

VIEWLANDS REVIEW - Issue 69 Spring 2019

Hello everyone,

We are all enjoying the longer days and some spring sunshine. The top summerhouse is proving extremely popular and the garden is looking good. Remember there is our second summerhouse that residents and relatives can also use.

Clarissa is our activities co-ordinator and she now has allocated weekly activity hours with the aim of providing a bigger range of activities and a more person centred approach. Outings have started with the Jamesfield outing very much enjoyed last month. The House will again this year have a team take part in the Go4Gold activity day organised by the council in June. The art class is very popular run by Rita, a volunteer. Everyone is welcome with an interest in art only required. The garage will shortly be able to be used for activities for residents once we have a completion certificate. Please check the notice board regularly for updates on activities and meetings.

Nurse and care staff have started online training in various work related topics and this is going well. Kat will continue to do training in specific areas such as moving / handling. A first aid course has been organised for staff this month.

There was a full home audit carried out by the care home consultant in March highlighting a few areas for staff to work on. Questionnaires were recently made available to residents, relative and staff to complete and send to the Care Inspectorate.

You can review us on carehome.co.uk by completing a card found on the desk in the hall or online. We have been recognised as a top 20 recommended care home in Scotland.

You will also find a tear off slip at the back of the magazine to use for comments and suggestions.

Best wishes, Catriona

News – We Won An Award!

Did you know that Viewlands House have just been awarded a 'Top 20 Recommended Care Home 2019' Award? No? Well we have!

The carehome.co.uk Awards 2019 highlight the most recommended Care Homes in the UK. The awards are based on over 120,000 reviews from care home residents as well as their friends and family.

We are thrilled to not only be the only Abbeyfield Society Care Home to have been given this prestigious award but also the only Care Home in Perth and Kinross area to have won!

We would like to thank all of our staff, friends and visitors for their continued support in making this possible.



Remembering Recent Events at Viewlands House

By Hetty Morrison

During the past few months our activities calendar has continued to keep us entertained and stimulated. Rita continues to encourage us with our painting and colouring class. We are producing some exciting work!

In February we had a very good concert from Music in Hospital duo Alex & Jean who sang many popular songs for us. The concert was well attended and enjoyed by all.

We had a special Valentine's Day lunch to celebrate that special day of love. Thanks go to our wonderful chefs and to the care & domestic staff who work so hard to make these celebrations successful.

Other popular weekly activities continue including Curling & Golf and our thanks go to the gentlemen from the rotary club who help us with this.

Carol continues to encourage our wellbeing as she leads us in Chair Yoga exercise. This remains very popular and is really well attended. Our singing group is much enjoyed and we have been fortunate to have Jean Naysmith accompany us on the piano. We have also had a visit from Casper the "Therapet" and their handler. The dog was very gentle and seemed to enjoy the attention he got from the residents.

Our wee friends from Viewlands School Nursery and Fair City Munchkins Nursery continue their lovely visits. They seem to enjoy the day as much as we do. It is so lovely to hear their stories and chat.

We still have occasional quizzes and reminiscence ball play to keep our minds stimulated. We also enjoy catching up with the newspapers. Manicures are a regular feature in our weekly routine and we are always keen to try out new nail polishes. Our daily Fun & Fitness program keeps us moving for ten minutes after our afternoon tea time. We look forward to this get together time.

Our churches continue to serve us well and of course where would we be without our Friends of Viewlands who provide a trolley shop every Monday and host Morning Coffee and Afternoon Tea Parties throughout the month.

We had a trip to Jamesfield Garden Centre and noticed quite a change there. It is so nice to get out and about and we would like to thank the volunteers who give up their time to accompany us.

Since the weather has got better the summer houses are in good swing and are well used. The annexe has been completed and we look forward to using that too. The gardens are looking good and we are very grateful to Moira Waddell who keeps our plant pots looking so lovely

From Hetty



Volunteering in Uganda by Susannah

Hi everyone,

That's me returned from my month away volunteering and travelling in Uganda. I have had such an incredible experience and made lots of great memories. It is a beautiful country full of fun and happy people that I had the privilege to meet and work with. The first week I was there, I helped out in an orphanage for babies and young children that had been abandoned and found on the streets or in rubbish dumps. It was called Crystals Children's Centre and I had the opportunity to play with the kids and get involved in their day to day life, this was very rewarding and eye opening for me as this was my first experience of life in East Africa.



The following 3 and a half weeks I was placed in Hebron Junior School where I was teaching and doing sports education with



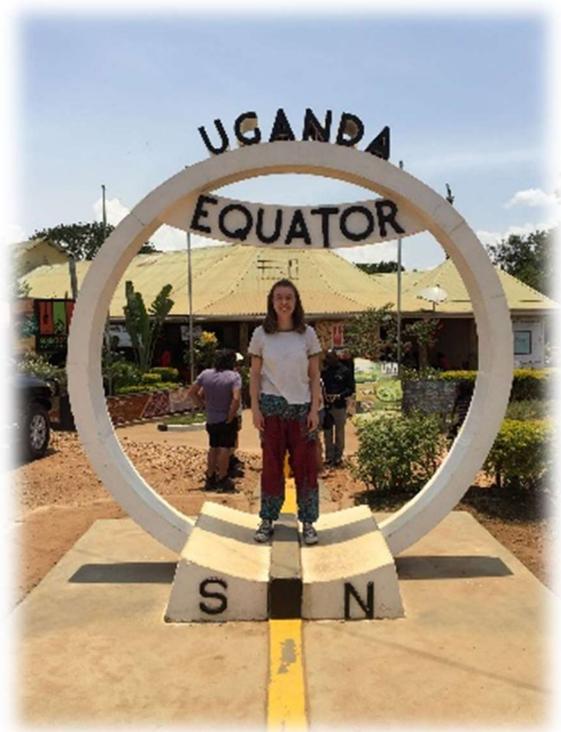
children aged 5-18.

Thanks to all your kind donations and other fundraising I did, I was able to bring over lots of sports equipment such as tennis rackets, balls, footballs, volleyballs, nets, a rounders kit and

badminton rackets as well as books, stationery and other classroom resources for the school. This was much appreciated by all the staff and students at the school and they send their love and appreciation to everyone who donated. It was very rewarding teaching them how to use the equipment so they would know what to do with it when I left the school. I learnt a lot from being here and I looked forward to seeing the kids every day, they are so happy and full of life and so genuinely grateful for everything you do with them.

I was also part of another project while I was there which took place in the afternoons after our school placement. It involved us going into some of the poorest slums on the outskirts of Kampala called Katwe and Kisenye to do wound care, hand out food to some of the young people who need it the most, and do HIV, malaria and typhoid testing. This was very heart-breaking at times as the slums are where some of the poorest people are living and where over 20 million people in Uganda live. They have no shoes, no running water, barely a roof over their head and lots of children living without any families.

This was extremely eye opening and the trip as a whole has made me appreciate a lot of things we take for granted here, even a glass of tap water or a hot shower and a washing machine. Things



they do not have there. I had to wash my clothes in a basin of cold water on my hands and knees and scrub them until they were clean. This was definitely an experience I will never forget and I take my hat off to the people living in Uganda who do this every week as I just take for granted having a washing machine here in Scotland, but life for some is not as easy as that.

At the weekends we travelled about, one day we went to the equator which was cool! One weekend we went on safari and camped in a tent with hippos and warthogs roaming the campsite... we saw lots of elephants, lions, giraffes, birds and lots more. This was a great weekend and it was great to experience rural African life. The other weekend we did a motorbike tour of Kampala and saw lots of the main sites including the Gaddafi mosque, the Bahai Temple and the palace. It was very cultural at the weekends amongst planning our lessons for the week ahead. So it's fair to say I've had the trip of a lifetime and I would love to go back any day!

I hope to return to Uganda to reunite with some of the people I built up a great relationship with at the school, the orphanage and even some of the young people in the slums who we helped see through some malaria, HIV and typhoid treatment. I have seen and done so much and I am so grateful for the opportunity to have visited Uganda as it truly is an amazing country. I would like to thank everyone again for all your kind support and donations which many of you made towards this trip, it was a great success and I know all the resources I was able to take over for the school they are so grateful for and will use it with great joy! 😊



BUILDING A CHILDREN'S HOME IN INDIA by

Avril & Bill Duncan (relatives of Beth Duncan, Room 2)

With my Girlguiding hat on, over the last few years I have been visiting Sangam, a Guide World Centre in Pune, India, to do voluntary service with local charities. In 2014, I went over with a group of leaders to help at an AIDS Clinic, right in the heart of the red light area of Pune, where over 3,000 girls and women, all victims of human trafficking, live in the brothels, held in debt bondage by their traffickers.

The clinic looks after their health needs, and in 2014, the staff of the clinic were also caring for around 40 children, aged from 1½ to 14 years, all children who had been born into the brothels. These children had been rescued and were living in two rooms above the clinic.



The children in their room above the clinic in Pune in 2014

“According to the NHRC report in India, there are approximately 5.4 million children of prostitutes, and most live with their mothers in red light areas. The children of prostitutes often struggle to have their basic needs met and do not have adequate food, safe shelter, education, clothing and access to medical care.”

Because of the dangers, the children were denied the chance to play outside and enjoy the sunshine. Working with the children we got to

know them and began to be concerned about their futures, growing up in such a dangerous, violent place. We asked if there was any way could help the children.

A lovely lady called Seema Waghmode, Founder and Director of the Clinic, told us of a piece of land that had been given to her by her husband's family, near a village called Bori about three and a half hours drive away from the brothels of Pune. But because of the stigma attached to the children, she had been unable to attract funding to build them a home there.

We decided that we would have a go at raising the money to build a home for the children, and so began our three year long fundraising campaign. We held charity shops, concerts, coffee mornings, golf charity days, raffles, fashions shows, and everything else you can think of, and by 2017 we had raised around £100,000. This money has built a beautiful Children's Centre and the land around the house has been cultivated to grow sugar cane, white and black grapes and pomegranate trees all of which can be sold locally to bring in money to support the children.

The Children's
new home
completed in
2017



In 2018 we began fundraising again, to build a second home, i.e. one for girls and one for boys (new law in India). In all the two homes will be able to house around 80 to 100 children.



Bill and Avril up
in the hills of
Maharashtra

Angel, Rohina &
Sonya, three of
the wee ones at
the home



We're now a registered charity, called The Free to Live Trust, of which I'm a founder member, and my husband Bill is one of the Trustees. So in February this year, Bill and I went over to Pune to stay in the home with the children and had a wonderful few days, getting to spend time with them, and seeing them so happy and well cared for. The best bit is knowing that the children now have the chance of a future free from exploitation and violence, and free to be safe and enjoy living in the countryside.

And I'm delighted to say that from Sept 2018 our Trust has been 'adopted' by the Church of Scotland Guilds as one of six charity partners for the next three years. This means the Guild members are busy raising money for us which is going to be used to set up a lunch programme for children still living in the red light area of Pune.

As well as this, we hope to take as many children as we can out to the Home to live, and also rescue some of the young trafficked girls out of the brothels. We have seven living in the Childrens' Home already that we've managed to get out of the red light area. Lastly, we will provide skills training for our teenagers to prepare them for leaving school and for our rescued girls from the brothels to help them get jobs.

POSTCARD FROM MACKENZIE – March 2019

Sorry I've not been in touch, but I'm having such a lovely time! Six days of sunshine, but a bit hazy now.

I've been walking every day in Lesley's backpack & loving the sea air, golf course & beach combing.

It's nice to be with another 'furry chap'; Bertie 🐻. He has been most welcoming; very keen on me as it happens! Glad I had my own bedroom & marmalade sandwiches for breakfast.

I'll be home on Saturday afternoon & back to my den (shelf) to see all my friends at Viewlands. I'm refreshed & ready for my next holiday - where next?

Best wishes,

Mackenzie x





Thanks to Lesley (Rene's daughter) for taking Mackenzie away on holiday. Looks like they've all had a wonderful time.

As we went to print, Mackenzie is on his holidays with Anna – pictures and details to follow next time!

Rabbie's Thoughts on Modern Farming

by Betty R. Pearson

Whits this I see afore my een,
The ploughin dune wi a machine.
Nae horses move atween the dreads
But muckle noisy thing on wheels.

The ploughman sitting in a cab
No trudging on a hint like Rab
An no y'in dreel get turned but thee
Or even faur at times I see.

Nae silky curves of horses flank
Tae look at but a smellie tank
Nae need for fodder, oats or hay
This monsters fed we ile they say.

The Ploughmans hands we ne'er a blister
Unless frae hauding a transistor
A box that spues out sic a din
It seems to me an asfil sin
That natures sang freie thrush and lark
Canna be heard when at your wark

The Barley rigs o days gane by
Whaur Jean and I were want to lie
And seen nae mair for at the Hairst
Out comes a monster far the worst

And quicks a wink its cut and packet
In things ca'ed bales an whit a racket
Nae chance for timrous mousies noo
Th'is muckel thing could kill a coo!

An whit would Bonnie Jean noo think
If she could see her kitchen sink
Nae widen tubs tae wash her claes
Or a Blacket range we fire ablaze
But athing working we a switch
The farmers wife maun be gie rich

Far off she goes in a shinning car
To play at curling travelin far
Her man the while does ocht tae please her
He gets his dinner in the freezer
A mans a man but there the looser
For noo the wemen wear the trousers

On looking round the yard you ken
I canna see a single hen
Nane scratching in among the strae
The pair things are a shut away.
In cages where they lay their eggs
Until they fae aff o their legs.

The parlor when I was a lad
Wis whaur the Gentry finely clad
Wid sip there tea, in days gone by,
But noo its whaur they milk the Kye.

If this is progress I'm content,
That I hae guid just when I went
I'll leave them tae there fancy fairmen
For its themselves they must be hermin
The Deil will fill there idle han's
We things I canna understan.



Thank you Betty – this is a fantastic read!

No man's land

by Hannah Holden

The smoke fills my lungs
Heavier than I thought.
It is almost as if the happiness
Has drained right out of me.
The hell of it all
Makes me want to crumble.

I silently creep into no man's land
My leather boots clumping along the deserted waste land.
My rifle is the only thing keeping me company
I just know it's loaded with cargo
The might just spare me another minute
To live.

Then I smell gas
All the sad thoughts spill out of my wounded soul.
I reach out for my monstrous mask
I clutch it close to my face.
But oh, how I wish I was clutching my darling wife
And not that mask
Though it keeps me alive.

My heart is pounding through my pale cold chest
The heavy metal helmet on my head itches
Scratches and claws at my skull.
Though I dare not say no more.



No man's land was written by Mima's 11 ½ year old granddaughter, Hannah Holden.

Hannah won 2nd prize at the William Soutar writing competition in 2018 for children aged between 9 and 11.

We think it's wonderful, well done Hannah!

Hannah's sister who is 7 ½ and her friend are currently fundraising for Cancer Research by washing cars and selling loom bands. She is almost at her target of £100 – if she manages to raise her target, her dad has kindly offered to match her donation. They will be taking their total raised to Marie Curie in Perth. Well done girls!

Recent Trip

Our recent trip to Jamesfield Farm Shop & Restaurant was a great success – thank you to all staff involved! (p.s. there might have been a special scone for the birthday lady also!)





Weather Word Search

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

SUN
RAIN
SNOW
WIND
STORM

HURRICANE
TORNADO
BLIZZARD
LIGHTNING
THUNDER

CLOUD
HAIL
SLEET
FOG
FLOOD



In this word search there are different types of weather to be found. Can you find them all?

Future Events

15th May - Weavers Tea Party

20th May - Christian Fellowship Choir

22nd May - Trip to Glendoick

23rd May - Visit from Munchkins Nursery
(and every 4 weeks thereafter)

8th June - Theatre Presto (concert) - Puck's Midsummer madness

11th June - Go 4 Gold competition

14th June – Historical Tales by Roy Johnstone

As well as the regular exercise classes, bingo, Friends coffee mornings, afternoon tea parties, curling and knit & natter group.

A big thank you to all who have contributed towards our magazine over the past year, especially our regular contributors!
We look forward to all your future articles.

Please cut off and use the slip below for any comments which you feel may help improve life for our residents at Viewlands and post into comments and suggestions box. Thank you!

