

Grange Hall News



Summer 2011 . . . Summer 2011



GRANGE Hall's frailer residents had a special treat in store during the summer.

For staff at The Gorgie City Farm in Edinburgh came along with a whole menagerie of different animals to show them, including rabbits, chickens, guinea pigs and even a snake!

Animal farm

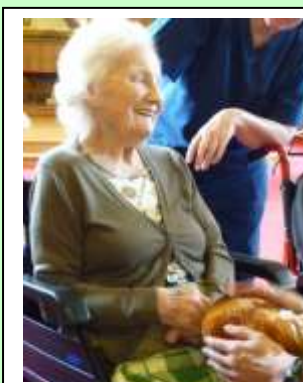
The residents enjoyed holding and touching the different animals, but one especially was quite at home.

Michael Heveran used to work at a zoo and he didn't mind a bit when

the snake decided to wind itself around his shoulders!

The event on June 27 was a great success as the residents got so much enjoyment out of the visit.

ABOVE: Left – Aggie Coats enjoys holding a rabbit. Right – Michael Heveran with the snake. **BELOW:** From left to right, Elsie Martin, Janet Brunton and Laurie Wilson, have an excellent time with some of the chickens!



Scaling the height of success

Residents join distinguished guests for award ceremony

GRANGE Hall welcomed special guests from near and far when The Queen's Award for Voluntary Service 2011 was presented to the Borders charity, Harmony.

Residents thoroughly enjoy the regular concerts provided by Harmony's talented musicians and joined the visitors for the special ceremony in the Social Centre on August 4.

The Lord Lieutenant of Roxburgh, Ettrick and Lauderdale, The Hon. Gerald Maitland-Carew, presented the award to the chair of Harmony, Violet Baillie, who, together with Jim Smith, secretary, and Ann Smith, treasurer, devote a huge amount of time to organising all the free musical performances.

These take place at care homes, hospitals and sheltered housing throughout the Borders.

Said Violet: "It was a wonderful afternoon and, after the presentation and the speeches, we showed the Harmony DVD, highlighting the work of the charity. This was filmed at Grange Hall by 20-20 Productions.

"I was delighted to announce at the event that Harmony has been awarded £39,000 over three years by the Robertson Trust, which is a tremendous boost to our funds."

After the formalities, Harmony musicians, Jimmy Gold, who plays the accordion, guitarist, John Irving, and the trio, Schiehallion, Richard and Noelle Johnston and Lena Lammie, who sing and play guitar, entertained the audience.



Then everyone enjoyed a magnificent buffet, prepared by Grange Hall's catering team, to the musical accompaniment of Les Sneddon on guitar and fiddler, Wat Robson.

Malcolm Morrison, the son of Grange Hall resident, Anne, was the Master of Ceremonies for the afternoon.

Malcolm proposed Harmony for The Queen's Award and it was seconded by Councillor Nicolas Watson, who attended the event and Scottish Borders Council's Director of Social Work, Andrew Lowe.

Unfortunately, Mr Lowe was unable to be present, but he was represented by his deputy, Stella Everingham.

The other guests of honour included the Deputy Lord Lieutenant, Sir Michael Strang-Steel, Deputy Lieutenant, Mrs Sheila Brooks, the Countess of Haddington, the patron of Harmony, Councillor Frances Renton, Portfolio Holder for Social Work, Jean Robertson, Scottish Borders Council's Lottery Officer, Maureen McGinn, a member of the

National Committee of Big Lottery Funding for Scotland and Councillor Alex Nicol, a founder member of Harmony.

Added Violet: "We would like to thank everyone at Grange Hall for helping to make this event such a success.

"We have had tremendous support from them over the years."

ABOVE: Pictured after the ceremony are, from left to right, Jim Smith, Ann Smith, resident, Laurie Wilson, Violet Baillie and Lord Lieutenant, The Hon. Gerald Maitland-Carew.

Behind the group is artwork designed specially for the occasion which the residents helped to make.

Harmony volunteers, Violet, Jim and Ann, together with Grange Hall's Matron/Manager, Wendy Smith, were invited to a Royal Garden Party at Holyrood Palace in Edinburgh on July 5, in the presence of The Queen, The Duke of Edinburgh, Prince Edward and the Countess of Wessex, and enjoyed a wonderful afternoon.



By Royal invitation – Ann, Jim, Violet and Wendy arriving at Holyrood in Edinburgh for the Garden Party.



Lucille Fenton gives young Stephanie and Laurie a brand new look!



Resident, Ann Valentine, right, and one of her young relatives, centre, admire the lovely jewellery for sale.



Party fun!



LOTS of relatives and friends flocked to Grange Hall on Saturday, July 23, for one of the most popular dates in the care home's diary – the annual Garden Party.

The sun had his party hat on too, and many residents and their families decided to enjoy the glorious weather by sitting outside or having a go at all the different activities available on the front lawn.

Inside, tea was served in the Social Centre, where there were all the usual stalls and a raffle as well as face painting and reflexology sessions to try.

Fantastic jewellery and arts and crafts made by the residents, were also for sale.

Everyone agreed it was a super day and the grand total of £850 was raised for the Residents' Social Fund.



ABOVE: Matron/Manager, Wendy Smith, and senior nurse, Frances Black, with friends of Grange Hall.

And head chef, Colin Rae, administrator, Alison Scott, and supervisor, Helen Redburn, go over a few last-minute details.

RIGHT: Above – Resident, Nancy Wheatley, with her daughter-in-law, Frieda.

Below – Accordionist, Jimmy Gold, who provided the entertainment.

Messing about on the river

THE second canal trip of the year from Ratho, near Edinburgh, took place on August 21, and the residents had a wonderful time.

As the weather was dry and sunny, quite a few took the opportunity to sit outside on the deck and watch the world go by!

More tasty treats in store

OUR new menus, featuring food from different countries around the world, introduced this summer, have been a great success.

And following a meeting with residents, head chef, Colin Rae, and his catering team, are continuing their global menus throughout the Autumn months.

This time the chosen countries are France, Germany, Australia, America, Spain and Morocco, and the dishes will be on the menus every Wednesday and Saturday.

Bon appetit!



Left: Margaret with resident, Alan Lister, during a painting group session.
Right: Having a go at driving the barge on a recent canal trip.

Margaret's rewarding – and sporting – life!

WHAT do a school athletics champion, quizmaster, rugby supporter, singalong specialist, concert organiser, arts and crafts helper, keep-fit encourager, motocross 'mom', minibus driver, transatlantic traveller and fortune teller have in common?

The answer is quite simple – they are all one and the same person!

Margaret Scott, Grange Hall's social carer, has a lot of strings to her bow.

And she thrives on her busy life at the care home, making sure that there are lots of activities and entertainment available for the residents to enjoy and encouraging them to have a go at trying out something a wee bit different.

Said Margaret: "My work is very rewarding as it is wonderful to see the residents enjoy what they are doing.

"Encouragement is very important. Sometimes when I suggest to residents that they try something they've never done before, like craftwork for example, they are not very keen.

"But once they have a go at it, they really enjoy it, and it is great to get positive feedback from them."

A typical day in Margaret's working life can include keep-fit sessions with the residents, outings, singalongs, craftwork and quizzes.

And she also organises the regular concerts and film shows.

"We have a concert every month and every second month there are two. These are very popular with the residents and they love the monthly film shows also."

Every Monday, Margaret drives the Galawheels minibus which caters for walking residents but also two who are in wheelchairs.

Accompanied by one of the carers, they go to different places such as Selkirk, Kelso and Lauder. The garden centre at St Boswells is also a popular place to visit.

She added: "Often residents will ask to go somewhere in particular, such as a town or village which has a special association for them and we try to do this whenever it is practicable."

Margaret herself is a Borders lass, and grew up on a farm at Carfraemill near Lauder.

At school she was the athletics champion and captain of the hockey team and has retained her love of sport.

Her first career plan was to train as a chef in Edinburgh, but she decided to come back to the Borders and worked firstly at Dorward's Mill in Galashiels, then at Ballantyne's Knitwear.

She returned to her roots when she married husband, Walter, a farm worker and lived in Carfraemill, Oxtou and Blainslie before settling in Earlston several years ago.

Margaret starting working at Grange Hall in October 2000 and her first job here was in the kitchen.

She said: "But I became more and more interested in the caring side and when I was offered the chance to be the social carer, I jumped at it.

"I really enjoy what I do and love seeing the residents participate in our various activities."

Away from Grange Hall, Margaret

loves watching rugby, especially when the Scotland team play and is currently engrossed in the world cup matches in New Zealand on TV.

She also enjoys gardening and walking her black Labrador dog, Kayla.

And her love of sport has obviously been inherited by her three sons, Walter, Darren and Stevie.

Stevie, who now stays in Manchester, played rugby professionally for Scotland and was capped eleven times for his country.

He is married with two boys, Luke five, and Sam, three.

Walter lives in Ontario, Canada, and was also a rugby player. He originally went over there on a rugby scholarship and liked it so much he stayed on. He is married with two daughters, Brooklyn, 16, and Ainsley, 14.

Said Margaret: "We have been going to visit them in Canada every year for the past 16 years, so we are well used to the journey by now!"

Darren, who lives in Galashiels, is a keen competitor at motocross events which take him all over the country and Margaret goes to cheer him on whenever she can.

But there is another side to the popular social carer.

'Mystic Meg' is well-known to everyone who comes along to Grange Hall's Garden Parties in the summer, where, with the help of her trusty crystal ball, she tells fortunes.

"I haven't been 'Mystic Meg' for a couple of years now as I thought it was time to give her a rest.

"But you never know, she could come back sometime in the future," laughed Margaret.

Above: I can see a tall dark stranger! Margaret as 'Mystic Meg'.



Heather, left, and Jenny put the finishing touches to Sheena Barron and Margery Whitehead's new hairstyles.

The crest of a wave

THERE is no such thing as a bad hair day at Grange Hall, specially on Thursdays!

For that is when stylists from Hetties Salon in Melrose come to the care home to give the ladies a shampoo and set and the gents a smart trim.

Hetties, owned by Jill Guthrie, has been a feature of life at Grange Hall for over 10 years and a room in the building has been converted into a salon, complete with hairdryers, for the weekly visits.

Stylists, Jenny Stewart, 23, and Heather Laurie, 19, have been coming to the care home for four and three years respectively and have built up a great relationship with the residents.

Said Jenny: "We usually have about 21 residents each week for their hair appointments.

"We can take four in the hairdressing room at a time and we sometimes go to the residents' own rooms too if they can't manage to come along."

Jenny, who lives in Newtown St Boswells, trained at Telford College in Edinburgh, while Heather, from Midlem near Selkirk, studied at Borders College.

Both work full-time at Hetties and enjoy their weekly visits to Grange Hall.

Added Jenny: "The residents love getting their hair done and chatting to their friends at the same time."

Short stay breaks

IT has been a busy time at Grange Hall over the summer with an increase in the number of people coming to the care home for short breaks.

Said administrator, Alison Scott: "We have had lots coming from East Lothian in particular for respite care and we hope they all enjoyed their stay with us."

Artists at work

VISITORS to Grange Hall recently will have seen their relatives and friends busy helping to create two fantastic murals.

The first artistic project had a musical theme and was created specially for the presentation of The Queen's Award for Voluntary Service 2011 to the musical charity, Harmony.

And the superb finished mural took pride of place in the Social Centre for the event. (See story on Page 2).

The second one has a garden theme and is still a work in progress, growing day by day, as the residents add colourful pieces to the mural.

Both were expertly drawn by reflexologist, Debi Noel, and some relatives have also helped out in both the projects.

There is another one in the pipeline, so watch this space!

RIGHT: Residents, Margaret Mitchell, top, Margaret Dodd, centre, and Liz Strathdee and Beatrice Glasgow, at work on the garden art project.



Hats the way to do it!

TRADITIONALLY, everyone who goes to the Derby dresses to impress.

And at Grange Hall, the residents wore fancy hats to watch the famous race on the big screen in the Social Centre on Saturday, June 6.

Not to be outdone, senior carer, James Douglas, who organised the event, wore a top hat and his best suit for the occasion!

Said James: "We had a sweep for the residents and one for the carers too, as well as a prize for the best hat. Everyone enjoyed strawberries, spritzers and snacks while watching the racing and then a buffet afterwards. It was a great afternoon and fun for the residents."

The lucky winners in the residents' sweep were: 1st – Ella Thomson, 2nd – Ian Todd and 3rd – Margaret Dodd.

Irena's lucky ticket won the carers' sweep and it was hats off to resident Elsie Martin, whose headwear was declared the best on the day in a closely run race.

ABOVE: Left - Elsie in her super hat sitting beside her daughter and right – first prizewinner, Ella, with carer, Debbie.

Summer birthdays

A DOZEN residents celebrated their birthdays during the months of June, July and August.

They are: Ella Thomson, 87, John Auchterlonie 82, Dorothy Heveran, 78, Margaret Dodd, 85, Donald Vickers, 85, Nancy Wheatley, 84, Margery Whitehead, 83, Mary Davidson, 84, Jessie Miller, 87, Gladys Miller, 85, Sylvia Lister, 79 and James Jack, 80.

They all enjoyed their birthday cakes, gifts, and visits from family and friends on their special days.



TOP: Donald Vickers celebrates with members of his family.
ABOVE: Jessie Miller blows out the candles on her cake.



Receiving their cakes and best wishes from all at Grange Hall – Above left, John Auchterlonie; left, Gladys Miller; centre, Dorothy Heveran, and right, Mary Davidson.

Festival visits for residents



TRADITIONALLY, festivals are part of Borders life during the summer months.

This year's Melrosian, Ruaridh Nairn, along with his supporters, came along to Grange Hall on June 24, during the town's Festival Week, and spent a happy time chatting to the residents.

Then on July 8, during Earlston's Civic Week, four residents who used to live in



the town went along to the traditional senior citizens afternoon. And Betty Fox, Margaret Gillie, Margaret Dodd and Helen Sibbald all had a fantastic time.

ABOVE: Left – Margaret Gillie and Helen Sibbald at the senior citizens afternoon.

Right – Melrosian, Ruaridh Nairn, centre, Clark Eaton Turner and Scott Marjoribanks, with resident, Sheena Barron.



Frantic antics

SATURDAY, July 2, saw the return of The Frantic Theatre Company to Grange Hall.

This time, residents enjoyed the hilarious 'Slapstick and Tickle Show' – the whole thing performed by just one actor, pictured above.

Said social carer, Margaret Scott: "It really was a laugh a minute and the residents loved it.

"He dressed up in different costumes, came down among them and sang songs and made them really feel involved.

"It was just great," she added.

Dates for your diary

October

11th – Relatives' & Friends' Meeting at 2.30 p.m. The guest speaker will be Margaret Urquhart of the WRVS.

31st – Combined Hallowe'en and Wear It Pink Day to raise money for Breast Cancer Research. Concert in the Social Centre at 2 p.m.

November

4th – Fireworks Display on the front lawn at 6.30 p.m.

30th – St Andrew's Day Concert in the Social Centre at 2 p.m.

December

10th – Christmas Social in aid of the Residents' Social Fund from 2-4 p.m. Admission including tea will be £3. There will also be a raffle as well as cake and candy and bottle stalls.

20th – Carol Service at 2 p.m.