



# Viewlands Review – Spring 2025

Hello everyone, and welcome to our latest magazine. I hope you enjoy the articles and puzzles. There will hopefully be something for everyone to enjoy. Thanks to everyone who has contributed.

Elaine Donald and her family have written a lovely piece about their holiday to Aviemore with Mackenzie Bear. Mackenzie was named after a former resident and likes to go off on trips and holidays with anyone who will take him – and tell the story afterwards. If anyone, resident, relative or staff, would like to take Mackenzie on an adventure, then he would be delighted to go with you.

You will see on the notice board that Viewlands House now has a score of 10/10 on the Carehome.co.uk website. Carehome.co.uk is technically the “Yellow Pages” of the care home world. The scores are calculated based on the number of reviews received over the previous six months. Sadly, we missed out on being officially named as being in the top 20 care homes in Scotland; the only local entry being Strathtay House who also have a score of 10/10 but theirs is based on having received 57 reviews compared to our 41. If you haven’t already sent in a review, then please do so. Review cards are in the front hall.

Five years ago, we joined up with “Easyfundraising” and have raised over £900 just by our supporters clicking the Easyfundraising link before doing any online shopping such as weekly groceries, clothes, books, holidays and insurances. If you haven’t already signed up, then speak to Elaine or Louise to get started. It really is “Easy” and doesn’t cost you anything. If you are already a supporter, then thank you so much.

I would like to thank residents, relatives and all the staff for their continuous support. Together we create a strong caring community that continues to thrive. I am incredibly grateful to each of you. Your support truly makes a difference, it’s appreciated more than words can say.

Kat



This is baby Remi,  
Evelyn's first  
granddaughter.  
Remi was born on  
23<sup>rd</sup> February and  
weighed 6lbs.



This is Sienna, Kim's baby daughter, who was born on 26<sup>th</sup> February and weighed 8lb 6oz.







Hi there! My name is Jessica Montgomery, and I am a first-year student nurse on placement at Viewlands house. Last August, I became a healthcare volunteer with Perth & Kinross council in which I began volunteering in Viewlands House alongside Clarrisa. I completed a total of 30 hours helping with the recent 'Go for Gold' challenge and other activities in the afternoon. After starting the nursing course, I knew when the placement opportunities were given to us and Viewlands was on it, I had to take it!

I am currently on week 4 out of 6, and from my very first day, every single member of staff has been so welcoming and have gone out of their way to make sure I understood what I was doing and that I was comfortable.

Before this placement I hadn't had any experience doing person centered care or much personal care and it was something that I was unsure about, however being at Viewlands has allowed me to overcome this and it is now something I thoroughly enjoy. I have had the best variety of opportunities at Viewlands, from going to specialist appointments with residents, to doing activities, getting to know each and every resident individually as well as their families, care experience and also having the experience of being in the nurse's station. I have had the opportunity to communicate and watch different specialists come in such as opticians, doctors, physios and advanced nurse practitioners, which has been a great experience for me.

Overall, Viewlands House is a beautiful care home that I would recommend to any student looking for a good placement opportunity. Every resident has been very welcoming and allowed me to help and care for them and been very patient. Their big smiles and their humor have made this experience so fun and has encouraged me to keep going.

Thank you to everyone at Viewlands!

## Out of the mouths (or pencils) of children.....

### HISTORY

In wartime children who lived in big cities had to be evacuated because it was safer in the country.

### MATHS

The total is when you add up all the numbers and a remainder is an animal that pulls santa on his sleigh.

### RELIGIOUS STUDIES

A mosque is a sort of church. The main difference is that its roof is domed.

### RELIGIOUS STUDIES

I asked my mum why we said old men at the end of prayers at school, I don't know any old men apart from grandpa.

## MATHS

I would like to be an accountant  
but you have to know a lot  
about maths.

## GEOGRAPHY

The closest town to France is Dover.  
You can get to France on a  
train or you can go on a fairy.

## MATHS

If it is less than 90 degrees it is  
a cute angel.

## THE ARTS

... and at the end of the show  
we all sing away in a manager.

## THE ARTS

In last year's ~~prats~~ Christmas concert,  
Linzi played the main prat. I played  
one of the smaller prats and I would  
like to have a bigger prat this year.

## SCIENCE

Helicopters are cleverer than  
planes. Not only can they fly  
through the air they can also  
hover.

#### HISTORY

Then Joan of Ark met her end.  
She was burned as a steak.

#### NATURAL HISTORY

Crabs and creatures like them all belong to a  
family of crushed asians.

#### GEOGRAPHY

In geography we learned that countries  
with sea round them are 'islands and  
ones without sea are incontinents.

#### RELIGIOUS STUDIES

If you marry two people you are a  
pigamist, but morons are allowed to  
do this.

## **Some Springtime Snippets & Sayings**

**"No matter how long the winter, spring is sure to follow."**

- Proverb from Guinea

**"The cuckoo comes in April, Sings a song in May:  
Then in June another tune, And then she flies away."**

- English Rhyme

**"Again rejoicing Nature sees, Her robe assume its vernal hues  
Her leafy locks wave in the breeze, All freshly steep'd in the morning dews."**

- Robert Burns

**"The year's at the spring  
And day's at the morn;  
Morning's at seven;  
The hill-side's dew-pearled;  
The lark's on the wing;  
The snail's on the thorn:  
God's in his heaven,  
All's right with the world!"**

- Robert Browning

**"The spring is fresh and fearless  
And every leaf is new,  
The world is brimmed with moonlight,  
The lilac brimmed with dew.**

**Here in the moving shadows  
I catch my breath and sing --  
My heart is fresh and fearless  
And over-brimmed with spring."**

- Sara Teasdale, *May Night*, 1920

**"When there's new growth bursting out all over, everything fresh, green, and  
flourishing, the plants are little rockets of success going off every time you look at  
them."**

- Jacqueline Heriteau

**"Now Nature hangs her mantle green  
On every blooming tree,  
And spreads her sheets o'daisies white  
Out o'er the grassy lea."**

- Robert Burns



# MacKenzie Bear's trip to Aviemore

With Elaine Donald and the Friel family, October school holidays 2024

Although we had to endure a serious storm on the first day at Dalfaber with the wind causing the rain to be horizontal and the trees losing all their bonny leaves, we did have a lovely family time.

As you can see, the Rowan trees with their clusters of red berries were really lovely.

Here we have the children, Edith, Leo and Imogen with a bright red rowan on the banks of the Spey on our way to Aviemore.

They're certainly dressed appropriately for the cold, wet and windy weather we had most of the week, but they had good fun.



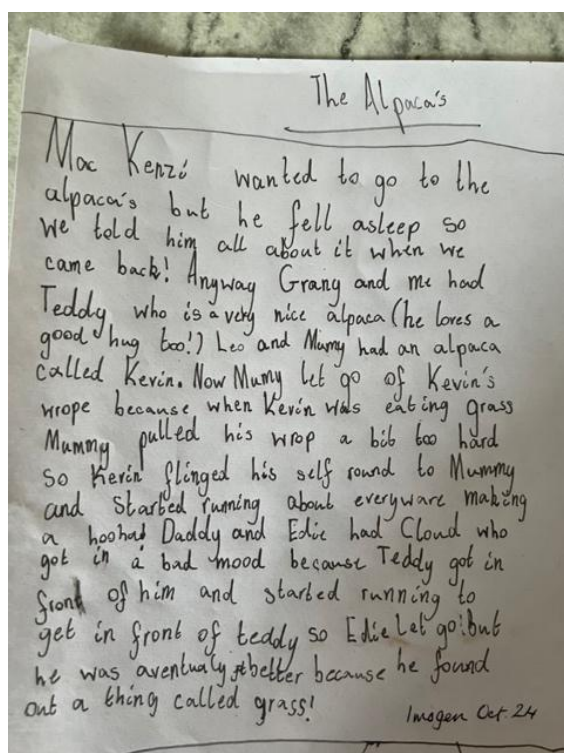
Imogen & Edith

Edith



Indoors was cosy, though, and the girls really enjoyed making many different characters with their tubs of plasticine – and MacKenzie liked being in the picture too!

The favourite trip we made was to Kingussie to see and have a walk with the Alpacas Imogen with her favourite, called Teddy and with the owner as we set off for the walk described below.



Some days, the family went off to Landmark, Cairngorm and Loch Morlich whilst Mackenzie and I had a warm relaxing time in the Lodge.





On our final day, we all really enjoyed a trip to Boat of Garten on the steam train. Leo was really fascinated by the very old-fashioned large metal adverts on the platform for medicines and cigarettes!



MacKenzie was there too of course, and got a new badge.

# A note from Greta

All my family came to Perth for Christmas, from as far away as Malaysia, Darlington and Wales. We had a lovely time. We had a party in the annexe, we had a good singalong with Imogen and Andrew. We played games and enjoyed fish and chips.

On the 27<sup>th</sup> of December my son, Stuart, his wife, Angie and their son, Daniel took me to Dundee see “Oor Wullie the Musical”. The musical featured characters such as Wullie, Primrose, Boab, Soapy Soutar and Wee Eck. We all had a fabulous time.



It's now almost three months since Christmas, how time flies! I hope 2025 will be good for us all. It's lovely seeing the days beginning to lengthen. I love the snowdrops and look forward to the new spring lambs appearing.

Now we are reaching Easter. Easter Day always falls on the first Sunday after the first full moon on or after the 21<sup>st</sup> March. The earliest that Easter Sunday can occur is the 22<sup>nd</sup> March and the latest is 25<sup>th</sup> April each year. The name Easter comes from a pagan goddess Easter.

Let's hope the sun is shining at Easter this year and we all receive an Easter Egg!

Happy Easter to you all!

Greta



# Spring Flowers Word Search

Words can go in all eight directions  
Words may overlap but do not share letters.

t x g f v d d l k w t n n t h l l m r  
m l x t a r a t f p k z m k h z x p v  
m q p i n g f z y b r p a n s y h r t  
p m s t b r f n o i l e d n a d v i n  
c y d f l g o g z t d h q z r r x m v  
f c k l c r d y c t v b t t x z h r q  
h x f t p k i b o r e i t b r h q o e  
t f z b o v l o k t o h o p h n n s n  
n l k t w n f g i x t c n l l k d e o  
i y w p k s e r r x l l u g a t n m m  
c v z t t w e m w l x l f s t k q n e  
a i g l n u q l t n v r e m x s l z n  
y b o g g l v w w e m k v b n k y j a  
h c c r z t l k k f g b r o e m p v q  
q r a n c o w s l i p r w q l u v r p  
t m p o r d w o n s q f o y z j l i x  
l h b c k l b t t t l w h f z x l b k  
t q p q l k b d k a m q m c k u n t n  
k q b r b f f n k h b m r q t m t j x  
t y k n r r z e v y y g m k c r c w t

anemone

bluebell

coltsfoot

cowslip

crocus

daffodil

daisy

dandelion

forget-me-not

hyacinth

ivy

marguerite

pansy

primrose

snowdrop

snowflake

tulip

viola



## Spring Quiz

How many of these do you know. Answers at the end of the magazine.

1. What kind of animal is a springbok?
2. According to the UK Met office, in which month does Spring commence?
3. Puffins return to our coasts in Spring. What do you call a baby puffin?
4. In what ocean would you find Easter Island?
5. In America people call it a scallion. What do we call it in the UK?
6. How many days in the month of April?
7. What name is given to the Sunday before Easter?
8. What 1960's singer sang 'I Only Want to be with You,' and 'Son of a Preacher Man'?
9. What kind of animal might you see 'boxing' in the fields in Spring?
10. What 'springy' character said, 'Time for Bed,' at the end of every episode of The Magic Roundabout?



Thinking ahead to the 80<sup>th</sup> anniversary of VE Day on 8<sup>th</sup> May, we would like to make a special edition of our magazine featuring our residents' memories of VE Day or of wartime. If you are able to write down a story you would like to share, then we would very much appreciate it. Family and friends are welcome to help. Or ask Elaine or Louise to come and listen to your memories and we will gladly type it up for you.

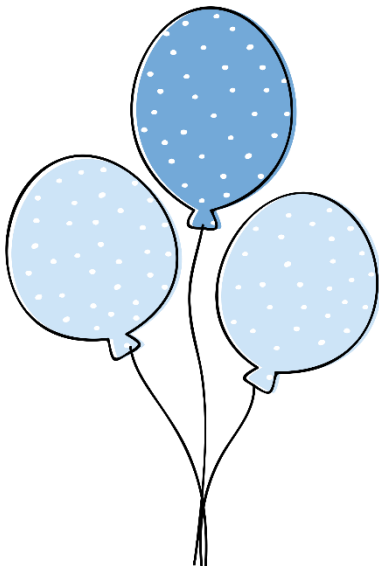
# Happy Anniversary to Grace & John!

Grace & John recently celebrated their 68<sup>th</sup> Wedding Anniversary. They had tea at the Royal George Hotel with family to celebrate.



Grace & John were married on 2nd March 1957 at West Church of St. Nicholas in Aberdeen.

To continue with the celebrations, their little great grandson Lochlin was 1 year old two days later, on 4th March.





# Residents Activities

The residents have been enjoying some Arts & Crafts with Jayne.



Above are examples of the Residents handywork!

# Double Birthday Celebrations

Viewlands House was filled with excitement as residents gathered to celebrate the birthdays of two Residents, Millis (103) and Nan (104).

The highlight of the celebration was a live concert by Degsy, a local musician. Degsy's music brought smiles to everyone's faces as he sang a mix of favourite songs.



The two special ladies had a wonderful afternoon.



## Article in the Courier featuring Viewlands House



Viewlands House featured in The Courier on Thursday, 13<sup>th</sup> March 2025. The article was titled **“Scores reveal top-rated care homes across area”**.

The five top-rated care homes in the Perth area were revealed. The Care inspectorate visits homes regularly and grades areas of operation using a scale from 6 (excellent) to 1 (unsatisfactory).

Viewlands House was placed 2<sup>nd</sup> equal with Strathtay House.

Here's what they had to say.

### ***Viewlands House – 4.8***

***Viewlands House can provide care for 32 people and is part of the Abbeyfield Perth Society.***

***During the most recent inspection the Care Inspectorate found the home, on Viewlands Road, was clean, tidy and well-maintained.***

***Inspectors also highlighted the consistent and experienced staff team who promptly responded to residents' requests.***

***Furthermore, they said people were being encouraged to be as independent as possible in the home.***



# PUZZLE PAGE

## ADD A LETTER

Add a letter to each of the listed words to make a new word that fits the clue. The added letters will spell out a new word or phrase.

1	Panel of directors	<b>D</b>	BOAR (BOARD)
2	Innermost part		HEAT
3	Very perceptive		CUTE
4	Vow		SEAR
5	Bind with a ribbon		RAID
6	Exchange, barter		TUCK
7	Metal Currency		CONS
8	Make of goods		BRAN
9	Shiny finish		LOSS
10	Put to service again		RUSE

## TOTALIZED

Just follow the instructions from top to bottom, starting with the number given to reach an answer at the end.

<b>EASY</b>		<b>MEDIUM</b>		<b>HARDER</b>
12		216		142
ADD 4		TIMES 3		TIMES 6
TIMES 4		ADD $2/3^{\text{rd}}$		ADD 753
DOUBLE IT		ADD 20		$3/5$ OF IT
ADD 7		DIVIDE BY 10		DOUBLE IT
DIVIDE BY 5		DEDUCT 2		LESS 742
TREBLE IT		TREBLE IT		ADD $3/4$ OF IT
ADD 11		DOUBLE IT		TREBLE IT
ADD 4		TIMES 2		ADD 984
DIVIDE BY 8		LESS $1/3^{\text{rd}}$ OF IT		DIVIDE BY 9
<b>Answer</b>				

## ***FUTURE EVENTS***

We have our regular Coffee Morning with the Friends of Viewlands on 18<sup>th</sup> March at 10.45am.

On 19<sup>th</sup> March there is a Relatives' Meeting with Kat at 2pm

Jean Naysmith has kindly agreed to come on 22<sup>nd</sup> March and do another Flower Arranging session. All welcome.

The next Residents' Meeting is on 9<sup>th</sup> April at 2pm.

The Friends have sourced a minibus which has wheelchair access which we can use from Letham4All, another charitable body. We have booked the bus for Friday 16<sup>th</sup> May and Friday 20<sup>th</sup> June to take residents on an afternoon trip. Please let Clarissa know of any ideas you may have of where would be a suitable place to go for tea and cake, which has good access and toilet facilities. We will aim to pick the most popular suggestions. If this bus works out well, we will then book for a further date in both July and August.

## **PUZZLE ANSWERS**

### **SPRING QUIZ**

1. Antelope
2. 2. March
3. A Puffling
4. Pacific Ocean
5. Spring onion
6. 31
7. Palm Sunday
8. Dusty Springfield
9. Hare
10. Zebedee

### **ADD A LETTER**

1. Board
2. Heart
3. Acute
4. Swear
5. Braid
6. Truck
7. Coins
8. Brand
9. Gloss
10. Reuse

**DRAWBRIDGE**

**TOTALIZED**

**EASY – 12, MEDIUM – 864, HARDER – 800**