

Alanmart newsletter



HELLO PETAL:
It's blooming
lovely outside,
so it's no
wonder clients
love to spend
time in the
sunshine

Spring 2022

Inside guide

Page 2

Super suppers:
our dinner club
is getting rave
reviews

Page 3

Fun and games:
There is never a
dull moment at
the Daycare

Page 4

Your views: Tell
us what you
would like to see
at Alanmart

In perfect harmony

WE ARE lucky to have many happy days at Alanmart but one of our favourite events is a singsong. We all feel better for having belted out a tune or two.

Now we'd like to teach the world to sing - or at least our corner of it - by launching a choir for clients, carers, family, friends and locals who would like to give it a try.

Singer, composer and musician Kim Edgar, who performs all over Europe and the USA, gave expert advice and we're hiring a professional choir master. Our first sessions will be in a few months.

Who wouldn't appreciate the benefits? From stress relief and improved mood to better breathing and lung function. It has also been shown to help memory in those

with dementia and to improve speech. Benefits are boosted by group singing - and there's the bonus of a feeling of belonging and connection.

Sounds good, but you think you can't carry a tune? Think again. Our choir master will arrange tunes so that we can all take part. No auditions and there will be many other voices to help you along.

There will be a nominal fee to cover the costs of our choir master. We will provide tea and coffee and there will be time for chat. We haven't set a particular night yet, but it will be from 6.30pm.

So, get in touch to note your interest and we will let you know the score in a couple of weeks.



We love to hear suggestions and feedback from clients. You can contact us by phone, email or by speaking to one of our carers.

Alanmart is at 6B Muirhead Road, Stenhousemuir, FK5 4HZ.

Email: marion@alanmart.co.uk Call: 01324 563314

Please can we have more?

Fabulous food, great choices and good company. Our super supper club has been getting rave reviews since we started it last year.

Clients, carers, relatives and friends have enjoyed dining out together, especially as all the meals are homemade in Alanmart and we cater for all dietary requirements.

Some of the evening supper clubs have had themes, such as Thanksgiving, French, Irish or Scottish. We also had an Italian night when menu choices included Minestrone soup or bruschetta, a main course of Italian fried fish or lasagne and delicious desserts of tiramisu or chocolate cheesecake. There was even a festive movie night dinner at Christmas where all the diners watched It's a Wonderful Life together.

Pre-dinner drinks are followed by a three-course meal, with wine or drinks of your choice. All for only £4 per person. The club meets on the last Thursday of the month at 6.30pm, leaving for home at 8.30pm.

We would love to hear your thoughts and suggestions for the supper club – or on any other event you might like us to host. So if it's a movie night, poetry evening or something completely different, do let us know.

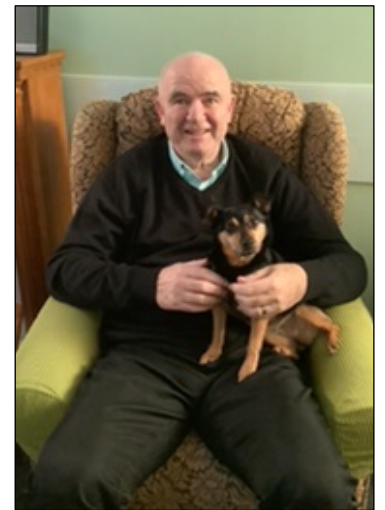


TOP
TABLES:
clients,
relatives
and friends
all enjoying
Alanmart
Supper Club

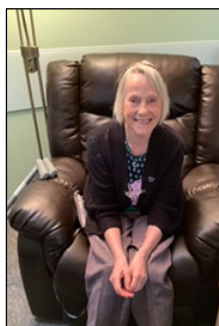




ABOVE: The balloon game is a hit.
LEFT: Norman with some of his brilliant woodwork.
RIGHT: Robin and popular visitor Coco are the best of friends.



PUT YOUR FEET UP: Sometimes it's just great to sit back and catch up with friends - especially with so many comfy seats to choose from.





BIG BIRTHDAY:
No one can believe it, but the balloons never lie... Karen celebrated her 40th birthday recently along with her colleagues and friends at Alanmart



Help! We need your input

NOT to blow our own trumpet... but we've had great feedback on our service at Alanmart from clients, relatives and carers and from the Care Inspectorate.

We are very grateful for all of your comments and suggestions and these are very important to us. And we still want to do more and to tailor our service to the individual.

It is important that you know how to complain if anything should go wrong. We check regularly that everyone knows how to make a complaint, explaining the procedure and answering questions. We also recently asked every client their opinions

on the Alanmart service, from food and drink, privacy, dignity and respect, Health and Safety and more. All feedback was positive, with some suggestions for menu additions - including tongue, cabbage and mash, steak pie, fruit crumble, semolina, rice pudding.

Everyone felt safe in the environment, commenting on how "fresh and clean" the building is. When asked about staff and management, clients said: "everyone was very helpful and can't do enough for us".

We asked what you'd like included in this newsletter. So, if you want to see a picture of your new grandchild, mention a special birthday, or see a recipe or

poem here, let us know. The subject of activities is ongoing to ensure that everyone's interests are catered for. Some clients asked for more arts and crafts.

We've also shown clients how to enjoy their favourite newspapers and magazines on our new iPads. As ever, staff are always on hand to assist with this.

When all the information from our survey is collated, it will be added to each relevant client's care plan and become part of the outcome focused care being practised at present. COVID stopped our Forum group's quarterly

meetings where there was a chance to discuss the service and everything they felt relevant to clients' and carers' wellbeing.

We would like this group to start up again as it gave carers an opportunity to discuss issues with other families in similar positions who can also offer support.

Please let us know if any of you would like this group to resume.

At the Daycare, we strive to make your visit as enjoyable and fruitful as possible, so any feedback, suggestions or thoughts from clients, carers, friends and relatives are valuable to us.

See the front page for the various ways to contact us.