



Orchar Nursing Home Newsletter for September, 2025

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

Another month has flown by! It's hard to believe the clocks will soon be changing!

One of our recent highlights has to be taking part in Going for Gold, a get-together at Menzieshill Community Centre with other local care homes. We all had to choose a decade then dress up in appropriate fancy dress – we chose the Sixties so went as hippies. What a laugh we had. Everyone looked great in the Flower Power clothing with flowers in our hair etc. We did well at the sporting activities - we were all presented with a medal as well as a framed certificate for taking part, and we won 2nd prize for our flag and caravan prop.

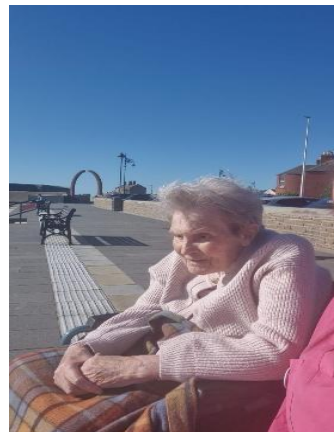


We've enjoyed having a reminiscence workshop every Wednesday – our hostess Suzy partnered with the NHS to help care homes do sensory workshops. It was a brilliant trip down memory lane with old songs and sounds, different scents (we chose our favourite to place in a bottle), and we also played old games and looked at some new ones, and made memory boxes for the residents to keep.



The weather is beginning to cool down but we're still making the most of any warm sunny days. We had a fantastic outing on the Cycling Without Age Trishaw along the waterfront to Monifieth. David absolutely loved it! We went past his old house and he said it brought back many happy memories. We thoroughly recommend it!

We've also enjoyed sitting out the front watching the world go by, while having drinks and nibbles. We've also had some lovely walks round the Ferry and also a bit further afield.



We've been having our weekly Music Therapy and Pet Therapy, and regular non-denominational church services, as always.

We recently welcomed our 2 new nurses – Sara and John, but sadly are saying goodbye (or adios 😊) to Iuliana who's moving abroad to live in Spain and to Zoe who's going back to work for the NHS. We also say farewell to Martha one of our breakfast assistants, who is retiring, but we hope she'll come back regularly to visit.

As most of you will be aware, work has started on our small extension. This should be finished by Christmas.

Can you believe it's less than 80 days until Christmas?! The activities ladies will soon be busy organising the festive entertainment. In the meantime, we're getting ready for Halloween!