



# Castlehill Housing Association SHELTERED UPDATE 2008

Taking part in the Moon Walk



Scheme updates  
\*\* Web edition \*\*

Residents at St John's Court  
Waiting for opening time!!!!



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Seasons Greetings  
from all the staff at Castlehill

We hope you have a great  
Christmas and  
a very happy New Year!



## Chief Executive's foreword . . .



During the last few years I have used this foreword to comment on the changes in sheltered housing, in particular the funding arrangements with local authorities, and the involvement of the Care Commission.

It has been over 5 years since the introduction of the 'Supporting People' system, and we had hoped that the changes would have settled down by now - but its not worked out like that.

Everyone will be aware of the pressure on local authority budgets, and these pressures are going to continue. Jim Anderson, our Housing Manager (Sheltered Housing) has worked closely with all the scheme staff to continually develop and improve the service, and the quality of the services we offer are recognised by the local authorities and the Care Commission.

However, the proof of the pudding is what you, the recipients of the service, think about it. Next year we will be carrying out an extensive Tenant Satisfaction Survey, and it is very important that we get views from as many tenants as possible.

Initially, in the time of pressures on funding questions are asked of us like:

- Could the service be provided in other ways that still meet the needs of tenants?
- Do tenants think the service is 'value for money'?

So, in 2009 we will commission a survey to find out your views. It is important that we get as comprehensive a picture of your views as possible, so that we can discuss with the local authorities longer term funding arrangements.

You'll be interested to know that Jim Morrison, a tenant at St John's Court in Stonehaven has joined our Management Committee as from our Annual General Meeting in August. I know that Jim will want to represent the views of the tenants to the Committee, and we are delighted he has joined us.

In 2009 we will be reviewing our approach to Tenant Participation and re-launching our strategy. There will be opportunities for everyone to get involved and influence how Castlehill's services are provided. Please look out for further information on the noticeboard at your scheme and in future newsletters.

## Chief Executive's foreword . . .

Individuals and organisations are all facing financial pressures and Castlehill is trying hard to ensure we are as efficient as possible. In that regard, I'm pleased to advise you that our level of void flats has decreased from 2.5% to 1.3% in the last 3 years, and we are finding that our Choice Based Lettings System - Homehunt, is a very successful way of allocating property.

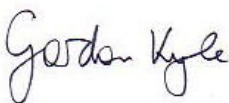
The 'Credit Crunch' means that it will be even more difficult for many people to find a suitable home at a price they can afford.

Castlehill still has a development programme, and last year we completed 10 general needs flats at Dyce and 28 flats at City Hospital, Aberdeen.

This year we will complete 20 flats at Portland Street, Aberdeen and 23 houses at Mintlaw. Although our programme includes few new sheltered schemes, we hope to commence construction on a 23 unit very sheltered scheme at Mintlaw in the next year.

I would encourage any tenant who has comments on any of the services we provide, to write to me, as we hope in 2009 to obtain as comprehensive a picture as we can about your views of living in a Castlehill sheltered housing scheme.

I hope everyone has a happy and healthy festive season.



**Best Wishes**  
**Gordon Kyle**

## Your letters . . .

Well folks it is that time again and we have not had much of a summer but hoping we have had some good times. Here we have had fish supper plus sing songs, and one of our neighbours grand-daughter got married on 9th August 2008 and about nine of us went up to the common room and watched all the excitement of having their face made up and hair done. The bride wanted to leave from her grandmothers and she had lovely rose petals to walk on. We had champagne and strawberry tarts given to us by the brides mother. It was a very special day for all of us and there were plenty of photo's as well. We wish the couple every happiness and thanks - they did us proud.



All the best in 2009. To all, good health.

**J. Hepburn  
St Peter's Court**



My 90th was on the 8th May this year. I was presented with this lovely basket of flowers from all residents and staff at Tomnabat, handed over by Margaret our Scheme Manager. I went on to having a lovely meal with my family, friends, personal carer and staff from Tomnabat Court at the Cloak House in Tomintoul organised by my daughter and grandson.

Best birthday in a long time!

**Mary Dixon  
Tomnabat Court, Tomintoul**



This is a photo of us at the beginning of the walk leaving Dunecht to go on 5 mile hike

The residents and staff of Nethermains Court went on a sponsored walk for charity. The charity we chose was C.H.A.S which is a children's charity in Scotland. One of our male residents planned the five mile walk through Dunecht Estate. He chose the most suitable route for us all to walk. We also arranged for transport to pick people up on route in case they could not finish the walk. There were three of the men in cars all at different points to ensure that if anyone was unable to finish the walk, they would get a lift home.

On arriving back to Nethermains, there were ladies who had been in charge of the cooking and had prepared a pot of broth, apple pie and ice cream for lunch.

We all had a fantastic day, it was great fun and we raised £405.00 for the charity.

**Nethermains Court, Echt**



On the 30th September 2008, Elsie Bowker reached the grand old age of 101. She truly is a remarkable lady, both physically and mentally, she is the one who looks after the "Younger ones" in the complex and joins in everything that goes on. Every Thursday she is the first one for the Dial a Trip Bus to take her to Montrose for her weekly shopping. Long may she continue with health and happiness at Queen Elizabeth Court. The photo is of her and one of her friends in

the bus, Jess, being presented with flowers by the management of Tesco's Montrose.



Mr. John Melville of 11 Queen Elizabeth Court, at the presentation of a Fire Engine he got from the Highlands and Islands Airports for the Montrose Air Station Museum which was founded in 1982. Mr Melville was one of the founder members. The Air Station is the very first Operational Air Station in the UK. It is open to visitors.

**Gladys Ingram**  
**Queen Elizabeth Court, Fettercairn**

Another year of events and happenings has slipped by with the residents here at St John's Court continuing to enjoy life to the full with a varied programme of Outings and Social Events augmented by our regular 'Bingo' and 'Film' nights. Many of our residents enjoyed viewing some of the major sporting events of 2008 on the 'Big' screen including European Football and highlights of the Olympic Games.



#### A Warm Welcome to 2008

The Residents of St John's Court together with 'Family and Friends' brought in the New Year in style with a traditional 'Hogmanay' Party and buffet supper. The entertainment included an on screen musical scenic tour of Scotland. Our then youngest resident, Sandy Donald, is seen here wishing everyone a 'Happy and Prosperous New Year'.

The St John's Court Burns Supper again proved to be one of the highlights of the year with well known Stonehaven Burns' enthusiasts contributing with their knowledge, humour and song to the evening's entertainment.

The 'Haggis, warm and reekin' carried by Elaine McLennan, and piped in by Mandy Boardley had its entrails spewed and addressed by Jim Morrison.

The 'Immortal Memory' delivered by Ron McKenzie was in a manner befitting his knowledge of the life and works of Robert Burns. The toast to 'The Lassies' by Andy Hall and 'Reply' from Irene Squires were delivered with style and panache. The unsuspecting, Housing Manager, Jim Anderson was asked to give the 'vote of thanks' and in doing so with wit and verse talked himself into taking a leading roll in our 250th Anniversary Supper in 2009.

As always the traditional supper prepared and served by Elaine, Noreen, residents and friends was to the expected high standard. Regrettably Alfie Smith who arranged the programme was indisposed due to illness and missed the fruits of his own labour.

### St John's Court Burns Supper



**Friday 25th  
January 2008**



#### Valentine's Night

O' Lord, forget yer breed an' j am,  
Or great big pieces wi' lumps o' spam.  
Tae let me ken I wilna suffer --  
Jist gae me a big fish supper.



Following a days outing to Braemar and Royal Deeside residents and friends enjoy the evening sunshine after a sumptuous 'high tea' at the Red Star Inn, Kirkton of Skene. A grateful thanks is due to the residents and staff at the Castlehill Complex in Braemar for their hospitality and providing afternoon tea.



**FOOTBALL - IT'S ONLY A GAME**

Many a winter night is passed by some of the residents watching football on the 'Big' screen and the 'after the match analysis' is usually very controversial with widely differing points of view. Whilst Tom Law (on the right) makes a point to Alfie Smith about his beloved Chelsea and their striker Drogba, Mollie, a committed Rangers fan remains singularly unimpressed.

**THE BIRTHDAY BOYS**



Noreen presents Sandy with his birthday cake



Elaine and Noreen present Jim with painting of the harbour



New 'Boy' Dod cuts his cake looking to be here forever

Sandy Donald, Jim Morrison and George 'Dod' Warrendar seen here from left to right celebrating their respective birthdays in the months of January, May and October 2008.

Birthday celebrations at St John's Court are something special when residents, family and friends come together to make those occasions forever memorable to all concerned.



Outing to the 'Happy Plant Garden Centre and 'Aden Park' Farm Museum at Mintlaw.....

The torrential rain and wind did nothing to dampen the spirits of the residents, family and friends on their outing to Mintlaw. After lunch at the 'Happy Plant Garden Centre' some of the trippers visited the 'Aden Park' Farm Museum whilst a couple of the men explored some of the 'local history' at the Mintlaw Hotel!

St John's Court resident, Mrs Chrissie Fullerton, seen here on the left, took the opportunity of paying a nostalgic visit to the Museum's 'Horsemans House' where she was born in 1926.



### Wedding Bells



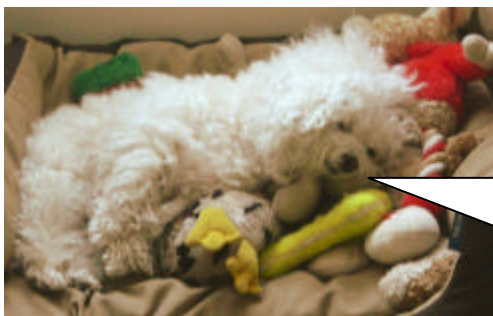
On returning from holiday in Stanstead, England in sunny June, St John's Court residents, Alan and June surprised everyone by announcing that they were now Mr and Mrs Slater.

Alan and June hosted an afternoon tea for the all the resident's in the lounge and can be seen here in all their wedding finery celebrating their marriage in style with the finest champagne.

We all wish Alan and June many years of happy marriage.

### CONGRATULATIONS

The residents and staff at St John's Court wish to take this opportunity of congratulating Castlehill Housing Association's Chief Executive, Gordon Kyle, on the anniversary of his 25th year with the Association. May you have many more years at the helm.



Keeping everyone happy can be very tiring for a wee dog like me! Before I go to sleep and wait for Santa can I on behalf of the Staff and Residents at St John's Court wish you all



A Merry Christmas and a  
Happy New Year  
xxx



## CROMAR COURT NEWS

At Cromar Court in Tarland we have had a very busy year with lots of comings and goings. We have had to say goodbye to many residents and friends but we have also welcomed lots of new faces to the scheme.

We now have a new Resident Manager, Kathleen Booth who started in July of this year. She came with her three little dogs that bring a smile to your face. We wish Kathleen and her partner Terry good luck for their future here.

We have had another busy year and don't know where the time has gone. Last Christmas we went to Victoria Tearoom in Dinnet for our Christmas lunch, which was delicious and everyone thoroughly enjoyed it. One resident told me that the Clooty Dumpling was the best she had ever tasted. After our lunch we headed back to the Common Room to be entertained by the Probus Ladies Choir, a chat and a fly cup.



Various activities are still ongoing such as Reminiscence Group and the Friendship Club, however we have much more going on now. In addition we have been on a trip to Deans, the shortbread factory at Huntly for our lunch then we moved on to watch a falconry display. Our next bus trip took us over the Cairn O'Mount to the Brechin Farm Castle.

We have had various musical and whist afternoons and a new painting class has started up on Monday afternoons. Every week there are regular coffee mornings so residents (and staff) can catch up and enjoy a coffee.

Some residents have now completed another computer course "Computers for the confident" and are now surfing the web at their leisure.



Last year a group came to the common room, The Die Hard Gunners who put on a great display for us. It was very informative and enjoyed by all that attended.

We hope the next year doesn't pass as fast as the last one but no doubt it will.

**Maureen Moncur**  
Relief Manager

## VISIT TO BRECHIN CASTLE ESTATE &amp; GARDEN CENTRE



At a tenants' meeting in August it was decided to have a trip out before the end of summer, so a mini bus was hired from the Ballater Community and a volunteer driver, Mark, kindly drove for us.

Around 10.30am we set off to visit the Brechin Castle Garden Centre and Estate, situated on the Dundee road, just over the hills from Tarland. A group of sixteen residents and friends, along with our new manager, Kathleen, filled

the bus and the weather was very pleasant - not sunny, but dry and mild. The route was via the Slug Road to Stonehaven where it was obvious that the fine days had allowed the farmers to complete their harvest. Then on to the double carriageway which gave us a fast run to Brechin in time for an early lunch.

Everyone seemed to have a companion and we made our own way around. The hungry ones went immediately to the restaurant and some visited the shopping area to look for garden items and bargains. The stock was varied and very attractively displayed. The staff were very helpful and informative.

"Pictavia", the fascinating representation of the Pictish era in Scotland, with the villages, stone circles and houses displayed and explained, was well worth a visit. We wandered around the farm animal enclosures and made friends with the goats, donkeys, chicken and guinea fowl, even the Highland Cattle!! After feeding the ducks, and a lonely swan with a broken wing, the remains of our biscuits, they wouldn't leave us! Eventually the yachtsmen, sailing their model remote controlled boats in a regatta were pleased to see us move on. They were having a serious competition and the sight made me determined to recommend to my newly retired friends a great way to get their husbands out of the house and out from under their feet!!!!

It was a beautiful setting though and I wished I'd taken my camera. It was a peaceful yet interesting area to take grandchildren for a day out too. We all had a pleasant break and the return journey over the Cairn-O-Mount was a complete contrast to our outward trip. We must repeat the excursion when the spring comes in.

**Rita Barnes  
Cromar Court**

We have had a busy year again in Mackay Court; we had a lot of work going on at the end of last year. The busiest month was November, we got all the corridors/stairs, common room, guest room and office carpeted and this caused a lot of upheaval. At the same time the lift was getting replaced so tenants had to use a stair-lift (some were afraid to use it.) The common room also got redecorated which took longer because all the walls had to be resurfaced. We also got a Key Fob door entry system installed. In November Cathy & Bill Pow celebrated their Golden Wedding and they had a nice party with family and friends in our Common room. They received a lot of gifts one of which was a rose bush called Golden Wedding and it was flowering this summer for the first time.

We have had a few tenants move into a nursing home, Mrs Jane Webster aged 94 in September, Mr Anthony Wharf aged 82 in February, Mrs Janet Glennie aged 90 in March and Mrs Beth Cran aged 94 in April, sadly Jane and Anthony have both passed away. Janet and Beth are both doing fine.

We have new tenants Mr George Middler who moved in during February and Mrs Pauline Wright who moved in during May; another two tenants are due to move in soon.

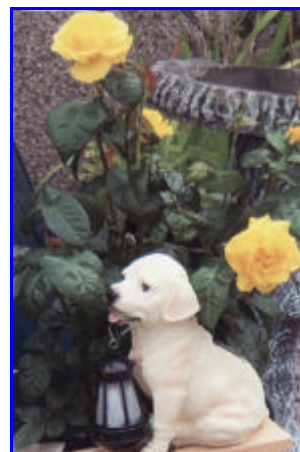
Our social events have included bingo evening and a Scottish night with the Singing Bobby. We have had a few cards nights, our Christmas Lunch was supposed to be on the 19th of December but it was cancelled because the hotel had staff problems (no chef) but we had a nice lunch on the 31<sup>st</sup> of January. This year we hope to do better.

OH! We got a new washing machine, so what? I hear you say; well our old one was 22 years old!

We have just had news that our relief scheme manager Brenda Smith is leaving. She will really be missed by us all, but we must look forward to getting a new member of our team.



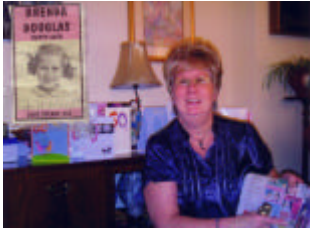
Bill and Cath Pow



Bill and Cath's Garden

**Irene Walker  
Scheme Manager &  
Cathy Pow  
Mackay Court**

Hello again to all our readers of the Sheltered Update 2008. Well we have all had a good, happy and healthy year here in our complex.



We had a lovely Christmas lunch in the Ferryhill House Hotel where we also had our Burns supper which our Manager Brenda and Relief Manager Evie had organised for us. Speaking about them, Brenda celebrated a big birthday (pictured). I hope she doesn't mind us all sharing, after all she is quick to put photos of us in the magazine and all that we get up to!

We have been up to the usual things, making our jigsaws in the Common Room, Chippie nights as well! Instead of having them in the Common Room, Brenda has been taking us out to the Ashvale in Great Western Road, then home for our game of bingo, getting the good of the Dial-a-Bus before it stops. We will really miss it as we use the bus for our outings for lunch etc.

We were sad to lose our longest resident and oldest tenant Mrs Margaret Malcolm in March. She certainly was a character 90 years of age and in Raeburn for the last 19 years, in fact she was the first tenant into Raeburn Place when the complex opened. However, we have another Margaret in her flat, another lovely lady. I'm sure she has been hand picked by the late Margaret as our new Margaret is certainly settling in well and just loves her wee flat.



Wishes go out to Mrs McBay who is in hospital. We wish her a speedy recovery.

We are having to say goodbye to our Relief Manager Evie due to ill health and we wish her all the very best in her retirement and we hope she keeps in touch and comes in for her cuppie of tea in the morning every day at 10.30am in our lovely Common Room. Evie has done a wonderful job over the past 5 years and will be very sadly missed by us all, especially by Brenda as they go back a long way. They have worked together for the past 25 years and were our comedy duo when they were together - always acting the goat!

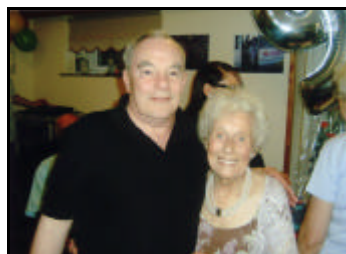
We hope we get someone just as nice to replace Evie and I'm sure we will.

We wish everyone a Merry Xmas and a Happy New Year.

**Jean Trail  
Raeburn Place**



Evie our Relief Manager. We're sad to see her leave.



Mrs Margaret Malcolm with Mr Lithgow (Billy)  
We were sad to see our longest and oldest tenant pass away (Mrs Malcolm). This photo was taken on her 90th birthday.



Our Christmas night in the Common Room. A good night had by all.



Coffee morning for Breast Cancer

Last December we held our Christmas lunch at Carriages Hotel and this was very much enjoyed by all who attended. A small fleet of taxis conveyed us there and back. We gathered in the common Room and were entertained by the "Singing Bobby". Refreshments followed and some of the men enjoyed the "Golden Brew" and it was hoped they made it to their flats afterwards! Nevertheless, we all enjoyed ourselves.

We gathered at Hogmanay and saw a video before the appointed time to toast in the New Year and sing "Auld Lang Syne". On January 25th, we remembered the birthday of the "Bard" with the usual toast.

We held an open coffee morning and the public responded well with a good turn out. The raffle is always popular and from the proceeds we were able to donate £125.00 to the Breast Cancer Relief Fund.

On 30th July we went on a bus trip to Banchory. We had a light lunch at a hotel in Banchory and a look around. We had been invited to visit Dalvenie Very Sheltered Housing Complex, and the bus was available for those who wished to carry on to Raemoir Garden Centre. The management at Dalvenie laid on a small concert party to entertain us for about one hour. There were two violinists, a pianist and a gentleman soloist. They were very good and we enjoyed the Scottish music and songs. We wish to thank the management and helpers of Dalvenie for their hospitality. We had afternoon tea and spent some time in the gardens, then the bus returned to take us on to Feughside Inn for a very nice high tea. The high tea was very nice with a varied menu to choose from. The weather was warm and sunny which added to the enjoyment of our day out.

We have a coffee morning every Wednesday, bingo every second Saturday afternoon and chippy night once a month. The Community Nurses hold a clinic each Tuesday morning at Foudland Court and this is much appreciated by the tenants.

The Church of Scotland minister holds a service the last Sunday of the month in the Common Room. We much appreciate the service - they are in recess for the months of July and August. Aberdeen College hold a computer course on a Monday for a period of a few months every year.



Mrs Niven &amp; Mrs Freeman - hogmanay

At present a "pre venting fall class", over a 14 week period at Foudland Court is being run by a physiotherapist and others from the local health centre. The Common Room is open in the evenings to play board games and cards. We need more residents to come and take part in these activities during the long winter evenings!

Christmas Lunch at Carriages will be held on Wednesday 10th December followed by a concert and refreshments in the Common Room.

We wish to thank all our ladies who help at the coffee mornings and bingo and all the other events during the year.

**R. S. Noble**

## OUR FIRST TIME AWAY TOGETHER AS A GROUP FOR THE WEEKEND FOR TOMNABAT COURT RESIDENTS



Portree Harbour

Several of us residents made it with our friends from Tomintoul to Skye. Our first stop was Pringles Woollen Mill at Holm in Inverness for lunch and shopping, then with the weather good and clear, we set off again with great views of Loch Ness and the countryside from the coach. We arrived at the Redburn Café at Glenmorrison, in which we had a nice cuppa and some cakes, then we needed the all important comfort stop! Off on our travels again to the Dunollie Hotel in Broadford on Skye which was very comfortable with a lovely dinner and breakfast. The staff there were very friendly. The weather was still good on

Sunday morning on our beautiful journey through the scenery on our way to Portree with one or two shops open. Some even did a bit of Christmas shopping! We ended with a beautiful meal at the Cuillin Hills Hotel - the view down to the bay at Portree was marvellous and then we had rain and mist but it wasn't too bad as we could still see but it lasted for about an hour. Back off the Isle and on to Loch Carron, again, we stopped at a very friendly place called The Waterside Café for tea and cakes and of course a comfort stop. Then we returned back by Achnasheen, Garve, Black Isle and over the Kessock Bridge to Inverness, stopping at Tesco's for fresh milk and bread for the morning, returning to Tomintoul for 7pm.

Vote of thanks to our driver for our safe journey and a big thank you to Margaret, our Scheme Manager who made an excellent job of organising the whole trip for us - a long trip but very worthwhile and there were no midges!! Most of us said "when's the next trip Margaret"!!

**Happy Holidaymakers  
Tomnabat Court, Tomintoul**



READY FOR OFF!!

Conval Court Relief Scheme Manager, Helen Bremner (on the left) and her daughter Audrey, completed this years Edinburgh Moon Walk, Raising between them £500 for Breast Cancer.

**H. Bremner  
Conval Court**