



Chair's Introduction

The last month or so has seen Highland Senior Citizens Network getting back in the saddle. We have resumed our Get-togethers, and have had opportunities for two of our Trustees to present their Scams Awareness talks to local groups who have given very positive feedback. We have also refreshed our website which is now more user-friendly and likewise redesigned our HSCN Information Leaflet.

At one of our recent weekly Tea-breaks the NHS Highland Clinical Lead for Realistic Medicine gave us some interesting, if not concerning, facts on the amount of unused medicines in the community. It behoves us all to think about how we dispose of medicines we no longer need. There is a piece from Dr Kate Arrow in this News-sheet explaining in more detail how we should go about this, and how we can work together to make a difference on this issue.

We were also introduced to a simple aid to take with us when faced with the need for health care and for making a decision on suggested courses of action. We can ask ourselves - What are the **Benefits**? What are the **Risks**? Are there **Alternatives**? What if I do **Nothing**? **BRAN**.

Ian McNamara

Staying in touch with Highland Senior Citizens Network

Phone or e-mail our Co-ordinators

Anne McDonald [07933 653313]

anne-hscn@outlook.com

Jo Cowan [07933 653585]

jo-hscn@outlook.com

call the HSCN phone: 07716 884 989

e-mail on hscn@hotmail.co.uk

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

visit our website www.hscn.co.uk

follow us on Twitter and our
Facebook page

Inverness Openarts Session Reminders

June Dates for Art for Wellbeing Sessions:

Thu 8th Hilton Community Centre 2 -4.30

Tue 13th Inverness Creative Academy 10 – 3

Thu 22nd The Spectrum Centre 2 – 4.30

Tue 27th Inverness Creative Academy 10 – 3

Call 07539020698 or e-mail

invernessopenarts@waspsstudios.org.uk

*See our last HSCN News-sheet for further
details of sessions.*



Badenoch & Strathspey Therapy Gardens (SC044544)

Jo was delighted to join Badenoch & Strathspey Therapy Gardens at their recent AGM: a cosy and positive gathering in Am Fasgadh Allotments' shed in Kingussie. Chair, Jinty Moffett, highlighted achievements in 2022, a year in which Covid was less of an issue than in the previous year but still impacted the work of B&STG.

The charity had an eventful and successful year in which:

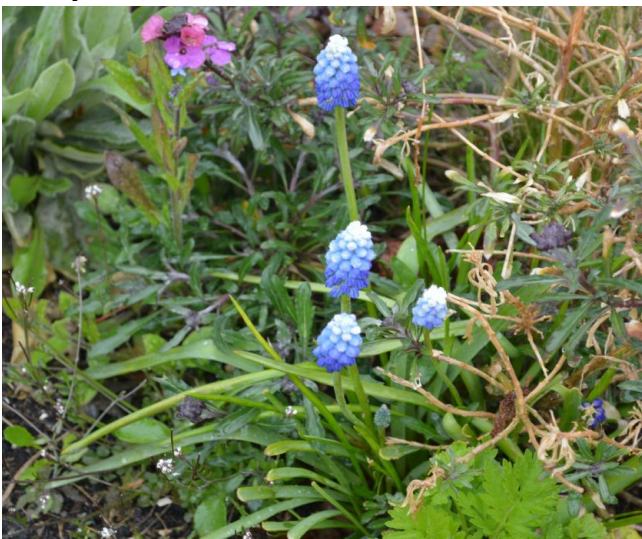
- weekly therapeutic gardening sessions re-commenced with day-care attendees at the Glen Centre in Aviemore
- their greenhouse at the new hospital was flattened in the winter storms and replaced by a much more substantial potting shed!
- a successful partnership project with Badenoch Community ConnXions offered transport plus gardening activity, in Aviemore and Kingussie
- work continued with trainees from Caberfeidh Horizons, a local social enterprise, and a Royal Caledonian Horticultural Society "Caley Awards" initiative is being introduced to recognise their contribution
- Jen Barrett, former Project Manager, led an online session - "A year in the Therapy Garden" - for more than 30 people at the Trellis Conference
- B&STG were asked to host the Trellis AGM in September 2022 – including a visit to the hospital garden
- An updated website was developed and can be found at www.bstherapygardens250807336.wordpress.com
- New Project Manager, Cheryl Galbraith, was appointed following Jen's retirement. You can contact Cheryl on e-mail bstherapygarden@gmail.com or mobile 07881 456752. The charity is also on Facebook

Badenoch & Strathspey Therapy Gardens activities continue to increase awareness of gardening and its therapeutic benefits – and the hard work of staff, committee and other volunteers is certainly bearing fruit!

Gardening Corner

Ùisdean, Head Gardener here again with a small selection of gardening advice. This column will cover the months of May and June. I will also provide some notes of a distinguished gardening colleague at the end of the column.

	May	June
Tasks	<ul style="list-style-type: none">• If you have a greenhouse shade and ventilate.• Sow new lawns, reseed bare patches and feed established grass• Harden off bedding plants/vegetables• Hoe regularly	<ul style="list-style-type: none">• Mow lawns regularly• Increase your stock of narcissi bulbs by dividing clumps once foliage has died back• Net and keep fruit bushes and trees well watered• Repot pot bound houseplants
Seeds to sow	In greenhouse Schizanthus, coleus and salpiglossis	In greenhouse Cineraria and primula
	Outdoors (for next year) – wallflowers, forget-me-not, viola. Runner beans, peas, marrows and beetroot.	Outdoors Spring onions, lettuce and radish
Cuttings to take	Buddleia, hebe, spiraea	Pinks and carnations, fuchsias, philadelphus
Looking good	Aquilegia, broom, rhododendrons and azaleas	Delphiniums, buddleia, roses, honeysuckle
Blue/white muscari		
Honesty		



Notes from Ùisdean – In the last article we covered John Fraser (1750-1811). This article will consider his mentor in the Chelsea Physic Garden - Oldmeldrum born William Forsyth (1737-1804). In 1763 Forsyth walked from Aberdeenshire to London after possibly serving his time in Haddo House gardens. The unforgiving conditions of Haddo led to Forsyth developing techniques for plant cultivation which served him well at Chelsea and beyond. He carved a reputation for coaxing severely compromised specimens sent back from the colonies back to life and on to successful recovery and propagation – the plant forsythia is named after him.



In 1784 Forsyth resigned from Chelsea to become gardener to George III where he continued his career as a plant reviver. He continued in this employment until his death in 1804. Descendants of Forsyth include the gardener and landscape architect Joseph Forsyth Johnson (1840–1906) - whose great-grandson was the entertainer Bruce Forsyth (1928–2017).

William Forsyth image courtesy Wellcome Library.

See also

Forsyth, W. (1824). *"A treatise on the culture and management of fruit trees ...: To which is added, a new and improved edition of "Observations on the diseases, defects and injuries of all kinds of fruit and forest trees" ...* 7th ed., London: Longman, Hurst, Rees, Orme, Brown and Green – full text at: [https://babel.hathitrust.org/cgi/pt?id=uc1.\\$b175909&view=1up&seq=1](https://babel.hathitrust.org/cgi/pt?id=uc1.$b175909&view=1up&seq=1)

Forsythia Flowers and Plants and the Life of William Forsyth - <https://owlcation.com/stem/Forsythia-Flowers-in-Spring-and-the-Botanist-William-Forsyth>

The William Forsyth Community Garden, Oldmeldrum - <http://www.oldmeldrumrotary.org.uk/garden.htm>

My Grandmama has a Teapot House,
A china elephant, and a china mouse.
They are just ornaments on a shelf,
The teapot she never uses herself.
In Grandmama's Teapot House, I know,
Although Grandmama says this is not so,

Phyllis Jermy (Deceased)

There lives a Dragon so very small
Grandmama never sees him at all.
But I can. I have seen him a lot!
I know a Dragon's living in her teapot.
He doesn't cry, or laugh, or shout,
But I've seen his tail coming out of the spout.



Let's talk about medicines....

Dr Kate Arrow

**Consultant Anaesthetist & Clinical Lead for Realistic
Medicine**

NHS Highland

For many of us, medicine is a vital part of our lives. In fact, it is now the most common intervention offered within the NHS. In Scotland, the NHS spends £1.8 billion a year on medicines. While medicines are important, they can also come with side effects, so it is essential that you have a good understanding of every medicine you take.

Studies suggest that a huge proportion of medicine is wasted. Reasons include: people taking a decision not to take it, side effects, early recovery or treatment changes.

Medicine waste is important for three reasons:

1. If people are not taking their medicines, they may be putting themselves at risk. It is important that you talk to your health professional about the benefits, risks and alternatives to any medicine that you are prescribed and unsure of.
2. If we reduce the volume of unused medicine, we will reduce waste and save resources to use in other ways, for patients.
3. Unused medicines are often disposed of in environmentally harmful ways. When we flush medicines down the toilet, throw them in the bin, or pour them down the sink, they can end up in the water, soil, and even in our food. This can harm animals, plants, and even us humans. Throwing away medicines incorrectly also contributes to a big problem called antibiotic resistance. When antibiotics and other strong medicines are thrown away improperly, they can create bacteria that are resistant to treatment. This makes infections harder to cure. To prevent this, it's important to dispose of medicines safely by handing them back to the pharmacy or your General Practice.

Taking multiple medicines at the same time is called polypharmacy. When managing chronic conditions, it is often essential to take many medicines. It can also be risky and complicated. When we take many medicines together, they can interact with each other, cause side effects, and make the treatment less effective.

Polypharmacy can lead to confusion, mistakes in dosing, and forgetting to take medicines. That's why it's important for you to have an open conversation with your Doctor, Nurse, or Pharmacist about all the medicines you take, including prescriptions, over-the-counter drugs, and supplements.

To address the issues of medicine disposal and polypharmacy, we all need to work together. Here are some simple steps we can take:

Learn and Share: Spread the word about how to dispose of medicines properly and encourage your friends and community to tell their doctor if they are no longer taking a medicine they have been prescribed.

Talk About Your Medicines: Ask about more environmentally friendly alternatives to some of your medicines; For example, a breath driven asthma inhaler produces a fraction of the carbon emissions of a traditional inhaler. Many people have switched over and found these newer, more environmentally friendly inhalers, very effective.



Ask your GP or Pharmacist about all the medicines you are taking, including over-the-counter drugs and supplements. If in doubt, remember to ask the BRAN questions shown in the picture here.

What are the benefits?

What are the risks?

What are the alternatives?

What if I do nothing?

Check Your Medicines: Regularly review your medicines, especially if you take multiple ones. This can help simplify your routine, remove unnecessary drugs, and reduce side effects.

Dispose Safely: Ask your Pharmacy how to safely dispose of your medicines. Avoid flushing medicines down the toilet or sink or throwing them in the bin.

What else? Consider all of the different therapies which can help your condition, including those which are not medicines. There is increasing evidence for the role of nature and gentle activity in helping to treat many conditions. There are many organisations across the Highlands which can support people to get started, for example <https://www.pathsforall.org.uk>.

Remember never to stop a medicine without discussing with your Doctor or Health professional.

By raising awareness, using medicines wisely, and disposing of them correctly, we can create a safer and healthier future for everyone. Let's work together to make a difference!



Reminiscence Group

Inverness Library

Wednesday 28th June 2.30-3.15

We are starting a Reminiscence group at Inverness Library, please come along and share your experiences and memories. Join in the conversation or just sit, listen and enjoy. No booking required just pop along.

Tea/coffee and biscuits provided.



Contact Inverness.Library@highlifehighland.com, Tel: 01349 781370, for more information



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VOLUNTEERS NEEDED

Physical Activity and Appetite Research Study

Are you aged 65-80 years and find that your appetite is lower than it used to be? If so, help us understand how physical activity affects appetite and how much people eat.

+ **Who are we looking for?**

- + Males & females
- + 65-80 years old
- + Body mass index (BMI) 20-23 kg/m²
 - + You can calculate your BMI by dividing your body weight in kilograms by your height in metres squared
- + Reduced desire to eat
- + Not engaging in regular physical activity

+ **What do you need to do?**

- + Attend 3 visits to the Life Sciences Innovation Centre, Inverness
- + Attend 6 weeks of High Life Highland physical activity classes

+ **What are the benefits?**

- + 6 weeks of free physical activity classes!
- + Health- & diet-related feedback!

+ **Interested in finding out more?**

- + Email active.health@uhi.ac.uk or call 01463 279405





Please see the poster on the previous page (8) for news from Dr Daniel Crabtree about the second part of the Physical Activity and Appetite Research Study he has written about in past News-sheets.

More information is available on the study website page <https://www.uhi.ac.uk/en/research-enterprise/research-themes/health/biomedical-sciences/active-health/volunteer-for-our-studies/physical-activity-and-appetite-study/>

or by calling the project team on 01463 279405 to find out more about participating in the study.

Volunteers' Week Recruitment Fair

Tuesday 6th June
11am - 3pm

Spectrum Centre,
Inverness



Scan here
to book
your place!



Whether you are looking to give back to your community, strengthen your CV, or enhance your skillset, come along to meet organisations looking to welcome you as their next volunteer.

We hope to see you there!



The Highland Third Sector Interface is a Scottish Registered Charity SC043521 and a Scottish Registered Company SC425808

Outdoor Dementia Resource Centre

Project Launch and Open Days

Spring has been a very busy time for us at the Outdoor Dementia Resource Centre. Our programme of activities has blossomed in recent weeks. The project launch event also took place in the spring sunshine on Friday 21st April. The event was a great success. We want to thank all those who attended and everyone involved in planning and delivering the event: <https://www.alzscot.org/news/outdoor-dementia-resource-centre-official-opening>.



Collaboration has always been a cornerstone of this project. The range of organisations represented on 21st April was fantastic. People with dementia took part in activities alongside artists, care services, conservation organisations and many others.

This was also the first time the four partner organisations have been able to come together – Alzheimer Scotland, Speyside Trust, Cairngorm National Park Authority and our funder the National Lottery Heritage Fund. A fine time was had by all and there were some great networking opportunities.



The media coverage has been tremendous. The event was picked up by various TV and radio stations and local and national newspapers. Here are a couple of links to give you a flavour of the coverage:

<https://www.bbc.co.uk/sounds/play/m001lhfb?partner=uk.co.bbc&origin=share-mobile> and <https://www.strathspey-herald.co.uk/news/badenoch-and-strathspey-lead-the-way-on-alzheimer-centres-311255/>

Following the launch event we have received many enquiries about the project so we hope to connect with more people with dementia in the coming weeks.

We are keen to continue engaging with those who are interested in green health for people with dementia. We are delighted to announce a series of open days in the coming months. Our open days will give people the chance to learn more about this innovative project. These events are open to *anyone* with an interest in the project.



The first of these events takes place in **Dementia Awareness Week**:

- **Friday 2nd June** 10-11am **online via Microsoft Teams**
- **Tuesday 27th June** 2-3pm at Badaguish
- **Friday 14th July** 2-3pm at Badaguish
- **Tuesday 25th July** 3-4pm **online via Microsoft Teams**

Booking: To book a place on one of these open days please contact Kenny: kwright@alzscot.org.

We look forward to seeing you soon!

Kenny, Andy and Gillian

The Outdoor Dementia Resource Centre is funded by the **Heritage Horizons: Cairngorms 2030** project made possible by national lottery players. *Heritage Horizons* is empowering people who live, visit and work in the UK's largest national park to tackle the climate and nature crises - <https://cairngorms.co.uk/working-together/cairngorms-2030/>

Highland Senior Citizens Network is joining Alzheimer Scotland, NHS Highland Community Mental Health Team, Badenoch Shinty Memories and Caberfeidh Horizons in holding a special **Café to Connect** in Talla Nan Ros, Kingussie, on Sunday 4th June from 2 to 3.30 p.m. celebrating Dementia Awareness Week, Carers' Week and Volunteers' Week. Please feel free to join us!



Highland Senior Citizens Networkout and about and catching up!

It's been fabulous getting out and about to meet groups and members. Thanks to all who have made it along to initial Get-togethers – and thanks to the lovely groups and organisations partnering with us to make them a success. We'll report on these gatherings in the next News-sheet.

Get-Together in Gairloch Golf Club – 18th May

Forthcoming Get-Togethers

- 12/06 Skye & Lochalsh Get-together, Kyleakin Community Hall, 11.30am to 2.30 pm
- 12/06 Ross-shire Get-together, Kensal Club, 2pm to 4pm
- 15/06 Sutherland Get-together, Brora Hub, 10.30am to 12.30pm
- 23/06 Lochinver Get-together, Assynt Centre 1.30pm to 3.30pm

Contact Anne or Jo if you would like to attend any of these events.

Our Peer Scams Awareness Conversations have been going down well. Our Trustee speakers chat “peer-to-peer” about up-to-date information on scams and sources of support – and also to listen to your experiences. Please contact Anne or Jo if you would like our Trustees to come along to your group.

....And still staying in for tea!

Our Highland Senior Citizens Network Tea-breaks still meet online from 11 a.m. until 12 noon every Thursday. Our chats are interesting and varied – with or without a guest. To join any Tea-break, contact Anne for the link anne-hscn@outlook.com

On 8th June, we have Sinead Hargan, Highland Memory Space
29th June will be our final Tea-break before the summer recess

....And hearing from you about the things that matter to you.

Fort William Tuesday Social Club members brought up some issues with us, and they wonder if these affect anyone else. The first issue is with subtitles missing from the STV morning news. Later news is subtitled – but not the early news. The second issue is when dramas show a text message on-screen as part of the plot – but the print isn't large enough to see, and you don't have long enough to read it. It's especially annoying when the “reveal” is vital to understanding the plot. Do either of these issues irritate you? Please feel free to share thoughts on this – or on anything that matters to you!

Citizen Participation and Public Petitions Committee Consideration
PE1997: Introduce mandatory braille labelling for food products sold in
Scotland **You can still sign this petition while it is under consideration**

Calling on the Scottish Parliament to urge the Scottish Government to introduce new legal requirements on retailers to provide braille labelling on food products detailing the name of the item, and the item's use by or sell by date.

We carried an item about this campaign in a previous News-sheet. One of our members has drawn our attention to the fact that you can still sign this petition if you want to support the campaign to have mandatory braille labelling .

Background: Oban and District Access Panel, Disability Equality Scotland and Sight Scotland are calling on the Scottish Government to introduce new requirements on retailers to provide braille labelling on food products. Currently, braille labelling is only required for medicines, leaving braille users at a disadvantage to sighted shoppers when identifying food products they wish to purchase and use.

Follow this link for more details on the campaign:

<https://inclusivecommunication.scot/braille-campaign>

Sign the petition by following this link:

<https://petitions.parliament.scot/petitions/PE1997>



**Do you regularly use the bus?
How well does it meet your needs?
Have you had issues with bus travel recently?
What would make bus travel easier for you?**

We're interested in hearing from you about your experiences of bus travel. We're painfully aware that some people live in areas where there is no bus route – and some of you will be unable to access the bus due to mobility/access issues, timings etc. However, for those of you who are bus-users, let us know how things are for you just now – and tell us about anything that would improve your experience.

Phone or e-mail our Co-ordinators

Anne McDonald [07933 653313] anne-hscn@outlook.com

Jo Cowan [07933 653585] jo-hscn@outlook.com

Or **write** to Highland Senior Citizens Network, Box 301, Mailboxes,
8 Church Street, Inverness IV1 1EA

Great Wilderness Challenge 2023



We're delighted that Highland Senior Citizens Network Team is taking part in the Great Wilderness Challenge again this year. Our colleagues at Highland Hospice have enabled us to have Highland Senior Citizens Network Team Sponsorship page this year. Anyone who would like to support us can now donate directly to the team.

<https://greatwildernesschallenge.enthuse.com/pf/highland-senior-citizens-network>

We also have paper-version sponsorship forms – so please do get in touch if you prefer the off-line method of giving 😊 We appreciate any support!



Your 24/7 Palliative Care Helpline

We're delighted to announce that the **Palliative Care Helpline** is now available 24/7.

The Helpline provides a single point of access for 24/7 advice, support and information for people nearing the end of life, their families, carers and professionals across Highland and Argyll and Bute.

We also work closely with other health and social care services to help co-ordinate additional support and hospital/hospice admission when required.

As an evolution of the NHS out-of-hours Helpline, the service continues to be led by highly experienced nurses and is now delivered in partnership by **Highland Hospice** and **NHS Highland**. We're also hugely grateful to **Macmillan Cancer Support** who, through their partnership with **Social Finance**, provide funding for the Helpline.

Find out more about the [24/7 Palliative Care Helpline](#) and don't forget to **save the number - 01463 706655**.