



Kincarrathie House



Summer 2021 News Letter

As we come towards the end of the summer, we thought now would be a good time to bring together a newsletter to help capture some recent highlights.

The weather over the last few months has been quite exceptional which has made getting out and about so much easier.

While the impact of Covid19 is still very much with us, it is good that we have been able to introduce changes that makes life feel much more normal and we have tried to capture this in the photos included within the newsletter. I hope this helps to convey the sense of enjoyment that exists within the Home.

The rollout of the vaccination programme earlier in the year has given added protection and this combined with all the other ongoing measures we have in place has given us confidence that we are heading in the right direction. We are currently beginning to plan for the annual flu vaccination and our understanding is that, at the same time, residents and staff will be offered a Covid19 booster vaccination.

It seems unlikely that the end of Covid19 will come anytime soon, but our hope is that the approach we have been taking in gradually introducing changes that result in greater freedom will continue for the benefit of residents, families & friends.

Thank you once again to all families and friends for your ongoing understanding and support and the trust you place in us to look after our residents to the very best of our ability. Thank you also for doing all you can to ensure that in visiting us, this is done as safely as possible. We hope that in the coming weeks we will be able to make further changes to visiting arrangements which gives greater flexibility, particularly as we approach winter and the inevitable impact this will have on outdoor visits being a viable option.

Nicola MacCallum, Home Manager.

Kincarrathie 60th Anniversary.

One of the many frustrations of Covid19 is the ongoing inability to organise large scale events. For the second year running there has been no summer garden party and it may be some time yet before we are able to have anything involving residents, families and friends meeting all together.

1st August 2021 marked the 60th anniversary of the opening of Kincarrathie. While under normal circumstances we would have done something special to mark the occasion which included everyone associated with the Home, sadly under current circumstances this was not possible.

Our intention is therefore to have a "60th anniversary year" and depending on what happens as this relates to the ongoing risks associated with Covid19 our hope is that over the next 12 months it will be possible to hold various events marking the past 60 years.

While celebrations have had to be restricted, within the home we embarked on various projects marking 60 years. One of these was a 60th anniversary time capsule. A collection of items and information relating to Kincarrathie for the year 2021, along with contributions from volunteers and our link schools/nurseries, will soon be sealed in the capsule and placed in a designated location until the planned opening date of 1st August 2061 — our 100th anniversary!

Having been suggested in 2019, the idea developed into an intergenerational project with Perth Grammar School, involving residents Phil Atterton and Rose White in initial discussions with pupils. Despite the limitations imposed by Covid19 the end result is fantastic.

The intention is to appoint a few younger members of staff to act as "Remembrancers", to remind the Kincarrathie management in 2061 of the capsule's existence!

The next page has photos of the capsule.

Kincarrathie 60th Anniversary.

Phil Atterton, a resident who saw the time capsule project through from beginning to end along with Karin, Activities Co-ordinator.



A big thanks to Louisa, Mary, Freda (Ogston), Freda (Wood), Myra and Flora for developing the explosion of nature collage which not only became a template for beautiful table mats but was also used for our anniversary art project.



It was a happy co-incidence that 1st August was not only Kincarrathie's 60th anniversary, it was also the 100th birthday of Mr Jim Corrigan. It was therefore a day of double celebration!



Some "firsts" following lockdown.

First time back at North Inch for bikes.



First time we had a loan of the side by side bike at Kincarrathie.



First time we introduced local outings.



First time out for coffee indoors and outdoors.



First time weekly strength and balance class led "live" rather than by Zoom.



GO FOR GOLD!

Over the last few years "Go For Gold" has become increasingly popular with many homes across Perth and Kinross participating in what has become known as the Olympics for older folks. In previous years the annual event was held in Bell's Sports Centre, and although last year saw a temporary suspension, there was great excitement when the announcement was made that this year Go For Gold was happening, albeit with participation being in each individual care home. We had around 15 Residents who participated over the week 19th to 26th August. Kincarrathie came second equal overall and won the best team name with "Old Bloomers". Everyone thoroughly enjoyed the experience and were delighted that Kincarrathie was the home chosen by S.T.V. to run a feature of the event in a recent early evening news programme.

Getting to work on the team name poster.



Team name poster complete.



Mrs Rutherford (who came up with the team name) very surprised when 1st place announced.

The Kincarrathie winning team.



Mrs Rutherford with the winning trophy.



A few other summer highlights.

With the summer having been so good we were able to have a few afternoons where we had top quality musical entertainment.

Chris White



Gig on a truck with the Band "Fiobha".



Derek Richardson



We also enjoyed a Wimbledon tea, where while watching the tennis residents enjoyed sandwiches, scones, strawberries and cream! Pimms also went down well.



Some other news.

New Trustee

Following the retirement of Stewart MacLeod on 31st March 2021, John Markland took on the role of Chairman of Trustees. On 1st April Rob Packham was welcomed onto the Board of Trustees. Rob has a wealth of experience in the health and social care sector which includes senior roles within both the health service and local government. Prior to retirement in 2019 Rob had responsibility for bringing together Health & Social Care across Perth & Kinross. Rob is a chartered physiotherapist and, in retirement, continues to work in private practice.



The Walled Garden

Over the past few months the Trustees and management have been giving a lot of thought to the walled garden. The aim is to make this space much more accessible to residents, families and friends of Kincarrathie, as well as to other groups we have close links with. We have employed the services of Christopher Palmer Associates, Landscape designers and we are in discussion with them, with a view to bringing together a plan that will meet our objectives. We hope in the coming weeks to be able to provide more detailed information on what is an exciting project which has the potential to transform this important area of the Kincarrathie grounds.