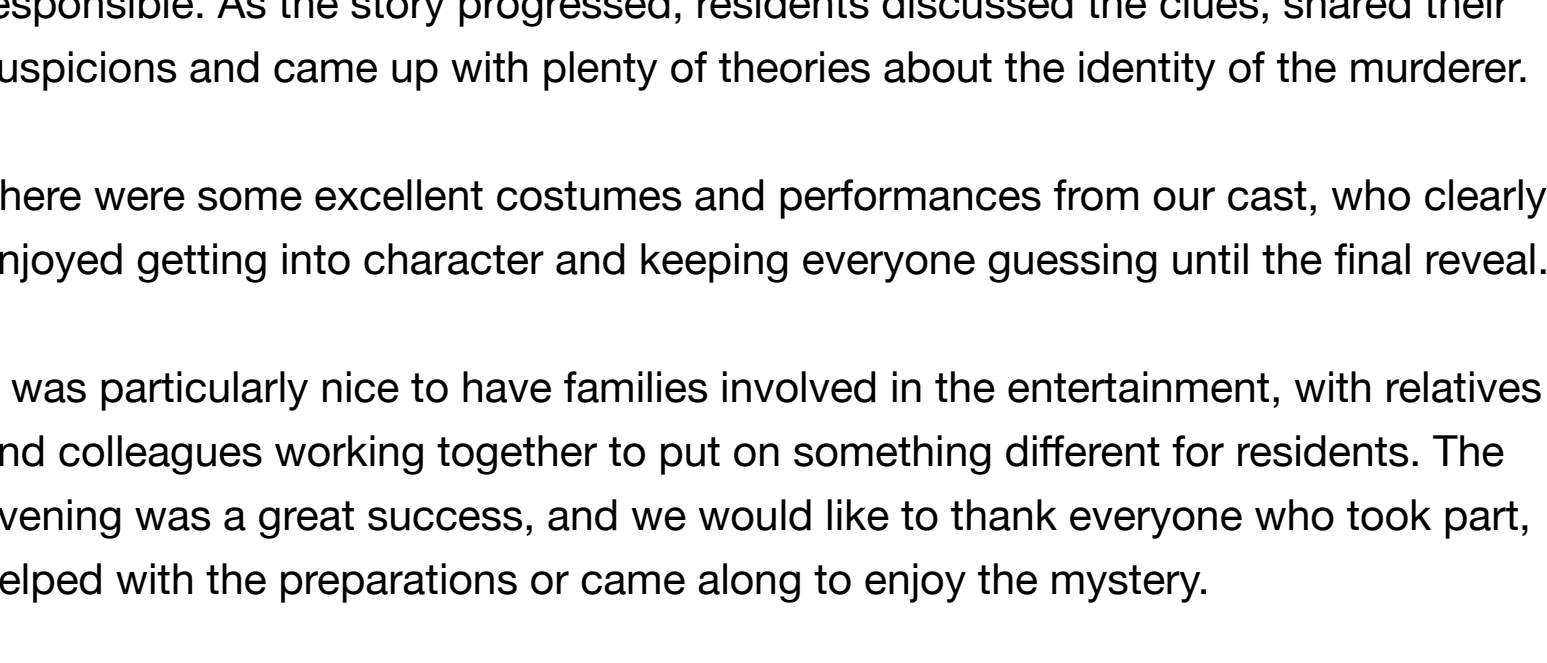
CANALYMPICS has become an occasion our residents look forward to, and there had been plenty of preparation in the weeks leading up to the competition. Our regular sporting sessions at Polbeth Community Centre provided the perfect opportunity to practise, build confidence and get ready for the different events. All that hard work paid off when our residents proudly returned to Almond Valley with a medal from the sporting competitions.

But that was not our only success!

We also won gold in the Design a Flag competition, thanks to a fantastic team effort during our Tuesday Craft Café sessions. Residents spent six weeks working together on their design, sharing ideas and carefully creating the finished flag. It was a project that required patience, creativity and cooperation, making the final result particularly rewarding. Seeing the flag recognised with a gold medal was a proud moment for everyone involved.

The day was a lovely opportunity to meet residents from other homes, enjoy some friendly competition and celebrate the effort that had gone into preparing for the event.

A big well done to all our residents who took part, both in the sporting events and in creating our winning flag!



A Night of Murder and Mystery

Our Summer Family Night took a rather mysterious turn this year as Almond Valley hosted a murder mystery evening. Staff and family members became actors for the night, dressing up in character to perform The Final Curtain, a Broadway Mystery. With a cast of suspicious characters and a mystery to unravel, our residents had the important job of watching the action unfold and trying to work out who was responsible. As the story progressed, residents discussed the clues, shared their suspicions and came up with plenty of theories about the identity of the murderer.

There were some excellent costumes and performances from our cast, who clearly enjoyed getting into character and keeping everyone guessing until the final reveal.

It was particularly nice to have families involved in the entertainment, with relatives and colleagues working together to put on something different for residents. The evening was a great success, and we would like to thank everyone who took part, helped with the preparations or came along to enjoy the mystery.



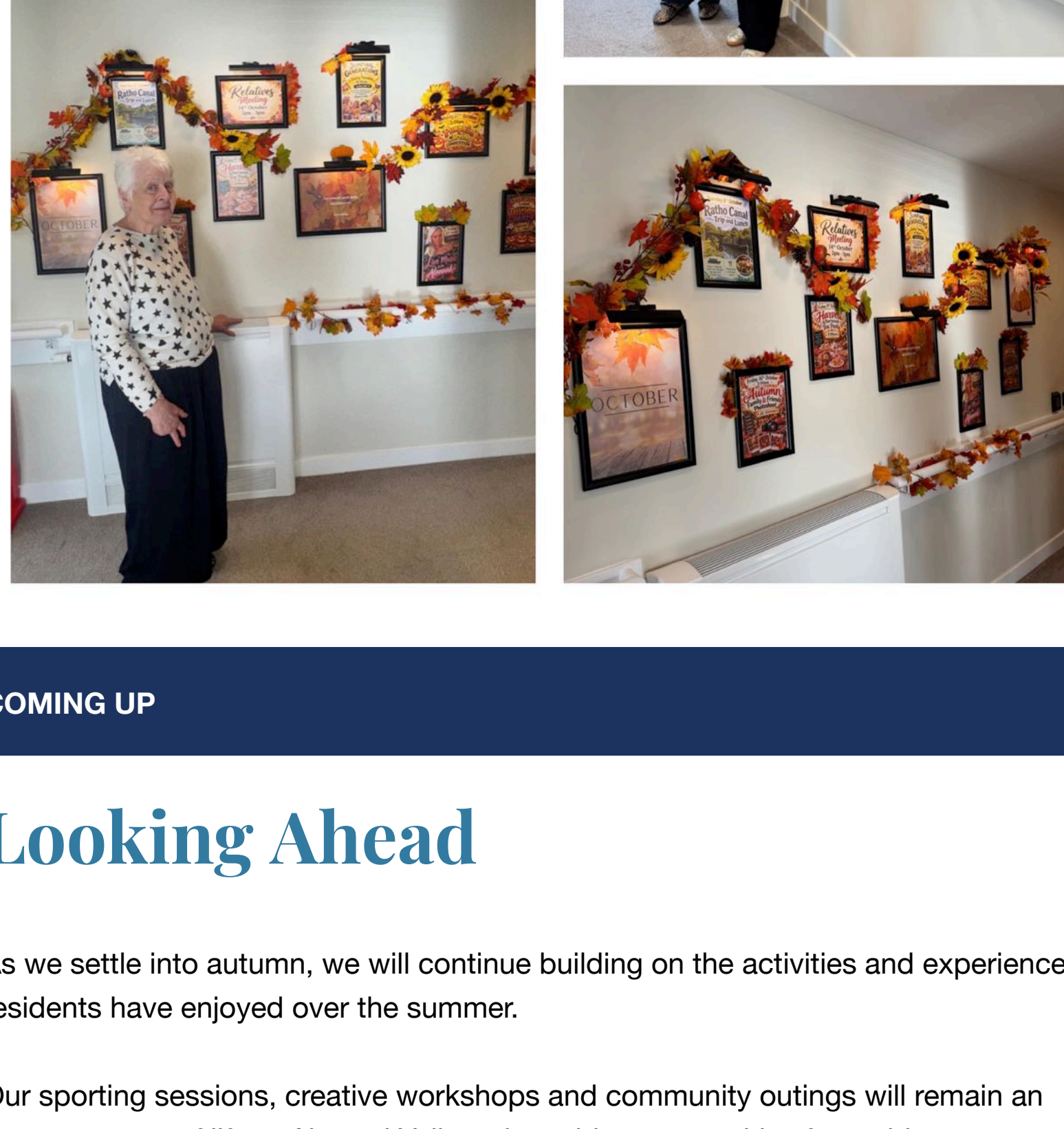
Creating A Welcoming Space

We have been making some changes to the corridor leading to our activities area, with the aim of creating a brighter, warmer and more homely environment for residents.

Rather than treating the corridor simply as a route from one part of the home to another, we wanted to make it a pleasant space in its own right. Improvements include better lighting, cheerful displays and familiar features that residents can enjoy as they make their way through the home. These small points of interest provide opportunities to pause, look at something familiar or start a conversation. They can also offer gentle stimulation without making the surroundings feel too busy or overwhelming.

Our approach has been inspired by the principles of Namaste Care, which place importance on comfort, dignity, meaningful connection and creating a calm, supportive environment.

We want the spaces around Almond Valley to feel welcoming and thoughtfully designed for the people who live here, and these changes are part of that ongoing work. We look forward to continuing to develop the area and seeing residents enjoy the new features.



COMING UP

Looking Ahead

As we settle into autumn, we will continue building on the activities and experiences residents have enjoyed over the summer.

Our sporting sessions, creative workshops and community outings will remain an important part of life at Almond Valley, alongside opportunities for residents to spend time with family and friends.

We are also looking forward to developing more experiences inspired by Project Agnes, encouraging residents to continue enjoying familiar interests while having opportunities to try something new.

Back at home, we will carry on making improvements to our surroundings and finding ways to make everyday life as comfortable, interesting and enjoyable as possible.

Thank you to everyone who has helped make the past few months such a success, particularly the families, community groups and colleagues who support our activities and events.

We look forward to sharing more of our news in the 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](#)



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