

### *General Manager Focus*



## HAPPY NEW YEAR!

I hope you all had a Merry Christmas and wonderful New Year. I just wanted to thank you all again for your ongoing support this past year. Our Christmas fete raised a fantastic total of £840.65 and was the first year we brought in our “Santa’s Grotto” which was a great success. We have big plans for this next Christmas.

Now we are in January I want to focus on the environment in the home. I have an action plan in place with our maintenance team to refresh all communal areas throughout the home. We are starting with themed corridors in Memory Lane before moving through to Elderly Frail. The Namaste room and top lounge will be a focus as we look to revamp these areas before moving into the new enclosed garden.

I have met previously with Residents in the home about what they would like to see outside and this will be the focus at our next Resident’s meeting. This will allow us time to plan and purchase items so we can utilise the space when the good weather comes. Previous suggestions have been for the shed to be turned into a Summer House which we feel is a great idea. I would love to hear from you if you have any ideas on things you feel would enhance the space.

## Dates for your Diary

### JANUARY

12/01/2026  
Lauriston Nursery visit

22/01/2026  
Yoga with Yvonne

22/01/2026  
Football memories with  
Ronnie Kerr

25/01/2026  
Burns Night

27/01/2026  
Health & Wellbeing event  
with Joanne Craig,  
Physiotherapist

29/01/2026  
St Columbas church  
service

29/01/2026  
Lauriston Nursery visit

30/01/2026  
Live music with Jamie  
Dee



## NEWS FROM IN AND AROUND Canmore Lodge

We look forward to welcoming you to our Health & Wellbeing event on the 27/01/2026 with Joanne Craig, Physiotherapist, where she will host a small talk on the importance of Health & Wellbeing and host an exercise class for us all to get involved in.



**CANMORE LODGE**  
BARCHESTER HEALTHCARE

### Health & Wellbeing Event

Tuesday 27th January

We understand nutritious meals, hydration and keeping the mind, body and soul active are all important to improving residents' health and wellbeing.

11:00am - Join us and take part in a talk session on how we can eat and drink well and participate in amchair exercises with our Physiotherapist Joanne Craig

This event will be held in our main lounge

## INTRODUCING OUR NEW RAINBOW TABLE

We are delighted to have received our new Rainbow Table to the home and are working on getting this set up, this is to replace our giant I-pad.



# LET'S TALK *facebook*

We have been quiet on Facebook recently but don't worry we will be back sharing all of the lovely things we have been doing in the home.

Our top story was the visit from Happy Hoofbeats which we always look forward to.



## Thank You

From all the team at Canmore we'd like to say a big thank you to you all for all your support and understanding over the last few months. We are grateful to you all for your continued support, especially during the festive period with our events, also our activity groups. It is greatly appreciated.

## Celebrations in our home

Congratulations to our employee of the month Elizabeth Kerr, Activities. Elizabeth joined us at the end of October 2025 and has been spending time getting to know residents and relatives.

We also welcome Janice Scott & Emma Gibson to our Activities team. We look forward to working with them both.



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**BARCHESTER**  
*Celebrating life*