

Open Day at Cairdean House in Edinburgh this weekend



Cairdean House care home in Edinburgh is opening its doors on Saturday 21 June 2014 as part of National Care Home Open Day.

National Care Home Open Day is an initiative to welcome local people in into care homes and take part in events and activities that will help to create lasting links between care home residents and their local communities. It also strives to change the perception of care homes and show local people what care homes are really about.

Residents in Colinton are invited to take a closer look at Cairdean House this Saturday 21 June from 1pm to 4.30pm, as part of National Care Home Open Day and to celebrate the home's first birthday.

Cairdean House, which is run by leading health and social care provider Care UK, is fully embracing National Care Home Open Day, which aims to welcome members of the public to their local care homes, connect residents with their communities, and change perceptions of care homes.

Visitors to Cairdean House on Redford Road in Colinton can enjoy the first birthday celebrations as they find out more about the home and meet the care team. There will be fun for all the family with activities including a bouncy castle, craft and food stalls, face painting, and a dance performance from a local dance group. Refreshments and tours of the home will be available throughout the day.

Attendees of the open day at Cairdean House will also be able to pick up complimentary copies of Care UK's 'As Easy As ABC' guide and the recently launched 'Listen, Talk, Connect'. The

popular guides provide practical information for those caring for loved ones living with dementia, as well as advice on how to communicate with a loved one in a care home and make the most of their visits.

Helen Kinnaird, home manager at Cairdean House, said: "With 113 care homes across the UK, Care UK has pledged its support to National Care Home Open Day; and on a local level, we are looking forward to welcoming members of the public to Cairdean House.

"Some people do still have misconceptions about care homes, and it is therefore necessary to dispel any myths and to demystify everyday life in a care home. We are very proud of Cairdean House and we are keen to take the opportunity to showcase everything the care home has to offer and the difference it makes to our residents' lives.

"On Saturday 21st June, visitors will have the opportunity to get to know the team here, and to find out more about the modern care environment and our approach to activity-based care. We have set out to create a fun and entertaining event for the local community, as well as our residents and their families, and we hope members of the public will join us for what promises to be a memorable day."

Cairdean House is a 90-bedded care home from Care UK, and provides nursing, residential and respite care for older people, including those who are living with Alzheimer's and other forms of dementia.

For further information, please contact Customer Relations Manager Gary Bell at Cairdean House, by emailing gary.bell@careuk.com or telephone 0131 441 2758.

The free guides are available to download from the Care UK website at <http://www.careuk.com/talkdementia> or <http://www.careuk.com/abc>

To find out more about National Care Home Open Day, please go to <http://www.nationalcarehomeopenday.org.uk>

Submitted by [Beth Meads](#)

