



Join us for our events throughout May

Dementia Action week

Monday 13th of May

Dementia Action Week is an awareness raising campaign. Each year, the Alzheimer's Society works with individuals and organisations across the UK to encourage people to act on dementia. One in three of us born in the UK today will go on to develop dementia in our lifetime, and there will be one million people living with dementia by 2025 making dementia care one of the greatest challenges facing our society.

Mental Health Awareness Day

Thursday 16th of May

Mental Health Awareness Week serves as a vital reminder of the importance of prioritising mental well-being and fostering understanding, empathy, and support for those facing mental health challenges. The public's knowledge and understanding of common mental health issues has moved in a positive direction over the last 20 years! But what about severe cases, such as Schizophrenia, OCD and bipolar disorder? Despite 1 in 10 adults in the UK experiencing symptoms of severe mental illness, it still gets left behind in conversation

Coca - Cola Day

Saturday 18th of May

The first Coca-Cola ever served was on in May, 1886, in Atlanta, Georgia, United States. It was created by Dr John S. Pemberton, a pharmacist, who initially concocted it as a medicinal tonic. The drink was sold at Jacobs' Pharmacy for five cents a glass as a refreshing and invigorating beverage. The original formula contained cocaine from coca leaves and caffeine from kola nuts, giving it its stimulating properties

Fancy Tea Day Party

Tuesday 21st of May

Tea, the beloved beverage steeped in tradition and flavour, has a rich history spanning centuries and cultures. Originating in China over 5,000 years ago, tea has evolved into a global phenomenon, enjoyed by people of all ages and backgrounds.

FA CUP FINIAL

Saturday 25th of May

The FA Cup Final is the last match in the Football Association Challenge Cup. It has regularly been one of the most attended domestic football events in the world. The last FA Cup final was held on 3rd June 2023 and was a derby battle between Manchester City and Manchester United, with Manchester City winning 2-1. The FA Cup provides smaller clubs with the opportunity to compete against top-tier teams, creating David vs. Goliath matchups that showcase the essence of football's romanticism. These encounters often produce memorable moments that have people saying "that's the magic of the cup". Lets watch in anticipation as we wait to see who goes home with the cup.

Gardening Week

WC 27th of May

National Gardening Week 2024 is run by the Royal Horticultural Society (RHS) to raise awareness of gardening and horticulture, and to encourage more people to take part in the healthy and productive outdoor activity of gardening. It isn't just about pretty flowers – it's also a fantastic way to boost your mood and health! Digging, planting, and watering count as exercise, helping to keep you fit and strong.

Our events are free of charge, but please book your place
by calling 01224 782666

Lethen Park Care Home, Berrymuir Road, Portlethen, AB12 4UF
01224 782666 • www.barchester.com/www.Lethenpark@barchester.com

