



ORCHAR

NURSING HOME



Orchar Nursing Home Newsletter for July and August, 2025

Welcome to the July/August edition of our newsletter! We like to keep residents and families up to date with what's been happening.

We've made the most of the sunshine and fresh air. One of the highlights was our barbecue, which was well-attended with residents, families and staff coming together to enjoy it. Mike Lees provided the entertainment and lots of staff went above and beyond to make the day special - thanks to everyone who helped in any way.

Summer Barbecue



We've enjoyed frequent walks, and we've been sitting out the front as often as possible watching the world go by and chatting to passers-by, not to mention their friendly dogs!



We love getting out and about in the community as often as possible - some residents have enjoyed going to afternoon dances at the Fairmuir Club, and others enjoyed getting the chance to go to a lovely concert at St Mary's Church in town featuring The New Dundee Choir That Doesn't Have a Name Yet and a visiting choir from America.

The ladies who attend the Heart for Art class had some items on display at an art exhibition during Broughty Ferry Gala Week – and Jean was delighted when a lady asked to buy one of her crocheted blankets! She only ever knits for friends and for charities, but the lady insisted on paying for it, so she said she'll put the money towards more wool for the charities.

Enjoying the sunshine before we go in to the concert



Jean's crocheted blankets



Fun at the Fairmuir Club



We also enjoyed an outing to the annual Weaver's Tea Party in St Stephen's Church where we met lots of other local people and were entertained by Paul Sullivan.



We regularly do our seated exercises and play different games to ensure that our residents stay as healthy and flexible as possible, and we also use our pedalling devices so residents can "cycle" from the comfort of their armchairs.



As well as our regular pet therapy with Gordon the chihuahua (named after Gordon Ramsay, not Gordon's Gin as someone suggested 😊) the staff sometimes bring their pets in to visit us. Here we have photos of Gordon our lovely therapy dog, the manager's adorable Maltese puppy Junior, and Bruce's handsome Pharoah hound Tommy.



We commemorated VJ Day with an evening of remembrance and a wartime singalong with Hannah and Marina.





Lastly, we're attaching a post distributed by the NHS recently regarding how Music Therapy is transforming dementia care. We've been lucky to have Music Therapy with Mary from Nordoff and Robbins on a weekly basis here in Orchar for several years now. Music therapy is not only for people living with dementia it's for everyone to enjoy.

<https://www.facebook.com/share/p/1CNfUwF6wg/>