

# SIR GABRIEL WOOD'S MARINERS' HOME

## ANCHOR NEWS



**MAR/APR/MAY 2016**

**Issue 23**

### ENTERTAINMENT & TRIPS HIGHLIGHTS

#### MAR

Kelvingrove Museum	8 <sup>th</sup>
Clydeside Singers	11 <sup>th</sup>
Kenny Wilson	14 <sup>th</sup>
Transport Museum	16 <sup>th</sup>
Ailleymill Nursery/Easter	17 <sup>th</sup>
Chartroom Easter Event	23 <sup>rd</sup>

#### APR

Parish Players	5 <sup>th</sup>
Rowantree for Lunch	6 <sup>th</sup>
Angela Duncan Party Night	11 <sup>th</sup>
Loch Lomond Trip	13 <sup>th</sup>
Sing - a - long	14 <sup>th</sup>
Clydebank Trip	17 <sup>th</sup>
Sumerlee	20 <sup>th</sup>
Kelpies Visit	27 <sup>th</sup>

#### MAY

Ten Pin Bowling	2 <sup>nd</sup>
Rat Pack Show/Kilmacolm	6 <sup>th</sup>
Music in Hospitals	17 <sup>th</sup>
Castle Semple Trip	24 <sup>th</sup>
Ten Pin Bowling	25 <sup>th</sup>
Life Story Books	26 <sup>th</sup>

### TRANSPORT MUSEUM



The Riverside Museum day trip is always a big hit with our residents. They mostly always make a bee line for the transport section with their impressive displays of cars, locomotives and buses to name but a few. Resident Harry O'Hara (pictured left) reminisced the days of the old three wheeler while the rest of the party hopped on and off the old double decker buses and admired the beautiful horse and cart displays.



### EASTER FUN



Ailleymill Nursery kids came in to sing a special array of songs to while away an afternoon for residents at Easter. We thanked them for taking the time to entertain us and presented each child much to their delight with an Easter egg. Pictured above the Girl Guides also popped in to "The Home kindly bearing eggs for our residents!!



Meanwhile at Inverkip Marina our residents (pictured left) adorned their Easter Bonnets for a fun filled event with entertainment provided by none other than "The Wherries" Phew!!!



### WELCOME TO OUR NEW CARE STAFF



Linda Henderson



Amy Gillan



Julie Robb

We would like to introduce three new members of care staff to our team. Linda, Amy & Julie are all enjoying their new roles.

### VARIORUM

The Parish Players "Go West Grand ole Oprey" spring show was enjoyed by residents. Unfortunately we have no pictures as cameras are banned but a great night was had. Clydeside Singers also came in to entertain with their usual array of toe tapping tunes. Residents also enjoyed lunch dates at The Rowantree restaurant, Loch Lomond and Clydebank. Sing-a-long days and bingo have been well attended and thoroughly enjoyed. To work off all those lunch dates residents have been attending keep fit sessions held by Carol on Monday mornings!



## A STEP BACK IN TIME



A day trip to Summerlee Heritage Park was thoroughly enjoyed with residents taking a trip down memory lane. The museum based around the site of a 19<sup>th</sup> century ironworks boasts Scotland's only operational heritage tramway. Residents Graham & Al (pictured far left) couldn't wait to hop on for a ride. Meanwhile Senior Care Assistant Sheena displayed her Cleek & Gird skills. Even though Sheena would have been too young to remember these 19<sup>th</sup> century toys she did pretty well for her first go!! The rest of the day was enjoyed reminiscing as residents toured the exhibition halls with their displays of washing boards & wringers in the 1880's washhouse and the not so long ago radiograms of bygone days.

## MY LIFE STORY



Residents have been participating in a great activity called "My Life Story". This activity involves reviewing residents past life events & developing a biography of memories from childhood right through to memories of their own children, grandchildren & their working life. The framework within the life story activity is used by staff to help them deliver person centred care to each resident. The recent trip to Summerlee Heritage Park sparked memories for a few residents who recorded in their story books that during their time with the Merchant Navy they recalled seeing the steam locomotive, (based at Summerlee) on trips to Kenya. The locomotive was British built in Springburn and was used to pull freight trains back & forth to South Africa. The benefits of life story work are tremendous in terms of promoting individualised care, building relationships between care staff, residents and their families as well as improving communication. We would welcome family to provide old photographs or help their family member reminisce to help develop this activity.

## THE MAGNIFICENT KELPIES

The cloudy sky backdrop only added to the view of the magnificent 30 metre high, horse head sculptures "The Kelpies". Situated next to the Forth & Clyde Canal in Falkirk our residents thought the hour long drive was worth it it.

After a stroll around learning about the construction and history of the horse heads residents headed for a walk around the souvenir shop before getting some lunch and refreshments before heading back home. A great day was had by all.



## STRIKE!!!



Just look at the concentration on Alex's face!! This is how seriously our residents take their ten pin bowling. It's a marvellous day out and gets those arm muscles flexing as well as promoting a bit of healthy competition. This is one day trip that is always in demand. As soon as it's announced the minibus fills up rapidly!!

## STAFF TRAINING

Staff training for the last three month's covered, Evac Chair, Moving & Assisting, Infection Control, C.O.S.H.H., Dementia and Protection of Vulnerable Adults. The online training room upstairs has also been well used of late with staff completing courses when they have the opportunity.