



Friends of

## St Margarets Care Home

A warm hello to our friends and St Margaret's family in our local community.

We have had some lovely events and activities over the past few weeks and thought you might like to see what's been going on.

If you have any thoughts about what we are doing or want to get involved please get in touch with us at St Margaret's.

If you'd like to be a 'friend of St Margaret's we would love to hear from you.

**Kate Martin,  
Home Manager,  
St Margaret's Care Home**



### Get in touch with us:

St Margarets Care Home  
5 East Suffolk Road, Edinburgh,  
EH16 5PH  
0131 341 4709  
[Stmargarets.Administrator@brighterkind.com](mailto:Stmargarets.Administrator@brighterkind.com)  
[www.brighterkind.com/stmargarets](http://www.brighterkind.com/stmargarets)



## Introduction to our Home Manager



Our Home Manager is Kate Martin. Kate began nursing in 2010 where she worked in various areas of the NHS before moving over into the care home sector. Kate studied an Msc in the Health and Wellbeing of Older People, which gave her the skills and confidence to dedicate her career to this client group - an area she dearly loves.

We asked Kate what do you enjoy most about being a Home Manager? Her response was "I enjoy the challenge of being a Home Manager and the fast

paced, ever-changing environment that is care. The position I am in allows me to see care delivery from all angles while building a service that is true to the needs of the individual."

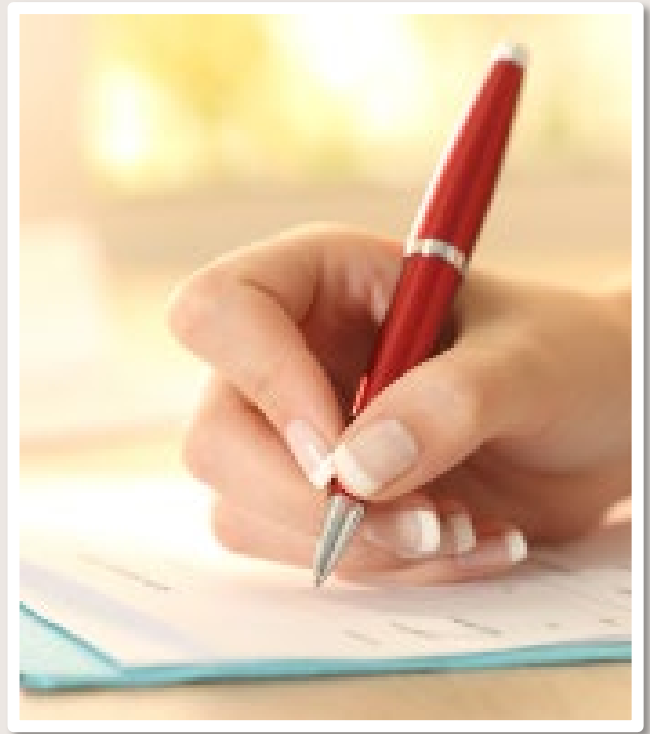
When Kate is not at St Margarets, you will find her watching rugby or football. She also enjoys walking her dog and spending time with her son.

*"Nursing found me. Following personal challenges within my own life I found that my empathy and compassion for people developed and the need to help others became my focus."*

# Manager's Chat Club

We will be holding a monthly Manager's Chat Club meeting on the last Thursday of each month.

This is an opportunity for Kate, the Manager to sit with the resident's to discuss the past month's events and for the resident's to raise any points of interest or activities that they would like to happen.



## Relatives Meeting

Please look out next week for an email from St Margaret's Care Home regarding Information Sharing from the Management Team.

Due to poor uptake of Relative drop in sessions and previous meetings we will look to identify how our families and friends wish to be kept informed going forward.

Would Meetings, Monthly Calls or Emails be the best way for you?

We would love to hear from you.

# Respite



We know how hard you work to care for your loved ones—we also know that everyone needs a break now and then, this is why we choose to offer respite rooms at St Margaret's Care Home.

If you, or anyone you know would like to take advantage of this service, please call us on 0131 662 9157. We will be pleased to help.



# Vaccinations

The Winter 2024 Flu and COVID vaccine campaigns have been confirmed.

The Scotland campaign will commence on the 23rd September 2024 so we will be in touch soon to obtain consent from all of our resident's and relatives.



# Contact Numbers

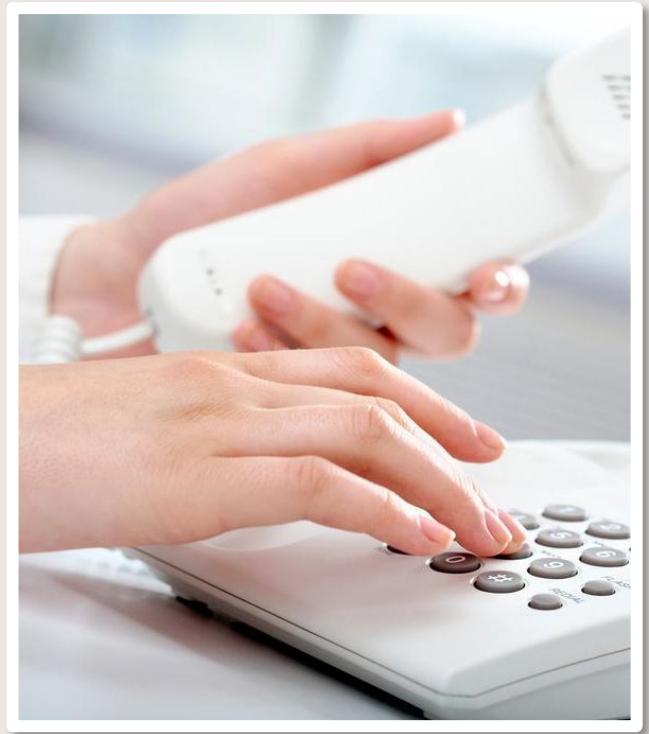
Ground Floor/Buchanan Unit:  
0131 651 0901

First Floor/Matthew Unit:  
0131 651 0902

Top Floor/McLean Unit:  
0131 651 0903

Magic Moments Club:  
0131 651 0908

Reception:  
0131 662 9157



## Reception



We would like to thank everyone for their kind comments on our redecorated reception area. We are so pleased you like the fresh new look. We hope to get our TV up and running with everything that is going on here in St Margarets.

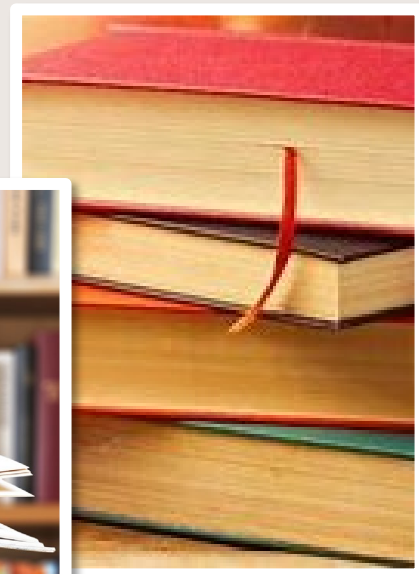
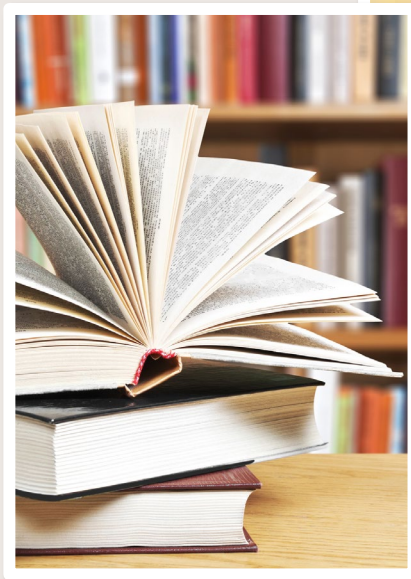
We are also hoping to have our weekend receptionist start with us very soon.

# Library Services

St Margaret's Care Home is signed up for with Edinburgh Library Services.

This has enabled us to have access to many new resources. The mobile library gives us the ability to borrow reminiscence books, large print fiction and non-fiction books.

Through this we have been able to meet the needs of those residents who enjoy more access to books.



## Special Thank You

We would like to thank Frank for his years of dedication, cheerfulness and years of service, here in St Margarets.

We wish him well in his new post and all the best for the future.



MAGIC  
MOMENTS



# Just for you!

## Magic Moments on Demand

Exclusive to our residents, family and friends. Use your phone, tablet or computer to access:

- Conversation starters
- Take a trip down memory lane with our music and film clips
- Share quizzes and games
- Watch 24/7 live cam
- Take a Virtual Tour
- Join in one of our Live Sessions



Scan the QR code to sign up.

Four Seasons  
HEALTH CARE GROUP

# Dates for your Diary

## September

**Botanic Garden Thyme Club**

Friday, 6<sup>th</sup> @2pm

**Together in Song – Festival Theatre**

Monday, 9<sup>th</sup> @2pm

**Dobbie's to look at things for the Garden**

Wednesday, 11<sup>th</sup> @2pm

**Botanic Garden Thyme Club**

Wednesday, 18<sup>th</sup> @2pm

**The Hobby Box – Festival Theatre**

Thursday, 19<sup>th</sup> @2pm

**Harpist**

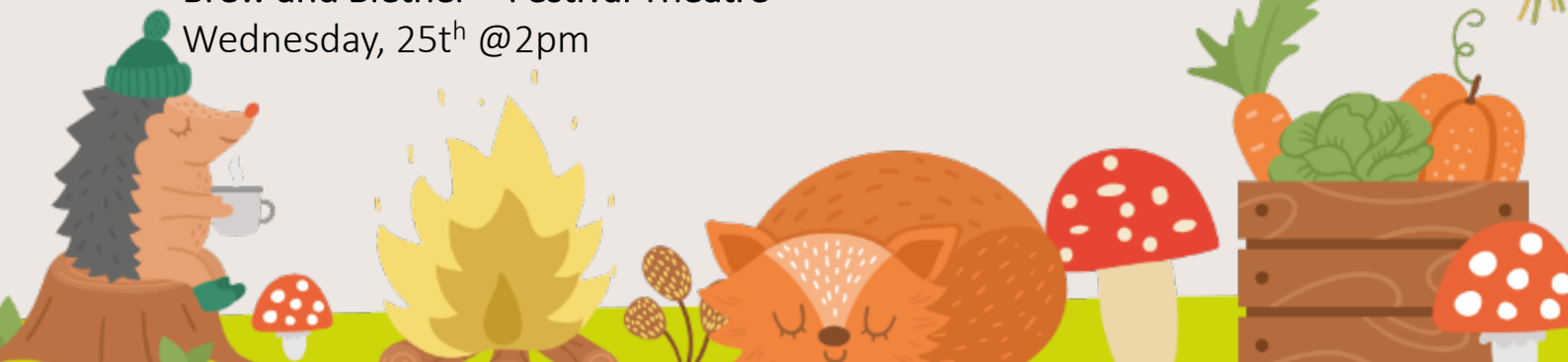
Friday, 20<sup>th</sup> @2:30pm

**Comfy Ceilidh – Festival Theatre**

Tuesday, 24<sup>th</sup> @11:30am

**Brew and Blether – Festival Theatre**

Wednesday, 25<sup>th</sup> @2pm





# Dates for your Diary

## October

**Botanic Garden Thyme Club**  
Wednesday, 2<sup>nd</sup> @ 2pm

**Together in Song – Festival Theatre**  
Friday 4<sup>th</sup> @2pm

**Picture a Song – Festival Theatre**  
Monday 14<sup>th</sup> @2pm

**Botanic Garden Thyme Club**  
Wednesday, 16<sup>th</sup> @2pm

**The Hobby Box – Festival Theatre**  
Thursday, 17<sup>th</sup> @11am

**Alicia's Music**  
Wednesday, 23<sup>rd</sup> @2:30pm

**Tea and Jam – Festival Theatre**  
Monday, 28<sup>th</sup> @11am

**Botanic Garden Thyme Club**  
Wednesday, 30<sup>th</sup> @2:30pm



# Garden Thyme Club



Isa and Margaret attend the Botanic Gardening Club.

Learning gardening, history, environment issues and growing veg and flowers.

They even brought some home to be cooked in our kitchen! Well done!



## Coffee Club

We have started a weekly coffee club on a Monday morning.

It acts as an introduction to the week where we catch up with the residents, go through the weekly newsletter, have biscuits and coffee and have a blether.

It is designed to encourage chat and bonding between residents and has so far been really appreciated by the residents.



# Festival Theatre Trips

Residents have the opportunity to access Dementia friendly workshops, which include:

- Song Writing Sprint;
- Hobby Box;
- Forget-Me-Notes Sing-alongs;
- Tea and Jam;
- Tea and Blether.

These are enjoyed by all participants



## Highland Dancers



Dancers from the Elizabeth Gorran Highland Dance School have been in twice to perform for the residents.

It was universally loved by residents and staff alike. Four dancers came in and performed for over an hour.

Excellent Performance!

# Georgian Fashion Exhibit

## Holyrood Palace



We took Phyllis and Rosemary to Holyrood Palace to see an exhibit of 18<sup>th</sup> century fashion.

They thoroughly enjoyed going around and looking at the exhibits, particularly a baby bonnet belonging to George IV's daughter.



## Going for Gold

An Olympic Party was our quarterly event. What a success it was.

Activities for our residents, the staff running an obstacle race and the nursery children joined in with some of the races too, cheered on by us all. We were fuelled up with lovely healthy food and drinks.

What did our residents think?

*"I loved seeing the children run the races."* -Ann

*"My great-granddaughter was able to join in the fun with everyone else. I loved watching her run around ... Thanks to management for putting it together."* - Florence

*"I loved it. Just getting up and getting out a bit. I loved seeing the little ones race."* -Margaret



Isa and Laura's Day Out



St Margarets Olympics



Garden Party



Supporting Our Team

# Magic Moments

St Margarets Care Home

# Live sessions on the portal

MAGIC MOMENTS

Our Magic Moments Portal was created and developed by us for the benefit of our residents. It provides rich, on-demand content to support our activity program.

The portal offers new ideas, entertainment, learning opportunities, and exclusive live events, including gentle and uplifting exercise, sing-along sessions, book clubs, spirit and soul sessions, and much more!



## Getting Creative

Our residents enjoy creating a new large artwork each month, linked to theme for the month. Creative Mojo provide each home with an art activity pack to get the creative juices flowing.

Accessible for all, each art kit is tailored for all abilities including people with advanced dementia. They include bespoke die cut shapes, full step-by-step instructions and inspirational photographs for team. Look out for the latest piece of art showcased in the home you visit.



Creative Mojo  
bringing craft... to care  
and the community

brighterkind



# Our Community Coffee Morning



## Macmillan Coffee Morning

is taking place at St Margarets on

**Wednesday, September 25th**

and it's not far away!

**You are all very welcome to join us, help raise  
funds for this good cause.**

**Thank you!**

**MACMILLAN  
CANCER SUPPORT**

# The Magic Moments Portal

stimulating the mind, body and soul

Our Magic Moments Portal was created and has been developed by us for the benefit of our residents. It provides rich 'on demand' content to support our activity programme and is available to our team and residents where and when they want it. It brings new ideas, fun and entertainment, learning opportunities and offers a chance to travel virtually to places familiar and new. There is truly something for everyone from arts & crafts, baking, gardening, music and film, singing and dancing to calligraphy and croquet.

There has been a **70%** reduction in the amount of written reporting and an increase in the amount of quality time spent directly with residents. This was made possible from the use of digital activity logging.



## Our Partnerships

Our current partnerships support and develop our daily programme of live events including dancing, French or Spanish classes, Photography, Live tours to places around the world, the Four Seasons Radio Show and Quizzes. Our partnerships with experts danceSing, Eldercate, Oomph! and Sporting Memories offer something for every interest.

**MAGIC  
MOMENTS**  
*Club*



# Testimonials

*“From my very first contact by phone with St Margaret's, I knew that it was the place of care and dignity where my aunt would be well cared for as an individual. Every single member of staff from all areas of the home knows the residents and has time for them. “*

“Since my mum moved to St Margaret's, she has been very happy. The staff are excellent. I am very pleased with my mum's care. She enjoys all activities. Had a lovely day out at the museum and other days out, she enjoys everything.”

“Any concerns the family has have been resolved and openly and we have a good relationship with the staff. I feel I can query anything with them and they will help or find out who can. They see Mum as an individual with a real personality and not just a client. “