

WINTER 2025 ISSUE 13

CHIT CHAT

Lothian Care Home and Integrated Teams Chat

Welcome...

...to the Winter 2025 issue of CHIT CHAT! As we look forward to the upcoming Festive season this edition of CHIT CHAT looks back on good news from this year from Care Homes and related teams.

Please note [links](#) only work if viewing the newsletter on a mobile phone, tablet or computer device.

We want to hear from you!

Would you like to share a story of good news in your Care Home? Perhaps, you will have a Festive story you would like to share in the next edition? Or would you like some support with an improvement initiative in your Care Home?

If so, please contact the Quality Improvement Team on: loth.carehomesqstandards@nhs.scot

Coming soon - new format of the newsletter!

This is the 13th edition of CHIT CHAT which has been running since 2022. We have always published each edition in paper format as well as digital format which has been sent via post and posted on the Care Homes website.

Following this edition we will be moving to a digital format only, the newsletter will be emailed to Care Home managers as well as posted on the [Care Homes website](#) ->

If you wish to [subscribe to the newsletter](#), please contact us at

loth.carehomesqstandards@nhs.scot



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Move to online format only

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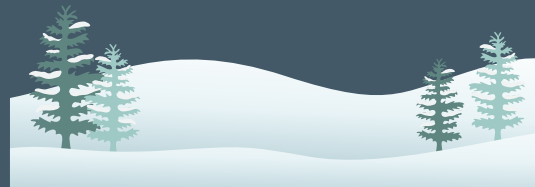
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Merry Christmas from the CHIT CHAT team and all the best for 2026!



Care Homes Good News

At CHIT CHAT we want to celebrate and share the good work done by Care Homes in Lothian with our readers!

The stories on this page have come directly from Care Homes themselves. If you have good news you'd like to share please contact us at:

loth.carehomesqstandards@nhs.scot

Good News: 2025 Roundup

At CHIT CHAT we have always loved hearing news from Care Homes and in Spring 2025 we decided to have a page dedicated to good news in Care Homes; written from the Care Home's perspective in their own words.

As the end of the year approaches we look back on the good news Care Homes have kindly shared with us in 2025. You can find all past articles on the [Care Homes website](#) or click or scan the QR Code ->



Spring: Care Home Awards. Murrayside (Edinburgh) and Kirklane (West Lothian) shared their proud award winning achievements.

Summer: Improvement Projects. Jewel House (Edinburgh) shared with us their wonderful memory life books for resident's whilst Murrayside (Edinburgh) shared their initiatives to improve staff morale in their Care Home.

Autumn: Fringe Care Fest. Queen's Manor (Edinburgh) and Firda House (East Lothian) both shared their experiences of Fringe Care Fest 2025 and the enjoyment for residents, residents relatives and staff. Please read below for a third account.

Royston Court, Edinburgh: Care Fest 2025

Last edition we featured stories from two Care Homes who took part in Fringe Care Fest 2025.

We had more stories than we could publish in one edition so this edition we bring you Royston's experience of the initiative - the first Local Authority Care Home to take part.

Activities leader Nicky Whytock kindly shared this with us:

"It was a brilliant day and really brought the festival feel to the Care Home, the residents loved both artists Duane Forrest – a singer, songwriter and multimedia artist and Anna Vanosi - a Milan born singer.

We had a themed jazz day with staff and residents dressing for the occasion. This was a family affair with resident's family joining in on the fun, with great interaction from artists with everyone who attended.

Lots of singing and dancing lifting people's moods which carried on into the day chatting and reminiscing about the event. The atmosphere was great we would all love to see them back and be further included in next year's shows, our city Fringe Care Fest was a BIG hit at Royston."



Fringe Care Fest: Embedding Joy, Dignity, and Cultural Access in Integrated Care for Older Adults

In the last edition of CHIT CHAT we shared two Care Homes experiences of Care Fest 2025. For this edition we have shared a third (previous page) and, further, we wish to tell you more about the initiative itself.

Fringe Care Fest promotes interaction, inclusivity, fun, connections and community for Care Homes residents, their families and staff through the experience of live events and carefully selected official Edinburgh Fringe acts, it has proven very popular with those who have taken part!

Fringe Care Fest started in 2022, when Professor Joe Goldblatt (Edinburgh Interfaith Association (EIFA) co-chair and founding producer of the Fringe Care Fest) and his wife sponsored an Edinburgh Fringe act at Queen's Manor Care Home (Barchester Healthcare) after a resident stated they missed attending the Edinburgh Fringe Festival.



Barchester Healthcare are a founding partner of the initiative and Margaret-Anne Davidson, General Manager of Queen's Manor, shared:

"We feel very privileged to be part of this growing initiative and it's so exciting to see how the event has grown to bring such an iconic part of Edinburgh life to residents in Care Homes across the city."

Since starting with one Care Home in 2022, the event has grown with 16 Care Homes taking part this year - including at least five Care Homes who are not partners of the event.

The Fringe Care Fest has also grown in terms of supporting partners and alongside the founding partners of EIFA and Barchester Healthcare the event is now also supported by Randolph Hill Nursing Homes Group, Scottish Care and Partners for Integration, and the Asian Art Fund Scotland. Edinburgh's Lord Provost, The Right Honourable Robert Aldridge, also got involved by opening this year's Fringe Care Fest!

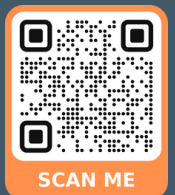


Randolph Hill Nursing Homes Group share how they got involved and what the event means to them:

"Our manager, Mandy Boyd from Blenham House, was invited by Scottish Care to take part in a special initiative and Randolph Hill soon became proud sponsors of the Fringe Care Fest. All seven Nursing Homes across Lothian and Stirlingshire joined in!"

This heartwarming initiative, led by the EIFA, brings all the fun and magic of the Edinburgh Festival Fringe directly to local care homes, ensuring residents can share in the joy and creativity of the festival."

At the start of October Fringe Care Fest launched a training video "Life Goes On!" which highlights the importance of such live events with hints and tips on how to facilitate these! View the [trailer for the video](#) or click or scan the QR Code ->



Fringe Care Fest is taking part in various events to share this wonderful work; to find out more please email: rene.rigby@scottishcare.org

Almond Valley Care Home

Lynne - Activities Co-ordinator

Almond Valley Virtual Cycle

The Almond Valley Virtual Cycle was an interactive workshop designed by Smile to promote wellbeing, connection and creativity. The adapted bikes were an innovative way that encouraged movement, social interaction and reminiscence.

This year, Almond Valley residents chose to take part in the Go West Cycle Challenge, covering 146 miles from Edinburgh to Tarbert over eight weeks. The virtual journey follows National Cycle Route 75, which passes by the care home.

Almond Valley resident Colin, a retired boat captain from the River Forth, has been proudly leading the Go West Cycle Challenge. Drawing on his wealth of engineering skills, Colin maintains each bike before every session, keeping them in top condition while giving himself a strong sense of purpose.

Each week the residents pedaled their way through familiar and new places on the map, singing along to well-known tunes. The music was often interrupted as stories flowed freely, residents sharing tales of their pasts, swapping oral histories, and reminiscing about moments that shaped their lives.

Most weeks residents were so absorbed in the music and storytelling that they didn't even realise they were exercising, boosting their fitness, improving their physical strength, and brightening their mental well-being along the way.

Each cycle provided social connection, mental stimulation, and joyful engagement, creating new shared experiences and moments of happiness. Almond Valley's Virtual cycle was more than just a journey across the map, it was a journey through memory, connection and well-being.

