



Viewlands Review – Autumn 2023

Hello everyone

It was lovely to have that short spell of hot weather and sunshine to set us all up for the autumn months. I know that many of you enjoyed sitting in the gardens and the visit from the ice cream man.

We have had a few big birthday parties recently, where families took over the Annexe for the afternoon so that they could celebrate together. Let us know if you would like to book the Annexe for any future events. It is good to see the Annexe being used for such occasions.

We were delighted to hear that our residents were awarded second place for the Crowns they made for the Go4Gold event. The residents thoroughly enjoyed all the aspects of taking part in this inter care home competition, including all the practicing for the different events during the couple of months beforehand.

We are getting good comments on how well the staff look in their new uniforms, and families are able to recognise the different staff roles.

Our new chef, Przemek, has introduced new menus and has started to have a themed day each month. So far we have had American and Italian, and we look forward to a Polish day this month.

Carl now has his certificate to drive the council minibus and we have this booked for 25th October for a trip to Jamesfield garden centre. It seems you have to book this quite well in advance, so we will get some dates in soon for Christmas trips to Glendoick and Dobbies.

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

Hospital Radio Perth



Hospital Radio Perth began in the mid-80s when a group of enthusiasts got together in the hope of launching a service at Perth Royal Infirmary.

After several long months of fund-raising, the service first went on air on 20 February 1989 with the words, "Good evening PRI, you're tuned to Hospital Radio Perth".

Since then, they have gone from two programmes per week to broadcasting 24 hours a day - every day. They have moved to purpose designed studios in the grounds of Perth Royal Infirmary and have won numerous awards for service; but one thing stays the same. They remain just as patient-focused now as they did in those early days.

Hospital Radio have introduced a **Care Home Show** every Tuesday between 2:00pm and 4:00pm. Below is a list of dates of when Viewlands House features.

| | |
|--------------------------------|----------------------|
| 3 rd October 2023 | 2:00pm – 3:00pm show |
| 14 th November 2023 | 3:00pm – 4:00pm show |
| 26 th December 2023 | 2:00pm – 3:00pm show |
| 13 th February 2024 | 3:00pm – 4:00pm show |

We would love relatives to listen in and send requests for their loved one. The show will be streamed into the Lounge for all residents to hear. It's very easy to make a request.

Go to www.hrperth.co.uk

Click on **CARE HOME REQUESTS** at the top of the home page.

Complete the request form.

To listen to the show, click the **LISTEN NOW** icon.

FIRST DAY AT SCHOOL



Friend of Viewlands, Moira Tolan's grandchildren Archie (5) and Rebecca (8) ready for their first day at Kilgraston School.

This was Archie's first day at school and he was very excited.

Przemek's daughter Liliana on her first day at Our Lady's primary school

Congratulations to Sharon (Grant) on the birth of her granddaughter Piper on 30th August.



Piper was in quite a hurry and arrived in the ambulance on the way to Ninewells Hospital!



Piper weighed 6lb 13oz when she was born.

Mum Leyah, and dad Ben (Sharon's son) are delighted with their new arrival.



Mackenzie's Irish Adventure



with Anna and family

We started off Monday morning for the early ferry from Cairnryan to Belfast which took two and a half hours. We all enjoyed breakfast on board the ferry, it was a lovely sunny day so we were able to walk about on the deck including the upper deck as it was a lovely calm crossing. Leaving Belfast, we drove across Northern Ireland to cross the border into County Donegal, a beautiful area in the North West of Ireland. We arrived in Burtonport, a small harbour village, to get the ferry across to Arranmore Island. We were very lucky and were the only passengers on the small ferry, a 20-minute journey and we arrived in Leabgarrow, it was a beautiful sunny evening as you can see in our photos.



Boarding the ferry to Belfast



Having breakfast on board the ferry



Walking onboard the smaller ferry



Only passengers on the ferry

Arranmore is a very popular island with lots of visitors, there is approximately 500 people living on the island who mostly speak Irish. There is one shop, three pubs, two small cafes, a day centre and a community centre with a post office. Many of the visitors from the island come from all over the world, several of these

visitors travel to Arranmore to trace distant relatives who once lived on the island. Many people left Ireland in 1845 due to the potato famine, they travelled to many parts of the world mainly America and Australia.

People continued to leave Ireland for work as many areas were very poor. There is a Beaver Island monument on the island of Arranmore to commemorate the islands joint history, Beaver Island is an island in Lake Michigan, USA, where many of the islanders settled and most can trace back a connection to Arranmore.

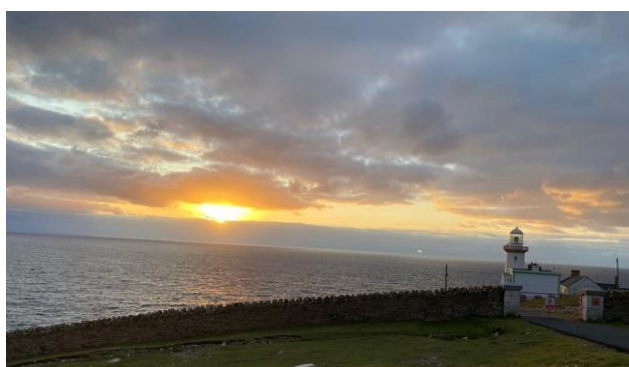
Over the past 10 years and particularly the past few years the Irish government have provided funds to regenerate the Island and Burtenport, the island still remains magical with its traditional ways of living. For over 50 years in the summer children aged 10 – 18 years old travel from the mainland to the island for 3 weeks at a time, staying with families on the island to learn about the culture and language. My cousin had 12 girls staying with her for three weeks at a time providing them with accommodation, 4 meals a day, they must speak Irish at all times, and they are only allowed their mobile phones for 15 minutes a day. They attend the island secondary school and take part in lots of different activities across the island, many of the children returning a second time.



Beaver Island Monument



MacKenzie admiring the view



Lily & MacKenzie enjoying the sunset

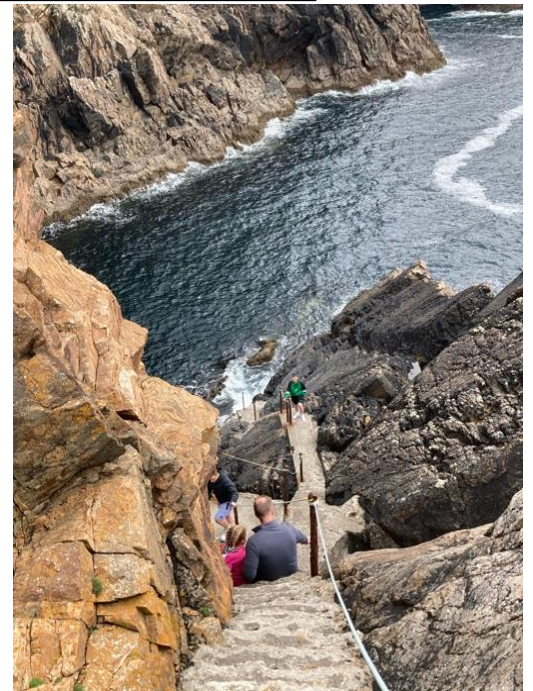
Our B and B was a 2-minute walk from the ferry which looked over Leabgarrow Strand (the beach). We were very lucky with the weather dry, sunny and warm every day, Lily and Katie loved playing on the beach and at the play park while Ciaran and Lewis enjoyed daily games of football. We went to see the island lighthouse which has amazing views of the cliffs and steps which take you down to the water's edge where the fishermen would bring in their catch, it is no longer used by the fishermen but enjoyed by the many visitors who climb down the steep steps.

We enjoyed the sunny weather by spending a lot of time at the strand, the brave ones even swimming in the water. We went to visit friends and family and had lots of lovely meals in Earlys Bar, famous for its traditional Irish music nights.



Ciaran, Katie, Lily & Lewis on the strand

Steps at the Lighthouse



On Friday afternoon we left Arranmore to spend a night in Dungloe, it is a small town well known for its annual international arts festival – Mary from Dungloe. Thousands of people come to Dungloe and the surrounding area for the festival, singer Daniel O'Donnell who is from the area will entertain as well as many other musicians and entertainers.

In the evening we had a lovely meal with my cousin and a walk in Dungloe.

On Saturday we travelled to Portrush, in Northern Ireland, stopping in Letterkenny for lunch with 2 more cousins.

Portrush is a busy seaside town close to the Giants Causeway. On Saturday evening we had our dinner in Portstewart, and we were lucky to spot some dolphins whilst walking along the promenade.

On Sunday we went to the Giants Causeway, which is a UNESCO world heritage site. We walked and climbed for 2 miles around the various sized columns which were fascinating to see, this is a very busy tourist attraction with visitors from all around the world.

Monday was going home day, on our way to Belfast we went to see Ballintoy Harbour made very famous as they filmed some of Game of Thrones there. At the harbour there is an amazing little café called Roark's Café which overlooks the sea, delicious cakes and ice cream. We sat outside and enjoyed an ice cream overlooking the sea.

Another short stop was at Ballymoney where there is a beautiful memorial garden to Joey Dunlop, a famous motor bike racing champion. The Dunlops are a famous motorbike racing family who are admired and loved by many, when Joey was sadly killed in a motorbike accident more than 50,000 people attended his funeral. Motorbike racing is very popular in Northern Ireland. The North West 200 road race is held between Portstewart, Coleraine and Portrush, over the event more than 150,000 visitors will come from all over the world to watch the racing.

MacKenzie enjoying a treat at Ballintoy Harbour



Ciaran, Lewis, Lily & Katie at The Joey Dunlop Memorial

A wonderful holiday had by all, many memories made, and photos taken. A magical country but we didn't see any Leprechauns, maybe next time.

Anna



An Irish word search for you all to enjoy

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| L | L | S | T | R | A | N | D | A | I |
| I | E | T | K | C | D | M | O | R | R |
| G | P | R | F | E | R | R | Y | R | E |
| H | R | M | O | A | B | E | R | A | L |
| T | E | F | A | M | I | L | Y | N | A |
| H | C | V | M | H | T | P | W | M | N |
| O | H | E | H | A | R | P | P | O | D |
| U | A | T | L | B | C | R | Y | R | W |
| S | U | D | U | N | G | L | O | E | H |
| E | N | S | H | A | M | R | O | C | K |
| R | E | D | O | N | E | G | A | L | M |
| G | U | I | N | N | E | S | S | T | M |

Arranmore

Ireland

Guinness

Shamrock

Leprechaun

Donegal

Dungloe

Lighthouse

Family

Ferry

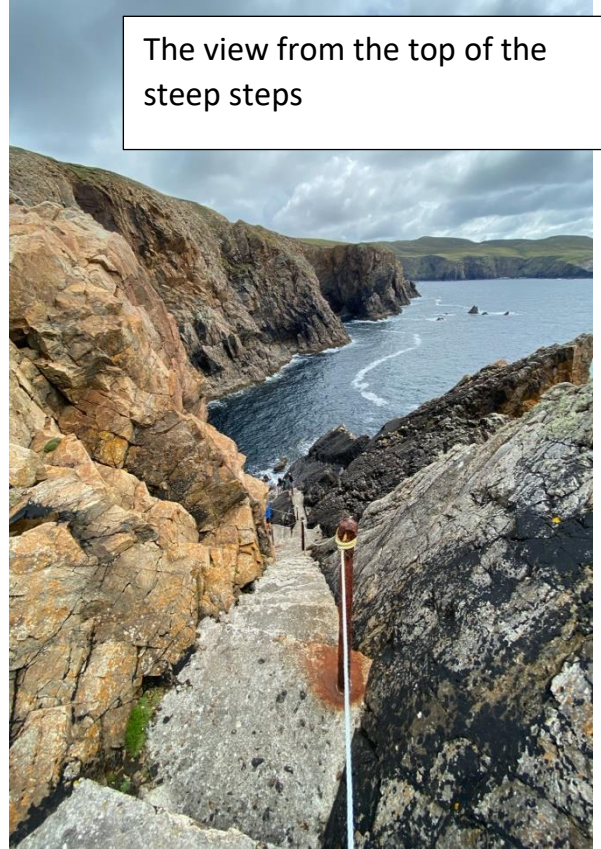
Strand

Harp

A view from the bottom of the steep steps at the cliffs



The view from the top of the steep steps



Katie, Ciaran, Lily & Lewis at the Lighthouse



Lily, Lewis, Ciaran & Katie admiring the view



Visiting Earlys bar (not the only time)



Lily with the sheep who roam free





Fun day at the beach



Visiting family and helping feed their sheep

VIEWLANDS HOUSE

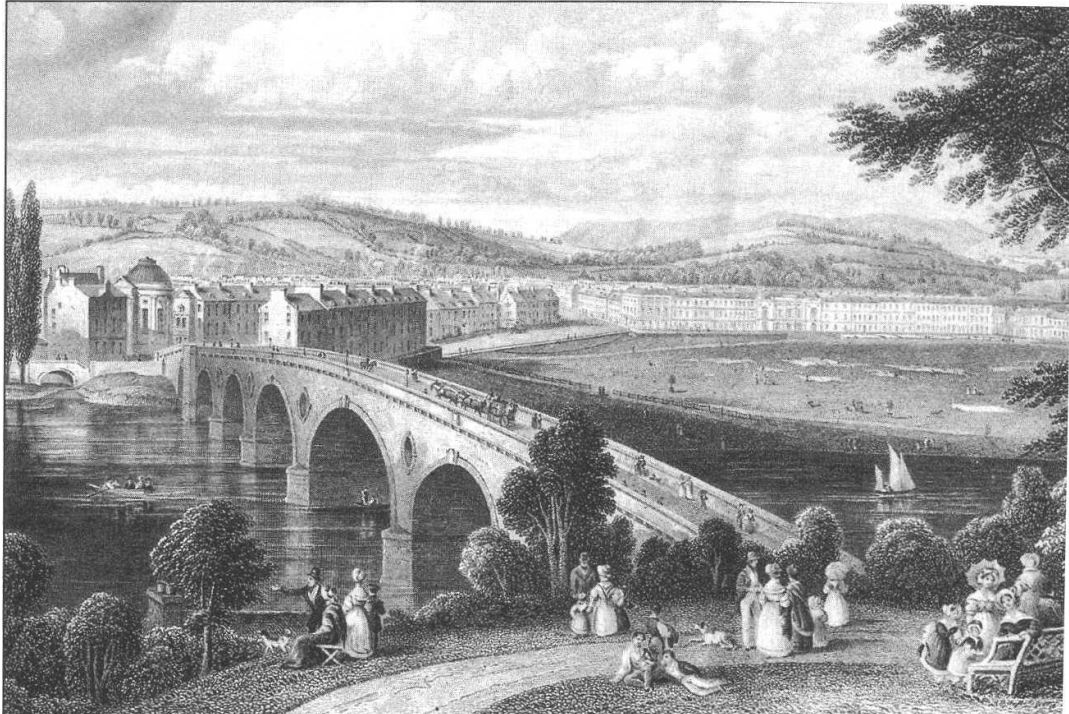
A HOME WITH A HISTORY



The Abbeyfield Perth Society

Viewlands House

The house was built in the 1840's and was the home of the Rev Dr Robert Milne for 49 years. Dr Milne was the minister of West St John's Kirk in Perth. In 1840 Perth looked like this



Source: Perth and Kinross Librari

The 20th century saw changes. There were several new owners but also improvements-

The walled garden included a wonderful orchard and there were raspberry and strawberry beds. The plum trees gave a wonderful crop of succulent fruit.

There was also a tennis court which now is the site of the Viewlands Court Bungalows which were built in 2003.

In 1950 The General Accident Insurance Company bought the house as a home for its General Manager, Mr Colin Little who lived there with his family till 1964.

In 1966 a three storey extension was built to make it a Training College for GA employees.

In 1983, the house was sold to the Abbeyfield Society for conversion to a home for the elderly with extra care facilities.

The home admitted its first residents in October 1986 and in 1988 Prince Charles, Patron of Abbeyfield, visited and unveiled a plaque to commemorate the occasion; this can be viewed in the front hall. At that time the home had 21 residents. There were some communal bedrooms which included a three bedded room which is now the lounge.

In 1997 a further extension was added to accommodate another 11 residents and all rooms were upgraded to include en-suite facilities.

Prince Charles made another visit in 2016 to commemorate the 30th anniversary of Viewlands House. At the time, we were the only Abbeyfield care home that the then Prince Charles had visited twice as Abbyefield Patron.

The House As Architecture

In 1977, the main house was included in the Statutory List of Buildings of Special Architectural and Historic Interest It is described as a “late classic styled villa”.

I OWE MY MOTHER

1. **My mother taught me TO APPRECIATE A JOB WELL DONE .**

"If you're going to kill each other, do it outside. I just finished cleaning."

2. **My mother taught me RELIGION .**

"You better pray that will come out of the carpet."

3. **My mother taught me about TIME TRAVEL .**

"If you don't straighten up, I'm going to knock you into the middle of next week!"

4. **My mother taught me LOGIC .**

"Because I said so! That's why."

5. **My mother taught me MORE LOGIC .**

"If you fall out of that swing and break your neck, you're not going to the shop with me."

6. **My mother taught me FORESIGHT .**

"Make sure you wear clean underwear, in case you're in an accident."

7. **My mother taught me IRONY**

"Keep crying, and I'll give you something to cry about."

8. **My mother taught me about the science of OSMOSIS .**

"Shut your mouth and eat your tea."

9. **My mother taught me about CONTORTIONISM .**

"Will you look at that dirt on the back of your neck!"

10. **My mother taught me about STAMINA .**

"You'll sit there until all those broad beans are gone."

11. **My mother taught me about WEATHER .**

"This room of yours looks as if a cyclone went through it."

12. **My mother taught me about HYPOCRISY .**

"If I told you once, I've told you a million times. Don't exaggerate!"

13. **My mother taught me the CIRCLE OF LIFE .**

"I brought you into this world, and I can take you out."

14. **My mother taught me about BEHAVIOUR MODIFICATION .**

"Stop acting like your father!"

15. **My mother taught me about ENVY .**

"There are millions of less fortunate children in this world who don't have wonderful parents like you do."

16. **My mother taught me about ANTICIPATION .**

"Just wait until we get home."

17. **My mother taught me about RECEIVING .**

"You are going to get it when you get home!"

18. **My mother taught me MEDICAL SCIENCE .**

"If you don't stop crossing your eyes, they are going to freeze that way."

19. **My mother taught me ESP .**

"Put your jumper on; do you think I don't know when you are cold?"

20. **My mother taught me HUMOUR .**

"When that lawn mower cuts off your toes, don't come running to me."

21. **My mother taught me HOW TO BECOME AN ADULT .**

"If you don't eat your vegetables, you'll never grow up."

22. **My mother taught me GENETICS.**

"You're just like your father."

23. **My mother taught me about my ROOTS .**

"Shut that door behind you. Do you think you were born in a tent?"

24. **My mother taught me WISDOM .**

"When you get to be my age, you'll understand."

25. And my favourite: **My mother taught me about JUSTICE .**

"One day you'll have kids, and I hope they turn out just like you!"

Summer Fair

A good time was had by all at our Summer Fair back in August. The rain stayed off and the sun eventually shone through. There were lots of prize winners amongst residents, family and friends.

Over £1400 was raised so a big thank you to everyone who supported the fair.

Here are a few photos from the day.



Go4Gold

Residents had great fun participating in this year's Go4Gold.

Go4Gold brings together over 120 residents from care homes across Perth and Kinross for a series of fun activities. The event is held each year to highlight how meaningful physical activity can contribute positively to individuals' quality of life.



The English Language

We'll begin with box, and the plural is boxes,

But the plural of ox should be oxen, not oxes.

The one fowl is a goose, but two are called geese,

Yet the plural of mouse should never be meese!

You may find one mouse, or a whole nest of mice,

But the plural of house, is houses, not hice.

If the plural of man is always called men,

why shouldn't the plural of pan be called pen?

If I speak of a foot and you show me your feet,

And I give you a boot, would a pair be called beet?

If one is a tooth and the whole set are teeth,

Why shouldn't the plural of booth be called beeth?

If the singular is this and the plural is these,

Should the plural of kiss ever be nicknamed keese?

Then one may be that and three would be those,

Yet hat in the plural would never be hose,

And the plural of cat is cats, not cose.

We speak of a brother and also say brethren,

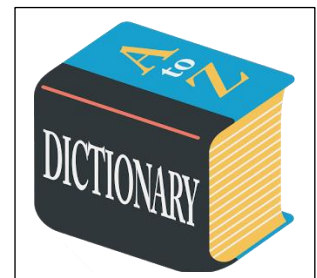
But though we say mother, we never say methren.

Then the masculine pronouns are he, his, him,

But imagine the feminine – she, shis and shim!

So English I think you all will agree

Is the greatest language you ever did see!



Good luck to all our staff where English is not their first language!!!!

Compassionate clown

Let me tell you a story
of the compassionate clown,
who cheered folk up
when they were down.

From just one word
to a great big smile,
made them feel better
every day worthwhile.

For they say laughter is the best medicine
and I'm sure you do agree,
so go on have a laugh
and fill your heart with glee.

It doesn't take much
to show you care,
a hug, kind word
or just be there.

Now it's your turn
to be that clown,
to cheer folk up
when they are down.

Put a smile back on their face
make this world
a happier place.

THE CRACKED POT

An elderly Chinese woman had two large pots, each hung on the ends of a pole, which she carried across her neck. One of the pots had a crack in it while the other pot was perfect and always delivered a full pot of water. At the end of a long walk from the stream to the house, the cracked pot arrived only half full.

For a full two years this went on daily, with the woman bringing home only one and a half pots of water. Of course the perfect pot was proud of its accomplishments. But the poor cracked pot was ashamed of its own imperfection, and miserable that it could only do half of what it had been created for.

After two years of what is perceived to be bitter failure, it spoke to the woman one day beside the stream. "I am ashamed of myself because the crack in my side causes water to leak out all the way back to your house."

The old woman smiled, "Did you notice that there are flowers on your side of the path, but not on the other pot's side? That is because I have always known about your flaw, so I sowed flower seeds on your side of the path and every day, while we walk back you water them. For two years I have been able to pick these beautiful flowers and decorate the table. Without you being just the way you are, there would not be this beauty to grace this house."

Each of us has our own unique flaw but it is the cracks and flaws we each have that make our lives together so very interesting and rewarding. You've just got to take each person for what they are and look for the good in them. So...to all of my crackpot friends, have a great day and remember to smell the flowers on your side of the path!





Autumn Word Search



Y M V R A L N S E Z A Y N H Q
P J I C E O E N U I L V C A Y
X S O G S B I A P O S M H Y E
B R I A R H O O V C K A C R L
N O E R S A C T A E R L B I L
N S N N C U T R C V S L E D O
E W U F N L E I E O E A A E W
K S O R I C E S O P R B U E E
A Q O R R R T R I N A T T E G
R C B O B F E R R X U O I G N
R E W O L F N U S I T O F A A
N O V E M B E R X Y U F U I R
S E P T E M B E R S M Q L L O
N I K P M U P E H I N D S O N
E L P P A S C E N I C O R F Z

ACORN
BEAUTIFUL
CORNUCOPIA
FOOTBALL
LEAVES
OCTOBER
RAKE
SCENIC
SQUIRREL
YELLOW

APPLE
BONFIRE
CRISP
HARVEST
MIGRATION
ORANGE
RIPE
SEASON
SUNFLOWER

AUTUMN
BROWN
FOLIAGE
HAYRIDE
NOVEMBER
PUMPKIN
SCARECROW
SEPTEMBER
SUNSHINE

News from Bertha Park High School – the S6 Pupil Leadership Teams Featuring House Captains and School Captains. All setting a wonderful example in their new Senior Blazers and proudly exemplifying what it means to be a pupil of Bertha Park High School.



Our own Ciaran (4th from right) was appointed house captain of Fuji.

FUTURE EVENTS

22nd September – concert – Eddie Cairney

26th September – Polish themed lunch

19th October – Roy Johnstone Historical Talk

25th October – 10.30am - Residents' Committee Meeting with Janet

25th October – afternoon bus trip to Jamesfield Garden Centre

We will also have some Halloween celebrations and also a special lunch on St Andrew's Day in November.

6th December – Residents' meeting with Kat

30th December – Theatre Presto Panto – Cinderella