

Frances has the recipe for a long and happy life

✘ Frances Renshaw has just celebrated her 100th birthday at Cairdean House care home.

She celebrated her birthday on 21 December with family members, friends and other residents.

Revealing the secret to living such a long life, Frances said: “There is no secret really, I just take everything in my stride and never give up. A good diet and lots of laughter helps too!”

Michelle Reid, home manager at Cairdean House, said: “We always like to make an occasion of birthdays, and Frances’ 100th birthday is no exception. We made sure that she had a great day and our head chef, Peter Donnelly, prepared a special birthday cake to mark the milestone. It was lovely to be joined by Frances’ family and friends to celebrate the special occasion.”

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Frances Renshaw was born on 21st December 1916 in Edinburgh, and she has lived in Scotland for much of her life. She developed a passion for swimming from a young age, and joined Warrender Baths Swimming Club when she was a child. She went on to win 26 medals and was the Scottish champion for breast stroke when she was 16.

Frances found love with Eddie Renshaw when she was 16, and they were married in 1937. They were married for over 70 years, and had five children together: Donald, Edward, Frances Ann, Robert and Ian. Frances now has seven grandchildren and eight great grandchildren.

The couple travelled all over the world together, visiting Malawi, Bahrain and going on a six-week road trip across America.

After Eddie passed away in 2008, Frances continued to live on her own until she moved into Cairdean House in 2013.

Cairdean House provides a range of services from residential and specialist dementia care, to short term respite and sensitive end of life care.