BOCLAIR
CARE HOME

INTRODUCTION

Message From Our Manager

Welcome to our Autumn Newsletter from Boclair Care Home.

We've had another busy and enjoyable few months, with residents making the most of a lovely variety of activities, outings and visits. From our canal cruise with the Seagull Trust and an afternoon at the Senior Sporting Games to visits from therapy ponies and nursery children, there has been plenty to keep everyone entertained.

We've also been getting creative with autumn crafts, enjoying music in the local community and travelling a little further afield through our popular Armchair Travel sessions. It's lovely to see residents enjoying such a wide range of experiences, both within the home and out in the community. Thank you to our families, friends, staff and everyone who helps make these activities possible.

We hope you enjoy catching up on some of our recent news.

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

Newsletter Sign-Up

Best wishes,

Nicola Dow
Care Home Manager

ACTIVITIES & EVENTS

Autumn Arts & Crafts

Our residents have been embracing the beautiful colours of autumn during our recent arts and crafts sessions, creating a lovely seasonal tree decorated with individually painted wooden leaves. With so many shades of red, orange, yellow and brown to choose from, everyone was able to add their own creative touch, and the finished display looks fantastic.

Arts and crafts are always popular at Boclair, offering residents the opportunity to express themselves, make choices and enjoy working with different materials.

Painting also encourages concentration, hand-eye coordination and fine motor skills, while the relaxed atmosphere provides plenty of opportunities for conversation. It's especially satisfying when everyone's individual creations come together to make something that can be enjoyed by the whole home, and our autumn tree is a lovely example of that.

Building Fun

We always look forward to welcoming our nursery visitors to Boclair, and a recent visit brought plenty of creativity and teamwork as residents and children enjoyed building structures using paper cups and cards. It was lovely to see everyone working together, experimenting with different ideas and discovering just how much they could build with such simple materials. There were a few challenges along the way as everyone tried to keep their creations standing, but that was all part of the fun!

Intergenerational activities are particularly valuable, giving our residents the opportunity to spend time with younger children, share their experiences and enjoy the energy and enthusiasm they bring. The children also benefit from building relationships with older people, developing communication skills and learning the importance of patience, cooperation and respect.

We thoroughly enjoy these visits and look forward to welcoming the children back for more activities together.

Senior Sporting Games

Our residents enjoyed a brilliant afternoon at the Glynhill Hotel, taking part in the Senior Sporting Games. It was a fantastic opportunity to get out and enjoy an afternoon of sporting activities, friendly competition and good company. Everyone got into the spirit of the occasion, encouraging one another and enjoying the different challenges throughout the event.

Activities like these are a great way to promote movement, coordination and confidence, while also giving residents the chance to meet others and enjoy being part of a larger social gathering. There was plenty of enthusiasm throughout the afternoon, and it was lovely to see everyone getting involved and enjoying themselves.

A big thank you to everyone involved in organising the event and making our residents feel so welcome.

SPORTING SENIOR GAMES
ERSKINE
Veterans Charity

Canal Cruise

We enjoyed a wonderful day out with the Seagull Trust, making the most of the beautiful autumn weather as we cruised along the canal. One of the highlights was seeing our very own resident ‘Skipper’ Allan having a turn at the controls!

The Seagull Trust provides accessible canal trips for the elderly and people with additional support needs, allowing passengers to enjoy Scotland's waterways in a comfortable and welcoming environment. Our residents were able to sit back, take in the lovely scenery and enjoy the peaceful surroundings as we travelled along the water. With the changing colours of the trees and the fresh autumn air, it was a particularly pleasant time of year for a cruise.

Outings like these provide a lovely change of scenery and an opportunity to enjoy the outdoors at a relaxed pace. Thank you to everyone at the Seagull Trust for another memorable day.

Horsing Around

There was plenty of excitement at Boclair when Therapy Ponies Scotland came along for a very special visit. Our residents were delighted to spend time with the ponies, enjoying the opportunity to get close to these gentle animals and interact with them.

Animal-assisted visits can have many benefits, providing comfort, companionship and opportunities for meaningful interaction. For some residents, meeting the ponies brings back memories of animals they have owned or cared for, while for others it's simply a lovely experience to enjoy in the moment.

Stroking and spending time with animals can be particularly calming, and visits like these often encourage conversation and engagement. The ponies certainly attracted plenty of attention during their time at Boclair, and we would like to thank Therapy Ponies Scotland for bringing something a little different to our day.

Mind That Song

Our residents have also been enjoying outings to Mind That Song, a dementia-inclusive music initiative held at Bearsden Cross Church in partnership with Alzheimer Scotland.

These sessions bring people together through familiar music, encouraging participants to recognise songs, join in with singing and share memories in a friendly and supportive setting. Although there is an element of recognising familiar tunes, the sessions are about much more than remembering song titles. Music can be a powerful way of connecting with people living with dementia or memory loss, often bringing back memories and encouraging participation even when other forms of communication may be more difficult.

The sessions also provide a valuable opportunity for social interaction, allowing our residents to spend time with others from the local community while enjoying music they know and love.

We're very pleased to have such a worthwhile initiative nearby and always enjoy our visits.

Armchair Travel – Ireland

A recent Armchair Travel adventure took us across the Irish Sea to the Emerald Isle, as residents enjoyed a virtual tour of Ireland.

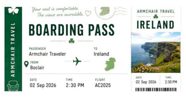
We explored some of the country's beautiful scenery, famous landmarks and traditions, discovering more about its history and culture along the way. Ireland is a place that holds fond memories for many people, and the session encouraged plenty of conversation about holidays, family connections and places residents may have lived or visited over the years.

Of course, no visit to Ireland would be complete without sampling a little of its traditional food and drink, so residents enjoyed some soda bread accompanied by a small glass of Guinness.

Our Armchair Travel sessions are a lovely way to explore different countries without leaving the comfort of Boclair, combining learning, reminiscence and sensory experiences.

It was a thoroughly enjoyable afternoon, and we're looking forward to discovering where our next virtual journey will take us.

Ireland
WHAT TO SEE ALONG



ARMCHAIR TRAVEL

Your seat is comfortable.
The views are incredible.

BOARDING PASS

PASSENGER Armchair Traveler
TO Ireland
FROM Boclair
DATE 02 Sep 2026
TIME 2:30 PM
FLIGHT AC2025

ARMCHAIR TRAVEL
IRELAND
DATE 02 Sep 2026
TIME 2:30 PM

Supporting Spiritual Wellbeing

At Boclair, we recognise how important faith and spiritual wellbeing are to many of our residents, and we aim to support everyone in practising their beliefs in whichever way suits them best.

Our online Sunday services have become a valued part of the week for those who wish to attend, providing an opportunity to come together for worship, prayer and praise. For residents who have attended church throughout their lives, being able to continue participating in familiar services and traditions can bring comfort and a sense of connection. Others simply appreciate the peaceful atmosphere and opportunity for reflection.

We understand that everyone's spiritual needs are different, and we are committed to respecting individual preferences while helping residents maintain the connections and practices that are meaningful to them.

COMING UP...

Looking Ahead

As we move further into autumn and towards the winter months, there is plenty more to look forward to at Boclair.

Our regular activities will continue alongside music, entertainment, arts and crafts, exercise sessions and visits from our friends in the local community. We'll also be marking Remembrance Day and enjoying seasonal activities as we begin preparing for Christmas and all the celebrations that come with it.

Our outings and community connections remain an important part of life at Boclair, and we'll continue looking for opportunities for residents to enjoy new experiences and familiar favourites.

Thank you once again to our residents, families, friends and staff for your continued support. We look forward to sharing more of our news and activities with you in our next quarterly newsletter.

EXTERNAL LINKS

Social Media

Make sure to check out the Boclair Care Home Facebook Page for all our latest photos!

Don't Forget To 'Like' Us!

Leave A Review

We would be very grateful if you could spare a few minutes to write a review for us:

Carehome.co.uk & **Google Reviews**

BOCLAIR
CARE HOME

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