



# NEWSLETTER

Spring 2023

## Cooking classes on the menu Introductory bread making masterclass inspires residents' creativity

Our residents are set to enjoy a series of cooking masterclasses, as part of this year's bustling events calendar. The mouth-watering programme has already started with a bread making session.

Cooking is just one of the activities the home provides as part of its events calendar, which is tailored to residents' interests, and has the overall aim of improving their wellbeing and independence. Other activities include exercise classes, arts and craft sessions, as well as frequent day trips.

Patsy, who leads our team of chefs and kitchen staff said:

"I love seeing the smiling faces of our residents as they take part in activities that remind them of home comforts such as cooking.

The step-by-step session was on how to make bread and, of course, enjoy their creations fresh out of the oven!

"As well as the pleasure of cooking, the class also provided

a fun setting where residents can enjoy socialising," said Patsy. "The buzz of happy chatter in the dining room showed how much everyone enjoyed themselves."

Upcoming activities include a beer and gin sampling session, a trip to the Living Memory shop in Ocean Terminal and physio classes. All will be organised by Cramond Residence's dedicated Lifestyle Coordinators who are committed to providing fun and engaging activities for all residents to enjoy.



### TODDLERS VISIT FROM LOCAL NURSERY

A group of toddlers aged between three and five visited our residents recently for a day of activities and games. The children, who were from Cramond Early Learning and Childcare, enjoyed art and craft projects and singing nursery rhymes. Ever since we opened, we have worked hard to bridge

the gap between generations. The benefits are endless - it reduces social isolation, loneliness and helps residents reminisce about their own childhoods.

Lorraine Mossie, Manager of Cramond Early Learning and Childcare said: "We've had amazing feedback from both the children and their families about our visit. The children were so excited to tell their friends and families about what they got up to."



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## REGULAR GP VISITS PROVIDE EXTRA PEACE OF MIND

We have set up a special clinic at Cramond Residence where our visiting GP holds twice weekly private consultations. This means that our residents have easy access to health care, which ensures that any potential problems are nipped in the bud.

The GP visits are included within the home's current rates and have been designed to complement each resident's personal care plans which are designed to enhance all aspects of a person's wellbeing – from nutritional advice and emotional welfare to physiotherapy and organised activities.

Christian Daraio, Client Liaison Manager, said: "Some of our residents are frail and lack mobility which makes getting

to the doctors a stressful and daunting experience.

"That is why we were exceptionally keen to offer our residents access to a GP without them having to leave the comfort of the residence.

"It also gives their families and friends peace of mind that their loved ones have direct access to expert health professionals - on top of the day-to-day care they receive."

## WEEKLY BOOK CLUB IGNITES IMAGINATION AND CREATIVITY

The new weekly book club at Cramond Residence gives the home's bookworms the chance to chat about a whole host of titles – from stories they read in their childhoods to the latest gripping new novels.

Garylee Rushforth, Lifestyle Team Leader, said: "Not only does reading help increase our residents' cognitive skills, but it can also reduce stress and help improve sleep.

"It's a fantastic form of entertainment and a great exercise for stimulating the brain, which can be particularly beneficial for our residents with dementia.

"Our weekly book club encourages independent reading, as well as the

articulation of thoughts and the sharing of opinions with a group of similarly-minded people.

"The club is a great way of encouraging our residents to stay social and we have found that even some of our less talkative residents have been willing to engage in a common topic of conversation.

"We take the time to read to those residents who can't do so themselves and you can tell by the big smiles on their faces how much they appreciate the simple art of storytelling."

Cramond's book club takes place in the home's luxurious and comfortable lounge facilities which offer views of our beautiful gardens.

In addition to the weekly clubs, Cramond Residence has its own private library which is well-stocked with books of different genres.



## LEMON DRIZZLE CAKE

SERVES 8-10

INGREDIENTS:

**75g butter, plus extra for greasing**

**3 eggs**

**Juice and zest of 2 lemons**

**200g caster sugar**

**75g crème fraîche**

**150g plain or cake flour (a very fine plain flour, such as 00)**

**1tsp baking powder**

For the glaze:

**75g icing sugar**

**Juice of 1 lemon**

METHOD:

Heat the oven to 170°C/150°C fan/gas 3 and grease and line the base of a 1kg loaf tin.

Melt the butter, then allow it to cool slightly. Place the eggs, lemon juice and sugar in a food mixer or large bowl and whisk for a few minutes until they are totally combined and the sugar has dissolved.

Whisk the cooled butter and crème fraîche into the egg and lemon mixture, then sift the flour and baking powder over the top and gently fold in. Stir in the lemon zest and spoon into the prepared loaf tin. Place in the oven and bake for 45-60 minutes until golden and risen – the cake should split along its top. A skewer inserted into the centre of the cake should come out clean – if it doesn't, return the cake to the oven for a further 5 minutes and repeat.

Remove the cake from the oven and allow to cool in the tin for 10 minutes on a wire rack, then turn out and place back on the rack, over a shallow tray.

Whisk the icing sugar and lemon juice together in a bowl, then pour the icing over the warm cake. Remove the tray from underneath the rack and pour any excess icing from the tray back into the bowl. Return the tray to sit under the rack and spoon the glaze over the cake once again. Leave on the rack to cool completely before serving.

