

Winter 2015

# thevoice

The newsletter of abbeyfieldscotland



## Congratulations to Parklea!

Congratulations to Parklea, Lockerbie who scooped the winning prize for designing a simple yet stylish "Abbeyfield Christmas Card". Well done everyone!



# Christmas Card Competition

**Some** of the Abbeyfield residents, staff and volunteers entered a competition to design an "Abbeyfield Christmas Card". Six Abbeyfield houses competed and the winning entry was submitted by Parklea, Lockerbie.

The other houses that entered were Coatbridge, Dock Park, Giffnock, Haddington and North Berwick. Thanks go to all those who competed and enjoyed a fun time designing and making Christmas cards.



**Christmas poem from Eva Neill,  
Resident at Giffnock:**

Every happiness will never cease  
As the bells begin to chime  
Let life be full of joy and peace  
for evermore at Christmas time.

## Nairn Special Strawberry Tea



**Following on** from the Strawberry Tea which was held in Nairn on 22 August, the residents presented Linda Mulgrew from the Chernobyl's Children's Charity with a cheque for £250. Of the almost £500 raised, all residents agreed to donate half to this very deserving charity.

Back Row from left - Linzi Inglis (Housing & Support Facilitator), Nan Paton (resident), Jane Tindal (resident), Muriel Riley (ASL Friend)

Front Row from left - Eileen Kidd (resident), Linda Mulgrew (Chernobyl's Children's Charity) and Peggy Hart (resident)



# Carol Singing at Esplanade

Abbeyfield residents, volunteers, Wellington Nursery group and Kenny on guitar participating in the joy of carol singing at the Esplanade in Greenock.



# Happy Halloween

**Halloween** started early at the Lenzie house when the residents were visited by the local nursery kids!



# Contact the Elderly

**Muriel Miller**, Dorothy Gladstone and Kay Pollock (from Contact the Elderly) taking afternoon tea at Abbeyfield Killearn recently.





Muriel Miller (left) and Rita Duncan (right)

## Battle of Britain - 75th Anniversary

On 23 September, the residents of Abbeyfield Killearn commemorated the 75th Anniversary of the Battle of Britain following the service that took place at Westminster Abbey the previous Sunday.

The event took the form of an open discussion with all sorts of memorabilia from the period together with the playing of Winston Churchill's speech "Never in the field of human conflict..." together with

a radio interview with a Battle of Britain pilot recorded on the 50th anniversary. The memorabilia included a Spitfire instruction manual, a silk scarf with a map of Europe printed on it if pilots happened to bale out in enemy territory, and a pair of World War II goggles which some of the residents just couldn't resist trying on.

In order to keep these brave pilots airborne, the Woman's Auxiliary Air Force provided all the ground support to keep them operational. Two of our Residents, Muriel Miller (left) and Rita Duncan, were WAAFs during WWII. Muriel was stationed in the north of Scotland at Milltown Station just a short distance from Elgin. Muriel, having passed her MVT (Motor Vehicle Training), transported the air crews from the dispersal area to the aircraft. This was a bomber station featuring American Liberators and British Wellingtons that specifically targeted German U boats from Scandinavia.

Rita was stationed at the famous Biggin Hill RAF station and was responsible for checking the Spitfires and Hurricanes after each sortie to make sure that the electrical systems were operating as they should be and topping up the fluid levels.

Both Muriel and Rita recounted how tough conditions were on their respective stations and both remembered the uncomfortable straw pillows. Rita found them so uncomfortable that she would sleep with her head in her steel helmet! Rita also remembered that when she was billeted nearby with her husband, they slept under the oak table to protect them from the German bombing raids. It was great to have these firsthand accounts from Muriel and Rita who have formed a great friendship at Abbeyfield Killearn cemented by their wartime experiences.

The event finished with a cup of tea and a cake, which was specially baked for the day with a model Spitfire on top.





## Marianne Leckie

**Marianne Leckie** from Abbeyfield House Coatbridge with her friend Margaret who visits and befriends elderly isolated people in the North Lanarkshire area. This has made a huge difference in Marianne's life as it is the first time she has managed to get to the shops in almost 2 years. This was made possible when Housing and Support Facilitator, Linda Murdoch, made a referral on behalf of Marianne during the Housing Support plan process, reaching a positive outcome for Marianne.

This has made a huge difference in Marianne's life



Over £120 Raised!



## Macmillan Support

The Friends Group together with the residents and staff of Abbeyfield Park House in Bridge of Allan held an open house Coffee Morning on Friday 25 September in aid of Macmillan Cancer Support and raised the sum of £124.20



Residents at Esplanade enjoying the Macmillan Coffee Morning held in the house.



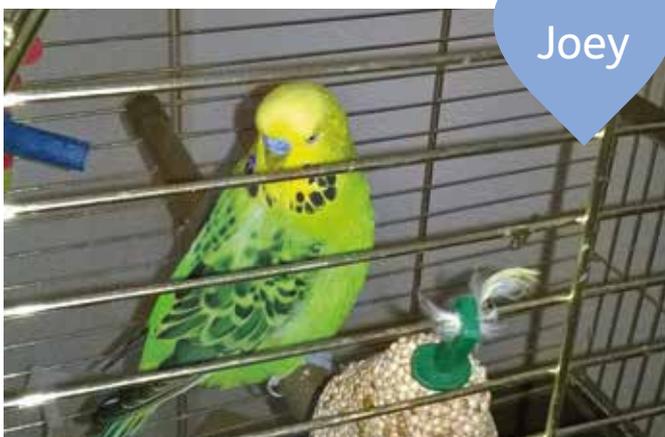
# For All Our Flower Lovers



- ❁ **1 Sainsbury's** supermarket store donated a beautiful array of fresh flowers to Abbeyfield Giffnock, residents and staff had a group photo shoot to say thank you.
  - ❁ **2 The beautiful** rose garden at Abbeyfield Giffnock.
  - ❁ **3 How does your** garden grow? Mrs Daphne Wood and daughter-in-law Liz Wood from Abbeyfield Haddington enjoying the fruits of their labour last summer.
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## Pets' Corner

Meet **Joey**, the newest resident to bring joy and music to Dock Park House.



Meet **Trixie**, the latest addition at Parklea Lockerbie. A fine and friendly cat who offers her paw when you say "How do you do?"



# Hearthside Ceilidh at Rosemarkie

On 14 October, residents of Abbeyfield Black Isle enjoyed a ceilidh in traditional style, sharing songs, stories, music and hospitality organised by befriender Irene MacKay.

The event was inspired by the 'Ceilidh Quilt' which celebrates the stories, songs, tunes, folklore and history of Ross-shire in a patchwork of colourful images.

It is the brainchild of artist and storyteller, Lizzie McDougall, who involved many people in the making of the quilt.

She now takes the Ceilidh Quilt to events around Scotland and recently brought the quilt to Abbeyfield House in Rosemarkie, along with singer Chrissie Stewart and harpist Grace Stewart-Skinner.

Reminiscences of the fishing industry, 'The Brahan Seer', and shelling life, were sparked during the informal afternoon get-together with a cup of tea and baking in keeping with ceilidh tradition.



## Happy Birthday Molly

A special belated birthday wish for the amazing Molly Hudson who turned 100 years old on 1st September. Molly was at Davidson Villa Nairn for almost three years.

She is pictured with her great-grandchildren on her special day (note her birthday card from the Queen).



100!





## Christmas message from the Chief Executive, Niall Patterson



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**Recently** I spoke on a BBC Scotland phone-in; a first for me. The talk was about loneliness in older age (also featuring the well-known Esther Rantzen!).

I was asked to describe what residents find in Abbeyfield. I observed that, in Abbeyfield, people find a place they can be heard and take the time to listen. This goes for residents talking with each other, volunteers spending time chatting and helping, and staff passing the time of day.

Listening to our residents is a joy because they have a wealth of stories, opinions and experiences. The Voice captures and shares many of these, for instance this edition's wartime stories from Muriel and Rita of Killearn. And 'Pets' Corner' is a reminder that Abbeyfield listened when residents told us they wanted to keep the companionship of a well-loved pet, and changed our policy to meet their wishes (within limits!). Many of the other events highlighted here were stimulated by your telling us what you would like, and our responding.

So please, keep on telling us your views, and your stories. It's your Voice!

**Thanks for listening, and do have a merry Christmas and a happy new year!**

## WOOPI\* Event

On 26 October in Greenock Town hall, residents of Abbeyfield Esplanade were entertained by the Inverclyde Pipe Band, WOOPI singers and line dancing. This event was held by the WOOPI volunteers.

			4	3			2
3	8						
1		5	6				
			5	7			3
		1		4	9		8
		5			4		
		4	3	7		2	
5	6				1	9	
2	8						

## Sudoku

December 2015

Answers from Aug >

3	1	4	8	2	9	6	5	7
8	9	5	6	3	7	4	2	1
2	6	7	4	1	5	9	3	8
6	2	1	3	8	4	7	9	5
4	5	8	9	7	1	3	6	2
9	7	3	2	5	6	1	8	4
7	4	9	5	6	8	2	1	3
1	8	2	7	9	3	5	4	6
5	3	6	1	4	2	8	7	9

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### Contact Details

Abbeyfield Scotland Ltd, 14 New Mart Road, Edinburgh EH14 1RL

Tel: 0131 225 7801 Fax: 0131 225 7606 Web: [www.abbeyfield-scotland.com](http://www.abbeyfield-scotland.com)

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