

**PET THERAPY
DOGS**



**GMAS VALENTINES
BALL**



**FLOWER ARRANGING
ACTIVITY**

BAGATELLE CARE HOME

Newsletter



Spring 2019

The last few months at Bagatelle have been very exciting, with the success of the Valentines Ball, our fabulous Care Inspection and now our new and inspiring Ian Halliday garden project!

Make sure to have a look at our new website, you can find us at www.gmas.care

Best wishes,

Alison Shaw
Manager, Bagatelle Care Home



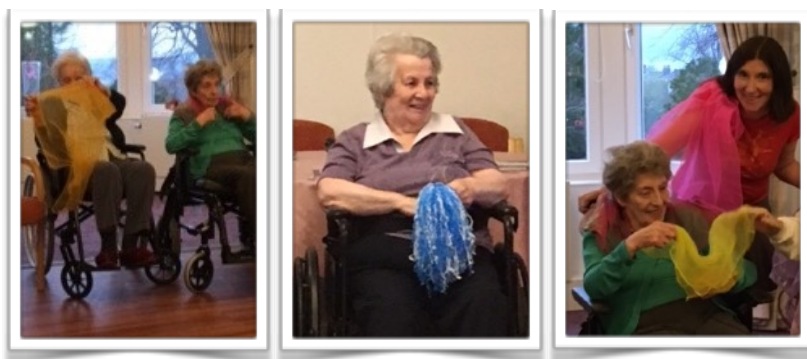
Activities

Dance and Movement

Niamh McNeil is an Inclusive Dance Facilitator, she works to include everyone in our dance and movement classes. Dance the Sky classes are designed around each group, using their interests and likes to encourage residents to move, to dance and to have some fun. This is done by using a variety of music, props such as scarves, shakers or stimuli. Stories or poems are also used, anything that can spark their imagination and get them involved.

Each class begins with a warm up, we then move on to the main core of the class and finish with relaxation and breathing exercises. Each class is targeted to the group, so the level of activity varies, as does the music so that it's enjoyable for each group.

In Scotland, Mary has been involved with Indepen-dance, an inclusive dance group based in Glasgow. She was a volunteer and a freelance teacher working with schools, community groups and also with the performance group.



Volleyball

Another favourite, is the exercise groups. Patricia and Di, along with all the care staff value the importance of keeping our residents active. It's all about movement, encouraging the residents to be independent, building confidence, improving health and wellbeing.

The benefits of exercise are endless, appetite increases, sleep improves and there is that sense of surprise and achievement when you can touch your toes and you didn't think you could! We look at every way we can incorporate exercise into to the daily activities, this our version of Volleyball.



Pet Therapy Dogs!

Mary Davidson and her trained Pet Therapy Dog, Angus. They come to visit us at Bagatelle fortnightly.

Angus is great for all residents, especially those with visual or hearing impairments. It is the sensory therapy that impacts for these residents.



Bagatelle's second Pet Therapy dog Quincey, a 7 year old tri-colour Border Collie, and his owner Vivien Millar. Quincey is a big, gentle and loving dog.

More Activities

Music and Singing

Megan Murray and Wilma Scouller are regular entertainers at both Glenfield and Bagatelle. Wilma is a retired music teacher and remains active in the music world together with her long-term pupil Megan, visiting local care homes. Megan has been singing and playing with Wilma since an early age.

They, "enjoy their visits to Bagatelle and Glenfield immensely". Bringing out some old favourite music with programs of Scottish and Irish folksongs.



Cinema Trip

We enjoyed an outing to the cinema to see Mary Poppins Returns. We were accompanied by family and friends and some residents from Bagatelle Court.

The movie was said to be, "not as good as the first one, although Julie Andrews wasn't in this one and she has a lovely voice" (Nancy McD).

Bagatelle Project

2019... Year of "Our Big Garden Project!"

The Ian Halliday garden situated to the right as you walk into Bagatelle is to be transformed into an awe-inspiring, bright and colourful garden to sit and enjoy the summer sunshine.

The project will commence in the coming weeks and will be supported by Parklea Branching Out. A charity who gives support, training and work experience to develop local individuals with support needs in order to fulfil their potential. Cardwell Garden Centre, as they had in the past, will continue to provide us with a range of planting flowers and shrubs. The significance of the project is that it is for the residents, and they will have the greatest input moving this project forward. The residents will be hands on in the garden, potting and nurturing, and the intention is to have our own vegetable and herb garden with the produce to be used by the catering staff.

Flower Arranging!

Flower arranging is a favourite activity of the residents, it gives them the freedom of spirit to create their own arrangements, and you don't need to be a florist.



We always have a laugh and there is quite a bit of discussion about the colours, greenery and the attention to detail is flawless.

We are grateful to Greenock Tesco for their continuing donation of flowers.

GMAS Valentines Ball

This years Valentine’s Ball was again a great success. The night began with a Champagne Reception which was only a foretaste of a wonderful evening ahead of fine food, wine and dancing. The DJ and the band, Fever, kept everyone on the dance floor. The ladies in their glitter and glam and the gentlemen dressed like James Bond - plus a few kilts - made the evening a night to remember.

As a charity we rely on events like this to enable us to provide our philosophy of care and ensures GMAS is at the "Forefront of Quality Care for Older People".

We would like to thank everyone who generously donated gifts for the raffle and auction and in particular to Val Duncan for her personal donation of a treasured painting by her late husband Alan Duncan.

The evening raised a fabulous £8000 which will go directly to our resident’s care!



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