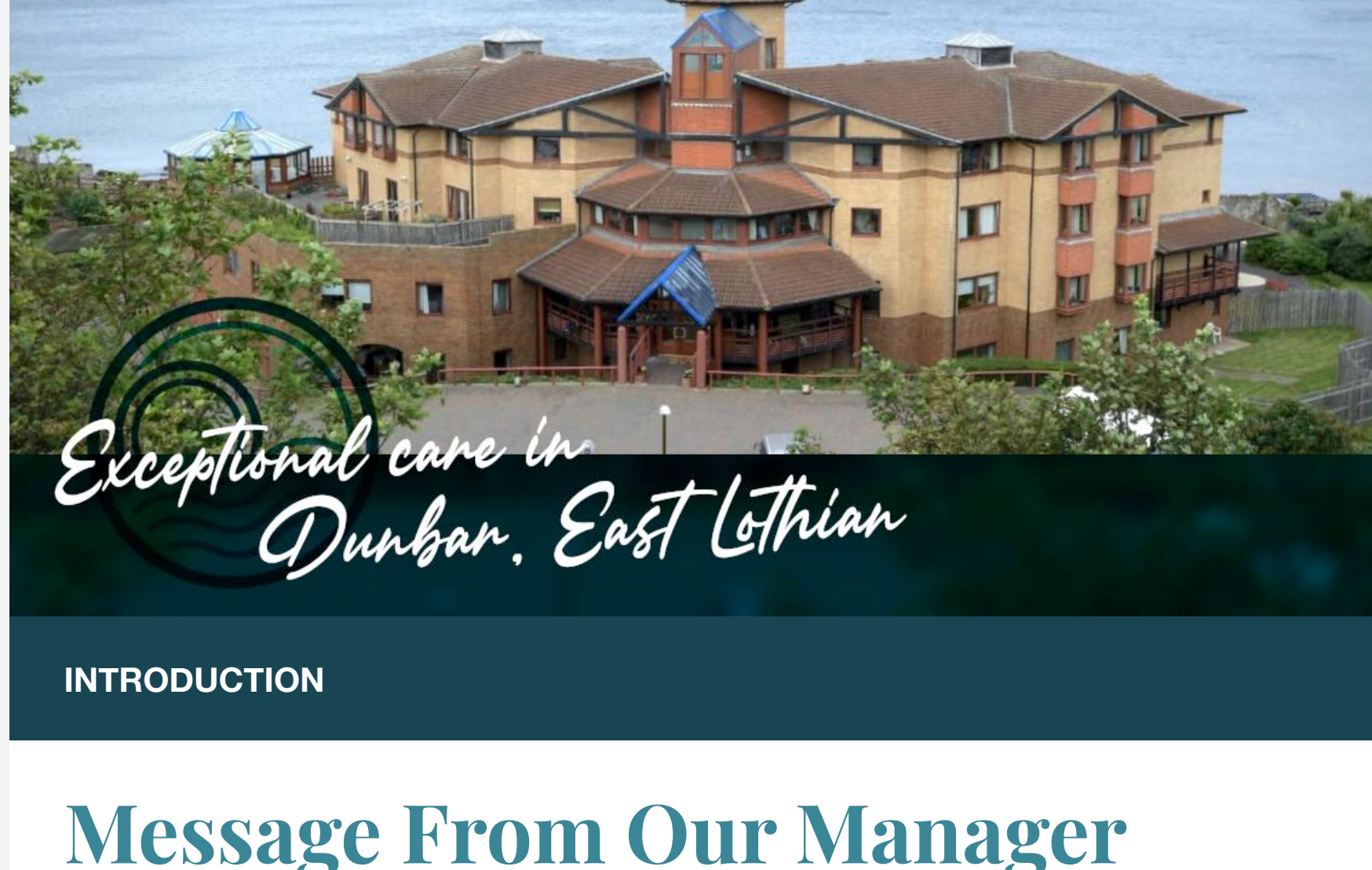




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Dunbar, East Lothian

INTRODUCTION

Message From Our Manager

As we move into the new season, we have been keeping busy at Lammermuir House with a lovely mix of activities, entertainment and new experiences for our residents. September began with some autumn-themed crafts, and we have also welcomed some unusual visitors, tried a new Chair Cheer class and enjoyed plenty of music and friendly competition.

It has been great to see residents getting involved in so many different ways, whether getting creative, keeping active, enjoying a singalong or simply sharing stories and memories with one another.

We hope you enjoy catching up on some of what we have been getting up to at Lammermuir House.

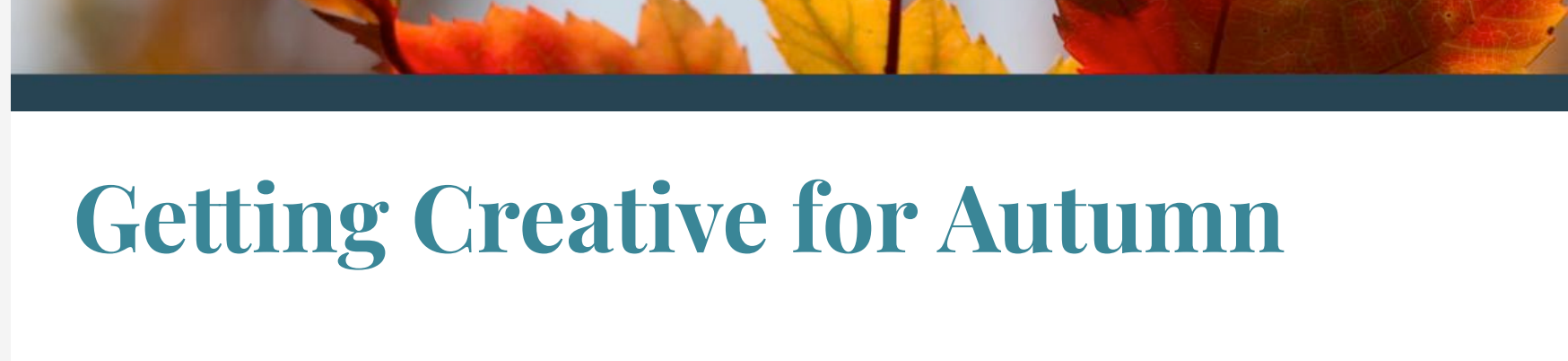
If you know someone who would like to receive our email newsletters/updates just let us know, or forward them the newsletter sign up link below:

[Sign Up Link](#)

Best wishes,

Mari Clark
Home Manager

CHANGING SEASON

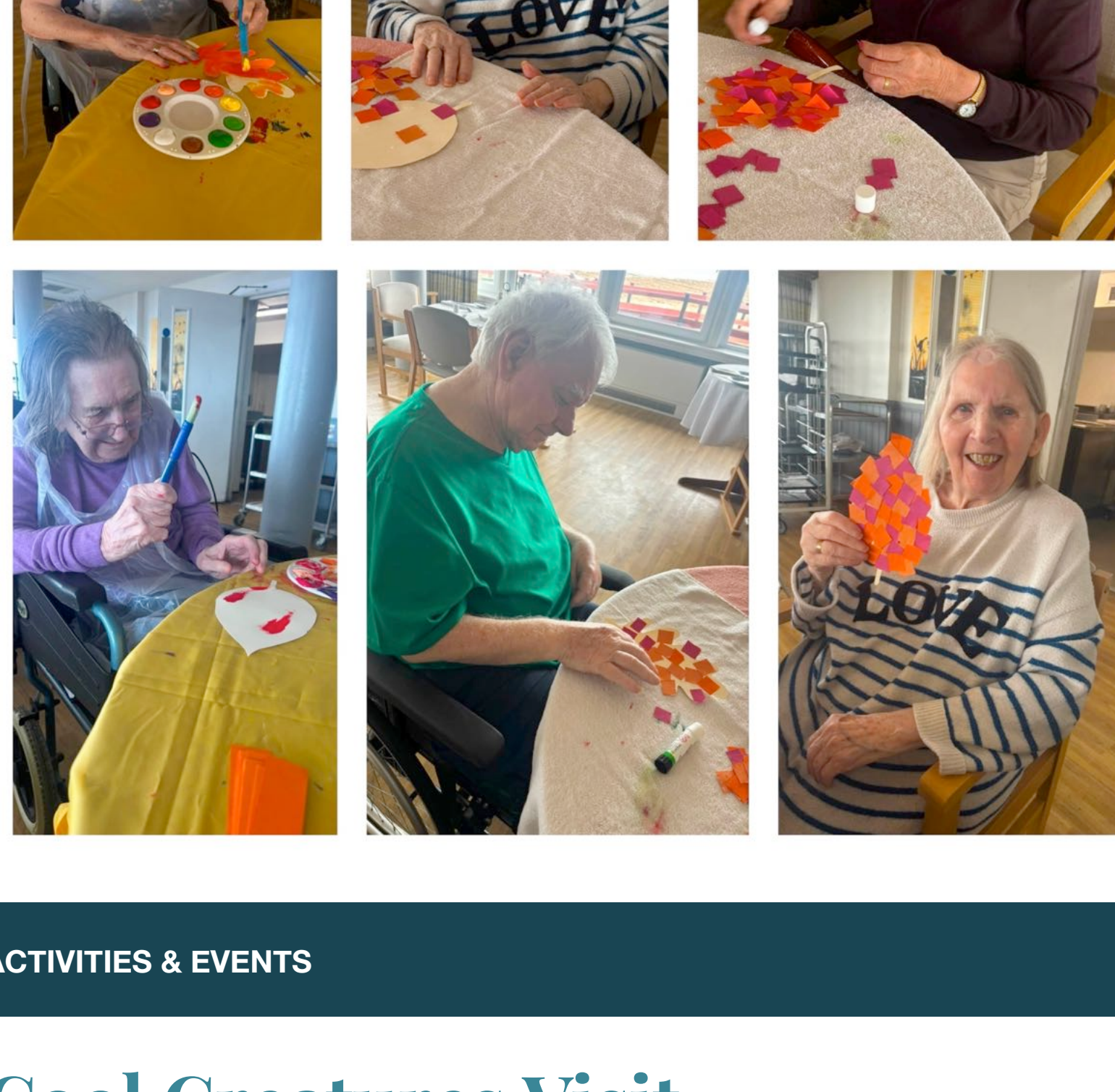


Getting Creative for Autumn

We welcomed September and the beginning of autumn with a creative afternoon inspired by the changing season.

Residents spent time painting, colouring and creating mosaics using autumn leaf cut-outs. There was plenty of creativity around the room as everyone worked on their own designs and enjoyed a relaxing afternoon together.

The leaves are going to be put to good use, so watch this space to see what we create with them next!



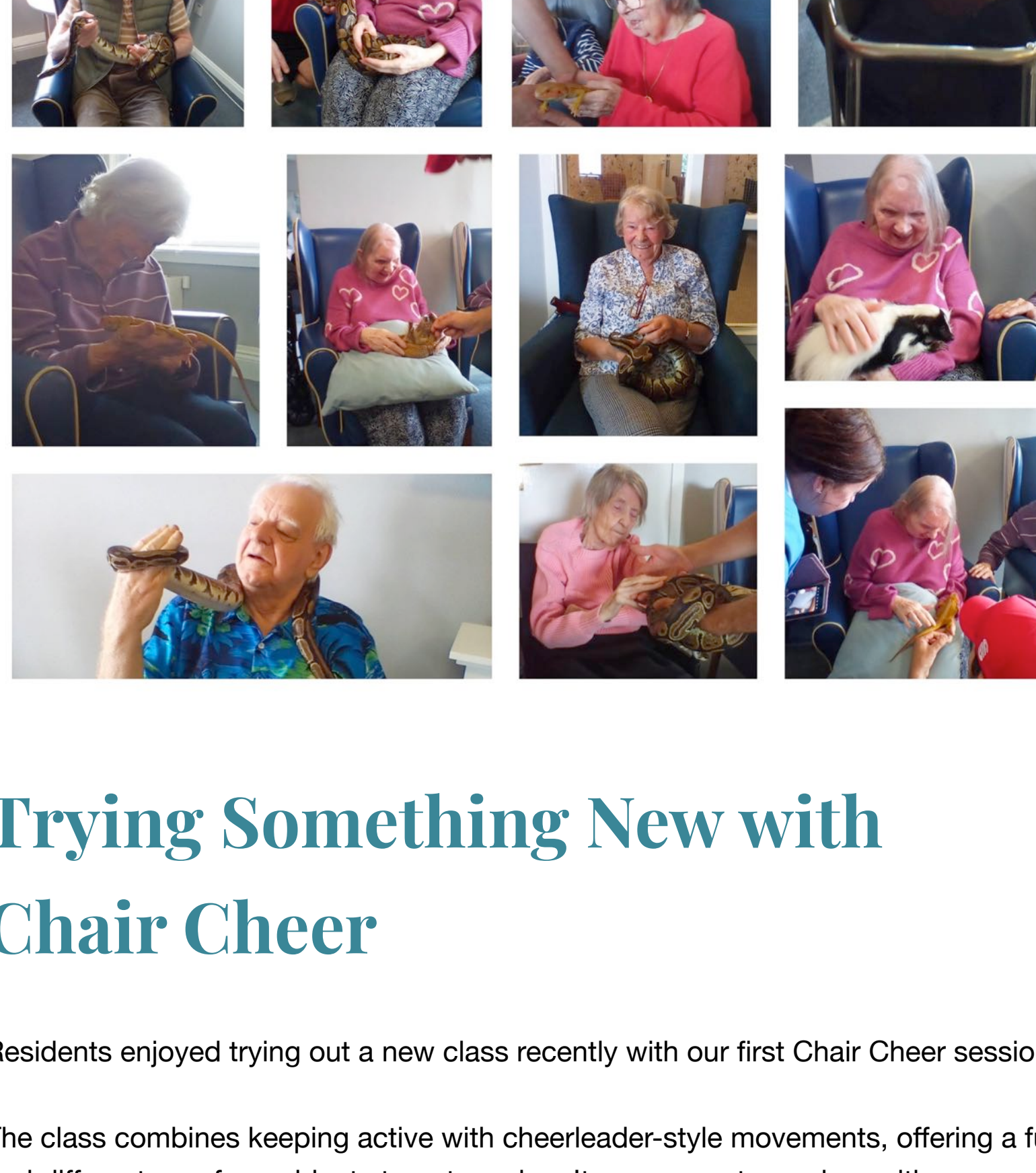
ACTIVITIES & EVENTS

Cool Creatures Visit

We had a very different kind of visit when Calum from Cool Creatures arrived at Lammermuir House, bringing some of his exotic pals along with him.

It was a great opportunity for residents to get a closer look at some unusual creatures and enjoy an experience that was a little out of the ordinary.

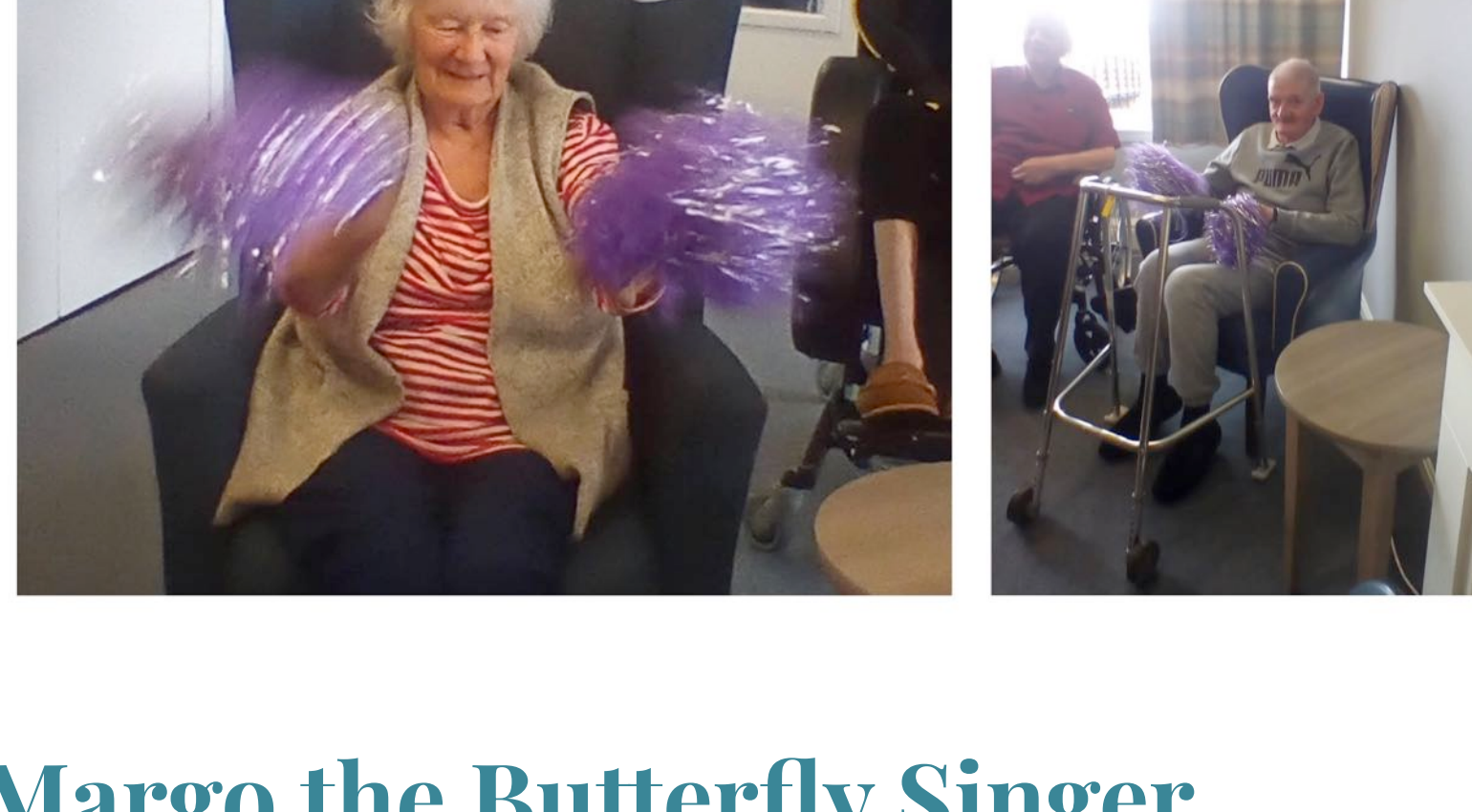
A big thank you to Calum and his exotic companions for coming along to see us.



Trying Something New with Chair Cheer

Residents enjoyed trying out a new class recently with our first Chair Cheer session.

The class combines keeping active with cheerleader-style movements, offering a fun and different way for residents to get moving. It was a great morning, with everyone enjoying the chance to try something new together.



Margo the Butterfly Singer

We were delighted to welcome Margo the Butterfly Singer to Lammermuir House for a lively afternoon of entertainment.

Margo soon had everyone enjoying the music, with residents getting up for a good boogie and joining in with the fun. Her 'wee grannie' puppet was particularly popular and even joined us for a song or two, including 'Bonnie Wee Jeanie McCall'.

It was a thoroughly enjoyable visit, and everyone is already looking forward to welcoming Margo back again.



A Little Friendly Competition

Our target games continue to be a firm favourite with residents and always bring out everyone's competitive side.

Residents enjoy testing their skills against one another, but there is just as much encouragement as competition, with everyone cheering each other on as they take their turn.

They are always good fun and remain one of the activities our residents particularly enjoy.

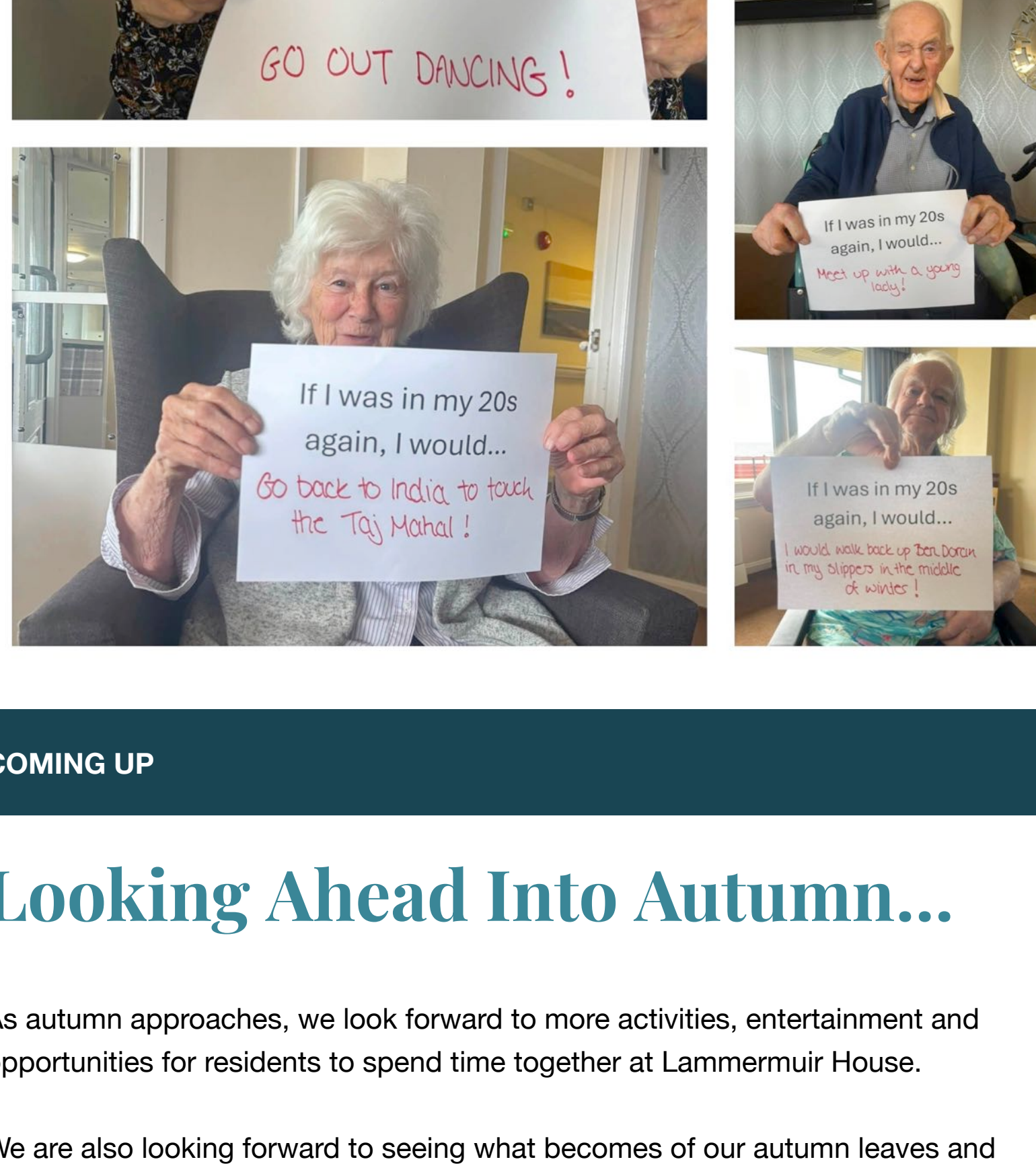


If I Was in My 20s Again...

We encouraged a little reminiscence by asking our residents an interesting question: 'If I was in my 20s again, I would...'

It certainly got everyone thinking, and we heard some fantastic answers as residents shared what they would most like to do if they could return to their twenties.

The question prompted plenty of conversation and gave everyone the chance to share their thoughts, experiences and memories with one another.



COMING UP

Looking Ahead Into Autumn...

As autumn approaches, we look forward to more activities, entertainment and opportunities for residents to spend time together at Lammermuir House.

We are also looking forward to seeing what becomes of our autumn leaves and continuing to enjoy some of the new activities we have recently introduced.

Thank you to everyone who continues to contribute to life at Lammermuir House. We look forward to sharing more of our news with you soon.

EXTERNAL LINKS

Social Media

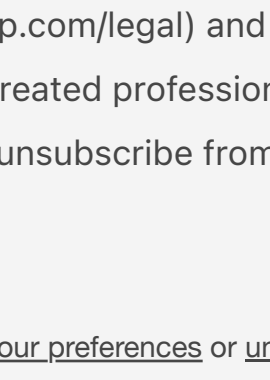
Make sure to check out the Lammermuir Care Home Facebook Page for all our latest photos!

[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](#)



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