

# Snowdon Snippets

News from  
Campbell Snowdon House

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## Aiming for Olympic Glory...

Well, not quite that high! But the Inverclyde Chilli-Steppers are planning to walk the length of the U.S.A.'s Route 66 – about 2230-2500 miles long, depending on the source of your information (more of that later, in Jim's Jotting). And, of course Campbell Snowdon will join with other Inverclyde homes' and daycentres' teams in getting their kicks on Route 66.

C.A.P.A. – Care About Physical Activity – have fired the starter's gun for this health-giving, sociable adventure. So, are the Campbell Snowdon walkers heading across the Atlantic? No need. The Chilli-Steppers' ingenious plan means they can meet their challenge on home ground – literally! Pedometers have been distributed and designated mathematicians are hard at work converting the total number of Chilli-Stepper steps into miles, then calculating distance travelled and destinations reached on Route 66. At this juncture they are about to 'Meet in St. Louis' (a very musical journey!).

Daily training begins at noon, after the morning cuppa. The exercise for the 'Let's Get Going' warm up is decided selecting one of a bundle of lollysticks labelled with instructions such as 'stand on one leg' or 'arms up, arms down'. Initially, the walkers were given a wee rest before setting off, but they have now become so eager to step out that they head for the door immediately. Even adverse weather does not dampen their enthusiasm: a few laps round the garden or a turn up and down Campbell Snowdon's own Long Gallery (the corridor), will add to one's tally of steps and, as with the Olympics, things are becoming quite competitive. Competitive towards fellow 'Steppers' yes, but also to oneself, as each participant seeks to improve their own performance.

So Campbell Snowdon is well on the way to achieving a gold medal for its attention to physical activity but, as mentioned earlier, there is a social aspect to Inverclyde Chilli-Steppers, as witnessed in Greenock's Battery Park last summer. It was 'National Sandwich Day' and 'Steppers' from all the care homes in Inverclyde met in the park for a picnic – sandwiches, of course, Empire biscuits?? – then stepped out together, buckets in hand, collecting funds for dementia charities. Everyone a Winner!



# Gill Graveson

by Janet Reid, *Freelance Writer*

**16 years in, and Gill Graveson must be one of Campbell Snowdon's most long serving volunteers. She first began her association with Campbell Snowdon in 2003, and since then there have been huge changes, both in Campbell Snowdon itself, and in the regulation of Care Homes. Gill is very modest about her contribution, but there is no doubt that she has provided a thoughtful guiding hand, plenty of new ideas, enthusiasm for bold initiatives, a calm patience when faced with problems, and a great deal of time, to her role there.**

It was all these years ago when it was suggested to her that with her background in the voluntary sector, and her interest in people – she had trained as a Counsellor and qualified to become a trainer in such subjects as Stress Management and Workplace bullying – she was an ideal person to take part in the running of Campbell Snowdon. She was appointed to the Executive Committee as House Convener, a role which meant acting as interface between the day to day running issues of the house and the Executive Committee members.

There were several areas in which almost immediately her skills were put to the test. Within weeks of her appointment the Manager's post became vacant. She, together with a small team, conducted the interviews, and Jackie Weston, the youngest applicant, was appointed. She was, says Gill, a very inspiring and ambitious young manager who wanted Campbell Snowdon to achieve the highest standards possible while still maintaining the comfortable home-from-home environment. She was an excellent choice, says Gill, and Jackie and her team achieved all this and more, so that Campbell Snowdon

has become, and remains under Jackie's successor, Jim Melville, the Care Home of choice in the area. People report that they go in the front door and immediately sense the warmth and sense of caring and the positive atmosphere of the place.

In addition there have been plenty of tangible changes. Now all the rooms have en suite bathrooms; the east wing lounge has been converted into a suite for couples to be together; the garden has been landscaped; hens cluck and ducks quack outside the windows; and there is a new conservatory – all innovations which owe their conception and execution to the combined forces of Jackie's bold approach and Gill and the other committee members' endorsement and encouragement.

Another area in which Gill played a crucial role from the beginning of her involvement with Campbell Snowdon was in the creation of a team of volunteers. She and Stewart Grigor who, like her, had a background in voluntary organisations, both saw how what a great contribution volunteers could make to the lives of the residents by befriending them, taking them on trips, helping them to get interested in new activities, or just simply talking and listening to them. With Jackie on board, they spent the best part of a year putting everything in place until finally their first three befrienders joined them. This team of volunteers, much enlarged in number and now known as Friends of Campbell Snowdon, and ably coordinated by Morag Love has been a huge success. So much so that a member of the Care Inspectorate said she wished more care homes would copy this bold and positive outreach scheme which has enabled residents to enjoy a wide range of activities, trips, new experiences and new friendships.



In 2008 another new initiative – one conceived and undertaken by Gill and fellow Executive Committee member, Ernie Smyth – took off. This was the start of the quarterly newsletter, "Snowdon Snippets". The first edition appeared in the summer of 2008. As Joint Editors, she recalls the many hours, 4 times a year, spent gathering in material and deciding on the layout. It was always exciting to see the finished product and, she says, she still loves it when the latest edition drops through the door.

Then in 2010 she decided somewhat reluctantly to resign from the Executive Committee in order to spend more time developing her counselling practice. But her volunteering spirit was irrepressible – within 2 years she was back as Chair of the 'Friends of Campbell Snowdon' Committee and also instigator of yet another initiative. She, along with Stewart Grigor, started a reminiscence group, now known as Down Memory Lane. 44 trips Down Memory Lane later, now with Maureen McClements, they and the residents are still going strong. Maureen and I, she says, just love planning the sessions (coffee and often cake in the Lochnagar!) and then hearing all the residents' fascinating recollections of the past.

However, above all, she pays tribute to the immense dedication and loving care given by the Campbell Snowdon staff. Her efforts, she modestly says, are just a small contribution to the Campbell Snowdon story.

# Jim's Jottings

## Consistently High Standards

Congratulations to Angela Glancy on completing SVQ 2 in Health and Social Care.

It is thanks to the determination of all our staff to improve their qualifications, as well as their dedication to enriching the lives of our residents that, for the fourth year running, the Care Inspectorate has awarded Campbell Snowdon Grade 6.

## Enriching Lives

After the success of our trishaw (we used it to ferry residents to the Polling Station in December!) we have, with generous funding from the Post Code Lottery, invested in a wheelchair platform bicycle so that now **everyone** has access to the great outdoors. And for access to the great wide world of the Internet, and Alexa! We have high speed internet available in some of our rooms. Morag, Sam and Editor made great use of Alexa in researching Route 66 as well as help in converting steps to miles!



## All Thanks to You

Campbell Snowdon could not achieve its Gold Medal standard without its dedicated staff, enthusiastic volunteers, generous donors and interested, cooperative families. *'Thank You'* to every one of you.

## A note for your diary

To mark Dementia Awareness Week:

On May 12th 2020 @ 6.30pm Jim is offering a talk on Dementia Awareness to all interested parties.

# Reverend Dr Kenneth Peat Forrest CBE

Senior Civil Servant and Minister of The Church of Scotland

**Kenneth Forrest was born in 1942 and brought up along with his brother Gordon by his deeply devout Christian parents in Dennistoun, Glasgow. He attended Alexandra Parade Primary School and Whitehill Secondary. With great encouragement from his parents he studied chemistry at Strathclyde University, graduating with an honours degree specialising in inorganic chemistry. He then undertook a PhD funded by the Science Research Council. He was awarded a Ramsay Memorial Fellowship at Cambridge although he never took this up. Instead, he undertook post-doctoral research on x-ray crystallography at Glasgow University working under pioneering Professor Monteith Robertson.**

He joined the Science Research Council in 1970 where, alongside an advisory committee, he looked after the funding of multi million pound projects in civil and chemical engineering and aeronautics. From there he was offered a senior position in what became The Offshore Supplies Office (OSO) in Glasgow. It was later to be known as Trade Partners UK (TPUK) and UK Trade and Investment (UKTI) and Ken, as he was commonly known, spent 25 years working there as a director until his retirement in 2002.

Dr Forrest dedicated the first part of his working life to the Civil Service by promoting British Business development within the Oil & Gas sector internationally. He was

involved from the early days of the North Sea and expanded the sector worldwide in a role he embraced with exemplary leadership. With work he travelled extensively, spending much of his time in China, Russia and South America. His career left a lasting legacy for the success of the Oil & Gas sector globally for which his contribution was rightly recognised in the 2002 Birthday Honours list with the award of CBE.

Impressive as these achievements were, it was of his calling into the ministry that Dr Forrest was most proud. And he saw it as just that - a calling, not a second career choice. In this too he excelled. He was ordained as an auxiliary minister of the Church of Scotland on 19th October 2006.

Between 2006 and September 2017, Reverend Dr Forrest acted as interim moderator and locum in 5 separate churches within the Paisley and Greenock Presbytery. He was held with the greatest of affection and respect in each charge and he in turn cared deeply for every member of the congregations and the churches themselves. People liked his straight talking, no nonsense approach to things and also felt a strong affinity with a man who knew a bit about the world.

In addition to his essentially full time appointments in the pulpit, he also served the Presbytery at committee level from 2008, culminating in being appointed Moderator of the Presbytery, 2015 to 2016.



On 10th August 1972, Kenneth married his dear wife Fiona, a nursing sister, whom he had known all of his life. They grew up and attended school together in Dennistoun. They were a devoted couple for 45 years. They had 3 children - Douglas, Edith and Marion, all of whom he was extremely proud. He had 5 grandchildren of whom he was equally proud.

Dr Forrest was also the Chairman of Campbell Snowdon for 12 years. This was a role which Dr Forrest undertook with great compassion and sense of responsibility for all residents. He regularly expressed to his family how highly he regarded all those who worked within the home and what an excellent place it was.

Reverend Dr Kenneth Peat Forrest excelled in everything he did - from work in industry to his calling into the ministry. Above all else, he was loyal, principled and a man of the utmost integrity. He would have been extremely touched to have the Garden room named after him and whilst gardening was never his forte, he very much appreciated the beauty of God's creation.

**Your Editor, Barbara Walton, would welcome any suggestions and contributions for future issues - email: [bandtw@sky.com](mailto:bandtw@sky.com)**

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