



Kincarrathie House Newsletter Winter 2025

Manse Musings

So another Christmas season rolls to a close. There has been fun, parties, good food and certainly lots going on, both at Kincarrathie and the church, but now the decorations are all packed up, we have celebrated Hogmanay and 2025 is upon us. As you start the New Year I want to share this thought with you:

You are holding a cup of coffee when someone comes along and bumps into you or shakes your arm, making you spill your coffee everywhere. Why did you spill the coffee?*

"Well because someone bumped into me, of course!"

Wrong answer. You spilled the coffee because there was coffee in your cup. Had there been tea in the cup, you would have spilled tea.

[*Whatever is inside the cup, is what will spill out.]

Therefore, when life comes along and shakes you (which WILL happen), whatever is inside you will come out. It's easy to fake it, until you get rattled.

So we have to ask ourselves... "what's in my cup?"

When life gets tough, what spills over? Joy, gratefulness, peace and humility? Or anger, bitterness, harsh words and reactions? You choose!

Today, let's work towards filling our cups with gratitude, forgiveness, joy, words of affirmation, and kindness, gentleness and love for others.

Every blessing for 2025

Graham, Minister, Kinnoull Parish Church

Some of the things we've been doing ...



September

Macmillan Coffee Morning

We raised £330!



October

Quiz Night Winners - Table 12!



Our Peacock Craft Project

Thanks to Wilma, who painted the peacock, Avril, who helped to arrange the feathers, and all residents who coloured feathers



**One last 2024 trip to Kinnoull
RDA Stables!**



November

Highland Dancers visiting as part of St Andrew's Day Event

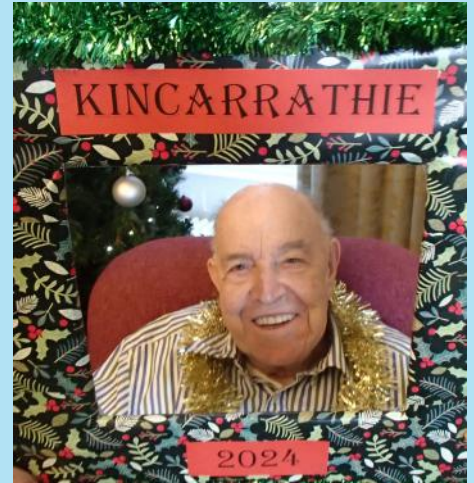
December

Christmas fun and Games with Corner House Nursery Children!



December

Christmas Party Fun!



Making Christmas table decorations with friends from Kinnoull Church





Making Christmas table decorations with friends from Kinnoull Church



Christmas Visitors



Perth Amateur Operatic Society Concert Carol singing, with mince pies and mulled wine



Singing along with the Perthshire Ukeles!



Christmas songs with children from St Ninians Primary School, after residents chatted with the children to help with a school project

'News from the Garden'

Mild weather saw us picking sweet peas into early November and the meadow had its final grass cut in the third week of November. It was pleasing to see that the *Helleborus niger* (Christmas rose), at the entrance to the Walled Garden, was flowering for Christmas. The gardeners collected holly and other evergreen foliage for the residents to make Christmas table decorations with the assistance of some of our friends from Kinnoull Church, with great results (see earlier photos).

In the mid-winter greenhouse a splash of colour has been provided by French marigolds, which are normally summer bedding plants.

In early December, two mature (but ailing) beech trees were felled by Norrie Sloan. The one that was removed from near the bottom of the car park has certainly opened up the view to the old washhouse. We counted its growth rings and decided that it was around 80 years old!

Since mid-January we've seen snowdrops in bloom, as well as primula. A buzzard has been spotted in the grounds and a fieldfare was seen in early December near the perimeter path.

John

Work in progress in the greenhouse despite the cold
December weather ...





**Some wintry scenes in
the Walled Garden in
December**



Kincarrathie Kitchen

'A Favourite Recipe'

Fruit Loaf

(makes 3)

Ingredients

1 lb sultanas

6 eggs

2 tsp bicarbonate of soda

1 tsp salt

10 oz dark brown sugar

8 oz self-raising flour

Method

1. Soak fruit with two teabags, just covered in boiling water.
2. Heat sultanas and add butter to melt.
3. Allow to cool slightly then add dry ingredients.
4. Beat together then add eggs.
5. Cook at 150 °C for 1 hour.

'Getting to Know our Staff'

Jackie Morrison, Activities Team



After a busy career of over 40 years in nursing, 30 years of which were spent in the private care sector in various managerial roles, I'm enjoying spending quality time engaging in various activities with the residents here at Kincarrathie.

I'm learning new things all of the time from my lovely colleagues Karin and Sue and, of course, the residents whom I have got to know over the last couple of months since joining the Activities Team.

In my spare time I love to get away in my caravan with my husband and two Labrador dogs, Jos and Skye.

My hobbies are walking, crafting and gardening.

My claim to fame is being presented with a Lifetime Achievement Award from Brendan Cole! (See photo above!)

Jackie

'Spotlight on a Resident'

Paddy Titterington



Paddy was born in Belfast but, during the war, at the age of 8, she was sent to boarding school in Dublin. She had one brother, 6 years older than her. Paddy enjoyed her school life, particularly sports. She excelled at hockey, taking part in interprovincial competitions, and was also a talented tennis player. In her final year at school, Paddy became 'Head Girl', and her mother was expected to present a cup at the annual prizegiving. It was agreed that she should present the Tennis Cup; however, it was actually Paddy who won the cup that year and she was thoroughly embarrassed to receive the cup from her own mother! During this last school year, Paddy decided that would like to get away from Belfast and try living and working in London, using the secretarial skills that she had gained at school. Unfortunately, her parents were not so keen for her to embark so quickly on such an independent lifestyle, but they did agree to her pursuing nursing training in London for which live-in accommodation would be provided.

Paddy applied to three hospitals, attended day-long interviews at each one, and received offers of acceptance from all three! She decided, astutely, to choose the hospital that offered one extra hour of off-duty per week - Barts! (St Bartholomews, founded in 1123, as a monastery.) Paddy enjoyed her training and the nursing life.

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When on night duty (10 nights on, 4 days off), the nurses were able to access private hotel-style accommodation, owned by the hospital, near Marble Arch - a great place to socialise or dine before starting night shift! On one occasion, Julie Andrews' parents Ted and Barbara visited the 'hotel' and gave a singing performance! Paddy often visited a favourite Greek restaurant in Soho with her nursing friends and she clearly remembers that lunch cost '3/9' and dinner cost '7/6' at that time. Several years later, when she returned to this restaurant with her brother, she discovered that it was still run by the original family and they were generously provided with a free meal!

During one of Paddy's holiday visits back home to Belfast, she was invited by her cousin to an evening party and it was there (while wearing an ill-fitting dress borrowed last minute from her cousin!) that she met a young man, Desmond, who was to later become her husband.

In 1951, Paddy bought her first car, a 'Bullnose Morris', in Reading, for a grand total of £5. However, when arrived in Reading to collect the car she was somewhat surprised to hear the seller say that she would owe him further £45 to certify it for use on the road! However, Paddy paid up and drove her new car back to London the same day. A month later, she embarked upon a day trip with friends to Windsor Park, driving down Shaftesbury Avenue as they set off, and past Northolt. However, she soon noticed in her mirror that she was being followed by two police bikes. She pulled over and the policeman 'queried her ownership of the car'; however, it appeared that the policemen were more interested in the young female occupants of the car rather than the vehicle itself! The policemen escorted the girls to Windsor and back, even having lunch with them! Paddy didn't keep this car for long though and a few months later sold it on. Next, she acquired an MG from her brother, the first of three that she owned over time.

While Paddy was still in London, her mother became ill and was hospitalised for 6 weeks, so Paddy returned to Belfast. It was during this time that she met up with Desmond again. She took on a job working for a GP and, soon after, she and Desmond were married. Desmond had started a racing driver career as a young man and was employed by Jaguar as a works driver. Paddy later joined Jaguar too, as a works nurse. Desmond was a talented driver, competing successfully in many national and international races over the years. Paddy travelled around the world with him during this time, benefiting from air fares and expenses being paid! It was a glamorous lifestyle, but, also a very dangerous and worrying time, as racing drivers were not so well protected in their cars back then. Paddy met and knew many of the racing drivers in these times, including Stirling Moss, and she was once very pleased with herself when she persuaded him to buy a round of drinks, something that he was not inclined to do very often!

However, the Argentinian driver Juan Manuel Fangio was the driver she held in high esteem, considering him to be the best driver of all time, and she remembers him showing younger drivers their way around the racing tracks.

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The racing lifestyle finished, however, around the time of the Suez Crisis in 1956, as no races were held that year. Desmond decided to return to Belfast to involve himself in his family's business commitments. However, he still found time to take part in hill climb races and rallies. In 1974, he and Paddy left Belfast to come to Scotland. By this time, Paddy and Desmond had a young son at school in Edinburgh, but they still kept the business going in Northern Ireland. They enjoyed life in several Perthshire properties, including a farm near Bankfoot and a lovely house in Caputh which had a large garden and a wonderful view of the River Tay. Paddy continued her tennis playing through these years and became a member of Perth Tennis Club in Hay Street, playing there twice a week in a 'four' with friends - until the age of 84!

'Notes from Nicola'

We are now into 2025 - Happy New Year to everyone! We had a busy month in December, with the residents enjoying a variety of Christmas activities, including our special Christmas Day Lunch and a visit from Santa. We have already experienced a spell of colder weather but it is lovely to see some snowdrops appearing in the gardens and a few of the residents have been enjoying feeding the birds when managing to get outside. Recently, we have been supporting a first-year student nurse, Clair. Undertaking a week's placement in a care home teaches students the fundamentals of care and they learn what is important to individuals who receive care. Clair felt that it was a great experience, which has given her confidence and skills for her future career.

The Activities Team is looking forward to receiving visits from Perth College Health & Fitness students, who will be running Friday Strength & Balance sessions over the next few months. The residents have always enjoyed these sessions in the past and it is a great opportunity for them not only to improve their fitness, but also to get to know the students, enjoy some fun activities and benefit from new intergenerational friendships. The Team is currently focusing on providing popular indoor activities during these winter months but will endeavour to help residents get outside more on 'good weather' days, especially as we move into springtime, so that everyone can experience the pleasure of spending time in our beautiful gardens.

With best wishes,

Nicola MacCallum,

Home Manager



Button art by Margaret Farquharson,
Margaret Taylor, Jean Eadie, Bill Elder

If you have any comments, ideas or photos for submission in our next Newsletter then please email them to: activities@kincarrathiehouse.org