

Fairburn Times

£1 each

Winter 2015



The Boat Trip

On Monday 13th April we went on a boat trip on the M.V. Highland Cross Seagull. The residents included Graham, George, Cameron, David, James and myself. Carers Bill and Linda came with us and Nurse Fiona. We left Fairburn after lunch and traveled along the old road beside the Beaully Firth to Inverness. At the Caledonian Canal the Skipper welcomed us on board and we set sail passing all kinds of boats on the way to Dochgarroch. We enjoyed tea and biscuits with the crew on the way and the Skipper let me steer the boat for a while on the canal. I was even presented with a Certificate! After the boat trip we got fish and chips at Conon Bridge which we took home to enjoy. Thanks to Bill for taking us in the bus.



The Fairburn Times is written and compiled by Hamish Cummings, a resident at Fairburn House and edited by Claire and Emma from the Fairburn Office.

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Britannia

Thursday afternoon on 9th July, Tad, Jaz, James, Ian, George, Alex and myself went to see the Cruise Ship Britannia at Invergordon. Carers Bill, Kamil and Pantelis came too. It was a very big ship and even the Royal Family have been on board. We were delighted to see it. Afterwards a fish supper was calling us so we stopped in Alness for supper. We really enjoyed seeing the Britannia and are grateful for the staff making a note of its arrival in Invergordon and for taking us along.





The Picnic

On Wednesday the 22nd of April some of Fairburn House Residents decided to go to the lovely Rosemarkie Beach to have a picnic. The Residents who went were Annette, Jaz , Alex, Ian, David, James and myself. The staff who took us were Bill, Anna and Melinda. The weather was fantastic whilst we were there, it was a gloriously sunny day and we got to enjoy our picnic on the beach at a nice seating area beside the cafe. We watched people go by on the beach and the boats go past on the water. We had a nice day out and thoroughly enjoyed our picnic on the beach.



The Black Isle Show

Wednesday 5th August is traditionally the preview evening of the Black Isle Show and some of the residents wanted to go along late afternoon. The weather was lovely and sunny so we looked around the different stalls. The following day a larger group went along and we enjoyed looking around the stands and fun fair. We bought lots of goodies too. Nikki came with me and Graham. One of the Scottish Football Cups was on display at the show which Inverness Caledonian Thistle won, we got our photo taken holding the cup, we were thrilled. We had some lunch then headed for the beer tent! We saw the horses, cows and tractors too whilst we enjoyed ice cream. There was an action packed Wild West Show which was great. We met lots of people that we knew and had not seen for a while which was also nice. The weather was really good again so we stayed for quite a long time. The staff enjoyed themselves too and a big thank you to Bill and Nikki for driving us all there.

Mike Amatt

On Wednesday 1st of July, Mike Amatt the Musician came to Fairburn to sing to us. This was his first performance at Fairburn House. He began playing at 6pm and sang lots of songs ranging from pop to country and western. He sang songs we all recognised. We all joined in singing with him. He also signed a picture for Fairburn House. We enjoyed his songs. This was a good find Bill, well done.





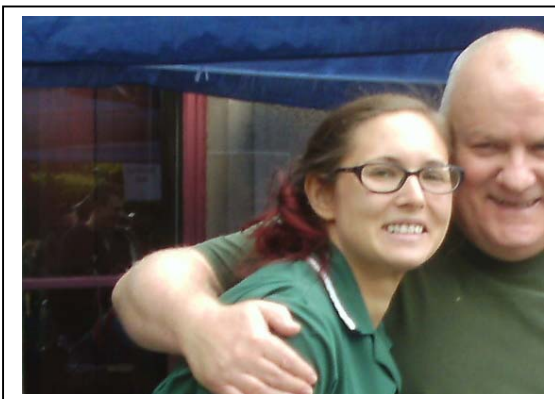
Boccia

Wednesday 12th August two groups of Residents took part in the Boccia Championship at the Strathpeffer Community Centre. The Championship competitions consists of eight teams who travel from all over Ross-shire. Our teams were called the Feline Fillies which included Alice, Annette and Linda and the Fairburn Fliers which included David, Ian M and myself. The carers who joined in with us were Bill, Carolyn and Jim. The Fairburn Fillies came 2nd in their category and the Fairburn Fliers came 4th in theirs. Overall everyone was delighted with how well Fairburn House members did. We have all been invited to watch the finals on the 9th of September. We would like to thank Bill, Caroline and Jim for taking us to Strathpeffer for the competition.

My Job

Hello I am Rachael. I help at Fairburn House organising activities/crafts with the residents. We get up to lots of mischief in our Art Department. When we have finished our art projects it sometimes looks as if we have had a paint fight and thrown buckets of glitter all over the place. This week we have been making pressed flowers and we are going to use them to decorate boxes, pictures and book marks. We have also made bird feeders with peanuts and seeds and we are going to hang them around Fairburn Houses grounds. We are also trying to make a decorative bowl for the bird feed made of buttons. We are going to make this using a balloon. - fingers crossed that when the balloon bursts it will stay in shape. I can safely say that I have the best job in the world! Its about who I get to do it with! Every resident has such a big personality. By far our favorite thing to do is spend time outdoors. Myself, Hamish and Annette have just put up a greenhouse so we will be able to go and grow our very own vegetables. We love to listen to the birds and get a glimpse of the odd squirrel on our way to feed the horses. We have also been told there is a pine marten often spotted. Hopefully we will spot him soon.! I would like to finish by saying thank you to the whole of Fairburn Family for making my job the best ever.

Written by Rachael Davis



MICHELLE RHODES BIRTHDAY

When a lady hits a certain age, she tiptoes past her birthdays for fear they will pounce. I could not however foil Fairburn ingenuity and an affectionate boyfriend. Roddy and the staff put their heads together and surprised me the other afternoon with a birthday tea. In no time at all I was festooned with flowers, gifts and a delicious birthday cake plus a big hug from my favourite man, Roddy, while everyone sang "Happy Birthday". Fairburn cakes are infamous and I was one happy cake-aholic as I blew out the candles and that was not the end of it. Bill was taking a group of our pals, Hamish, Jazz, Ian and others over to Invergordon in the late afternoon to see the cruise ship Britannia and suggested we join the party. Roddy and I love that part of the firth and we had an enjoyable run along the shore with the beautiful mountains across the bay so clearly in view - it was the best weather. We were given access to the dock and were just stunned at the size of the ship. Couch loads of people were turning up with boarding passes to join the cruise and we had a lovely meander about the harbour side. One of the shops (Macrae's) has a mannequin alongside dressed very authentically in the 1750s Highland garb. Two young tourists (from Japan, I think) were very taken with this and stood beside it to have their photographs taken. Roddy resolved to put them right. "I'm a real Scotsman" he said to them "born in Harris, raised in Stockinish". They somewhat flummoxed but they did not ask to have their picture taken with him. There you go, lads - an opportunity missed: but then Roddy wasn't wearing his tart. We had all planned to have a take-away and the guys were going to get fish and chips locally but Rod and I discussed it and he suggested we get ours at Beaulay on the way home which we did. So we sat and scoffed our fish supper with great enjoyment while Roddy caught up with the TV highlights on "The Ashes". It truly was a wonderful day, Roddy said we had, had a lovely evening out". Thanks to Sister Susan, Nurses, Carers and Bill for all their help; to Thomas the Chef for the gorgeous cake and to all staff whose support and assistance helped make such a memorable day. A special mention must go to Troy who though he did not on this occasion accompany us, gave a pleasing rendition of "The Big Ship Sails Through the Alley, Alley-O". Thank you Fairburn.

Roderick MacDonald / Michelle Rhodes



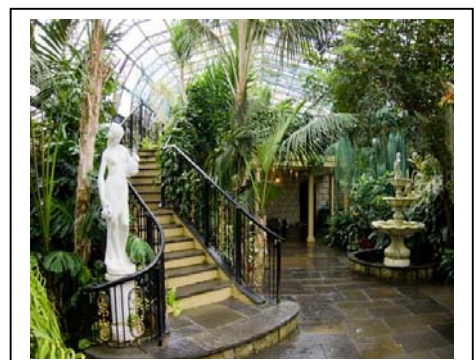
RODERICK MACDONALD BIRTHDAY

On the 16th of April it was Resident Roddy's birthday. For his birthday Michelle Rhodes and Bill Gormanely our Activities Co-ordinator organised our very good friend Mike Devine to play for us. He is a wonderful Country and Western singer. Last year Mike Devine was kind enough to travel to sing to a group of the residents at the Keppoch Inn. He is very nice to the residents chatting to them before he starts playing his music. He played all kinds of different songs, some we knew and some we didn't. We all had a fantastic night for Roddy's Birthday.



ANNETTE MACDONALD BIRTHDAY

On Wednesday 6th of May, Annette, George, Ian M, Jazz, Graham and myself were taken to the Floral Hall Gardens as a surprise for Annette's Birthday by carers Bill, Jennifer and Jim. When we arrived in Inverness we decided to have lunch at our favourite place "The Keppoch Inn". After our friendly service and delicious lunch we were taken up to Whin Park as a surprise for Annette's Birthday. We were supposed to see a miniature railway train but unfortunately it was not running so instead we went into Floral Hall Gardens and went to see all the lovely plants. There was also a Tropical Fish Pond full of Japanese fish. We enjoyed every part of our trip out for Annette's Birthday.



Johnny Bremner

On Tuesday the 26th of May, Musician Johnny Bremner came to sing to us. This was his 3rd visit to Fairburn House. He arrived at Fairburn to start playing his music at 6pm. We had lots of guests show up for his performance. He sang to us old songs of his and new ones. The Residents were up dancing along with him singing with members of the staff. Everyone had a great time dancing. He sang country and pop songs and everybody loved his singing. Thank you Bill for organising Johnny to come and play for us. It was brilliant.



Foster & Allan

On Sunday the 19th of April, Alice, Annette, David and myself were taken by Bill, Alison and Esther to Eden Court to see Foster & Allen. The show started at 7:30 with Alison, Annette, Alice and Ester sitting in the disabled seating and Bill, David and myself sat in the circled seating looking down upon the crowd below. It was a full house. As soon as Foster and Allen began performing their songs the audience joined in with them singing and clapping. They performed many classic songs of theirs and a few new ones. The show was on till 10:30pm, it was brilliant. Thank you to Bill, Alison and Esther for taking us to see Foster & Allen.

