



**Etive House**  
CARE HOME

## Etive House Newsletter



Hello and welcome to our October 2023 newsletter!

It's that time of the year when the weather starts to become chilly and the nights get longer, but we have lots planned to keep everyone busy and active.

We're thrilled to share all the latest news and updates from our home with you.

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

[Newsletter Sign-Up](#)

Best wishes,

**Georgina & Mhairi**  
Home Management



## Halloween Preparations

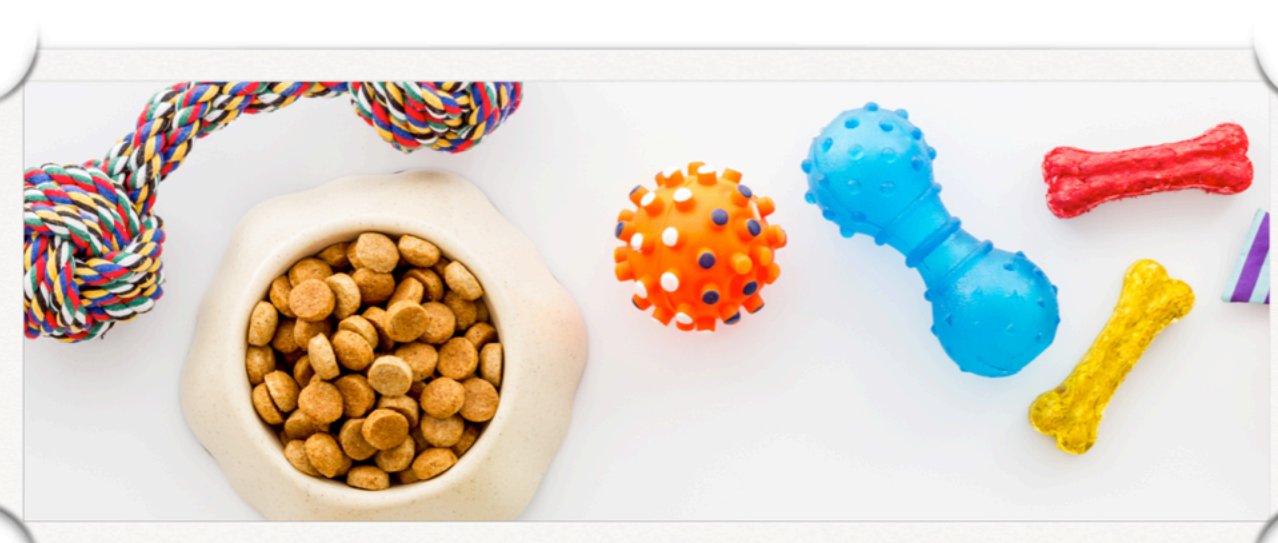


Halloween is just around the corner and we are eagerly preparing for it. Our upcoming Halloween Lunch is the perfect opportunity for us to get into the spooky spirit and have some fun. We have been busy decorating our home with all sorts of themed displays and props to create the perfect Halloween atmosphere.

On the lead up to the big day, we will be having spooktacular activities. This includes, haunted houses, hanging bats, colouring pumpkins, decorating a Halloween tree, carving pumpkins to decorate the reception area, trick or treat sweet cauldrons for local children, halloween themed baking and spooky quizzes. Exciting times!



## Honey the Therapy Dog's Weekly Visits

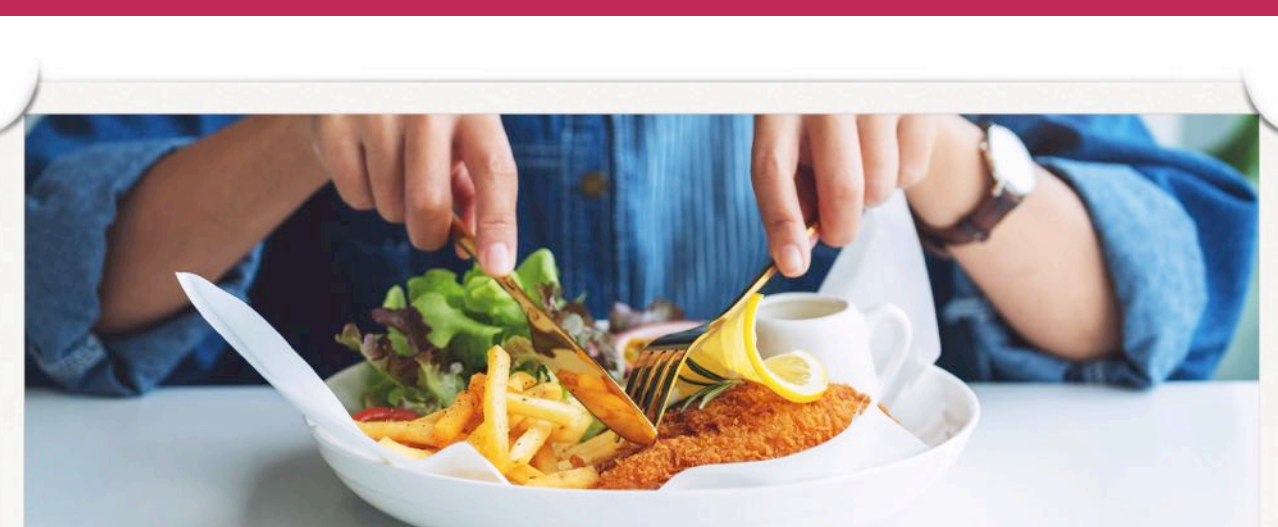


## Furry Friend

We are pleased to announce that Honey the Therapy Dog will be visiting the residents every week. Honey is a trained therapy dog and her visits are always eagerly awaited by the residents. Honey's presence has a calming effect on everyone and the residents look forward to petting and interacting with her.



## Regular & Upcoming Activities



## Good Times!

### Lunch at Soroba House

Every Monday, residents will be visiting Soroba House in Oban for lunch and live music. This is a wonderful opportunity for the residents to get out and socialise with others.

### Steps for Physical and Mental Wellbeing

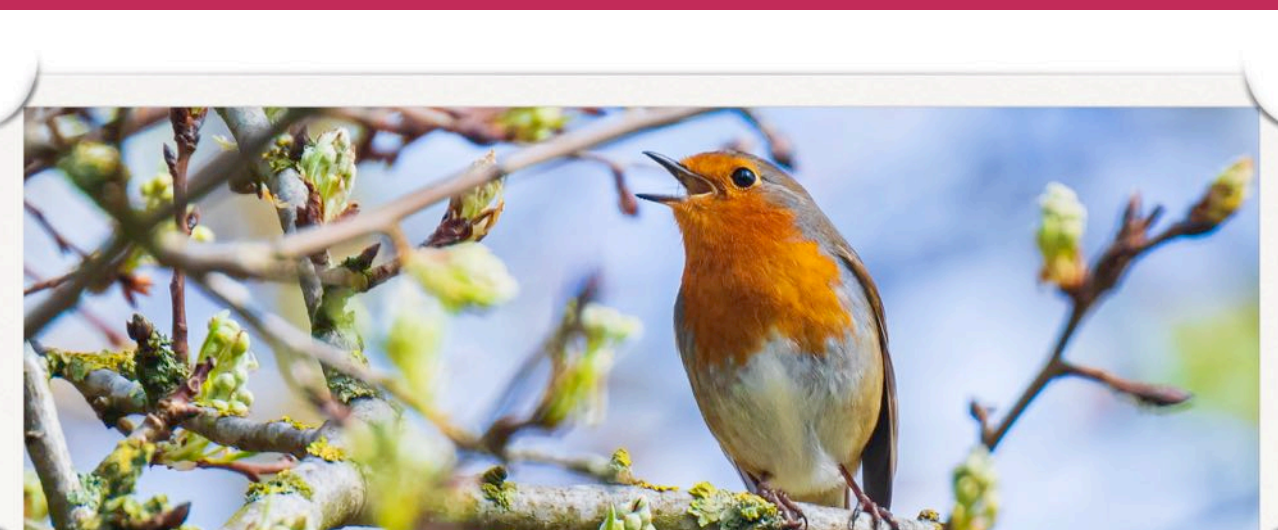
We understand the importance of maintaining physical and mental wellbeing and are committed to supporting our residents in this regard. As such, we will be purchasing pedometers to record steps taken by residents individually and then collate a weekly and monthly total. This will encourage everyone to be more active and promote a healthy lifestyle.

### Weekly Activities

We have weekly bingo, themed quizzes, baking sessions and a knit and knatter group which are always popular among the residents. In addition to this, we have a weekly walking group, which is a great way for residents to get some exercise and enjoy the beautiful scenery around us. These activities are designed to promote socialisation and enhance the quality of life for our residents.



## Looking Ahead



## Keeping Busy!

Those who choose to live in a care home are often surprised by how many opportunities to try new and exciting things there are. It's crucial to remember the importance of a varied activities programme in a care home. Some planned activities coming up over the next few weeks:

Bird food making  
Flower arranging  
Weekly baking  
St Andrew's Day lunch (end of November)  
Planning fruit tree garden/wildlife garden in area beside the car park

A day is also to be set aside for a group activity to tidy up the garden before winter. This will be a fun and productive activity for everyone to get involved in. Gardening is a great way to connect with nature and has been shown to have a positive impact on mental health. We are excited to see the transformation of our garden.



## Leave A Review

We would greatly appreciate all feedback, reviews or suggestions you may have. Please contact us directly or leave a review through the links below:

[Carehome.co.uk Reviews](#)

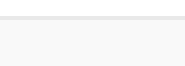
[Google Reviews](#)



## Keeping In Touch



Make sure to check out our [Etive House Care Home Facebook Page](#) and give us a Like! We love to share photographs of what we have been up to recently on this platform.



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