

Kincarrathie House

News from the Garden



Its official spring is here! We certainly can't grumble about the weather we have had over the winter months. There was no need to use the snowplough and very little salting was done.

The walled garden is in full spring mode with daffodils, hyacinths, crocuses and numerous other colourful spring flowers. The daffodils have given us another fantastic display this year and hopefully the tulips will do the same over the next few weeks.

Paul and Callum have been very busy preparing the ground for the planting of vegetables and salad crops once the soil heats up a bit. We will soon be rotavating the ground so that the potatoes can go in. We have stayed with the same early potatoes this year - "Charlottes" but have changed the mains to "Maris Piper" just to see if we get a better yield.

I entered the spring show and again was awarded the "Perthshire Citizens Centenary Medal". As I had emptied all my pot grown daffodils and planted them around the grounds this year, I didn't have as many named varieties as last year but still managed to do quite well. Next year I am hoping to show more categories and I am in the process of purchasing some new varieties of daffodils to achieve this aim.

We have another scarecrow this year, in the usual place within the walled garden and everyone is welcome to come and have a look at him. We had some fun with dressing him to look a bit like Davy, the painter, who is often here at Kincarrathie decorating rooms. The attached photo shows Davy and the scarecrow getting to know each other. It will be hard to call this year's scarecrow anything other than Davy but suggestions are always welcome!



Susie



**Welcome to new
Residents
& Staff**

New Residents:

Mr P. Atterton
Mrs I. Clark
Mrs C. Cramond
Mrs A. Paterson
Dr J. Scott
Mrs I. Thorogood

New Staff:

Care:

Jennie Jones (nights)
Mel Strathie (nights)
Jodie Middlemass
Yvonne Morrison

Living eggs

It must be spring because the chicks have arrived (at least the eggs have). Look out for big changes happening during the rest of April.



Macular Group

Some of our residents are part of a Macular group that meets regularly for mainly social get togethers. Kincarrathie has recently been hosting some of these meetings and hope that this is something that will continue. The photo below was taken in the lounge area of the bungalow.



**Recent visit from the Care
Inspectorate**

In January we had an unannounced visit from the Care Inspectorate. Such inspections are now being carried out using a new quality indicator framework where up to 5 areas of care can be included. On this occasion the Care Inspectorate chose 2 of the 5 areas to inspect which were 1. How well do we support people's wellbeing and 2. How well is our care and support planned. In evaluating quality a six point scale is used where 1 is unsatisfactory and 6 is excellent. It is very pleasing that in the two areas inspected Kincarrathie received a 6 – Excellent (How well do we support people's wellbeing) and a 5 – Very good (How well is our care and support planned).



There's lots going on for Residents to enjoy.

Some recent highlights

- Completed our Body Boosting Bingo Pilot Project for Age Scotland which proved very popular. The intention is to maintain regular ongoing sessions.
- Lunchtime concerts at Perth Concert Hall.
- Blether Buddies social group held in Kinnoull Church Hall.
- Strength & Balance Project with students from Perth College. (See photo.)
- Weaving, including the ongoing Kincarrathie tartan design project.
- Afternoon Tea for Red Nose Day which raised £150 for Comic Relief.
- Spitfire DVD.
- Talk by Ernie Holmes assisted by Roy Johnstone about the unveiling of the memorial in the south of Holland in memory of the night of 22nd May 1944 when the Lancaster bomber Ernie was piloting was shot down.
- Guest speakers included Roy Johnstone (historian), Colin Hunter (Perth Men's Shed) and Kenneth Birse.
- Highland Dancing display by young dancers Blair and Olivia

It's all about strength & balance.



Upcoming events

- Outside bike sessions at Bell's Sports Centre: 'side-by-side' bike and wheelchair-adapted bike.
- Go4Gold 2019 - fun indoor team games competition at Bell's Sports on Tuesday 11th June. Make sure you speak to Karin or Ruth if you would like to participate in what is always an enjoyable occasion.
- A visit is being planned to Blair Drummond Safari Park on Thursday 13th June.
- Various musical artists will be with us over the coming weeks including Dan Jones, Vari Vocals, Bill Chalmers, Chris White (including song requests), LiveMusic Now, Ukulele Jammers and Angela Wright.
- Community Tea Party at St John's Church Hall on Wednesday 15th May.
- There are lunchtime concerts during the month of May in the Concert Hall for residents to attend.
- Regular visits to the walled garden as flowers bloom and temperatures rise!



Plans for a Summerhouse



At the Trustees meeting in February agreement was given for a Summerhouse to be built on the grass area seen from the front entrance beyond the guest car park area. This will be a permanent feature and will be a very useful additional space where residents can sit. We are sure it will have lots of potential uses and, in due course, it will be good to hear from residents with ideas on how to make the most of such a facility.

As it will be a permanent structure local authority planning permission is needed and we are currently going through this process. We hope obtaining planning won't take too long as we would like to have the structure in place with a good part of the summer still ahead of us. Below is a sketch of what the Summerhouse will look like and roughly where it will be located.



Annual Summer Garden Party

The Kincarrathie summer Garden Party has become an annual highlight for residents, family members and friends. This year's Garden Party will be on Sunday 7th July. Please make a note of this date. The Perth & District Brass Band proved popular last year and have agreed to be with us again this year.

Future editions of the Kincarrathie Newsletter

We want to make sure the Kincarrathie newsletter contains what residents and family members like to see. If you have suggestions that will help keep the newsletter fresh and relevant please pop these into the suggestions box at the front reception. **If any family member would like to volunteer to produce future editions please speak to Nicola or David about this.**