



Kincarrathie House

Newsletter

Spring 2025

What a busy Springtime we have had!

Next time you are in Kincarrathie cast your eyes over the photo board in the entrance foyer (pictured below). It is impossible not to smile seeing so many happy residents doing so many enjoyable things! And that absolutely has been the story of the last few months.



The weather of course always has an impact, and March was rather chilly and overcast. There was nothing overcast about life at Kincarrathie, however. Thanks to taking up several suggestions made by residents at their meeting in January the range of activities here has become so wide now that you never know what you might see as you enter the lounge—from residents baking sausage rolls in our new air fryer to a heated discussion about Donald Trump at the News Round Up.

We also had duckling eggs delivered in an incubator. Three of them hatched successfully, and both residents and staff loved watching them hop around their cage—they were so cute.

Charitable causes are important to us and I would like to thank everyone, residents, staff, families and friends who contributed in any way to the raffle we held in aid of Marie Curie. We were delighted to raise £280 .



We also had an important occasion to mark in April — Phil's 100th birthday! We were so pleased to be able to celebrate this special day with Phil and his family. The lounge was packed with residents for an enjoyable presentation about Phil's life followed by champagne and cake. What a lovely afternoon we all had.

May has been delightful and sunny, giving residents the chance to get out more into our beautiful grounds. Thanks to our gardeners for all their hard work and to all residents who have helped with planting out containers for our pleasure.



Here's hoping the good weather continues for the variety of summer events we have to look forward to, including the annual fun day and garden party. It's not long before some staff (myself included) attempt a sponsored run twice around Loch Leven in aid of residents' fund—but I'm not sure that will be so much fun!

Best regards as always,

Nicola MacCallum

Manager

EXERCISING BODIES

Even if a resident has never been one for exercises or exercise classes, they can benefit from what we provide here at Kincarrathie. Every session is tailored to what individual residents can manage but also encourages them to do the best they can.

This Spring we have introduced two new fitness activities, gentle chair yoga sessions with Nicola Foubister and strength and balance with new visitor Robert Penman on a Wednesday. Robert entertains as well as exercises with not only the seated movements themselves but also squishy balls and chiffon scarves. It is quite fun to be waving the scarves gaily around to music—Robert says we are working up to the dance of the seven veils, but we know he's only joking—or we hope he is!



It is great to have so much variety in our exercise activities and to have some form of exercise available to residents most days. All seated, these include movement to music, traditional strength and balance, exercise bingo or indoor sport-type sessions such as bowling or skittles.

We have also enjoyed our ten sessions of exercise sessions with the students from UHI which finished on April 4th. Residents enjoy the young people's enthusiasm and are pleased to be able to help them complete what is necessary for their training.



EXERCISING MINDS

But it's not only their bodies that our residents like to exercise. Their efforts to keep those brain cells moving are equally impressive with a great regular turnout for the fun quiz and crossword every Friday. There are some impressive answers at the quizzes—for example correctly identifying the Red Baron as Manfred von Richthoven (well done Phil!)

When the giant crossword comes out not only can residents finish it but then afterwards they love a game of making words out of the letters in a specified phrase. They love a challenge too—when 50 words is suggested as a target Avril, Ruth or Jeannie will say "That's too easy—let's make it 70," and no-one will give up until that number is achieved!

‘News from the Garden’



The greenhouse is full to bursting just now, with tomatoes, cucumber and courgettes as well as asparagus. Unfortunately, William says asparagus should not be picked in its first year, so we'll have to wait for that!

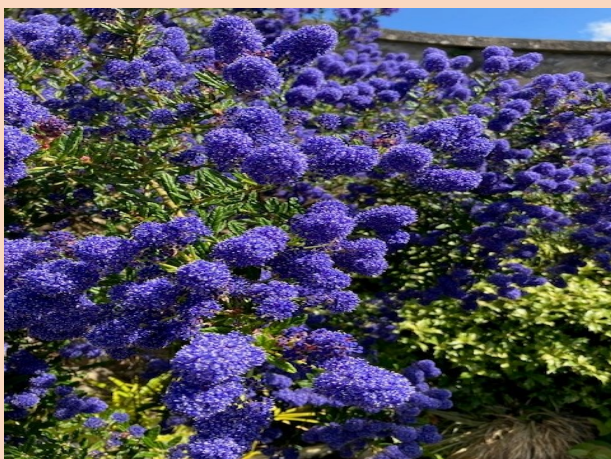
There are some beautiful flowers in there too, like Queen of Hearts petunias



(pictured right) and a Canna (the tall green plant pictured above) which William is very proud of because it is not an easy thing to get flowering in Scotland.

Outside, squash and other vegetables are growing well. There is also a trellis set up in one of the raised beds for sugar snap peas, which residents will be able to pick and eat as they pass. The whole garden looks absolutely beautiful.

Ceanothos in the memorial garden



Cold frames under construction



'Spotlight on a Resident'

Colin MacKenzie



Colin was born in Perth in 1952, the son of a lorry driver. As was so common in those days, his mum did not work, instead staying at home to look after the family.

Colin had a lot of cold and illness as a child, so his attendance at school was not good and he didn't enjoy his time there. As a small child he wanted to be a farmer, but on leaving school at seventeen (after attending Central District Primary School followed by Perth High) he went to work at Perth Yarns in North Muirton. Colin found the job exhausting, however, with its long shifts, and he left after only six months to go to Dundee College where he did his Highers. Later on in life he went back to education at Perth College to do Business Studies – he says he enjoyed the typing but wasn't good at the shorthand, with his writing being “all over the shop”.

Colin has had a very varied work experience in his life, with periods of unemployment interspersed with jobs at Massey's Supermarket, Calor Gas, an insurance office and working for oil companies up in Aberdeen, where he lived for fifteen years.

On the death of his father, Colin came back to live in Perth to look after his mother. He spent ten years going back and forth every day to his work in Aberdeen, always making sure he was back to take care of her each night. It was a 14-15 hour day for him.

Eventually, with his own health worsening, he gave up his job. In 2015, when his mother died, he went into Ochil Care Home where he lived for six years, not able to eat food but being fed by a tube into his stomach. One day, he says, he just decided he wasn't doing it any more. He left Ochil and came to Kincarrathie, where he has been ever since.

Colin's favourite times now are at some of the activities he enjoys, and when out riding his bike. He is very independent and enjoys the freedom of going into town.

Out and About

As the nicer weather has arrived, residents have enjoyed more time outside



However much our residents enjoy our beautiful grounds, we know they love a change of scene now and then and we are keen to provide a variety of different experiences for them along with our regular favourites—trips to Blether Buddies at Kinnoull Church hall and the ponies at Kinfauns.



Trips out for coffee are always very much enjoyed, and this Spring we have been to both the Black Watch café and Quarrymill.

We also had a very enjoyable trip to Perth Museum, which we intend to repeat so that other residents can have the chance to see all the interesting exhibits there.



‘Getting to Know our Staff’

Lizzie Dow, Care Staff



Lizzie was born in Dundee, one of eight children with one sister and six brothers. Her father was a “jute stourer” – the traditional Dundee job of carrying bales of jute – and her mother cleaned part time at the school, working around looking after her large family.

Educated at Gilburn Primary, then Kirkton High School, Lizzie quite enjoyed her time at school, and though not keen on the PE lessons she did like English. She could not remember any teacher that had particularly inspired her, however. “No, there was no-one like that,” she said. “It was Dundee, after all.”

When she was young Lizzie wanted to be a journalist - she says it was because she liked making up stories – but when she left school she started work in a processing factory. Lizzie didn’t like that job at all but nevertheless stayed there ten years until the nature of the job led to her developing Repetitive Strain Injury, and she had to leave. Fortunately for us, that led to her taking up her current career.

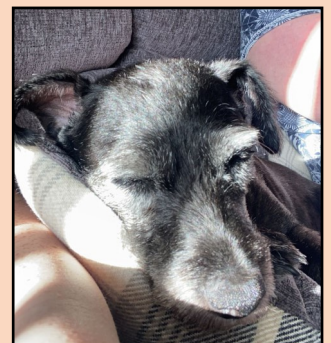
Lizzie has been working in care for 34 years now (she must be older than she looks!) and she’s been at Kincarrathie for the past ten of those years. Lizzie loves her work here – she says the staff make it enjoyable and so do the residents.



Lizzie’s Grandchildren

Married for 42 years, Lizzie has three grandchildren (pictured left) who she adores.

As far as hobbies go, she likes walking her dog Millie, a Patterdale terrier, who follows her around like a little lap dog. She enjoys drama and detective series on Netflix, and also likes to go on holiday to warm places like Greece. “I like being in the sun,” Lizzie said, “but I never get a tan - I just go red and peel.”



Millie, Lizzie’s
Patterdale terrier.

Musical Moments!

Old friends....



Degsy

We've had quite a number of visiting entertainers over the Springtime, including some of our favourite individual singers like Degsy (pictured left), Chris Whyte and John Davidson (who we all refer to as "the one in the kilt").

We also had a concert by regular visitors Blair Ukes.

Billie's daughter Sylvia plays in the band.



... and New

Recently we were very well entertained on a first visit from Ian Morgan. We know him best as the person who delivers our papers (he runs the local Newsagent) but he also has 20 years experience singing around the holiday camps.

Also new to us this Spring was a singing group called "Meigle Musicality", who entertained us very well with a wide repertoire of familiar songs.



Meigle
Musicality

And doing our own thing!

Residents produce some lovely sounds at our regular Singing with Sue and Music Time sessions around the piano.

They all insist they can't sing, but the evidence definitely suggests otherwise!



Kincarrathie Kitchen



We are looking to change some items on the menu in the next week or two. New dishes we hope you will like include:

- Spiced bacon and sausage casserole
- Butternut squash, feta and pea frittata
- Sweet potato, spinach and goat's cheese pie

We are also ready to start using some fresh produce from the garden including beans, potatoes, chard, squash, tomatoes and fresh herbs.

'A Favourite Recipe'

Scones

This recipe was made (and enjoyed) by residents recently using our new air fryer.

4oz butter

1lb SR flour

2 tsp baking powder

2oz caster sugar

2 eggs

1/2 pint milk

Serve with butter and jam!



Green Fingers!

The house surroundings are looking particularly nice now with the blooming of our window displays, which residents have done so well to plant out with Jackie's enthusiastic encouragement. The great thing is that these displays can be viewed by everyone without even leaving the building thanks to some clever wooden shelving made by Jackie's talented husband Norrie. More and more beautiful planters are appearing all the time and our friends the nursery children also have a nice display. We are very grateful to all those who have contributed to these lovely displays.



Also, following on from their very successful Christmas visit, our friends the ladies from Blether Buddies came to help us create Easter flower arrangements for the dining room tables. Apart from the activity itself, which was very enjoyable, the results were absolutely beautiful. Thanks to all who took part in this.



Staff show their versatility.

William, one of our talented gardening team, came along to demonstrate how to create a terrarium. Each resident attending had the chance to make one and take it away.



Katie and Paula from our care staff stepped in one morning to help with one of our cookery sessions.



And Jackie surely has a future as a stable girl—she revelled in taking round our wee ponies when they came to visit. Residents loved them too of course!



Manse Musings

From Graham, Minister at Kinnoull Parish Church

Who needs the Costa Del Sol when we have weather as we have had for the last couple of weeks? It really has been glorious and I know many of you have been making the most of it with walks around the beautiful facilities you have here at Kincarrathie. I too have been making the most of it too. When I have had my day off I have been out on my bicycle going near and far just simply enjoying the scenery and the beauty of this land.

A couple of weeks ago I managed to get over to the Sma' Glen that heads up to Amulree. It was a glorious day, I had the wind at my back as I pedalled up the glen and it could not have been any better.

When I was younger and my folks lived down south the Sma' Glen was always one of my favourite places to go on the bike. When I would arrange a cycling holiday with friends to come up this way it was always on the itinerary.

As I was going up there the other day I started to reflect on why it was such a favourite, because it is a long climb, it is not exactly relaxing, it is quite hard work. But then I looked around at the rugged hillsides covered in heather and I realised that particularly when I was not in Scotland, it was once I was in the Sma' Glen surrounded by these Highland hills that I really felt I was home. There is nothing that beats that feeling of thinking, I have arrived, I am home. You can just feel the tensions ease and worries diminish when you feel at home.

I hope that is how you feel at Kincarrathie and if there is anything I can do to help you feel more at home, just remember I am in every Tuesday afternoon, just ask one of the staff to speak to me and ask me to visit and we can chat and see what we can do.

Every Blessing,

Graham



Information for newer residents:

As well as his weekly visits, Graham leads a church service in the lounge the first Tuesday of every month. We have hymn singing each month too. Also, if you wish to contact a minister of a different church or a different denomination please let staff know and we will help you do that.