



# Highland Senior Citizens Network

*Nothing about us without us*

April and May 2024

## Chair's Introduction

In this issue we provide information on Power of Attorney. In brief a Power of Attorney allows you to choose someone you trust to make decisions on your behalf should something happen to you that makes it impossible to make decisions for yourself.

You choose the person or people in charge of making decisions which affect you.

You make things easier for your relatives should anything happen to you.

Decisions are more likely to be made in your best interest.

No one is ever too young or too old to make a Power of Attorney. It is not just for older people, though we are more likely to be in circumstances which make a Power of Attorney invaluable for ourselves and our relatives.

**Ian McNamara**

## Consent for HSCN to store your data

General Data Protection Regulations (GDPR) place obligations upon all organisations holding personal data. To communicate with our members HSCN needs to gather, store and use certain forms of information.

We need to ensure that members have actively opted in to receive communications from us, understand what personal data we may hold on them, how their data will be used and stored and understand that they have the right to opt out of communication and have their data deleted and/or sent to them on request. We do this through a membership application form and a policy which explains how data should be collected, stored, and used. Let us know if you would like to see these.

We check with members annually that they are happy for us to continue to store their data. **Please let us know if you no longer wish to be a member of HSCN and we will delete all your personal data.**

## Staying in touch with HSCN

### 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 HSCN phone**

**07716 884 989**

**e-mail on**

[hscn@hotmail.co.uk](mailto:hscn@hotmail.co.uk)

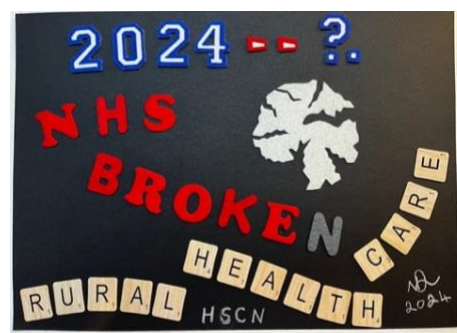
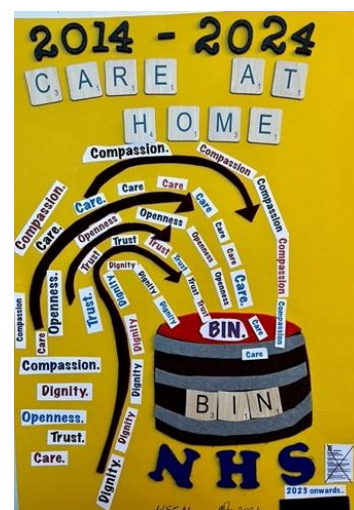
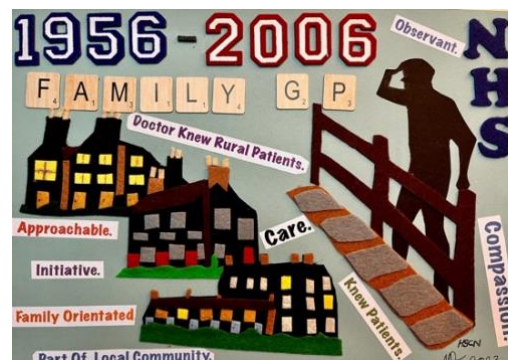
**write to Box 301,  
Mailboxes, 8 Church  
Street, Inverness IV1 1EA**

**visit our website**

[www.hscn.co.uk](http://www.hscn.co.uk) **follow us  
on Twitter and Facebook**

**What we've been talking about at the Tea-breaks.** We've had lots of interesting guests at our Thursday morning Tea-breaks over the last couple of months:

- **NHS Technology Enabled Care** – *questions around Digital Switchover and the impact for those using the Helpline service*
- **Advocacy Highland** – *questions around Power of Attorney and Guardianship*
- **'Remembering Together' Covid Memorial Project** – *"In times of pandemic we endure, not letting anything remove our joy* – HSCN phrase for the Covid Memorial Project Bell Archive
- **AbilityNet** – Digital Switchover – we gathered examples of people who have struggled with the move to Digital Voice and the impact on their Helpline service. AbilityNet have liaised with BT and, in one case, found a solution to a long-term issue
- **UHI / NHS Past, Present and Future Research** - HSCN contribution to this research, from Tea-break artist and creative Norma Davidson, is on the right
- **Barclays Bank Inverness branch closure**
- **Care Inspectorate New Quality Questionnaire**
- **Playlist for Life Tea-break** – music for our Tea-break



Coming up in April:

18<sup>th</sup> April: **Intersectional Stigma of Place-Based Aging (ISPA) project**, Dr Vikki McCall, Professor of Social Policy, University of Stirling, The ISPA project aims to tackle stigma related to age, disability, and place. We are looking to work with people who are over 45, particularly those that may be living with a disability, and gain insight regarding their experiences of stigma.

Specifically, we want to find out what makes our homes and wider environments exclusionary so that they can then be made more accessible. We also want to examine how well-designed homes and environments can help integrate inclusiveness and tackle stigma.

25<sup>th</sup> April 24th: **A Right to Palliative Care Bill**, Helen MacGregor, Community Engagement Officer Scotland, Marie Curie Marie Curie would like to hear your views on

what palliative care means to you. Helen from the Community Engagement team is coming to chat and ask you to share your thoughts and opinions to help inform the response to this consultation: [mariecurie.org.uk/policy/right-to-palliative-care-scotland](https://mariecurie.org.uk/policy/right-to-palliative-care-scotland). They are particularly interested in hearing about the reality of care and support in rural areas.

The Tea-breaks are on Zoom every Thursday morning from 11am until 12 noon. Let Anne know if you would like to join with any Tea-break – [anne-hscn@outlook.com](mailto:anne-hscn@outlook.com).

**Focus on Power of Attorney:** Questions about Power of Attorney have come up frequently recently, so we will be focusing on this in the next few News-sheets, starting by sharing some general information from My Power of Attorney and the Office of the Public Guardian.

For people who are online the **My Power of Attorney:**



<https://mypowerofattorney.org.uk> website has lots of

excellent information and an online calculator to check if people qualify for financial assistance or meet specific criteria towards legal expenses to get advice and assistance to have a solicitor prepare a power of attorney on their behalf. They also have a list of solicitors to search to see if there is someone local to you.



**What is a Power of Attorney?** A power of attorney (PoA) is a written document giving someone else authority to take actions or make decisions on your behalf. This could be to deal

with your financial affairs and / or welfare matters. It could be used in the future if you become incapable. The PoA details the names of the people, known as attorneys, who you want to help you, and lists the individual powers that you want them to have. The PoA will also state when your attorneys can begin acting.

**Who can make a PoA?** Anyone over the age of 16 can make a PoA, but there are restrictions if you have been made bankrupt.

**What does incapable mean?** Your capacity could be impaired gradually or suddenly as a result of an accident or illness. A registered and licensed medical doctor will be able to say whether you are incapable or not.

**What would happen if I don't have a PoA?** No one has an automatic right to take actions on your behalf without legal authority. If you are unable to make decisions about your affairs, your family or friends may have to go to court to get the authority to act on your behalf.

**Is a PoA only for older people?** No, nobody likes to think that they may not be able to look after themselves, but accidents or illness can happen to anyone.

**Is a PoA only for people with lots of money?** No, it is not just about looking after money/property, it can also let you plan who should decide personal welfare issues for you.

**Who can I appoint as my attorney?** You can appoint anyone you want, over the age of 16. This could be a family member or a friend, a solicitor or accountant, or a combination. It's usually a good idea to have more than one attorney or maybe what is called a substitute attorney to step in if your attorney can no longer do things for you. You can appoint someone to deal with your financial matters and someone different to deal with your personal welfare.

It is good practice to discuss with the person you want to be your attorney what being an attorney actually involves. It will be helpful if you keep a note of the matters discussed and give your prospective attorney a copy too. Although it's your choice who to appoint, you cannot appoint someone who is currently declared as bankrupt to deal with your financial and property affairs.

**How or where would I get one?** Any local solicitor should be able to assist you to draft a PoA and provide legal advice on the matter. Alternatively, some companies and stationery shops sell PoA packs. Useful information is also available from our website.

**How much does it cost?** A professional may charge you to draw up a PoA and prices vary. The PoA should include a certificate signed by a practising solicitor or medical doctor. The certificate is needed to confirm that you are capable of understanding the PoA. You might be charged a fee for this service. We also charge a registration fee. You can find out more about our current fees on our website or phone us.

**What happens to my PoA?** The PoA must be registered with us before it can be used, even if you are still capable of doing things for yourself. The following documents need to be sent to us to register your PoA:

- your signed PoA, including the fully completed certificate;
- confirmation that your attorney/s are freely willing to act on your behalf; and
- registration fee.

You can send your documents to us by post or submit your PoA electronically using the electronic PoA registration (EPOAR) facility. Step-by-step guidance is available on our website. Once the PoA is registered, your documentation and an authentic copy of the PoA along with a certificate will be returned to the sender. We also send you a copy of the registered PoA for your records.

**Can my attorney use my PoA before I become incapable?** Yes, they can help you with your finances if you want them to do so but they cannot make decisions about your welfare until you are no longer able to make those decisions for yourself.

**Duty to keep records.** Attorneys acting on your behalf have a duty to keep records of their actions. This means that continuing attorneys i.e. attorneys with financial related powers should keep an ongoing financial accounting in relation to your property and financial matters. Welfare attorneys should keep records relating to your welfare issues. Guidance is provided in the Code of Practice.

**Can I cancel the PoA once it is registered?** You can cancel your PoA or any of the powers granted in it once it has been registered with us. Information is available from our website explaining how to do this.

**Where can I get further help or information?** Your local Citizens Advice Bureau or solicitor may be able to help. There is lots of useful information on our website or you can phone us if you prefer. Our office is open to the public. However to be sure

of seeing a relevant member of staff when you visit us, please contact us to make an appointment.

**Office of the Public Guardian (Scotland)**  
Hadrian House, Callendar Business Park  
Callendar Road, FALKIRK, FK1 1XR  
Opening hours: 9am - 5pm Monday-Friday

Telephone: 01324 678300  
Email: [opg@scotcourts.gov.uk](mailto:opg@scotcourts.gov.uk)  
[www.publicguardian-scotland.gov.uk](http://www.publicguardian-scotland.gov.uk)

The Office of the Public Guardian is part of the Scottish Courts and Tribunals Service.

### **The MacKenzie Centre – the experience of one very happy attendee.**

One of our members recently started attending the MacKenzie Centre Day Centre for People 65+ in Inverness and got in touch to say how much they are enjoying it. They were concerned that many people are unaware of the



Centre, and worried that those who could benefit from it don't, either because they don't know or have preconceived ideas about it. They felt HSCN was in the ideal situation to tell people about the reality.

“I started attending the MacKenzie Centre a couple of months ago. I go once a week as that is enough currently, but they are open 5 days a week and are piloting opening 6 days a week until the end of March. I started to attend as I felt it was the right thing to do to give my daughter a break from being my carer. In my professional life, I have seen many relatives denied their freedom because they ‘have to look after granny’”.

Though initially attending to take the strain off her daughter, she immediately appreciated it for herself; “The MacKenzie Centre isn't in the slightest bit institutional. It's a nice bright space, which has a very homely and welcoming feel about it. The meals are excellent and there is transport available, though my daughter gives me a lift.

The staff are warm and caring and treat attendees with such dignity. They are very open about sharing their lives which allows people who have loss of memory to connect with them. It almost feels that there is a blurred line between staff and patients; everyone will sing, dance, laugh and shed a tear together.

There is always a good number of staff present. I couldn't tell you who is senior. I've never heard any staff being grumpy. All staff, regardless of their role, are very

capable and take on a variety of tasks, from cooking to music and movement to personal care.

There are lots of interesting activities. At Christmas there were pre-prepared craft activities. We had discussions about 'what we enjoyed about Christmas when we were young', which was very popular as everyone enjoys reminiscing.

Lovely to get out on the accessible bikes and to chat to the person pedalling and my fellow passenger. The person pedalling said, "do you know everyone in Inverness?" as I had something to say to everyone we passed.

People with a mixture of ages, interests and abilities attend. I've got lots of stories to tell, and when I'm there, there are people to listen. Attendees help each other, looking for ways to communicate effectively; touch sometimes works. I've met up with old friends and acquaintances. They say, 'I never thought you would be here', but anyone can get Dementia. Ideally everyone in the Highlands with Dementia would be able to attend somewhere like the MacKenzie Centre."

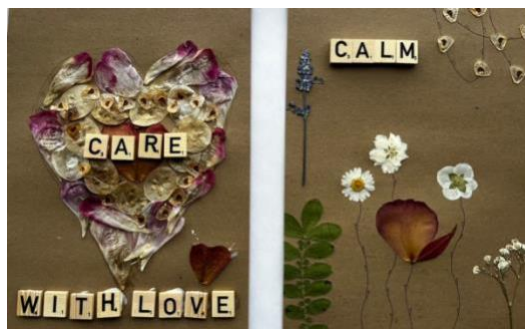
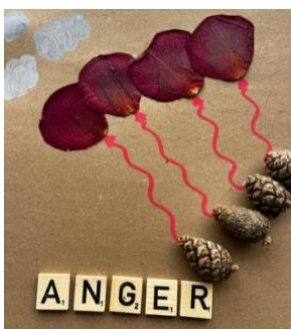
For more information contact The MacKenzie Centre on 01463 231488

## Getting involved; Collectivism, Consultation and Campaigns

**HSCN Survey: Your Voices, Your Choices - HSCN 2024 and beyond** We were delighted to receive over 80 responses to our recent survey. We'll be taking time over the next few weeks to analyse the responses. It's really good to have a clear indicator of our members' priorities for engagement and we will be looking at this closely as we put together a new Development Plan.

Just a taste of the some of the topics we've contributed to recently:

- UHI Rural Past, Present and Future Workshop



An intergenerational session at UHI looked creatively at people's feelings regarding the NHS in the future.

- NHS Activity Workers Meeting re Meaningful Engagement
- Round Table discussion on the **Right to Palliative Care Bill**
- NHS Highland Engagement Meeting: Smoke Detectors and Telecare

- Creative Health Conversations: Tackling Social Inequalities in Culture and Wellbeing, with Science Ceilidh
- Age Friendly Communities Seminar on Rural Age Friendly Communities
- From Ideas to Solutions Event – Place Plan In Kinlochleven
- Highlands and Islands Climate Hub stakeholder meeting in Lochaber

### Free display boards available

An HSCN member is offering their spare display boards, in a variety of shapes and sizes, to other groups. Please let Anne know if you would like more information about this.

### Police Scotland endorse HSCN Scams Conversations

Bogus Workmen, Doorstep Crime and Online Scams, are just some of the recurring crime trends we hear about within our communities, some of us even having experienced them ourselves, therefore it is vitally important that we all have at least a basic knowledge of what these crimes look like, and how we can protect ourselves from falling victim to one of these crimes.



Here in the Prevention & Interventions Department we do our utmost to get out into the communities we serve to get the message out about different crime trends we are experiencing, not everyone has access to our social media platforms therefore it is important that we use every opportunity we can to distribute important messaging to the right people.

Police Constable Kevin Taylor, Prevention & Interventions Department, Highlands & Islands Division, had this to say about Highland Senior Citizens Network

*“Any help we can get from partner agencies, 3<sup>rd</sup> sector organisations, to spread the word on crime prevention, the better chance we have of protecting the most vulnerable within our communities. We, the Police, cannot do all the work ourselves, so to have HSCN as an agency for us to link into and update with ongoing and up to date crime trends which we are experiencing in the Highlands, is a great advantage to us. HSCN can provide tailored face to face inputs in urban and rural communities within the Highlands, and for us, this is a really important way of public engagement which we welcome.”*

During the week of **22<sup>nd</sup> April – 26 April 2024**, and as part of a Shut out Scammers Campaign, Officers from the Highland & Islands Prevention & Interventions Department, will be out and about within the Inverness and Easter Ross area, visiting garden centres and other community events, offering a friendly and informal discussion with anyone keen to learn more about online scams, doorstep crime and the prevention techniques available, or any other issues you may be experiencing within your community.

**Glaucoma UK.** I am writing to introduce myself as the training and engagement officer for Glaucoma UK in Scotland. A leading cause of sight loss, elderly people are more at risk of Glaucoma which can often go unnoticed, developing without symptoms. It is my desire to raise awareness of Glaucoma among the elderly population, and I am keen to find out more about groups that are running so that I may come and have a chat with people all about the importance of eye health and regular eye checks. Please get in touch if you would like me to make contact with your group. **Lisa Lee**, Training and Engagement Officer, Glaucoma UK, Scotland **07889 102 189** I work Monday - Thursday



**“Building a Highlands and Islands Dementia Arts Collective” – Celebrating artists living with cognitive impairment!** This project is a collaboration between art groups and artists living with dementia as well as other forms of cognitive impairment across the Western Isles and Highlands.

Building on the 2023 First Scottish Dementia Arts Festival, this project explores the impact of creative activities on experiences of mental wellbeing for those living with cognitive impairment and their supporters. Any creative discipline is welcome to participate – writing, singing, movement, music, theatre, painting, sculpting etc.

Participants will discuss their journeys with their art and wellbeing between April and November 2024, meeting once a month with a researcher (myself). These meetings will both be online and in person.

Our journey together will culminate with local showings of art works created and a gathering for all work in a one-day Arts Festival held in both Stornoway and Inverness. Last year, artists and art groups from the Western Isles, Caithness, Moray and Ullapool displayed their work, and we were joined from groups all over Scotland! This year, we hope to expand this gathering to include even more communities.

If you know of an art group or artist who would be interested in joining us, or if you have any questions, please contact Kirsti Broadfoot at [sterenaconsultancy@gmail.com](mailto:sterenaconsultancy@gmail.com).

**Campaign to combat vandalism and protect our public toilets.** I wonder if you know anyone who might be willing to take part in this campaign? As you may know this is a crime which is having a massive financial impact on the Council, at a time the local authority can scarcely afford the costly repairs this crime leads to.

Specifically, we are looking to interview potential WC users (someone who suffers from a disability and someone elderly) who would be willing to be interviewed and deliver an emotional plea to those who might be taking part in acts of vandalism to stop and think about the consequences of their actions, particularly on people who may need to use toilet facilities in an emergency?



I would really appreciate it if you could let me know if you think there's someone suitable who may be prepared to help us with this?

If you can identify someone who would be willing to assist Duncan and his team, please contact him directly. His contact details are: Duncan McKenzie, Communications and Engagement Officer, Corporate Communications, The Highland Council. 07795 636900 [duncan.mckenzie@highland.gov.uk](mailto:duncan.mckenzie@highland.gov.uk)

### **Launch of the Highland Place Standard Tool, Wednesday 20 March 2024**

**What is the aim of the Highland Place Standard Tool?** The Highland Place Standard Tool is a major survey that encourages people to describe their experiences of living, working, visiting and investing in Highland, to help plan for its future. Its aim is to provide us with valuable input to a range of workstreams. This includes evidence for the Highland Local Development Plan, as well as informing the Highland Outcome Improvement Plan, place plans and day to day service delivery. The Council will share anonymised analysis with suitably registered community groups who want to develop proposals for better places, agree priorities, and take action.

**What is the Highland Place Standard Tool?** It is an online survey that is based on the national Place Standard Tool.

**Who is invited to use the tool, to take the survey?** Everyone who lives, works, visits or invests in Highland! It can be completed by individuals or by groups. We have intentionally based the Highland survey on one of the shorter versions of the national Place Standard Tool to encourage as many people as possible to participate. Also, responses to the survey will be treated anonymously.

**How can the Highland Place Standard Tool be accessed, how can people take the survey?** It will be able to be accessed through [www.highland.gov.uk/yourplacehighland](http://www.highland.gov.uk/yourplacehighland) or via our new Highland Local Development Plan webpage [www.highland.gov.uk/hldp](http://www.highland.gov.uk/hldp).

**Where can questions about Highland's Place Standard tool, survey be directed to?** Questions can be directed to the Council's Development Plans Team on [hldp@highland.gov.uk](mailto:hldp@highland.gov.uk) or by phone through the Service Centre on 01349 886608.

**NHS Past, Present and Future, Community engagement project.** Researchers from the University of the Highlands and Islands are working with Science Ceilidh to understand experiences of health care in rural areas. We want to gather perceptions of the future of healthcare in the Highlands. This presents a creative task. In this survey you will be shown a number of story starters of a fictional character. Please complete the rest of the story and let us know how it ends. This is a creative exercise and there is no right or wrong way to complete the story. You can be as realistic or creative as you like in completing it!

We are interested in the range of different stories that people tell. Don't spend too long thinking about what might happen next – just write about whatever first comes to mind. You can write as much as you like but it would be great if your story was at least 200 words long and you spent around 10 minutes responding to a story.

Remember, there are no right or wrong answers. You can answer as many or as few stories as you like. The story starters are accessible through this link:

<https://app.onlinesurveys.jisc.ac.uk/s/uhi/inverness-story-stem>

For more information or to take part if you are not online contact Mari Todd, Psychology Lecturer, UHI Inverness. [mari.todd.ic@uhi.ac.uk](mailto:mari.todd.ic@uhi.ac.uk), 07500826016



### **Les Watson – Education Co-ordinator, WEA Scotland shines a spotlight on “Being a Personal Assistant and Support Available from PA Network Scotland”**

When looking for a job you might see an advertisement for a ‘Personal Assistant’ and, on reading the job description, it may spur you to ask yourself ‘Could I do that?’

I'd say, yes, anyone can be a Personal Assistant. Anyone who likes helping others, who is flexible and is willing to learn on the job, to be precise. The variety of work is wide ranging, the hours can be flexible and can often fit around other demands on your time.

A Personal Assistant (PA) is a person directly employed, or contracted on a self-employed basis, by someone in receipt of self-directed support funding and/or Independent Living Fund Scotland to help them to live independently. PAs support a person with various aspects of their daily life so that they can live it in a way that they choose. One or more PAs may be recruited to meet a person's overall support needs.

As a PA you may be asked to provide support in the home, at leisure or at work. The diversity of the role, the flexibility and having the opportunity to focus on the needs of one individual, is what often attracts people to PA Employment.

**Who are PA Network Scotland and what do we do?** Being a Personal Assistant isn't always straightforward, it's hard to understand unless you're in it, which is exactly why the Personal Assistants Network Scotland (PANS) exists. A professional organisation created for PAs and influenced by PAs, PANS is a free membership organisation built to make a PA's working life easier by providing the right support when required.

PANS offers free membership to PAs, and we also provide a range of member benefits including a free PA ID Badge which shows others that you are a valued member of the Scottish social care workforce.

We offer a comprehensive support service to PAs across Scotland, on all topics ranging from questions on employment contracts to employment law queries and everything else in between. If a PA has a work related problem, they can come to us for telephone support and advice between 9am and 5pm Monday to Friday (Tel: 01563 594217) or email us on [info@panetworkscotland.org.uk](mailto:info@panetworkscotland.org.uk). More information is available on our website [www.panetworkscotland.org.uk](http://www.panetworkscotland.org.uk)

### Out and about in Highland...

A few of the activities we've attended recently:

- NHS Pop-up event in Alness with an HSCN and Age Scotland information table
- Back the Belford Build Support March
- Jamie Stone MP / Department of Work and Pension Roadshow, Invergordon
- Inverness Brain Health and Dementia Resource Centre, Alzheimer's Scotland, Open Day



- Kurling in Caithness – two lovely visits to Caithness, one to collect our indoor Kurling set from the Ormlie Community Project who enjoyed it so much they have bought their own set, and another to Caithness Befrienders who wanted to give it a try and loved it. Let us know if you would like us to

visit your group with Kurling or boccia.

- **bold** celebrations, Storytelling Centre, Edinburgh – Celebrating 5 years of the bold, bringing out leaders in dementia programme. Fantastic to see so much involvement from people in the Highlands.
- Hilton Community Centre lunch



**Coming up...** sharing information that events we have been informed about. Do let us know if you would like us to share something in the future.

**NHS Highland Pop-up events** to promote local services:

- St Joseph's Church Hall, Invergordon on Thursday 25<sup>th</sup> April from 1-4pm
- St Vincent's Church Hall, Tain on Wednesday 22<sup>nd</sup> May at from 1-4pm

### **Out Together socials for LGBTI+ elders**

I'm writing as I wanted to share some information with you regarding our newly reinstated monthly social sessions for LGBTI+ elders. You might remember that we delivered sessions back in 2019 as part of a project we were working on with National Theatre Scotland and thanks to some funding from the Community Mental Health and Wellbeing Fund, we have been able to restart on a regular basis until March 2025.

**Lucy McGlennon**  
Head of Engagement  
**Eden Court**  
[eden-court.co.uk](http://eden-court.co.uk)  
01463 732 671

**OUT TOGETHER**  
FREE monthly socials for LGBTI+ elders

Photography by Tui Makonnen

**Eden Court**  
ENGAGEMENT

SCOTTISH  
LGBTI+  
PARTNER  
HALL

3RD SUNDAY OF THE MONTH  
EDEN COURT, INVERNESS  
2PM-4PM

[eden-court.co.uk/out-together](http://eden-court.co.uk/out-together)

**Inverness Openarts – Free Art-for-Wellbeing Sessions.** This will be the **final** term of the Openarts pilot phase and the team would love to see you at the sessions.

## Inverness Openarts: FREE Art-for-Wellbeing Sessions



**Open to people of ALL backgrounds & abilities, aged 16+**

### Openarts sessions focus on:

- **Removing** social & financial barriers to creative opportunities
- **Supporting** wellbeing through artmaking in a shared, non-judgmental 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

**No need to book! Arrive/Leave whenever you wish within session times.**

### Session Schedule: Apr – Jun 2024

Venue	Date	Time	Artists	Activities
Inverness Creative Academy	Tues 16 <sup>th</sup> Apr	2pm - 4.30pm	Jay & Cecilia	Illustrative Storytelling & Free Choice
The Tree House (IV3 8EX)	Thurs 25 <sup>th</sup> Apr	2pm - 4.30pm	Evija & Izzy	Stop Motion Animation & Free Choice
Inverness Creative Academy	Tues 30 <sup>th</sup> Apr	10am - 3pm	Izzy & Cecilia	Stop Motion Animation & Free Choice
Spectrum Centre	Thurs 9 <sup>th</sup> May	2pm - 4.30pm	Evija & Jay	Free Choice
Inverness Creative Academy	Tues 14 <sup>th</sup> May	2pm - 4.30pm	Jay & Izzy	Lino Printing & Free Choice
The Tree House (IV3 8EX)	Thurs 23 <sup>rd</sup> May	2pm - 4.30pm	Evija & Cecilia	Free Choice
Inverness Creative Academy	Tues 28 <sup>th</sup> May	10am - 3pm	Evija & Izzy	Glass Painting & Free Choice
Spectrum Centre	Thurs 6 <sup>th</sup> Jun	2pm - 4.30pm	Evija & Cecilia	Free Choice
Inverness Creative Academy	Tues 11 <sup>th</sup> Jun	2pm - 4.30pm	Izzy & Evija	'Pass the Canvas' & Free Choice
Inverness Creative Academy	Thurs 20 <sup>th</sup> Jun	11am - 3pm	All Artists	<b>CELEBRATION DAY!</b> Exhibition • Cakes 'n' Bakes • Fun Art Activities a Plenty!
Inverness Creative Academy	Tues 25 <sup>th</sup> Jun	10am - 3pm	Cecilia & Jay	Acrylic Marbling & Free Choice

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



### **Eastgate Centre Community Coffee Morning**

A monthly community coffee morning at the Falcon Gallery Food Court Area, Eastgate Centre, Inverness.

9:30-10:30AM • 2ND WED OF EVERY MONTH

*Join us for a delightful morning filled with company, entertainment and a good chat. Your cuppa is on us!*

Anne is hoping to go on the 10<sup>th</sup> April so will maybe see you there.

### **Generations Working Together Online Thematic sessions.**

These sessions offer ideas and expertise in areas of Ageism, Research & IG Housing Spaces and Places.



**Generations Working Together**

### **Let's Talk about Ageism and how we can all thrive together**

Tuesday 7th May 2024, 1:30pm - 3:00pm online

Join us in the conversation workshop where we will continue our journey in the right direction to stop ageism. We know that ageism is common and experienced by old and young in our communities. Let's talk about how we can connect generations, get them talking, build new ideas that bring them together and create a world that breaks down stereotypes and celebrates diversity. [BOOK HERE](#)

### **Intergenerational Contact Zones, what are they?**

Tuesday 28th May 2024, 1:30pm - 3:30pm online

ICZs serve as spatial focal points for different generations to meet, interact, build relationships, and engage in joint activities. You are invited to this session and take part listening to the ideas from sociologist Dr Mariano Sanchez to think about Space, Place, Relationships and Time (the session is a recent recording of a session on our international course). The session will explore Intergenerational Contact Zones and open you up to ideas to what they are and how we can look at creating an intergenerationally enriched setting. Mariano will touch upon the ideas of his collaboration with Dr Matt Kaplan. Come along and listen, then take part in a conversation session exploring your own ideas and looking at how we can create intergenerational contact zones. [BOOK HERE](#)

Bella Kerr, Intergenerational Development Officer, 07927550730  
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## Mix and Mingle

Intergenerational friendship and fun

Thursdays during term time

2—3.30pm at Fortrose Library

Open to adults, young and old! Come alone or bring a friend!

Join young people from Fortrose Academy, volunteers from Black Isle Cares and library staff for a cuppa, a tasty treat, a blether and the activity of your choice!

Choose from:



Simple Arts and Crafts!



Our Community Jigsaw!



Scrabble, Dominoes or Chess!

Sudoku and Crosswords!



Mindfulness Activities!

Your own project (bring your knitting!)



The odd sing-song!



A good old chat!



If you have any question or need assistance to attend, please contact us on 01381622235 or [fortrose.library@highlifehighland.com](mailto:fortrose.library@highlifehighland.com)



**CHEESY CHAT *Breakfast Club*, 25<sup>th</sup> April 10am – 12pm**

Come and enjoy cheese on toast or a bacon roll on us! Tea, coffee, juice available.

Support staff from the resettlement team will be on hand for advice and signposting.

Hosted by Inverness Resettlement Team and Inverness Corps.

The Salvation Army, 20 Tomnahurich Street, Inverness, IV3 5DD



**Inverness  
Festival of Walking &  
Wheeling**

**18th-26th May 2024**

Plans are taking shape for this year's festival!

Lots of groups and organisations are planning a host of great activities. Something for all ages & abilities... If you want to know more, or would like to be involved please get in touch!

Jayne@p4w.org.uk  
Marie.Law@p4w.org.uk

Happy to Stroll  
Ready to Roll!!

[www.wawfest.com](http://www.wawfest.com)

MAGIC LITTLE GRASSES  
PFWS  
www.wawfest.com

## SPRINGTIME

Springtime has come round again we are so pleased it's here,  
A very special season opening each New Year.  
The dawn chorus heralds in the morn starting each new day,  
Giving us the will to do and helps us on our way.  
It's good to see so much lush growth in fields and woods around,  
Lots of green leaves in the trees and Bluebells on the ground.  
Well-tended gardens everywhere with flowers of every hue,  
Snowdrop Primrose Crocus Daffodil and Tulip too.  
Birds begin to build their nests their young ones forth to bring,  
Another lovely miracle that happens every Spring.  
Lots of fleecy little lambs that gambol with each other,  
Having many hours of fun watched over by their Mother.  
Now the wintry days have gone makes us want to sing,  
From a thankful and uplifted heart that Spring can always bring.

Ella MacLennan, aged 96  
Evanton Social and Events Group