



Kincarrathie House

Newsletter

Autumn 2025

Well, another busy season comes to an end for us. The trees are beautiful colours and the sunny days have been replaced by much wetter, chillier ones.

At Kincarrathie, though, we know how to make the most of every day and during the colder months we make sure there are plenty of indoor activities on offer, hopefully something to please everyone. The house is often full of laughter and we know our residents really appreciate what we do for them. The other day I went into the lounge and there were over 20 residents plus visitors singing away around the piano. What a lovely atmosphere .

These past few months there have been quite a few trips out for people to go shopping, have coffee, attend to individual needs in town or check their homes, for example to make sure heating is keeping them frost-free. We are happy to do this because we know it is important to some residents.

One notable trip was on November 11th to the Bowerswell remembrance service . Five of our residents attended represent the house. Several local dignitaries were there for the service which was led by Graham, the minister Kinnoull. It was very meaningful for residents who had experienced the war, either personally or through the challenges faced by their parents.

Of course as we reach the end of November everyone is starting to think about Christmas. Soon our beautiful decorations will go up at Kincarrathie and we already have lots of activities planned for the festive season, to give everyone a lovely time. Can't wait!

Best regards to you all as always

Nicola MacCallum

House Manager



to
at

HAPPENINGS IN THE HOUSE

Residents enjoy Jackie's sessions of gardening and baking. The recent attempt at truffles was very successful, and they've done some lovely winter planting.



A VERY SUCCESSFUL AFTERNOON TEA IN AID OF MACMILLAN



And we try to give our residents some pampering—they deserve it!



Margaret and Elaine relax during our hand therapy session (left). Valerie enjoys a hand massage before her manicure (right).



FUN AND GAMES!

As winter approaches indoor games become a favourite—they are mostly just a lot of fun though of course there is a competitive element!.

Whether it's bowling, curling, netball or golf, all our games can be played sitting in a chair or standing up, and targets can be moved nearer or farther away as required, so the fun is accessible to everyone.



Margaret Freer said she hadn't played golf before, then scored 250 out of a possible 250!



‘Spotlight on our Residents’

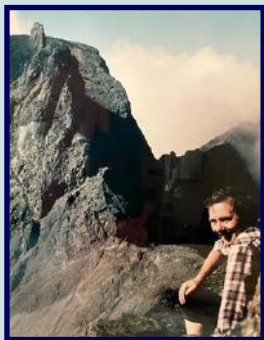
Many residents have photos on their walls showing achievements they are proud of, or paintings, embroideries or cross-stitch pieces which they or their families have done. Here is a chance to enjoy some of them.



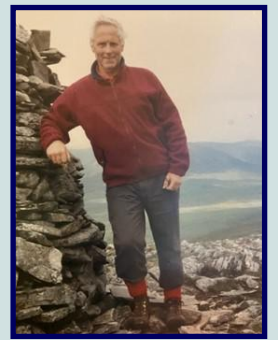
An accomplished horsewoman, Avril achieved success in both cross country and showjumping events. She has always loved horses and worked for a time at the prestigious Scottish Equitation Centre



Isebail has some lovely pieces of art on her wall which were painted by her husband and bring back very pleasant memories for her.



John and Matthew were both “Munro-Baggers” - people who challenge themselves to climb all the mountains in Scotland that have peaks over 3,000 feet. Look at the two of them as young men in these photos—it’s obvious they loved their time in the hills.



Margaret Farquharson has a whole wall of her room covered with cross-stitch and embroidery pictures she has done. They are beautiful.



HAPPENINGS IN THE HOUSE

Live Accordion Concert by Leonard Brown



You can see that Tommy and Charlie really enjoyed Leonard's concert. Just look at their faces!



Cheese and Wine and our new "Happy Hour" were both very pleasant evening activities after tea, giving the chance to meet and socialise with both old friends and new residents.

Our first session of French conversation went down well— and so did the croissants!



Kathleen enjoying an afternoon of "Singing with Sue" We have now built up a repertoire of 98 songs!



Live music included Nikodem Rodzen, a musician who came to play his violin to us.



Another fun visit from the group "Moleskin Joe" - they had a new drummer who they said was "on trial" at the concert, but he got the thumbs up from our residents!



Alec at the Perth and Strathspey Reel concert in September

'Getting to Know our Staff'

PAULA

Paula was born in Perth, daughter of a local butcher and a stay-at-home mum.

She trained as a hairdresser , and worked 10 years in local salons before leaving for a 2-month tour of Europe with her fiancé, taking their VW Polo round France, Italy, Corfu, Austria and Germany. After returning to the UK she married and set up her own business as a mobile hairdresser.



Paula and Katie

Priorities changed once her daughter Katie came along, and Paula began seeing clients in her home instead. In 2017 she started hairdressing part time at Kincarrathie. Paula still does some hairdressing for us, but now works mostly on the domestic side. She loves the closeness she has with residents in her current job and being able to spend a lot more time with them.

Outside work Paula describes herself as “terrible for soaps”, and absolutely loves the likes of Coronation Street and Emmerdale. She likes holidaying in hot places and is very keen on keeping fit, attending several different gym activities every week . Walking her two dogs, Callie and Tess also gives her lots of exercise!



FIRST VISIT FROM OUR LOCAL BROWNIE PACK

On Wednesday 12th November the 6th Perth Brownies came to visit us after tea, and what a fantastic evening it was for our residents. The little girls were so full of energy and fun, and obviously enjoyed being with us.

They began, as you might expect, with the “Brownie Promise” which they recite at the beginning of each of their meetings. This really brought back memories for some!



Then came a selection of funny action songs including , “Little Peter Rabbit Had a Fly Upon his Nose” and “I’m Being Eaten by an Anaconda”



The girls then circulated among residents, showing and discussing items they had brought with them . So many different and interesting things to see including a scrapbook, cuddly toys and some very impressive medals..



The room was full of chatter.

These young Brownies were amazingly confident, mixing with everyone as if they had known them for ever. What a “feel good” evening. It was



After juice and biscuits and another couple of songs the brownies were off, leaving us unable to wipe the smiles off our faces. They plan to come back four times a year, so we are really looking forward to their next visit at Eastertime.



HAPPENINGS IN THE HOUSE

We like to cater for all tastes at Kincarrathie, and in the new year will be restarting our monthly “Classical Music Appreciation” sessions, watching and discussing video performances of the most popular classical pieces.. We have also been lucky to have concerts by some young graduates from the Glasgow Conservatoire:



Eleanor and Gregor played traditional folk music on clarsach and percussion (left).

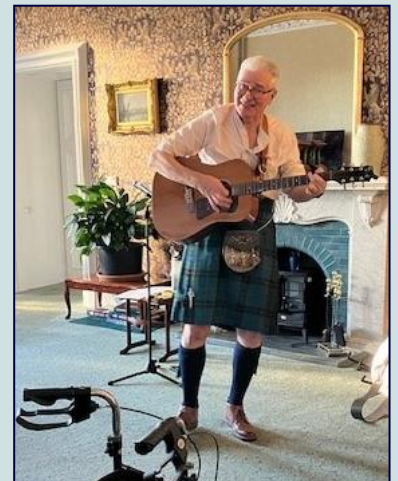
Ross and James entertained us with guitar and a lovely tenor voice (right)



November 19th was the date of our latest residents’ meeting—a chance for residents to put their ideas, compliments and complaints to management, We were delighted to have 24 residents in attendance, giving their suggestions and helping us to make Kincarrathie the very best it can be.

JOHN DAVIDSON’ FROM MIHC (MUSIC IN HOSPITALS AND CARE)

We always enjoy John’s visits, the Scottish tunes he plays and sings and the stories he tells. The lounge was full for this relaxing afternoon’s entertainment.. Lovely to have some family members in, too, to share the concert with us.



Cookery and Kitchen News

Chef Darak is one of our very valued Polish members of staff, and he recently treated residents to a couple of traditional Polish dishes for their evening meal.



One was cabbage roll served with home made tomato sauce, (see left) the other was Potato Pancakes served with chive crème fraiche.



Our chefs are always keen to get feedback from residents so they can make the food as good as they can for them, so Darak specifically asked pantry staff to enquire what residents had felt. .

A few residents found these dishes a bit too unusual for their taste, but most said they had really enjoyed their meal. Sonia Dowse thought her food was “lovely” and said she had made dishes like these herself in years gone by. Margaret Taylor tried a bit of both dishes and pronounced them “splendid.”

Whatever the result, it is always a good thing to try something different, even if you are in your nineties (or even older) and we are very grateful to Darak (known by Jean as “The Italian Chef”) for sharing these dishes with us.



Trips Out

Everyone appreciates a change of scene now and then, and Jackie has been very busy booking taxis and arranging trips out for our residents.



Billie and Avril busy Christmas shopping in Perth High Street



Isebail enjoyed her Christmas shopping trip out with Jackie.



Vera enjoying a game of dominoes at “Blether Buddies”, Kinnoull Church Hall.



Norma and Jean out for coffee and cakes at Glendoik.



Mary, Gillian and Elaine on the ice-cream trip with Jackie to Stewart Towers, Bankfoot.



HAPPENINGS IN THE HOUSE

The Petting Zoo came back for another visit, giving our residents the chance to hold and pet a variety of furry and not-so-furry small animals.



Michael is a dab hand at jigsaws—he does them without even looking at the picture!



EYES DOWN
FOR PRIZE
BINGO!

We all
love our
visits from
Zadok the
therapy
dog.



Go4Gold: An annual inter-care home competition

The theme this year was “Highland Games”. We joined other care homes competing in games, poster-making and dressing a team in costumes.



Our team of
highest scorers
called itself “Ken
Carrathie and the
Tea Cakers” - and
they each re-
ceived a medal.



Looking Forward to Christmas!



Alan and John have been busy sorting out all the decorations for the house. We really appreciate their efforts—it's a mammoth task!

Many residents have been off Christmas shopping—
Here's Anne enjoying the beautiful Christmas displays
at Glendoik.



Some of the Festive Highlights Ahead!

Dec 4th: Air Fryer Baking—making mince pies

Dec 9th: Christmas Church Service in lounge

Dec 10th: Live Music from Meigle Musicality

Dec 17th: Christmas party (group 1)

Dec 18th: Christmas party (group 2)

Dec 19th: Making Christmas Table Decorations with Flowers

Dec 22nd: Perth Amateur Operatic Society Concert

Dec 23rd: Singing with Sue—Christmas songs

Dec 24th: Christmas Carols around the piano after tea

Dec 25th: Christmas present morning

and of course our wonderful Christmas lunch!