

Grange Hall News



Spring 2011 . . . Spring 2011

A right Royal day

LIKE millions of people in Britain and millions more around the world, Grange Hall residents gathered bright and early on Friday, April 29, to watch HRH Prince William marry Catherine Middleton.

And just like the happy couple, the residents' preparations for the big day began early, as they not only created a fabulous mural of William and Kate, but a super tiered 'wedding cake' as well.

The mural was a fitting backdrop in the social centre where the wedding of the year was shown on a large screen, so everyone could get a good view of the event.

And the 'cake' was also on prominent display for all to admire.

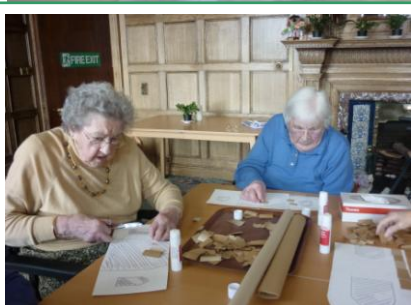
Kate's dress in the mural was made up of lots of different wedding dresses created and designed by some of the residents, while others worked on the coach and the front of Westminster Abbey.

And after the new Duke and Duchess of Cambridge set off in their real coach to Buckingham Palace for a reception hosted by The Queen, the residents – all wearing buttonholes provided by carer, Jessie White, - sat down to a fantastic wedding breakfast of fruit punch, smoked salmon, pate, quiche and sausage rolls with meringues and choux pastries to follow.

Everyone agreed it was a fitting way to toast the Royal couple on their wedding day.

RIGHT: Above - Grange Hall's very own William and Kate!

Below - Residents busy at work preparing the marvellous mural and the wonderful 'wedding cake'.





Matron/Manager, Wendy, holds the anniversary cake, with, from left to right: carer, Lindsay, senior carer, Mania, David Wheatley, husband of resident, Nancy, chef Stephen, Greta Wilson, wife of resident, Laurie, and carer, Trish.

The perfect 10!

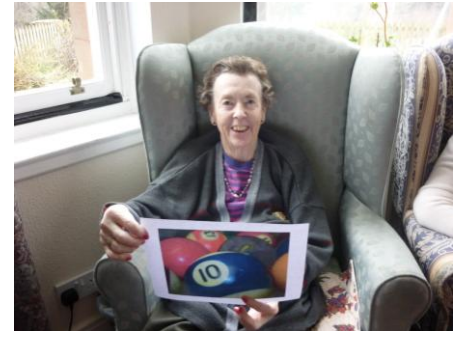
IT'S hard to believe that it is 10 years since the magnificent baronial mansion at Drygrange became Grange Hall Care Home.

On March 10 – the anniversary date itself – staff marked this special occasion by making sure there were plenty of festivities for the residents to enjoy.

They had great fun making '10' pictures in all shapes and sizes to decorate the reception area and lounges, then took their seats in the social centre for a super celebratory concert.

Afterwards Ms Mowbray was presented with a beautiful bouquet from the residents and staff.

Then everyone enjoyed a slice of the magnificent 10th anniversary cake, specially made and decorated by the catering team at Grange Hall.



Residents concentrate on the preparations for the 10th anniversary



ABOVE: 10 out of 10! Residents with their pictures – from top: Annie Wands, Betty Fox, Margaret Mitchell and Mary Johnston and a close up of the cake.

High note for Harmony

Queen's Award for musical charity to be presented at Grange Hall

RESIDENTS always enjoy the regular monthly concerts by local musicians made possible by the Borders charity, Harmony.

And the dedication by Harmony's volunteers has now been recognised at the highest level with The Queen's Award for Voluntary Service 2011.

The presentation of this special national honour will take place at Grange Hall on Thursday, August 4, at 2 p.m.

And it will be made by the Lord Lieutenant of Roxburgh, Ettrick and Lauderdale, The Hon. Gerald Maitland-Carew.

The event - in the social centre - will be attended by other Borders dignitaries and, after the ceremony, guests and residents will be treated to a special concert by Harmony musicians followed by a buffet.

Harmony, whose motto is Bringing Life through Music, provides free interactive musical performances to the frail, older or mentally infirm people and their carers at care homes, hospitals and sheltered housing throughout the region through 25 musicians who either perform on their own or in groups.

Chair Violet Baillie, Secretary, Jim Smith and

Treasurer Ann Smith, each volunteer around 25 hours a week – sometimes more – with the charity, organising over 800 concerts each month.

Said Violet: "Harmony was formed in 2002 and we have a list of places who want free concerts.

"We make up rotas and send them out to the musicians, who then make specific dates when they are able to take part.

"We also send out feedback forms and when these come back they are all entered into our database."

Violet explained that Harmony's financial support from the Big Lottery Fund

ended in March. She said: "We are now looking for the venues where the musicians perform to take some responsibility for the costs involved.

"And we hope communities throughout the Borders will help us to raise funds and to recognise the need to help to support older people.

"We need to raise £70,000 a year to maintain the same level of concerts."

Water success!

THE first canal trip of the year set sail on Sunday, May 29, and residents had a wonderful day from the moment they stepped on to the barge at Ratho.

For one, especially, it was very familiar territory, for Tom Wright – who is at Grange Hall for a short break – used to help out on the barge!

The next canal trip is on Sunday, August 21, and any relatives who would like to accompany their loved ones on this splendid outing, should contact Matron/Manager, Wendy Smith, for more details.

RIGHT: Above – Former barge helper, Tom Wright, takes a turn at the wheel.

Below – Carer, Kim, shows off her navigational skills!

BELOW: Social carer, Margaret, with residents, Sheena Barron and Helen Sibbald.



Staff profile . . . staff profile . . . staff profile . . . staff profile . . . staff profile

Head chef Colin's new menus are going global

MEALTIMES are always eagerly anticipated by the residents at Grange Hall.

It's no wonder as the delicious food is freshly prepared every day by Head of Catering, Colin Rae, and his dedicated team in the kitchens.

Never one to rest on his laurels, Colin has come up with exciting new international menus which will be served to the residents each Wednesday and Saturday during the summer months.

And he is delighted that the menus will inspire international days for the residents, where they will make flags, have quizzes and learn interesting facts about each country featured.

Said Colin: "We will be cooking dishes from Italy, Greece, Mexico, India, China and, of course, Scotland.

"The international days are a great way for the residents to interact with the different foods involved."

Colin's Italian menu will consist of minestrone soup, pizza, lasagne and tiramisù for dessert; lamb features in the Greek one with a local specialty where the meat is cooked with white wine and thyme as well as the popular koftas; the

Mexican menu features fajitas with beef, peppers and onion, chilli and rice and tropical fruit salad; chicken and sweetcorn soup, sweet and sour chicken and banana fritters are the Chinese dishes being served; food from India will feature chicken korma, rotis – pancakes with vegetables and mince – and ice cream coulis, while the Scottish one has firm favourites like haggis, mince and tatties, steak pie and cranachan for pudding.

Colin, 39, is quite a globetrotter himself.

He was born in Glasgow, but emigrated to South Africa with his parents when he was three years old.

He lived between Johannesburg and Durban, but becoming a chef wasn't his first choice of career when he left school.

"I sort of fell into catering by accident after a few years of doing other things," said Colin.

"I was an apprentice fitter and turner, but left after two years as it wasn't for me.

"I was also in the army for a couple of years as it was compulsory in South Africa."

When he finished military service,

Colin worked in a friend's club, did shifts in bars and restaurants and found he enjoyed the catering side.

"I ended up as a restaurant manager and did a catering course, but was mainly self-taught."

In 2000, Colin decided to leave South Africa.

"I was married by then and because of the hours I worked, I became increasingly concerned about our security.

"The country was becoming very unsafe, so I decided to move back to Britain and worked in London, firstly in pub, then restaurant management."

But when his daughter was born, Colin moved back to the land of his birth as "it is a nicer place to bring up children".

The family settled in Hawick and Colin started at Grange Hall in January 2008.

"At first it was a big change for me working here, but the more you do it, the more worthwhile it is. It is great that the residents appreciate what we do and we all enjoy chatting to them at mealtimes."

Colin said he relies heavily on his team in the kitchens, chef Stephen and assistants, Angela and Lukasz.

"They are a great help and support," he added.

Away from the kitchens at Grange Hall, Colin enjoys going to the gym, running, reading and playing poker.

And the summer months will be busy, not just with the new menus, for his daughter Macayla starts school in August.

"She is five in September and is really excited about going to the 'big school'," he laughed.

Colin misses the climate and outdoor lifestyle in South Africa, but is happy in the Borders.

"I spend as much time as I can outdoors and it is a nice place to live, so really I have the best of both worlds," he said.

LEFT: Colin chats to some of the residents in the dining room.





It's feet first for Derek!

RESIDENTS who have problems with their feet can sit back and relax as there is an expert in the field to rely on.

Podiatrist, Derek Santos, visits Grange Hall once every six/eight weeks.

And the Queen Margaret University graduate has even worked as far away as India to further his chosen career.

Said Derek: "I worked as a volunteer in a leprosy hospital in India, treating a wide range of foot conditions including ulcers.

"My specialty is musculoskeletal and I am qualified to administer both intra and extra-articular steroid injections as well as acupuncture in the lower limbs."

Derek graduated with a first class BSc (Hons) degree in Podiatry and, in 2006, completed a Philosophy degree in Bioengineering.

And he is now at the dissertation stage of a Masters of Science degree in Podiatric Surgery.

A registered Health Professional Council podiatrist, Derek also lectures at Queen Margaret University in Edinburgh and is a honorary member of Lothian NHS Trust.

He was recently appointed to the SE Scotland NHS Research Ethics Committee and is a member of the university's own Research Ethics Committee.

Derek added: "I really enjoy my regular visits to Grange Hall and have a great working relationship with the residents."

In his spare time, Derek and wife, Gill, do puppy walking and boarding for the charity, Guide Dogs for the Blind.

And in May his own feet were put through their paces as he ran in the Edinburgh Marathon.

He not only completed the course but managed to raise the fantastic sum of £2,000 for Guide Dog Sponsorship.

Derek is also kept on his toes by his young children, Matthew, 6, and Gabriella, 4!

ABOVE: Derek tends to a resident's foot during a recent visit to Grange Hall.

New infection control network

CONTROLLING the risk of various infections spreading in care homes is vitally important.

And Grange Hall will soon be part of a special Infection Control Network in the Scottish Borders as information will be exchanged between care homes in the region to help avoid outbreaks.

Senior Carer, Dawid Kubicki, has been chosen as the lead person in the network at Grange Hall.

Explained Dawid: "At the beginning of March I attended an Infection Control Training Course.

"The first part was about basic information on how to prevent cross infection, and then we learned about how the Infection Control Network would be organised.

"We had to decide who would take on the different responsibilities involved and I chose to be responsible for the infection audits."

Dawid added: "Next we are going to set standards of infection control and hopefully this network will come into effect as soon as possible.

"I'm 100 per cent certain it will greatly benefit both the residents and staff here."

Birthdays in the spring

Nine residents celebrated their birthdays during the months of March, April and May.

They were: Doreen Connolly, 93; Laurie Wilson, 86; Ann Valentine, 71; Michael Heveran, 90; Aggie Coats 93; Betty Fox 87; Anne Morrison 96; Maureen Martin 79 and Sheila Baxter 81.

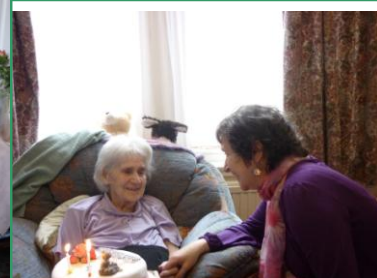
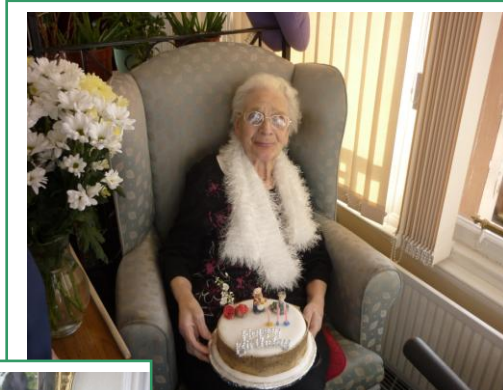
Congratulations to them all.

RIGHT: Top – Staff with Anne Morrison on her special day.

Middle - Doreen Connolly shows off her cake.

Bottom – Birthday girl, Aggie Coats, chats to her daughter.

BELOW: Staff present Sheila Baxter with her birthday cake.



Neigh bother on the day

IT was a nail-biting occasion in the social centre on Saturday, April 9, as residents gathered to watch the Grand National.

Everyone picked a horse in the sweepstake and there was much cheering – and groaning – as the race progressed.

And the winners were Ballabriggs who was first past the post and Matron/Manager, Wendy, who picked the winning horse!

Date for your diaries

THE annual Garden Party at Grange Hall will be held on Saturday, July 23, from 2-4 p.m.

Jimmy Gold will provide the musical entertainment and there will be all the usual stalls.

Everyone is hoping the sun will shine on the day so there can be some fun outdoor entertainment too.

Donations for the stalls will be very welcome.

Next 'News'

THE next edition of the Grange Hall News will cover the months of June, July and August and will be published in September.

Rev Julie is enjoying her new parish

IT'S a long way from Elgin to Earlston, but the Rev Julie Woods is just delighted to be in the Borders.

She became the new minister of Earlston Parish Church back in February.

And as chaplain to the Grange Hall residents, she conducts regular services here on the first Tuesday of every month.

Said Julie, pictured right: "I've done two services so far in March and April and it's lovely getting to know the residents.

"They seem to get a lot out of the services, which is great, and they enjoy the music too."

Julie, 51, was born in Cheshire, but moved to the north of Scotland, spending almost 40 years in Banchory and Deeside.

Becoming a Church of Scotland minister was not her first career choice, as she worked in various shops when she left school.

"I became a voluntary youth worker which I enjoyed very much, then was a lay preacher in the Church of Scotland.

"After that it was a natural progression towards the ministry," she said.

Julie studied for her Divinity degree at Aberdeen University, then spent a year and a half as a probationary



minister in Peterculter. Her first parish was in Elgin, where she stayed for five and a half years.

Said Julie: "I enjoyed it there very much, but I was brought up in a village and really wanted to be part of a village community again.

"So when the parish in Earlston became vacant, I decided to go for it. I just love it here.

"I enjoy meeting people in the streets and getting to know everyone."

Relatives and friends are warmly invited to come along to Julie's monthly services at Grange Hall.

Musical brings back memories

SOME of the residents enjoyed a musical treat on March 19, when they attended a performance of 'Guys and Dolls' by the Kelso Amateur Operatic Society in the town's Tait Hall.

And two who went along told the 'News' how much they enjoyed it.

"I loved the costumes – they were very colourful – and I enjoyed all the singing," said Sylvia Lister, 78, who comes from Yorkshire.

"The show was very entertaining," she added.

Isabella West, 82, said: "I used to go to different performances a lot and enjoyed 'Guys and Dolls' very much.

"I thought the show improved as it went along," she added.

Both Sylvia and Isabella love music – although their tastes are quite different.

"I enjoy pop music from the 60s," said Sylvia, "though I prefer solo

artists to groups. My favourites are Adam Faith, Billy Fury and Frankie Vaughn."

Isabella is a great fan of opera and ballet.

"I saw the Bolshoi Ballet in St Petersburg, but it was called Leningrad back then," she said.

"The ballet was about the siege of Leningrad and how the people rose up from oppression and it was wonderful."

Isabella, originally from Caithness, added: "I came to live in Falkirk when I got married and my friend Elsa and I used to go to the Edinburgh Festival every year to see the opera and ballet.

"We spent a fortune on tickets," she laughed, "but it was worth it.

"We saw Rudolph Nureyev dancing there which was great," she added.

Our meetings need you!

MEETINGS for relatives and friends of residents at Grange Hall are held on the second Tuesday of each month at 2.30 p.m. And in April and September, these meetings are held at 6.30 p.m. so that those who work can come along.

We are hoping to have guest speakers in the near future, and would love to see more of you at these important monthly meetings.