



# Gairloch House

## Newsletter

### Our Annual Sports Day

In July we held our Annual sports day that was a great day and fun had by all. We had a BBQ which was doing burgers and Hot Dogs and we were also serving hot and cold drinks. Every Resident took a medal back with them. The other Home Cavendish won the Trophy for the day. Next year will be Gairloch!!



Two residents from Gairloch had a great time in a sports buggy!



### Staff Training:

On November 17<sup>th</sup> some of the staff at Gairloch will be attending Defibrillator Training.

### Other Events:

- Gairloch House residents got involved in watching The Rugby World Cup 2015.
- Children from Colchester Sixth Form -16-17 year olds doing their National Citizenship, chose a care home and raised Money doing different things
- The Adult Colouring Books we introduced were a huge success and enjoyed by all the residents along with the Brain Training exercises.


### A Sad Farewell:

We also said a sad farewell to Irene Cloud after 18 years service!!

Good Luck and all the best for the future.

### Forthcoming Events:

Gairloch House has a few events coming up which will be in our next Newsletter:

- Bonfire Night Party 
- Great British Care awards – Finals – Gairloch House has been nominated.
- Christmas Party, Carols, Making Christmas Decorations ect



- Art & Craft Competition



# Gairloch House

## Newsletter

### October 13<sup>th</sup> – Jobs Fair:



The Job fair that was on 13<sup>th</sup> October at the Princes Theatre, Clacton was a huge success and great to see so many people showing a interest in the care industry. We also support apprenticeships in the care industry.



### Spooky going on's at Gairloch:

It's that time of year where all the residents get Involved in the Halloween party we throw at Gairloch House each year.



The Picture opposite shows just one of the treats that was made for Halloween. These spooky looking cakes. As Well as Fancy Dress, Competition for best costume and family apple bobbing!

Over the next 2 months we have a resident that will be celebrating their birthday:

Shirley Berge

Happy Birthday to you all from all the staff at Gairloch House.

