Welcome to our Newsletter covering events in April, May and June.

**HAIR RAISING FUNDRAISING**

A big thank you to Dixon Gilchrist (left) for growing his beard to raise funds for Grange Hall’s social fund. A grand total of £400 was collected!

Sunshine, my only Sunshine...

The UK’s heat wave has brought us more sunshine than we’re used to, particularly in Scotland. It has been lovely to see the residents able to enjoy the garden and a wider selection of outdoor activities on a daily basis.

The 2018 Melrosian and his colleagues appropriately sang “You are my sunshine, my only sunshine…”

with us when they visited on a lovely sunny day. Everyone enjoyed the sing-a-long and appreciated the visit.

Resident, Robin Young and his partner, Brian Farmer enjoyed a holiday abroad with the help of two of our Carers which you can read more about on page 5.

Many regular activities such as, baking, knitting, gardening, art work, reminiscence, reading, games and poetry etc. were enjoyed this quarter and we have included a selection of photographs throughout the newsletter. Our Ratho boat trip took place on the Union Canal and we all enjoyed a great variety of concerts and entertainment in the Social Centre.

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**DATE FOR YOUR DIARY**

*Summer Social*

Saturday

1st September 2018

2-4pm

All Welcome!
The Easter Bunny, housekeeper, Sian Laverty (above), visited us with a box full of chocolate eggs. Yum!

Egg decorating and bonnet decorating activities took place over the Easter period.
EASTER

Easter Bonnet Decorating Competition

Debi Noel our Reflexologist and Art Worker (top left) pondered over the beautifully decorated bonnets for some time before choosing 3 winners.

Well done to Ann Valentine, Gladys Howells and Aileen Adams for their eye-catching designs.

Easter Cakes

Our Baking Group supplied us with home-made fruit scones for our Easter celebrations. Baking is an activity that many of our residents enjoy. It requires a lot of skills which exercise and stimulate both the mind and the body.
Our Spring Mural is a celebration of resident, Robin Young’s career as a prize winning breeder of Half Bred White-faced sheep.

Our murals provide a theme for art work and creative pursuits each quarter. This mural has involved working with different textures such as, wool, cotton wool, felt, tissue paper, glass beads, paper, paint and cardboard.

Activities are designed to introduce reminiscence and involve all of the senses; touch, sight, hearing, smell and taste.

Smelling a flower—evoking a memory from childhood or a poem such as Wordworth’s “I Wandered Lonely as a Cloud”

Scrunching paper—enjoying the feel and the sound

Stretching wool - remembering knitting for a new baby or a favourite jumper

Looking at farming books and magazines—reminiscing about time spent in the countryside
To Vienna

Robin Young and partner, Brian Farmer, have travelled widely together and this summer they decided to visit their favourite hotel in Vienna with the help of two Grange Hall carers; Magda and Artur.

The four had a great time and thoroughly enjoyed seeing the sights and listening to Brian’s fantastic rendition of Frank Sinatra’s “I did it my way”.

“Artur and Magda, we can’t thank you enough for your companionship and help in Vienna. The holiday wouldn’t have been possible without you and we greatly appreciate your hard work, kindness and care”

Brian and Robin
Residents enjoying the Grange Hall grounds and gardens with friends and family in the glorious sunshine.

Jean Fisher and Andrew Henderson enjoying the flowers in the garden

Eve Miller and Bill Sutherland enjoying a bit of fresh air

Betty and Allan Ruthven

Marion Francis and Gladys Howells getting acquainted with the ponies

Morag Redington

We have been so lucky with the weather this quarter which allowed us to use the garden on so many days. Residents have enjoyed wandering around looking at the views, the trees, the flower beds and of course, the ponies.

Anne Kelly and Betty Charters admiring the cherry blossom
And INDOORS

Above:
Mary Lunn and Joyce Fairweather having a look around Milestone Garden Centre on one of our weekly outings in the Gala Wheels mini bus.

Our Summer House has been like a second home and residents have enjoyed reading, relaxing, drinking tea and doing crafts while enjoying the stunning views.
Activities

Earlston Civic Week—Scarecrow Festival
Did you spot our Scarecrow at the end of the road?

Celebrating the birth and naming of
Prince Louis of Cambridge

Royal Announcement
We are delighted to announce the name of the royal prince born on 23rd April

Louis Arthur Charles to be known as R.H. Prince Louis of Cambridge

A day of celebration for the wedding of Prince Harry and Meghan Markle

Carer, Asia Tuszynska with Joy Blair and Betty Ruthven
Carer, Julita Hrzuciel with Bill Moffat
Watching the wedding on the television in the Dining Room

Housekeepers, Shirley, Grazyna and Jane with residents, Joy Blair, Betty Ruthven, Gladys Howells and Jean Fisher

Volunteer, Stella stuffing our Carer Scarecrow with Jean Fisher

Housekeeping Supervisor, Jane Niven with Mr Kelly

Katie Mackay giving our scarecrow's head a hug
Above: residents enjoying one of our many concerts. Singing, dancing and playing instruments are encouraged at concerts where staff and residents enjoy a wide variety of music and entertainment.

Left: One of the Frantic Theatre’s extravagant and highly entertaining characters

Right: Housekeeping Supervisor, Jane Niven’s black Labrador pops in to say hello.

Ratho Barge Trip

Left: Helen Sibbald and Jadwiga Musial learn about the history of the Union Canal from one of The Seagull Trust volunteers.

Below: Group photo from inside the barge

Above: Minnie Halliday enjoys a word game in the lounge

Right: Betty Ruthven evenly distributes cake mixture for a sponge cake
BIRTHDAYS April—June
Jenny Sutter
Jean Fisher
Andrew Henderson

Molly Taylor
Betty Charters

CARE HOME IMPROVEMENTS

New state of the art hot water system

New platform lift for easy access to the library and resident’s bedrooms

New Aidcall System

Ongoing home improvements to maintain our excellent living and working environment.
The 2018 Melrosian, Harry Fletcher along with Russell Mackay and Struan Hutchison made a special visit to Grange Hall residents from Melrose and joined us in the lounge for a sing-a-long of “You are my Sunshine”.

Left: New resident, Liliana Szczesna chose where to hang her hand painted leaf on the Grange Hall family tree.

Right: Joyce Fairweather entertained a couple of residents with her piano playing.

FIFA WORLD CUP
Staff and residents familiarised themselves with the different countries and their flags during the matches.

REMINISCENCE
Right: Katie Mackay enjoys looking at an old camera during a reminiscence session in the Social Centre.

Left: Maintaining links with our penpals, The Happy Oldies, from Canada, The gang at Grange Hall sent this postcard telling them all about our spring mural and summer barbeque plans.
The next edition of the Grange Hall News will be the Summer/Autumn one, covering all the events in July, August and September.

Please send any contributions to care@bordercare.com

TRAINING April—June

Health & Safety
New Care Standards
Parkinson’s Disease
Challenging Behaviour

Supervisor, Beata and Marion Francis

Dress Down Days continue to coincide with other events in the home. Staff wore red to celebrate our Gastronomy Event “A Taste of Japan”.

Supervisor, Beata Kubiak (left) said farewell to the Grange Hall team this quarter. Beata decided to return to work in Poland where she is a qualified nurse. She will be sadly missed and we wish her all the best.

Right: Relationships are built through daily interaction and strengthened by sharing social activities together.

Our Housekeeping staff took part in celebrations for the Royal Wedding by wearing hats, garlands, sunglasses and waving flags. The atmosphere in the home was created by staff from all departments coming together to give the residents an unforgettable experience.

Left: Carer, Richard Szymecki celebrated working at Grange Hall for 10 years!