



Kincarrathie House

Newsletter

Summer/Autumn 2023

As Autumn approaches, there is a scripture that always comes to my mind because I hate it as the night draws in. I love the long evenings of summer, particularly if it is warm enough to sit outside, maybe grill a burger outside, or my particular favourite, to cook a paella outside. But then dusk encroaches more and more upon the day and these chances diminish.

So, I reflect more and more on these opening words of John:

In the beginning was the Word, and the Word was with God, and the Word was God. 2 He was with God in the beginning. 3 Through him all things were made; without him nothing was made that has been made. 4 In him was life, and that life was the light of all mankind. 5 The light shines in the darkness, and the darkness has not overcome it.

‘The light shines in the darkness and the darkness has not overcome it.’ That to me speaks of hope, it speaks of joy. I think the church tries to reflect that in that most of its programming takes place over the autumn, winter and spring, thus providing light in the darkness for the community. The Guild on a Monday, Blether Buddies on a Wednesday, Thursday club and of course now our Chat ‘n’Chew Tuesdays and Fridays where we provide folk with a warm space, coffee, tea and homemade soup at lunchtime. These are all ways that we hope to shine that light of Christ and cheer people when the lack of sunlight and the cold of winter try to take away that joy. There is always a welcome for folk from Kincarrathie to all of these programmes so if you are able to come along please do not hesitate, you will be very welcome and maybe we can bring a little light into the darkness of this coming winter.

Every blessing,

The Reverend Graham Crawford, Kinnoull Parish Church

Some Summer Activities ...



Coronation Teatime Treats



Enjoying ice cream on a hot summer day



Looking after the flowers



A visiting acrobatic group



Visiting Kinfauns RDA Stables to have tea and meet the ponies

Kincarrathie Fun Sports Day—July



Kincarrathie Garden Party—September







Kincarrathie Kitchen
'A Favourite Recipe'

DATE CRUNCHIES

6oz self-raising flour	8 oz chopped dates
6 oz semolina	1 tbsp honey
6 oz butter (melted)	Half cup of water
3 oz caster sugar	1 tbsp lemon juice
	2 tsp cinnamon

Combine flour and semolina. Melt butter, mix through sugar, and add this mixture to the dry ingredients. Press half of this biscuit mixture

Heat dates, honey, water, lemon juice and cinnamon, and stir until well softened and combined. Spread this over the biscuit layer in the tray. Then cover this base with the remaining biscuit mixture and bake at 190°C until golden brown.

'Spotlight on a Resident'

Sonia Dowse

'Essex Girl to Scone' via working as BBC secretary in religious broadcasting. Also worked in Talks Department and Agricultural Unit, then moved on to role of production secretary in BBC TV at Lime Grove and White City in the 1950s, when most things were broadcast live.

Was involved in outside broadcasts when in the Music Department (Thomas Beecham was the most sexist of all of the conductors!), including her very first visit to Scotland for the Edinburgh Festival and the Tattoo. Was working in Children's TV when a young Gerald Durrell wrote and asked if he could come and give an idea for a TV programme. Her boss said 'Let's give him a ring and see what he's like'.

Had 'itchy feet' (probably inherited from very Scottish ancestors), which led to working for the British Government in Tanzania, where she met her Glaswegian husband. Moved to Nairobi and worked in public relations there. Ended up in Perth as her husband worked for General Accident (now part of Aviva Group).

Had two daughters, was involved in lots of voluntary work, and ended up as Lay Justice at Perth District Court.

'To sum up I've been so fortunate to have met so many interesting people in my life.'



'Notes from Nicola'

We have had a busy summer, including hosting our Fun Sports Day in July, participating in the 'Go4Gold' inter care home games challenges in August, and enjoying our recent Garden Party. Several residents have participated in the all-ability bike rides at the North Inch and 'Tea with the Ponies' visits to Kinfauns RDA Stables, as well as spending time in the Walled Garden, with some joining in with gardening activities and social gatherings there during the spells of good weather.



We have just held our Macmillan Coffee Morning, and the Therapy Ponies have been visiting again this week! Another popular flower arranging demonstration is planned for late October and then some seasonal events in the run up to the festive season.

Thank you to all who attended our Garden Party and we hope you have enjoyed looking at the selection of photos in this newsletter.

With best wishes, Nicola MacCallum, Home Manager

