



*Highland Senior Citizens Network*  
*Nothing about us without us*

Scottish Charitable Incorporated Organisation (SCIO) SC034260

## Activity Update - What's on in Highland, May 2023

### Out and About in Highland



We had planned to move to bi-monthly news-sheets, but with Get-togethers starting back, Scams workshops, and so many activities shared with us that are taking place in May, we have decided to dedicate this news-sheet to these.

### HSCN Get-togethers - 'Getting Back Together'

We are delighted to be starting up our Highland Older People's Get-togethers again. Our last in person meetings took place in November 2019, so it's really good to be out and about again. The Get-togethers aim to give individuals, representatives from older people's groups and people supporting older people's groups, the opportunity to come together in their local area and look at common issues, share information about their groups and about local services and activities.

We are going to keep things simple and slightly shorter than before, with a focus on being together and sharing news. We will update you on news from Age Scotland and Highland Senior Citizens Network, HSCN might deliver their peer Scams awareness workshop, and we would love to hear about what's happening locally.

We look forward to seeing you/members of your group at a Get-together in your area sometime soon. Currently we have them planned for:

- Assynt Centre, Lochinver, Wednesday 10<sup>th</sup> May, 2pm until 4pm
- The Links Café, Gairloch Golf Club, Thursday 18<sup>th</sup> May, 2pm – 4pm
- Merkinch Community Centre, 31<sup>st</sup> May, 2pm – 4pm (provisional)

Registration opens 30 minutes before start and refreshments will be available then. Please get in touch with Anne or Jo to confirm your attendance, and any dietary requirements.

Also get in touch if your group would like to host a Get-together in your area.

## HSCN Virtual Tea-breaks

It's good to be back in person, but we are also carrying on with our weekly virtual Tea-breaks. It's been lovely to have some new faces join us recently. Please get in touch if you see anything that looks interesting, even just for one week for a particular topic.



**Zoom on a Thursday morning, 11am till 12 noon**

Date	Topic	Guest
4 <sup>th</sup> May	Remembrance Ceilidh, Demystifying Death Week	
11 <sup>th</sup>	Polypharmacy, Realistic Medicine	Kate Arrow and colleague, NHS Highland
18 <sup>th</sup>	Intergenerational Activities Guide for older people	Lorraine Allan, Generations Working Together
25 <sup>th</sup>	Just a Tea-break	

To join any Tea-break contact Anne for the link: [anne-hscn@outlook.com](mailto:anne-hscn@outlook.com)

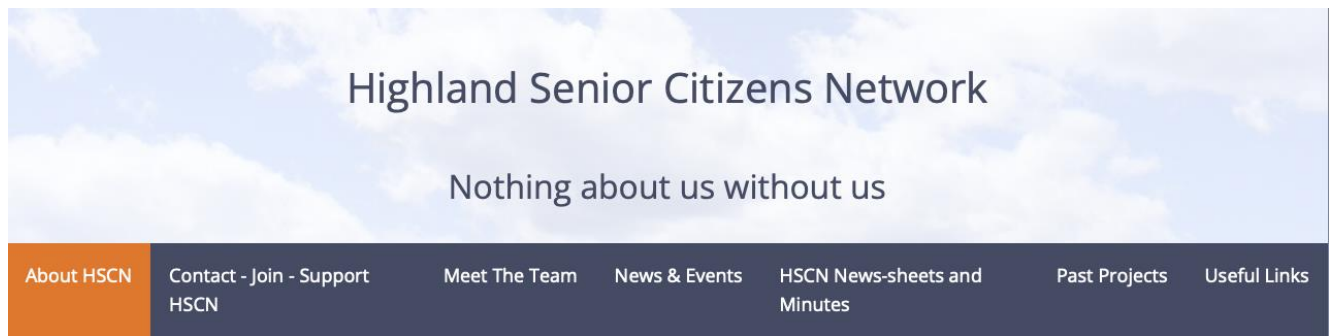
## HSCN taking action on Scams We Need to Talk About Scams!

Many groups have already taken up the offer from HSCN trustees to bring a 'Conversation about Scams' to them. They have dates in Gairloch, Lochinver, Alness and Inverness, but if you haven't been in touch yet they are still happy to come along to your group.

They are happy to come along to groups as older people to speak to you "peer-to-peer" about up-to-date information on scams and sources of support – and also to listen to your experiences. In drawing the information together, they have taken input from banks, Trading Standards, and others.

**We're ready to come out and speak to groups!**

**Please get in touch with our Co-ordinators if you would like our trustees to visit your group!**



**A message from our Chair, Dr Ian McNamara**

HSCN has been successfully campaigning on issues that impact senior citizens for almost 30 years. As the over 55s become a larger proportion of the population, it is more important than ever that our voice is heard.

The words 'Growing Ageing Population' are invariably rolled off the tongues of politicians and service providers when the lack of services for our age group is questioned. By engaging with us in a constructive way we will be seen as part of the solution, not the problem.



Our website has had a spring clean and is hopefully now much easier to find your way around. Have a look and let us know what you think.

**HSCN**  
*Highland Senior Citizens Network*  
**'Nothing about us, without us'**  
**Speaking up about what matters to older people in Highland**

Scottish Charitable Incorporated Organisation  
SCO34260. Established in 1995

We also have a new leaflet, which we will be sharing as we go out and about in Highland, to encourage more people to get involved and become a member. We know that we reach out to 1000's of people in Highland through our members, but still people regularly tell us that they didn't know that we existed.

Membership is free and means you receive the news-sheet, consultation opportunities, invitations to events including our annual conference and local Get-togethers.

See our website, email or phone us for a membership form.

## Reawakening Creativity, Older People Making Films



**Have you always wanted to make a short film but have never had the chance? Do you have something you are passionate about that you would like to share with others? Is it a while since you have produced something creative? Are you a more mature member of our community who would like to make a film with other like-minded mature individuals? Eden Court is now offering you that opportunity.**

As the largest combined arts centre in Scotland, Eden Court has a long tradition of offering learning and educational opportunities to members of our region. We are keen to expand our creative opportunities offer to underrepresented groups within our region, in this instance more mature audiences. Our building is frequently full of young people developing their filmmaking skills but this new initiative, in collaboration with Screen Scotland through their Screen Education Fund, is now inviting applications for its Older People Making Films programme.

This project is free and consists of 9 weeks of afternoon informal filmmaking sessions to foster and develop individual artistic skills, build social interaction and enhance creative learning. The first session is on Thursday 11<sup>th</sup> May from 2pm – 4pm at Eden Court Theatre. The final session is on the 6<sup>th</sup> July. Participants will be supported to develop their own individual ideas into short films, with the programme culminating in a public screening of the completed film projects.

Drew Tremlett, Engagement Producer in Film at Eden Court, explained the motivation behind this initiative: *“Eden Court is well served when it comes to dance and drama opportunities for the more mature client and we would like to see that offer replicated in our filmmaking provision. We currently have a number of filmmaking programmes for young people such as our Youth Film sessions and our National Progression Award in Film qualification, however we feel that other members of our community should also have the opportunity to see their creative ideas on the big screen.”*

If you would like to find out more or participate, please contact Drew at [dtremlett@eden-court.co.uk](mailto:dtremlett@eden-court.co.uk) or on 01463 239 841 (ext. 520).

## The Inverness Festival of Walking and Wheeling

Partnerships for Wellbeing are a small charity who organise community transport and health walks for local people. They have partnered up with a number of organisations and groups within Inverness to create the Inverness Festival of Walking & Wheeling at the end of May.



The aim is to celebrate all the great walking & wheeling activities that are happening and encourage more people to get involved, especially folk who are new to walking, or may have some health problems. Walking can be beneficial for mental and physical health, and we have a range of activities outlined on the festival programme page of the website:

[www.wawfest.com](http://www.wawfest.com), as well as a link to partners websites.

We are having a drop-in information session for people to find out more on Saturday 20<sup>th</sup> May at the WASPS Creative Academy (Midmills building, Steven's Street. IV2 3JP) from 10am-2pm.



PARTNERSHIPS FOR WELLBEING HOSTS THE  
**INVERNESS**  
**FESTIVAL OF WALKING & Wheeling**

ACTIVITIES INCLUDE...

INFORMATION DROP-IN,  
 PHOTO COMPETITION,  
 WALK & CREATE/SKETCH,  
 BUGGY WALK,  
 NORDIC WALKING,  
 LOCAL HEALTH WALKS,  
 FORAGING WALK,  
 GHOST WALK,  
 NATURE WELLBEING WALK,  
 SCOOTER RAMBLE,  
 LONG DISTANCE TASTER WALK...

[wawfest.com](http://wawfest.com)  
 20th-28th May 2023

make walking & cycling part of your life!

Logos: COMMUNITY FUND, PFW Partnerships for Wellbeing, Smarter Choices, Smarter Places, Health Walks paths4all, RURAL CONNECTIONS HIGHLAND



**Dementia Friendly Gentle, Social Health Walks**

Every Friday 2 PM  
 Thurso Community Cafe,  
 Thurso Harbour. Just pop along  
 or contact George 07341792374  
 It's Free

Logos: Alzheimer Scotland Action on Dementia, Think NATURE HEALTH WALKS, Health Walks paths4all, Rural Connections HIGHLAND






## Caithness Dementia Cafe

**Date:** Tue 18<sup>th</sup> April, Tue 16<sup>th</sup> May & Tue 20<sup>th</sup> June  
**Time:** 2-3pm  
**Venue:** Thurso Community Café, Thurso Harbour

Drop in for a cuppa and a chat. For people living with Dementia, their families and carers. Come and meet your local Dementia Advisor and others in similar situations. Find out more about Alzheimer Scotland support available to you.

**For more information please contact:**  
 Isobel Stevenson, by phone: 07818 538 683  
 or by email: [istevenson@alzscot.org](mailto:istevenson@alzscot.org)



## Coronation Dinner for Older People

Come and enjoy a special dinner event for older people the week of the Coronation.

**Wednesday 3<sup>rd</sup> May 2023 12.30-2.30pm**

*Includes two course hot meal and entertainment*

**Book your place £6 per person**



**Merkinch Community Centre  
 Coronation Park, Inverness IV3 8AD  
 Telephone 01463 239563**

## Digital Support Sessions, MySelf-Management

In-Person Support Sessions across Highland by MySelf-Management (formerly LGOWIT). For anyone who needs to build their confidence going online. These sessions are offered as part of our Discover Digital project to address digital exclusion, funded by the Health and Social Care Alliance Scotland. For more details contact: [www.myself-management.org](http://www.myself-management.org). 07834 753766.

## Discover Digital Drop-in sessions



Want to make more of digital technology, but lack confidence?  
 Nervous about asking 'silly' questions?  
 Struggling with your devices?

Join us for our series of in-person drop-in events for folks with little or no experience using the internet.

Bring along your devices and ask our team of digital helpers any questions that you have around making technology work for you.

To sign up, email [lgowitadmin@highlandtsi.org.uk](mailto:lgowitadmin@highlandtsi.org.uk) or phone 07454 905 383

Mon 20th Mar	2 - 4pm	Dingwall Community Centre, <b>Dingwall</b>
Mon 17th Apr	11-1pm	Aviemore Community Centre, <b>Aviemore</b>
Wed 17th May	10:30 - 12:30pm	Tain & District Development Trust, <b>Tain</b>
Wed 17th May	2 - 4pm	West Church Hall, <b>Dornoch</b>
Mon 26th Jun	2 - 4pm	United Reformed Church, <b>Thurso</b>
Thu 24th Aug	1 - 3pm	Macphail Centre, <b>Ullapool</b>
Thu 7th Sep	11am - 1pm	Skyelab, <b>Skye</b>
Mon 16th Oct	11am - 1pm	Muir of Ord Hub, <b>Muir of Ord</b>

Tech support from



LGOWIT is hosted by the Highland Third Sector Interface, HTSI, SMC - SOC045521

## Change Mental Health Open Day

Please come along to find out more about their services in Highland, meet the teams, and have a cuppa. Tuesday 2<sup>nd</sup> May, 10.30 till 2.30pm, Spectrum Centre, Inverness



pop in for a chat at our

# open day

to learn more about our services in highland

**Tuesday 2nd May, 10.30am to 2.30pm**  
The Studio at the Spectrum Centre,  
1 Margaret Street, Inverness, IV1 1LS

Join us for a cuppa to find out more about our Distress Brief Intervention (DBI), Suicide Bereavement Support, Community Link Worker project, outreach and resource centres, and Carers Support services.



[www.changemh.org](http://www.changemh.org)





**FREE**

**wasps\_**

## Art-for-Wellbeing Sessions

Open to people of all abilities and backgrounds aged 16+ with a particular focus on increasing access to artmaking for those who face barriers to participation in the arts. For example, due to social/ financial circumstances or mental & physical health.

**Spaces can be reserved for an upcoming session up to 1 week in advance via Eventbrite.**

### Openarts Sessions Focus on:

- **Removing** social & financial barriers to creative opportunities
- **Supporting** wellbeing through artmaking in a shared, non-judgemental environment
- **Providing** safe, creative spaces for people of all backgrounds and abilities
- **Developing** artistic confidence and skills at a pace that suits the individual
- **Nurturing** participants' own interests through access to a wide range of art materials

### Session Schedule: April – June 2023



Venue	Date	Time	Artist Facilitators	Activities
Inverness Creative Academy	Tues 18 <sup>th</sup> April	10am - 3pm	Lorna & Cecilia	<b>Collage</b> & Free Choice
The Spectrum Centre	Thurs 27 <sup>th</sup> April	2pm - 4.30pm	Izzy & Jay	Free Choice
The Bike Shed	Tues 2 <sup>nd</sup> May	10am - 12.30pm	Cecilia & Jay	<b>Mandalas</b> & Free Choice
Hilton Community Centre	Thurs 11 <sup>th</sup> May	2pm - 4.30pm	Lorna & Cecilia	Free Choice
Inverness Creative Academy	Tues 16 <sup>th</sup> May	10am - 3pm	Lorna & Izzy	<b>Ink Drawing</b> & Free Choice
The Spectrum Centre	Thurs 25 <sup>th</sup> May		Jay & Izzy	Free Choice
The Bike Shed	Tues 30 <sup>th</sup> May	10am - 12.30pm	Lorna & Cecilia	<b>Oil Pastels</b> & Free Choice
Hilton Community Centre	Thurs 8 <sup>th</sup> June	2pm - 4.30pm	Izzy & Jay	Free Choice
Inverness Creative Academy	Tues 13 <sup>th</sup> June	10am - 3pm	Cecilia & Jay	<b>Clay work</b> & Free Choice
The Spectrum Centre	Thurs 22 <sup>nd</sup> June	2pm - 4.30pm	Lorna & Izzy	Free Choice
Inverness Creative Academy	Tues 27 <sup>th</sup> June	10am - 3pm	All Artist Facilitators	<b>Exhibition, Tea &amp; Cakes!</b>

Questions? Queries? Feedback? Contact Project Coordinator, Bonnie: -  
**text/call:** 07539020698      **email:** invernessopenarts@waspsstudios.org.uk



## Openarts: Supporting you on your Own Creative Journey

Each of the artists working as part of our team has different skills and experience. At every Openarts session, we are happy to provide **guidance and demonstrations** to help you gain confidence and skills in mediums and techniques of your choosing, working at a pace that **suits you**.

As well as our specialist skills, **all of us** can provide demos and support with; drawing with different materials, composition, colour, getting started with painting, basic collage and clay work techniques.



### Meet the team: Our areas of interest and where we can support you...

Check our session schedule to see which pair of artists are delivering each session.



Lorna Campbell

Working with different qualities of paper to make sketch books, quilling designs, and collage, weaving with a variety of materials to make patterns and shapes, printmaking using different methods.

Watercolours, acrylics, pen & ink, drawing, portraiture, figure drawing, illustration, graphic design, clay work, digital drawing.



Jay Briggs



Cecilia Mann

Acrylic painting using a variety of techniques, paint pouring, charcoal drawing, ink drawing – diluting and manipulating, re-working existing artworks using pen, collaging, printing using fallen leaves and foraged materials, tracing and rubbing.

Stop-motion animation, model making, painting with different mediums (specifically oils), drawing with different mediums – focusing on tone, mark making, line and composition, collaging, sketch-booking.



Izzy Thomson



A Local Information System for Scotland



# What keeps you well?

From peer support and money advice to hobby clubs and walking groups, communities contain a wealth of resources that can support our health and wellbeing.

ALISS helps communities work together to find and share information about these groups, services and activities.

**Join our ALISS Community Roadshow to get involved and hear more about:**

- How ALISS can help people to find support in your area
- How you can raise awareness of your own group or service
- How you can share your knowledge of local resources

[ALISS \(A Local Information System for Scotland\)](#) is a digital system that helps communities work together to find and share information about local groups, organisations, activities and services that can support health and wellbeing.

Information added to ALISS is made available through the [www.aliss.org](http://www.aliss.org) website as well as a range of other websites, systems, and apps so it can be accessed by people searching directly for themselves, as well as by professionals involved in social prescribing and signposting roles, through a range of channels where different people may choose to look for it.

Adding your own group or organisation to ALISS helps people who are looking for support or to get involved in community activities, to find them more easily. You can also then 'claim' your organisation on ALISS to take editorial responsibility for managing your information to make sure it stays accurate and up to date.

ALISS is funded by the Scottish Government and managed by the [Health and Social Care Alliance Scotland \(the ALLIANCE\)](#) so is completely free to use for anyone wishing to add or search for information. If you have any questions about using ALISS or would like any help to add or claim your own information, please get in touch by emailing [hello@aliss.org](mailto:hello@aliss.org) or phone 01463 404 0239.

There were in person events in April but for those who couldn't attend these, there are virtual sessions via Microsoft Teams:

[Wednesday 3rd May 2pm – 3pm](#)

[Tuesday 9th May 10am – 11am](#)

[Thursday 11th May 6pm – 7pm](#)

## Generations Working Together Intergenerational Network Meetings

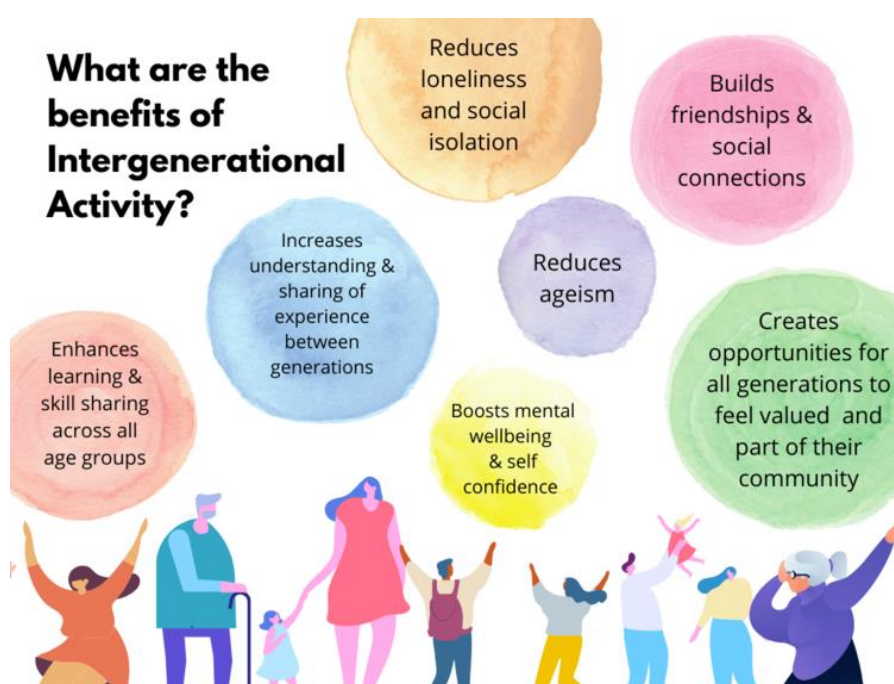
Generations Working Together are organising 2 morning events in Highland to explore ideas for your local area and linking in with others who may form partnerships with you around IG work.

These sessions will be a conversation cafe style with some fun activities and story telling to get you to

think about your own thoughts on IG practice. Please feel free to bring along someone of a different generation, if you can. We will share tea / coffee and there may be some cake too.

- Tuesday 16th May 2023, 10:00am - 12:30pm  
Aviemore Community Centre, Muirton, Aviemore. PH22 1TG [Book here](#)
- Wednesday 17th May 2023, 10:00am - 12:30pm  
The Old School Hall Muir of Ord, The Muir Hub, Great North Road, Muir of Ord, IV6 7SU [Book here](#)

They will be hosting meetings later in the year throughout the West Coast. For more details contact: Bella Kerr, Intergenerational Development Officer 07927550730. [bella@gwt.scot](mailto:bella@gwt.scot)





## Age Scotland Energy Workshops offer

The Age Scotland Information and advice team are currently offering two free energy workshops. They are happy to come along to any group and deliver these face to face or online.



The first one we offer is our **“Heat your home for less” workshop**. During this workshop we cover various topics such as, managing your bills and any funding, Climate emergency and future heating options, how you can be more energy efficient and ways to stay safe and healthy including gas and carbon monoxide safety. Even though we are coming into the spring and warmer weather it is important to be ready for the coming winter. This workshop can be delivered over a two-hour, one-hour or 40-minute session depending on your group’s wants and needs, with plenty of time for questions and discussions.

The second workshop offered is our **“Preparing for a power cut” workshop**. As the name suggests this workshop is all about how to be prepared for a power cut and what to do in the event a power cut happens in your area. We then briefly cover what to do in the event of a gas emergency. We also cover how to prepare your car and pets in advance of a potential emergency. As our weather is getting more severe, we also cover what to do in the event of a flood. This workshop is delivered over a one-hour session with plenty of time for questions and discussions.

Our workshops are free of charge. Contact us via email:

[rightstraining@agescotland.org.uk](mailto:rightstraining@agescotland.org.uk) to arrange a date and time that suits your group. We look forward to hearing from you.” **Paul McCafferty**, Energy Trainer



### Staying in touch with Highland Senior Citizens Network

#### Phone or e-mail our Co-ordinators

Anne McDonald [07933 653313]

[anne-hscn@outlook.com](mailto:anne-hscn@outlook.com)

Jo Cowan [07933 653585]

[jo-hscn@outlook.com](mailto:jo-hscn@outlook.com)

**call** the HSCN phone: 07716 884 989

**e-mail** on [hscn@hotmail.co.uk](mailto:hscn@hotmail.co.uk)

**write** to Box 301, Mailboxes,  
8 Church Street, Inverness IV1 1EA

**visit** our website [www.hscn.co.uk](http://www.hscn.co.uk)

**follow us** on Twitter and our  
Facebook page