

# Local children share festive cheer with Edinburgh care home residents

## Residents at an Edinburgh care home have spent a Christmassy afternoon with local toddlers and babies.

Residents at Care UK's Murrayside, on South Beechwood, were joined by parents and their little ones, to celebrate the festive season. The three generations came together for a Christmas carol sing-along, where everyone enjoyed singing and dancing to classics.

The sessions, which run every three months, also include a baby yoga activity. Louise Burchell, from Yoga, Birth & Wellbeing, led a yoga class for the little ones and residents joined in using dolls and teddies to copy. The session brought back many fond memories for residents Pat Wood, aged 82, and Marjory Murch, 99, who are both yogis.

Marjory took up yoga at her local church when she retired, with some of her favourite positions including the warrior and tree pose.

Marjory said: "Oh yes, I very much enjoyed it, yoga was very popular back then! I found it relaxing but also challenging, it was a great way to keep your body moving. It was lovely seeing the babies giving it a go!"

Residents and the Murrayside team are keen to continue to build on the blossoming friendship with the local parents and babies, and plan to work together on more fun activities and

initiatives in the new year.

Suzanne Welsh, Home Manager at Murrayside, said: “We love having new parents and their babies visit us at Murrayside. It has been lovely to see everyone interacting and have residents share stories about their own children and chatting about how times have changed since they were new parents.

“Intergenerational activities play a vital role in fostering emotional well-being and physical health in residents. These activities help bridge the gap between generations, promoting connection, empathy, and a sense of purpose for older adults. As Christmas is a time for togetherness, we can’t think of a better way for residents to spend time with the local community!

“We want to thank the new parents and babies for visiting us—it has been brilliant to see new friendships blossoming already!”

[careuk.com/murrayside](http://careuk.com/murrayside)



Care UK's Murrayside is hosting a baby session with care home

residents and a local mum/baby group. Pic Neil Hanna



Care UK's Murrayside is hosting a baby session with care home residents and a local mum/baby group. Pic Neil Hanna



Care UK's Murrayside is hosting a baby session with care home

residents and a local mum/baby group. Trish McFarlane and baby Sadie with resident Jean Carlin Pic Neil Hanna