

The CRAMOND TIMES

December 2024



Foreword

From Ross Bijak
General Manager, Cramond Residence

As we approach what I consider a wonderful time of the year, we would like to extend our warmest wishes to all of our residents, families, and friends.

The festive period is a special time for reflection, gratitude, and togetherness, and we are truly thankful for the continued trust placed in us to care for all the residents of Cramond.

This holiday season, our dedicated team is busy preparing joyful celebrations, activities, and events that will fill our home with festive cheer. From decorating the floors with Christmas trees to sharing heartwarming moments, we are dedicated to making this festive period a memorable and uplifting time for everyone.

Within this newsletter, we are excited to share with you a glimpse into the wonderful things we have planned for the coming weeks. You'll find details about our festive activities, special holiday menus, and ways you can join in the celebrations from afar. We will also highlight some of the incredible milestones we've achieved together this year and the unforgettable moments we've shared.

As always, our focus remains on providing the highest level of care, love, and support to our residents. We hope this newsletter brings you a little extra holiday spirit and keeps you connected to our community.

Wishing you all a Merry Christmas and a Happy New Year for 2025! May this season bring you joy, peace, and the warmth of family and friendship.

St Andrew's Day at Cramond Residence



Saint Andrew's Day is an official flag day in Scotland and is marked with a celebration of Scottish culture and traditional Scottish food and music. In Scotland, the day is also seen as the start of a season of Scottish winter festivals encompassing Saint Andrew's Day, Hogmanay and Burns Night. There are week-long celebrations in the town of St Andrews and some other Scottish cities, here at Cramond we are marking the occasion with a delicious meal accompanied by traditional music! We are getting our dancing shoes at the ready!

Dates for your diary

2nd Dec 4pm
Cramond Residence Christmas
Light switch on

4th Dec
Cramond Residence Christmas
shopping and photo shoot with
residents


7th Dec 11am – 1pm
Cramond Kirk Christmas Fair


12th Dec
Christmas Jumper Day


12th Dec 9.30am-4pm
Dementia Training

18th Dec
Christmas Party

Ways to get in touch

 Visit us
49 Cramond Rd North,
Edinburgh, EH4 6NQ

 Call us
0131 366 1064 and our friendly
reception team will be able to
assist you

 Email us
Enquiries@cramondresidence.co.uk

Scan the QR code to contact



Christmas is coming...



We are already getting into the Christmas spirit at the residence! Preparations for our annual Christmas light switch on are underway and we are awaiting the delivery of our Christmas tree! We have got a fun filled December and can't wait to spread some Christmas cheer!

Our annual Christmas light switch on kicks off our Christmas celebrations, taking place on Monday 2nd December at 4pm in Cramond Residence garden. We invite all friends and families to join us for hot chocolate and mince pies where you can enjoy carol singers from Fettes too! Remember to wrap up warm, we have cosy blankets at the ready!

The Lifestyle team are also setting up the annual Christmas scene in the

games room on first floor, which gives the residents, friends and staff the opportunity to dress up and enjoy having their photo taken, whilst we play Christmas songs, it is a great place to come and mingle and engage in the Christmas spirit.

Residents are also looking forward to helping the lifestyle and care team decorate the large Christmas wreath that we display outside the main entrance. It's a real team effort from watering the moss to inserting an abundance of foliage and assisting the maintenance team to hang it. It's a long but enjoyable activity that usually takes a couple of weeks – we can't wait to see the end result!

A WINTER POEM

*Ohhh, it's nice to get up in the morning,
When the sun begins to shine,
At 3 and 4 and 5 o'clock,
In the good old summertime*

*But when the snow starts falling,
And it's mirky overhead,
It's still nice to get up in the morning,
But it's better to stay in your bed!*

Anonymous Cramond Resident





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Christmas menu at Cramond

Smoked salmon with a horseradish crème fraîche and beetroot
Duck & pork terrine with cranberry & pistachio with a cherry chutney & melba toast
Cream of celeriac and pancetta with thyme sourdough croutons

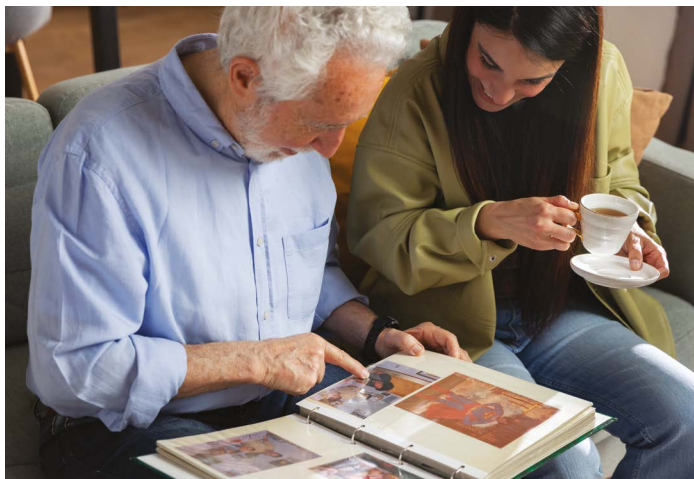
Traditional roast turkey with sage & apricot stuffing, bacon sausage & prune rolls
Roasted cod in a lemon butter sauce

Portobello mushrooms, chestnuts, spinach & lentil wellington with an onion gravy
*All served with roast potatoes cooked in goose fat, brussel sprouts with chestnuts & sage,
Crisp honey mustard parsnips, Christmas spiced red cabbage & a rich gravy*

Christmas pudding & brandy cream
Raspberry & white Chocolate trifle with an Amaretto crunch
Selection of Scottish cheese and biscuits with chutney

Dementia Skilled Classes

After the success of our last Dementia Skilled Training Session, held at Cramond Residence on the 21st November, we are excited to announce the next upcoming session will take place on the 12th December. The training sessions are designed to enhance our understanding and care practices for residents living with dementia. Thus far we have trained 77.8% of our current employees with this level of training. These sessions will provide valuable insights, practical approaches and tools to better support the well-being of our residents.



Training Details:

Date: 12th December

Time: 09.30 - 4pm

Location: Cramond Cinema

Facilitators: Ross Bijak

The training will cover:

- Advanced communication techniques
- Person-centered care strategies
- Managing stress and distress
- Creating meaningful engagement for residents

These sessions are an opportunity to build our knowledge and skills, share experiences, and learn effective methods to improve the quality of life for our residents.

For any questions or to register, contact Cramond Residence Reception reception@cramondresidence.co.uk

We look forward to seeing you there and continuing our commitment to excellent, empathetic care.

More will follow!



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Sara's Rehabilitation journey at Cramond Residence



We caught up with Sara, who has recently returned home after a two-week rehabilitation stay at the Residence, here is her story. From all of us here at Cramond Residence, it was a pleasure to help you on your recovery journey!

I arrived at Cramond Residence for rehabilitation following a hip replacement.

It was a robotic surgery & recovery was much, much quicker than expected. I was fully independent, bar the compression socks, after a few days and walking without sticks just 5 days after surgery. Despite this, I had no inkling whatsoever to return home early. At a mere 53 years old (the youngest resident by far!) I was determined to make the most of the 2 weeks to get as far ahead with my recovery as I could before returning home.

First off, Cramond Residence is an amazing place. The staff, without exception, are incredible. The love, care, attention and endless time given to each resident is exemplary. Nothing was ever too much trouble. Everyone has their own daily needs and routines and the staff provide one to one care. The way the building is split into 9 houses is super, same faces (both staff & residents) on each corridor & no overwhelming big spaces. I was lucky enough to be in Bonaly House and the team - both the day & night staff - were just incredible. It's not a job that I could do and I take my hat off to each and everyone here that has chosen a career in care. Amazing people.

The Physio offered was a big lure for me too. Physio is contracted out to the team at Balanced. A group of highly

skilled and just lovely, lovely people. I chose to book extra daily one-to-one sessions & I made great progress not only with the hip, but with my shoulder that had been operated on earlier on in the year. I also joined in on the group sessions twice a week with other residents which I really enjoyed. I cannot recommend the Balanced team highly enough.

Rather than stay in my room all day, I set myself up in the Lounge next door. This was a perfect space for me to spend my time. I was lucky enough to have lots of friends visit too, especially in the first week. I spent my days doing jigsaws, reading, catching up with old friends, working, going for my daily walk, bit of telly, doing jobs I'd been putting off for months. I found it very easy to fill my days and time just flew by! The highlight of each day was obviously the mealtimes (3 courses twice a day!) - and the 11am coffee & biscuit run & the 3pm coffee & cake cart!! The food was amazing!!!

Two weeks on I can safely say that this was the best decision I ever made! I am ready for home now, but will look back with great affection to those I was lucky enough to share my corridor with, both the amazing staff and the residents alike.

Thank you for looking after me so well!!





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National Shortbread Day 6th January 2024



Here at Cramond we don't need an excuse to roll out the sweet treats from our kitchen!

We are all very much looking forward to the 6th January where we will be celebrating National Shortbread day! Our catering team are stocking up on ingredients to ensure there is enough shortbread to go round- it's a firm favourite and regularly requested biscuit amongst our residents

Aside from it being delicious, do you know the story of our well loved biscuit?

The story of shortbread begins with the medieval "biscuit bread". Any leftover dough from bread making was dried out in a low oven until it hardened into a type of rusk: the word "biscuit" means "twice cooked". Gradually the yeast in the bread was replaced by butter, and biscuit bread developed into shortbread.

Shortbread was an expensive luxury and for ordinary people, shortbread was a special treat reserved just for special occasions such as weddings, Christmas and New Year. In Shetland it was traditional to break a decorated shortbread cake over the head of a new bride on the threshold of her new home. The custom of eating shortbread at New Year has its origins in the ancient pagan Yule Cakes which symbolised the sun. In Scotland it is still traditionally offered to "first footers" at New Year.

Shortbread has also been attributed to Mary, Queen of Scots, who in the mid-16th century was said to be very fond of Petticoat Tails, a thin, crisp, buttery shortbread originally flavoured with caraway seeds.

There are two theories regarding the name of these biscuits. It has been suggested that the name "petticoat tail" may be a corruption of the French petites gâtelles ("little cakes").

However, these traditional Scottish shortbread biscuits may in fact date back beyond the 12th century. The triangles fit together into a circle and echo the shape of the pieces of fabric used to make a full-gored petticoat during the reign of Elizabeth I. The theory here is that the name may have come from the word for the pattern which was 'tally', and so the biscuits became known as 'petticoat tallis'.

Shortbread is traditionally formed into one of three shapes: one large circle divided into segments ("Petticoat Tails"); individual round biscuits ("Shortbread Rounds"); or a thick rectangular slab cut into "fingers."

So there we have it, the story of shortbread - time for another biscuit!





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Burns Supper

WHAT: Burns Supper

WHEN: 25th January

WHERE: Cramond Residence

Dram on Arrival from 5.30pm, Dinner 6.00pm

Celebrate the birthday of Scotland's greatest poet with a traditional Burns Supper.

"Address to a Haggis" (1787)

Fair fa' your honest, sonsie face...

We have yet more delicious food on the menu in January to celebrate Burns night on the 25th!

We will be addressing the haggis, toasting with a dram and dancing into the wee hours!



TO START

Cock-a-Leekie soup

MAIN

Haggis/vegetable haggis served with a whisky sauce, neeps & tatties

or

Scotch salmon served with a dill & butter sauce, green beans & new potatoes

TO FINISH

Cranachan

Or

Selection of Scottish cheeses served with oatcakes and chutney

A chance to wear traditional Scottish tartan (Optional)



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Environmental & Quality Management Systems Audit Overview

Our team behind the scenes at Cramond have been busy ensuring we maintain our ISO 9001:2015 certification for another year running. ISO 9001 (Quality-QMS); 14001 (Environment-EMS); and 45001 (Health & Safety - H&SMS) are all internationally-recognised Management System standards applicable to any type of work environment. Designed to assure anyone encountering our organisation that proper systems of work exist. They help ensure Personnel are Trained and Competent in the function(s) they are expected to perform, and that Suppliers / Contractors

are Evaluated and Approved in accordance with pre-determined criteria and continually assessed thereafter. Certification is awarded following successful Audit of the entire System by an independent, UKAS-accredited certification body, approved under the International Organisation for Standardisation (ISO). Cramond Residence successfully attained the certification on 31st January 2022 and have been successful each year in maintaining the certification.

Introducing Relish Wellbeing

We are excited to announce the upcoming introduction of the **Relish Welfare Application** at our care home. This innovative tool will allow us to tailor activities to better reflect the interests, preferences, and needs of our residents. With the active support and input of residents and their families, we will be able to create more meaningful and engaging experiences that promote happiness, well-being, and connection.

The Relish Welfare Application is designed to help our team organize and deliver activities more effectively. It enables us to track participation, gather valuable feedback, and continuously refine our programs to meet the unique needs of our community. By listening to what residents enjoy most and combining this with the insights of their families, we can design a wide range of activities that are both personal and fulfilling.

A key benefit of this initiative is that families will also have the opportunity

to get involved. In the coming months, family members will gain access to the app, allowing you to view activity schedules, share feedback, and suggest ideas. This collaborative approach ensures that every resident's voice is heard and reflected in the activities we offer, creating a shared sense of purpose and care.

We believe that partnership between residents, families, and staff is essential for making this initiative a success. Staff training is already underway, and we will provide updates as the application is rolled out. Our goal is to enhance the daily lives of our residents by fostering joy, connection, and personal fulfilment.



You are invited
to the Cramond
Christmas Party

All residents and friends/
families are welcome to our
Christmas Party on the 18th
December

Join us for a day filled with festive
fun and delicious treats!

