



Viewlands Review – Autumn 2022

Hello everyone

It's hard to believe that it is September already, and, that I have been in the manager's post for almost a year!

Now that people are starting to have trips away again, and we are able to socialise more, we now have enough news to start printing our magazine again.

We have at last been able to enjoy events within the house, starting with a party for Millis turning 100 in March. We had a wonderful time celebrating our Queen's platinum jubilee in June and most recently, our Garden Party which raised a fantastic £650 for the residents' social fund. Many thanks to everyone who contributed to baking, prizes and who came along on the day. Also, thanks to Murrays Bakers and Hazeldene Guest House for providing some of the goodies.

Many of the residents took part in the inter-home Go 4 Gold sports challenge and the awards ceremony for this event will take place soon.

We have another two "big birthdays" coming up – Duncan will soon be 100 and Elizabeth will be 101 in October. More parties to be had!!

We have had several trips out over the summer to Quarrymill tearoom and to Glendoick Garden Centre. These were very much enjoyed by all. Another new item on our calendar this summer has been the Hospital Radio request programmes. These have been very much enjoyed and will continue every month over the winter. Keep thinking of the songs you would like to request.

Thanks to everyone who gave articles for this magazine, there should be something for everyone to enjoy and some lovely photos to see.

Best wishes, *Kat, manager*

MacKenzie's Adventure in Wales with Greta

Helo pawb (Hello everyone),

My adventure to Wales to attend Greta's granddaughter's, Imogen, graduation, began with a lift to Edinburgh Airport. We boarded the Logan Air flight to Cardiff. Greta was excited flying for the first time in four years. We had a front seat view and watched the clouds fly by. We were met by Greta's daughter, Alison and son-in-law, Andy. We then drove to the Mumbles, Swansea, by the sea, which was our home for the next four days.



On the first day we explored locally and went to the pier where we enjoyed an ice cream and we watched swimmers in the sea and yachts sail past. Imogen arrived in the evening, ready for her graduation the next day.



Imogen collected her cap and gown and I got to try on the cap although a little too big for me! We all got ready and after a photo shoot went to the new Swansea Arena where the graduation was to be held.

I was so surprised to hear Imogen's name called out first for her Master's degree. She walked across the stage and doffed her cap. I clapped so hard for her. I watched the rest of the graduation with about 600 people getting their degrees. I got a badge from the graduation which is now on my jumper. We then went for a meal which was at the top of The Tower, on the 28th floor. We got fantastic views of the sea and distant hills and looked down on Swansea. It was lovely and sunny and it all looked beautiful.



On Wednesday we went to Rhossili Bay at the end of the Gower Peninsula. It has a beautiful golden sandy beach, three miles long. I went for a little walk along the coast and was greeted by a display of bright sunny yellow!! It was a sunflower field. I chose two sunflowers and picked these for Greta. At night we went for a meal at Llangland Bay which has cute little green beach huts. I could have happily stayed there the night, with the sea lapping up on the shore. Greta got to hold a lovely little dog called Luna. I was worried for a moment that she would swap me for her but luckily, she didn't, and I came home with her.



The next morning, we were up early, ready to pack for our next home in Cardiff. Cardiff is the capital of Wales and the tenth largest city in the UK with a population of around 346,000. Around 11% of people speak Welsh.

Our new home was in a flat on the fourth floor, overlooking Cardiff Bay and Penarth. In the afternoon we went into Cardiff City centre. I started my trip at Cardiff Castle and walked past a lovely display with rainbows of umbrellas hanging down in the street. I carried on through the shopping arcades where I got a pin with the Scottish and Welsh flag on it. I have this proudly added to my jumper. Greta tried a Welsh cake which is traditional sweet bread, a cross between a scone and a pancake. We then walked to the library. Imogen had been involved in producing an art project which was displayed there. We got a private viewing and took lots of pictures. We are all very proud of Imogen's artistic talent and were thrilled to be able to see it.



On Friday Imogen got up early and went paddle boarding. She came round the bay beneath the flat. I was glad to be viewing from above as it looked scary and hard work. I enjoyed sunning on the balcony. We had a little trip to Penarth, four miles from Cardiff, where we sat on the sea front. Penarth is an elegant seaside town with a Victorian Pier, Art Deco Pavilion and charming esplanade. At night we went to Chapel for a meal. It used to be a church. It was beautiful inside with lovely colourful windows and brickwork. Afterwards went to Dead Canary, a secret cocktail bar. It is a bar based on the 1920's prohibition era with all cocktails themed on Dragons of the Realm. We rang the bell said the password and they let us in. Greta enjoyed her cocktail called 'Y Ddraig Goch' translated as The Red Dragon. It contained vodka, dragon fruit, blood orange liqueur, lemon juice and cranberry juice. Greta felt she was walking on air. She slept well that night!!



On Saturday morning I went to The Senedd, the Welsh parliament. It is a fantastic building with Welsh slate steps and a cedar wood roof. Most of the walls are made of glass and natural light floods into the building. It uses ground source heating with 27 pipes drilled 100 metres into the ground, like a very big central heating system. This keeps the building at a constant temperature in winter and summer. Greta and I got a wonderful surprise being told that we were going to see the Lion King at the Wales Millennium Centre in the evening. We were both excited as we had not seen it before. I loved all the animals, especially the huge elephant, which walked down the aisle of the theatre. I particularly enjoyed the music, my favourites being 'Circle of Life' and 'Hakuna Matata' which means 'no worries'.



The next morning it was packing up and homeward bound although I had a bit of a detour and stayed at Andy and Alison's for a few days. I had a quiet restful time, with my new friend Cobweb the cat, before returning to Viewlands.

Ces i wyliau hyfryd (I had a lovely holiday) Greta and MacKenzie

FOOD & DRINK

Can you find the hidden words? They may be horizontal, vertical or diagonal, forwards or backwards.



APPLE, APRICOT, BANANA, BEANS, BEEF, BEER, BREAD, BUTTER, CABBAGE, CAKE, CANDY, CARROT, CEREAL, CHEESE, CHICKEN, CHOCOLATE, COFFEE, COOKIE, CREAM, EGGS, FISH, JUICE, LEMON, LETTUCE, MARMALADE, MELON, MILK, MUSHROOM, ONION, ORANGE, PASTA, PEACH, PEAR, PEAS, PICKLE, PINEAPPLE, POTATO, PRESERVE, RICE, SODA, SOUP, SPINACH, STEW, SUGAR, SYRUP, TOMATO, TREACLE, TURKEY, WATER, WINE.

Leaf Blankets - Irene B. Crofoot

Leaves are falling, soft as snowflakes,
Red and yellow, gold and brown;
The breeze laughs gaily in the treetops,
Shaking all the colour down.
Leaves are covering the gardens
As my blanket covers me.
When cold winter comes, the flowers
Will be warm as warm can be.

The Leaves - anonymous

The leaves had a wonderful frolic.
They danced to the wind's loud song.
They whirled, and they floated, and scampered.
They circled and flew along.
The moon saw the little leaves dancing.
Each looked like a small brown bird.
The man in the moon smiled and listened,
And this is the song he heard.
The North Wind is calling, is calling,
And we must whirl round and round,
And then, when our dancing is ended,
We'll make a warm quilt for the ground.

Autumn Leaves - Marilyn Helmer

Wind blows and fills the skies
with gold and yellow butterflies
which flit to earth with skips and hops
to dance and twirl like spinning tops.
The last one dips in a puddle to float
like a single scarlet sailing boat.

In Autumn - Fannie Montgomery

They're coming down in showers,
The leaves all gold and red;
They're covering the little flowers,
And tucking them in bed.
They've spread a fairy carpet
All up and down the street;
And when we skip along to school,

They rustle 'neath our feet.



Alma McLaren, Room 29, was recently blessed with the arrival of two new great-granddaughters .

Her grandson Philip and Jill had a little girl who they named Summer Alexandra Trodden on 28th May.

Just 4 weeks later Alma's granddaughter Jennifer and Donal also had a wee girl who they have called Rose Charlotte Butler.

Mothers and babies all doing well.



Cycle to Work Scheme

Abbeyfield Perth Society have recently introduced a new staff benefit in the form of the government backed “Cycle to Work Scheme”.

The scheme works by the company paying for an employee’s bike and accessories, and then the employee pays the company back over the next 18 months by having a deduction taken from their monthly pay. The government input is that the deduction from pay is calculated before tax and national insurance are charged, so the employee then pays less tax and insurance than normal. Who doesn’t want to pay less tax when they get the chance!!

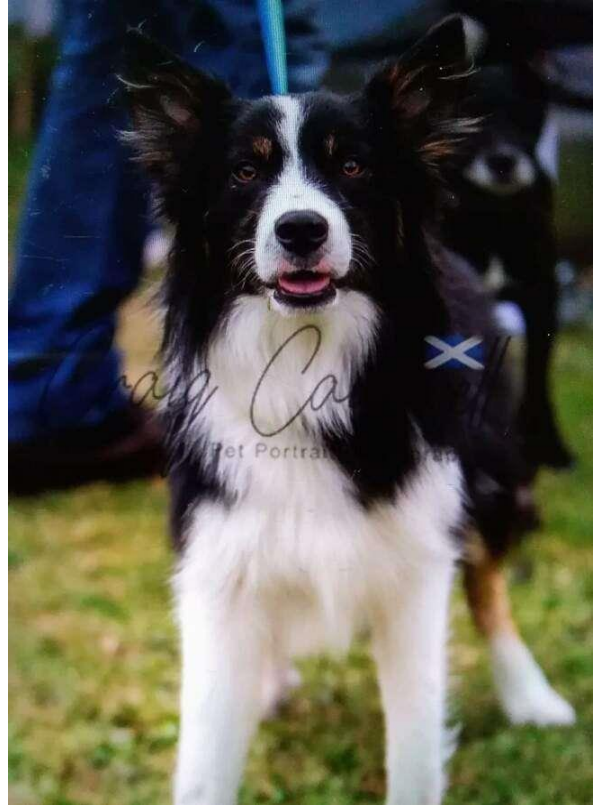
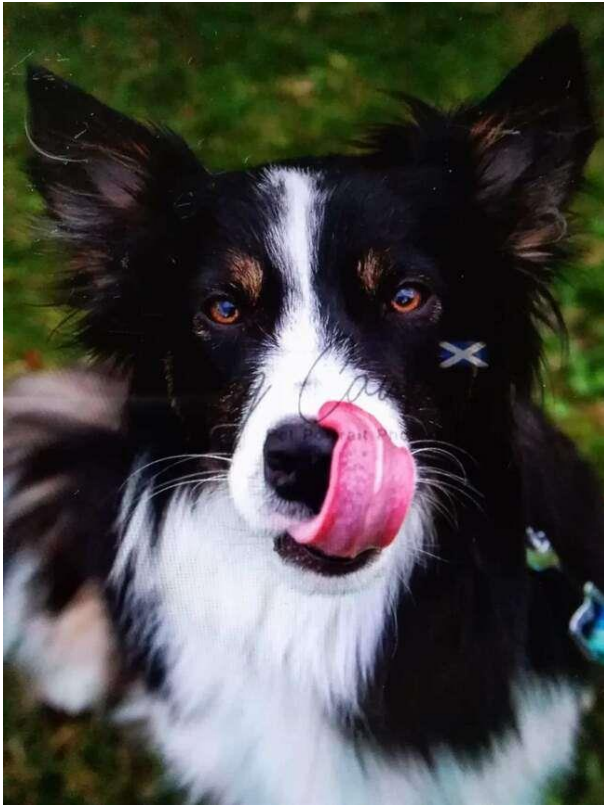


The first staff member to buy her new electric bike through the scheme is our own very active – Clarissa. Although she had some issues with the bike at first, as it turned out to have a faulty battery, this has now been replaced and Clarissa is able to get up Viewlands Road with ease on her electric bike – and she now saves money on taxis and buses.

wishing you happy and safe cycling Clarissa

Prize-winning pooch

Here are some photos of Angus, Angie's dog. Angus is 13 months old and on Saturday 1st August, Angie entered him in his first ever dog show at Perth Show 2022. Angus won Best In Show - quite rightly too – and here he is with his trophy.



First day at school...

Elaine has shared these photos of two of her grandsons. Jack started at Tulloch Primary and Lewis started at Perth High School on Wednesday 17th.



On 17th August, Oliver, Louise's son, started Bell Baxter High School in Cupar. This photo was taken just before he left for his school bus.

Cameron's Highland Holiday

Hi everyone, as you may know, at the end of July I took a holiday up to the Highlands. 25th of July to the 29th.

Joining me, were my two friends from London. Hope and Charlotte.

Hope is a recently qualified nurse, working in psychiatric wards across London. Charlotte is the Restaurant manager of the Hurley House Hotel, catering to famous clients like Mary Berry, James Corden and Vernon Kay.

They arrived on the Monday around 10am after an early wake up and flight.

After a short rest, and them meeting Obi (my family dog), who was ecstatic to meet new friends, we packed up the car and began to take the drive up to Nethybridge.

The drive was quicker than expected, only 90 minutes. Which went smoothly, bar a slight diversion into Newtonmore due to a crash on the A9.



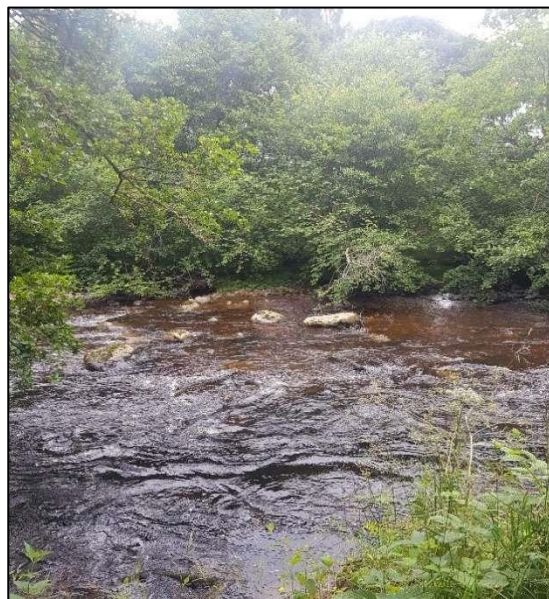
Hope (left), Myself, Charlotte (right)

Once arriving at the house in Nethybridge and unpacking; we had a chance to put our feet up. Once the girls were settled in, I made a quick trip down to the local SPAR and bought what extra ingredients I needed to make dinner for us. The Monday was homemade Spaghetti Bolognese, with butcher's mince for the girls and a vegan one for me. Not forgetting a side of garlic bread and white wine.

After dinner, the girls watched Love Island (still trying to wrap my head around that programme) and I did some writing.

After a good night's sleep, I made myself a quick breakfast and a cup of tea. I then got ready for an early morning walk along the River Nethy, by myself.

It was incredibly peaceful and quiet. Not seeing too many people, except a few people on the main footpaths. I had managed to go at the opportune time and catch the sun rising through the trees. Giving me the opportunity to take some great photos as well as scribble down ideas for writings.



After getting home and waiting for everyone to get ready for the day's adventures; we took a trip to Loch Morlich. We went for a walk around the loch, visiting spots that I used to go to on my family holidays as a child. Sadly, the rise in rainfall and erosion, have caused a lot of the older 'beach' spots to have disappeared. However, a lot of the old family photo spots are still there.

We took a short rest at the "Squirrel Café," as we used to call it, enjoying a cuppa and cake as a small group of Red Squirrels ran around above our heads.

After our trip to the Loch, I was going to take them up to the top of the mountains and the Funicular railway. However, typical to Scottish weather it got very damp and misty very quickly. Making us head home instead.

That evening: we made a large batch of chocolate brownies and homemade pizzas. The rest of the night was the same as the evening before.

Wednesday was our last full day together, so I had planned a big day out for us at the Highland Wildlife Park in Kingussie.

The park is home to a wide variety of animals:

- Red Pandas
- Snow Leopard
- Polar Bears
- Wolves
- Buffalo
- Llamas
- Tigers



Just to name a few of my favourites.

It was incredibly hot at points in the day, so the animals did have to hide in the shade at some points. However, everyone saw the animals they wanted to really see: Red Pandas for Charlotte; Snow Leopard for Hope and Tigers for myself. Before we left, we made sure to take a trip to the gift shop and provide a donation towards their wildlife rescue and support fund.

As our last little adventure of the trip, we went out for Dinner at the Nethybridge Hotel. Whilst although being short staffed, the food was exceptional. I managed to get Charlotte to try Haggis, which was served in a bowl of homemade peppercorn sauce and topped with crispy carrots. She scoffed the lot. Neither of them had been to Scotland before; I thought to myself that I had to convince one of them to take the plunge. This was followed by a trio of burgers for ourselves: Cheeseburger for Hope; Chicken and Bacon Burger for Hope and a Beetroot and Red Pepper burger for me. We did not have any pudding as we still had half a tray of brownies to finish off at the House.

The rest of the evening was spent gathering our things and getting the house cleaned up before setting off back down the road for Perth in the morning.

The journey back down to Perth followed the same pattern as the travelling up. Once unpacking in Perth, we told my parents of what we got up to and what the girls' thoughts of Scotland were. After that, the girls headed to Edinburgh airport for their flight home.

Unbeknownst to us, the flight was delayed by several hours. Which was annoying as we could have squeezed in a few tiny activities on the way home. Which we have planned for next time. I am hoping to organise another holiday for them to come up in the springtime so they can see the colder (not too cold) side of Scotland. As well as being at a time when there are not school holidays, so it is not as busy with tourists.

Thank you for taking the time to read this little blog of my adventures. If anyone would like to see more of the photos, just ask when you see me.

Cameron

Lily's amazing fundraising!

Amy's daughter (*and Anna's granddaughter, and Ciaran's cousin*) Lily has recently had her very long hair cut for charity.



She had 12 inches cut off and has raised £562 so far for The Little Princess Trust (just giving page is still open for another month) it costs £550 to make one wig for a child. Lily is 6 years old, she thought about getting it cut last year but it wasn't long enough.



The Little Princess Trust require a minimum of 7 inches of hair but have a greater need for longer hair so ask for donators to aim for 12 inches.

Isn't that wonderful?

Some photos from recent events

