



### **Phyllis Knox – Florist and Baker**

Phyllis was born in Inverness and had an interest in nursing growing up. Her Mother mentioned this to a neighbour who happened to be the Chaplain for the Royal Northern Infirmary in Inverness. She was sent an application form and was duly interviewed and got a job, and after training, got the position of Staff Nurse in the Medical Ward and was there for four years.

She then moved to Fort William where she worked at the Belford Hospital as Staff Nurse in the Medical Ward and then as Night Sister and then as Sister in the Surgical Ward. She was there for 22 years.

She took early retirement at 60 but got bored, and applied for a job as Matron at Abbeyfield Care Home, Ballachulish and was there for 16 years. When she left, they kept asking her back (3 times)! She was also made a trustee of Abbeyfield, and still is.

Her interest in flowers came from her Grandfather, and he started a Community Garden at Nairn, Inverness-shire, where it is still going strong. She attended Floral Art Classes in Inverness and at the Lochaber Agricultural Show, she came first, three times, in Floral Arrangement and was then made a Judge!

She was awarded the MBE in 2003 by Queen Elizabeth II at Buckingham Palace for her Care in the Community.

To add to her already busy schedule she also joined our team as our in-house florist and cake baker where she created many stunning floral and bridal arrangements and many a wonderful Birthday and Wedding Cake for our guests over a period of 20 plus years. If you were lucky, you would meet her in her white coat often walking the corridors at midnight especially when putting up our Christmas decorations, where she loved to wait until the guests retired for bed to work her magic for the morning!

Always the most given and kindest soul!