



NEWSLETTER

Edinburgh's Finest Care Home

Autumn 2020

Cramond Fringe brings a touch of Variety to the Residence

The day-long ‘Cramond Fringe’ took place in August. This wonderful new event saw residents and staff enjoy a celebration of arts and entertainment, while abiding by social distancing rules.

“The Fringe celebrations started with a ribbon cutting ceremony in the morning,” says Lisa Sohn, the home’s lifestyle coordinator. “This was followed by refreshments, a presentation on the history of the Festival and a Fringe trivia quiz for our more competitive residents.”

After lunch there was an afternoon of entertainments that included juggling, magic shows, skits, jokes, and a sing-song. The organisers tried to create the feeling of a variety of acts by switching the chairs around and creating different ‘stages’.

“Speaking with the residents after the event, they told us they’d loved it a really good time and would love for it to happen again,” Lisa says. “Due to the popular demand among residents CR will continue to host the Cramond Fringe event on an annual basis.”



EILEEN SAYS ‘THANK YOU’ TO EVERYONE FOR THEIR SUPPORT DURING CORONAVIRUS

“I cannot tell you how hard everyone has worked and the sacrifices they have made to continue to provide the highest

level of care and comfort to our residents; it has been so pleasing to see our investment in staff training and development flourish during these unusual times. I would also like to thank the family and friends of the residents we are looking after. Everyone has been exceedingly understanding and kind-hearted – your support has made everything that much more bearable.”

“As we move forward into a new normal, I would just like to say a huge thank you to all my wonderful team.”

General Manager, Eileen Gray.

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Our Director Graeme Kelly is proud to be able to say that Cramond Residence recently received a very positive outcome from a thorough inspection that was carried out by infection control and prevention specialists from Edinburgh Health & Social Care Partnership/NHS Lothian.

"The inspectors were encouraged by the systems the Residence has in place, by our infection-prevention training for staff and by our staffs' understanding and ability to demonstrate knowledge of this vital issue," reports Graeme, who adds that, "throughout the

Coronavirus pandemic, we have felt well supported and guided by Health Protection Scotland."

To highlight everything that Cramond Residence has in place to keep its residents as safe as possible from Covid-19 and other infections, adding a dedicated section on its website. This will highlight the key ways in which the Residence is designed and managed to keep infections at bay.

ALZHEIMER'S AWARENESS MONTH

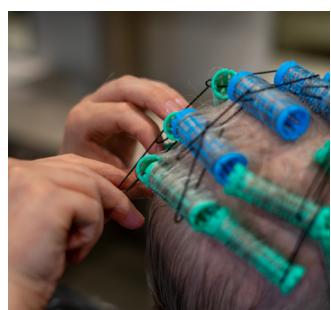
September is World Alzheimer's Month. This vitally important international campaign raises awareness and challenges the stigma that surrounds Alzheimer's, which is the most common form of dementia,

affecting many millions of people aged 65 and older.

At Cramond Residence we'll be doing our bit throughout the month to raise awareness of the impact Alzheimer's has, both those it affects and on their families. We'll also be working to show how to help those living with the condition live as full a life as possible.

HAIRDRESSING SALON RE-OPENING

Our Hairdressing Salon has reopened its doors following lockdown and, as you can see, our stylists haven't lost their flair (and neither have our residents).



BANANA WALNUT LOAF RECIPE

Use your loaf and bake a delicious banana cake
Ingredients:

120g Butter
180g Caster Sugar
4 Ripe Bananas
2 Eggs
1 tea spoon of vanilla
120g chopped walnuts
180g Self-rising flour
180g Plain flour
1 tea spoon soda bicarbonate

METHOD

Grease an 8" loaf tin with butter.

Peel, then mash the bananas.

In a large bowl, mix together the bananas, butter, sugar and eggs (added singly), then slowly mix in the flour and soda bicarbonate. Now mix everything together, including the walnuts and the vanilla.

Pour your mixture into the tin and bake 160 degrees for 40/45 minutes