



Highland Senior Citizens Network

Nothing about us without us

Scottish Charitable Incorporated Organisation (SCIO) SCO34260

Oct/Nov 2023

Chair's Introduction

We learnt a lot and shared a lot. This was what those of us who attended our Annual Conference took away from the meeting. Our first key-note speaker spoke of their personal journey with a life-long mental health condition and the second on the invaluable place of Dementia Friendly Community Networks for those living with dementia and for their carers.

In post-talk discussions it was rewarding to see those who are personally affected by these issues speak openly of their experiences in a safe environment. The role and value of palliative care for those living with dementia was raised and appreciated.

Two of our Trustees presented their experiences of delivering peer-led talks on scams to groups across the Highlands. The spur for this initiative arose from an HSCN member raising the issue of scams at last year's conference and asking that we do something to raise awareness. That these talks are peer-led, and raised in a safe environment, enables members to talk openly of their personal experiences.

Further topics being planned for peer-led talks are Door-Step Crime, Falls Prevention and recognising Vulnerable Adults.

A rousing finale from Strumness Ukelele group rounded off a day of shared experiences.

Ian McNamara

Staying in touch with Highland Senior Citizens Network

Phone or e-mail our Co-ordinators

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visit our website www.hscn.co.uk

follow us on Twitter and via our
Facebook page

Our next news-sheet will feature reports from our annual conference including a summary of input from our main speakers and feedback from round-table discussions.



The First Scottish Dementia Arts Festival 13th-16th November 2023

The Eden Court Theatre Centre in Inverness will host the First Scottish Dementia Arts Festival between the 13th and 16th of November 2023. When the idea was first mooted over a year ago it was initially about getting a few groups of people with dementia to carry out Art Projects and exploring the impact that these projects had on their Wellbeing, Resilience, and Autonomy. We put together an initial draft proposal to the Ideas Fund and were selected to go forward to creating a full proposal for a project that had a clearly defined research component as part of the programme.



And a Dementia Festival was Born.

As the proposal was developed, and we spoke to groups of people with dementia, family members and artists, it became clear that people not only wanted to produce art, but they also wanted to exhibit or perform their work as other Artists would. We met Painters, Poets, Photographers, Film makers, Writers, Actors, Singers, Installation Makers, Dancers, Musicians, and Sculptors all of whom had some form of cognitive issue. Then we had a moment, it was a glorious moment, it was the moment that the First Scottish Dementia Arts Festival was born. It was the moment we decided to go for a festival that would celebrate our work firstly as artists rather than as people with Dementia who did art.

The Ideas Fund liked our proposal and gave us the funding to make it happen, so here we are less than six weeks to go and what have we got. Well, it all starts at 3.00pm on the 13th of November when our exhibitions open for Eden Court members, people attending the gathering, and anyone living with the impact of dementia.

Our Reception and official opening are at 5.30pm in the chapel followed by tea and biscuits. All sessions are open to the public. At 7.30pm a live radio performance of "What will we do about Mum?" - a play about three sisters dealing with their mum's dementia after their father's death. The performance will be followed by a discussion.

On the 14th, the exhibitions open at 10.30am. Look out for workshops in the afternoon, films in La Scala Cinema, including “The Consultant: How Some Doctors treat people with dementia”, “Dementia Sucks” a film About Young People with Parents With Dementia. “A Bold Conversation at the Wobbly Dog” and more.

In the evening of Tuesday 14th November, a one act play called “Caught in this Moment of Time” (51mins) based on a true story, tells of one man’s attempt to deal with his dementia and his use of Alexa AI as his Personal Assistant. The story is told through dialogue, music, song, poetry, and dance. The play will be followed by the premiere of the Dementia Symphony (15mins) - a classical piece of music danced as a contemporary piece by two dancers. The evening will be rounded up by a discussion facilitated by members of the **BOLD** team.

On Wednesday 15th, as well as the exhibitions and workshops on singing and clowning, the evening will be devoted to music, including original music created by STAND from Fife, songs from “Dementia The Musical”, songs from “Born to Be Alive” from the Western Isles and, to cap it all, “Dementia and all that Jazz” with Sophie Bancroft and Tom Lyle to finish.

Thursday is Fun Day with workshops and free art sessions ending up with an afternoon dementia-responsive disco. The workshop programme for the four days will be out soon. Workshops will include a music workshop, a clowning workshop, a workshop by Forget me Notes, and a Willy Gilder workshop called “Why I Do Art”. Add to this a full programme of films and a couple of impromptu open mike sessions, and we have the First Scottish Dementia Arts Festival.

We hope you will join us to celebrate this event.

Cheers,

Ron Coleman
The Demented Poet

To find out more go to www.deepnessdementiaarts.co.uk or use phone contacts below.

To register

e-mail	karen@deepnessdementiaradio.com
phone	01851 810789
mobile	07884 268192

Earlier this year Age Scotland launched our second 'Big Survey' of over 50s. We received over 4100 responses, from across every local authority area in the country, and we are now pleased to publish our summary report along with the full results: www.age.scot/bigsurvey. Please contact 0333 323 2400 if you would like to request a hard copy of the summary.

The aim of The Big Survey is to capture the views and experiences of people over the age of 50, identify the challenges older people in Scotland face today, and broadly track how lives have changed over time. It explores a wide range of topics including health and wellbeing, the workplace, finances, social issues, social care, transport, community and housing, the use of technology, social security, and planning for the future.

The findings provide us with powerful insight into the lives of older people today. The Big Survey demonstrates the vast contribution made by older people to our country, the economy, workplaces, as carers and volunteers, and across society, and highlights just how deeply they care about the lives of younger generations. But sadly, many of the results make for grim reading.

Fewer older people than ever before feel valued by society, that their voices are heard by decision-makers, and their contributions are recognised. This survey of older people has taken place during a new national crisis which has put an extraordinary squeeze on household finances, with large numbers of older people cutting back on necessities such as household energy and food because they are unaffordable. The physical and mental health of the nation has not improved since those Covid-19 related national lockdowns, and levels of loneliness amongst older people remain sky high.

Key Statistics

- We have seen a big jump in the number of older people telling us they feel financially squeezed, with **41%** telling us this is the case compared to **26%** in 2021. A further **35%** said they may become financially squeezed in the next year.
- **54%** of respondents who were currently in employment did not think they would have enough saved for retirement. Just **18%** felt they would have saved enough. **11%** of respondents told us they didn't have any personal or workplace pension savings at all.
- The number of people telling us they feel lonely all or most of the time is broadly unchanged since the 2021 survey, at **9%**.
- **30%** of respondents reported going out less because they had gotten out of the habit during the pandemic. **23%** of respondents felt that their mental health had gotten worse during the last two years.

In an open-ended question, we also asked what the priorities of Scotland's First Minister should be. The replies closely matched what people felt was needed to make Scotland the best place in the world to grow older. The top five issues were:

- Social care
- The NHS
- Pensions
- Respect, consult and listen
- Cost of living (9%)

The results of this survey should be essential reading for politicians and policy makers, and it is clear action must be taken to ensure that older people are not being failed.

Age Scotland would like to extend our thanks to everyone who took the time to participate in the Big Survey.

Visit the Age Scotland website to find out more about the Big Survey

<https://www.ageuk.org.uk/scotland/our-impact/policy-research-influencing/surveys/big-survey-2023/>

or call to request a hard copy of the Summary Report from Age Scotland Helpline on **0800 12 44 222** or reception on **0333 323 2400**.

SSEN Priority Services Register

It's that time of year when we remind you to think of joining the Priority Services Register if you haven't already signed up. People on the register are offered extra help and support in the event of a power cut. You may want to be on the register if you

- are deaf or hard of hearing
- have a disability
- live with children under five
- are blind or partially sighted
- have a chronic illness
- use medical equipment/aids reliant on electricity
- are over 60
- temporarily need extra support

Of course, everyone has different needs so feel free to get in touch to discuss your requirements. Phone 0800 294 3259 or register online at www.ssen.co.uk



SCOTTISH
FIRE AND RESCUE SERVICE
Working together for a safer Scotland

Safety Advice from Scottish Fire and Rescue Service

Some simple dos and don'ts to keep safe.



Make sure you aren't overloading electrical sockets, or daisy-chaining adaptors. Avoid block-style adaptors and use surge protected strip-type instead where required. As a simple rule of thumb, no more than four items fitted with 3 amp fuses should go into an adaptor, any item fitted with a 13 amp fuse should always go straight into the socket.

Don't leave electrical items switched on unless they are designed to be, don't use washing machines, tumble dryers or dishwashers overnight, and don't charge phones or tablets overnight. At night, close internal doors, especially kitchen and living room doors. This will prevent a fire from spreading quickly and give you more time to escape. As a general rule, unplug all electrical items that don't need to be left plugged in, especially if you are going away for extended periods.

Power cuts can be a nasty problem, particularly at this end of the year, so ensure you have suitable back-up lighting – e.g. torches or battery lamps. Customers who meet certain criteria (e.g. age or health) may be registered for priority service in the event of power cuts, check with your supplier.

If you use gas, oil or solid fuel within your house for heating, you should have a carbon monoxide (CO) detector in each room which has a combustion unit (boiler or fire) in it. Check CO detectors regularly, they often have a shorter life than smoke detectors. If you're using wood, make sure it has been dried and stored properly to improve burning and reduce sooty buildup in the chimney.

Check smoke and heat alarms regularly, ideally once a week, and make sure they are in date – they usually have a life of around 10 years before they need replacing. Every six months or so, give them a brief pass across the vents with the vacuum cleaner attachment to pull out any dust that has accumulated. If they go off, and you don't immediately know that it's a false alarm, always assume it could be a fire and leave the house quickly and smartly, then call the Fire Service on 999. **For more advice, ask for a free Home Fire Safety Visit. Freephone number 0800 0731 999, or text FIRE to 80800, or through the www.firescotland.gov.uk website.**

Gardening corner

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

	October	November
Tasks	<ul style="list-style-type: none"> • Cut back tall plants to prevent wind damage • Divide herbaceous plants • Plant bare rooted fruit trees, shrubs and roses. Firm in well to prevent wind damage • Tidy up but leave old stems and leaf litter for insect resting places 	<ul style="list-style-type: none"> • Plant tulips • Final grass cut. Get mower cleaned/serviced • Dig over new borders • Prune blackberries, gooseberries, redcurrants and raspberries
Seeds to sow	<ul style="list-style-type: none"> • In cold frame – sweet peas for early flowers next year 	<ul style="list-style-type: none"> • Broad beans under cloches
Cuttings to take	<ul style="list-style-type: none"> • Try root cuttings of oriental poppies and sea holly 	<ul style="list-style-type: none"> • Berberis, buddleia, hydrangea, jasmine privet, viburnum
Looking good	<ul style="list-style-type: none"> • Japanese maple, pampas grass, dahlia, hydrangea, Virginia creeper 	<ul style="list-style-type: none"> • Winter iris, sweet violet, holly, ivy, winter jasmine

Maple



Apples



Ùisdean is not one for taking holidays but earlier this year a friend persuaded him to take a few days away. Ùisdean likes his own fireside so for him his trip was quite extensive – taking in Harrogate and Bristol (where his 1950's old gas guzzling banger fell foul of the new exhaust emission rules - resulting in a substantial fine). Whilst in Harrogate he took the opportunity to visit the Royal Horticultural Society garden at Harlow Carr. Here he visited the library and ever the canny lad he found some interesting books in the library sale. One was about the gardening life of the American poet Emily Dickinson (1830-1886).



My Garden—like the Beach—
Denotes there be—a Sea—
That's Summer—
Such as These—the Pearls
She fetches—such as Me

Miss Dickinson. Image courtesy [Antonio Marín Segovia](#)

As well as being an extremely interesting poet Miss Dickinson was also a keen gardener – indeed during her lifetime she was better known as a gardener rather than a poet. Like Ùisdean she had a parochial outlook on life - she was born, brought up and lived almost solely in Amherst, Massachusetts. She studied botany and looked after the garden of the family home. The garden was widely admired within the local community. Within the garden could be found lily of the valley, pansies, sweet peas and peonies. The garden was apparently a haven for bees and butterflies.

Flowers and gardening feature in most of the poetic output of Miss Dickinson and she had the rather fetching habit of sending people floral posies along with her verses. She also associated certain flowers with emotions – for example gentians and anemones were seen as representing youth and humility. She also produced a herbarium which is now digitally available from the Houghton Library at Harvard.

- **The herbarium of Miss Dickinson -**
[https://iiif.lib.harvard.edu/manifests/view/drs:4184689\\$1j](https://iiif.lib.harvard.edu/manifests/view/drs:4184689$1j) – open access.
- **Books about Miss Dickinson, her gardens and gardening -**
<https://archive.org/details/gardensofemilydi0000farr/page/n5/mode/2up> and
https://archive.org/details/emilydickinsonsg00mcdo_0 – you need to register with the Internet Archive to access the full text of these.
- **The complete poems of Miss Dickinson are available at:**
<https://archive.org/download/completemoemsofe0000emil/completemoemsofe0000emil.pdf> – open access.

Birds

A graceful movement across the sky,
It is a seagull passing by,
Touch of cream and fawn, orange and brown,
A house sparrow comes flying down.
Fluttering into the sky so blue,
A lark is hiding its nest from view.
With neck out-stretched a wild duck streaks
Vanishing amongst the mountain peaks.
A pigeon coos, likewise the dove,
Nestling close to its own true love.
In the wood the nightingale's song
Rises and falls, all the night long.
The owl hoots, tu-whit, tu-whit-tu-whooh.
Pheasants call and the cuckoo, too.
Robin, bright of eye and breast, is brave,
Loving a fight, the naughty knave.
That lovely songster, the missel-thrush
At even bids the world to hush.
Bird species are many, these but a few,
Hark to their chorus as dawn breaks through.

Phyllis Jermy Deceased

If it was on Facebook...

I didn't see

You know that online's not for me

Community news-sheet or magazine

They are really more my scene

An invitation sent by post

Or a kindly phone call from the host

Word from friends popping by for tea

A poster at the lunch club or surgery

Pop in in person and ask me to come

Send a flyer to my home

A "Whats-on" on a radio show -

Announce in church that we can go

You've lots of options to let us know

*"Such a shame you couldn't be there
for time to laugh, to chat, to share*

Oh, you didn't hear, that's a shame

It was a great success for all that came

It was on Facebook everywhere...."

It was on Facebook....

but I'm not there !!!!

Anonand still slightly irritated...



Café to Connect

Our next **Café to Connect** will be held

in Talla Nan Ros, Kingussie

on Sunday. 29th October

from 2 until 3.30 p.m.

An opportunity to chat, have a cuppa and some sweet treats, these events are aimed at anyone who would like a chance to connect.



Discover Digital Free Drop-in session

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

Join us for our free in-person drop-in event 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 info@myself-management.org or phone 07834 753766

Enjoy a cuppa while you learn about Myself-Management and other organisations
Join Ruth for a taster session of Seated Yoga
Learn new digital skills

Monday 23rd October 2023
11am to 1pm

Muir of Ord Hub

Tech support from




Some of you (like me!) might not be familiar with using a **QR code** – this black and white square “thingy”. Point your smartphone camera at it. If it can read this, it will bring up the website address so that you can go straight to it...Magic!

Apologies for the small type-face in the advert. Here’s the information in plain text:

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

Join us for our free in-person drop-in event 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 info@myself-management.org or phone 07834 753766

- Enjoy a cuppa while you learn about Myself-Management and other organisations.
- Join Ruth for a taster session of Seated Yoga.
- Learn new digital skills.

Monday 23rd October 2023, 11 am – 1 pm, Muir of Ord Hub

Winter Warmers and Christmas Kindnesses?

Do you know of anything happening in your area to bring people together in warm spaces over the winter months – or is something being planned for people on their own on Christmas Day or around the Christmas and New Year period? Please let us know as we are frequently asked about this. Our deadline for inclusion in the next news-sheet is **30th November** - but it is still useful for us to know even if you don't make the news-sheet deadline as we can share it in different ways.



Dementia Friends

Alzheimer Scotland Dementia Advisor for West Highland, Lesley Hellon, visited Fort William Men's Shed in September to deliver a Dementia Friends session for shed members and supporters. The shed committee wanted to show their support for members living with dementia and their carers by increasing their understanding of dementia and how they can help.

Dementia Friends is a short session developed and delivered by Alzheimer Scotland:

Alzheimer Scotland Dementia Advisors deliver face-to-face Dementia Friends information sessions all over Scotland. They are free, interactive and informative, and will provide you with an understanding of how to interact with people who have dementia.

Through our sessions, five key dementia messages are brought to life through interactive activities. At the end of the session, you will become a registered Scottish Dementia Friend. You'll even receive a certificate and badge.

After the information session we will simply ask that you continue to spread the word about Dementia Friends and use your knowledge to help those who need it.

Contact your local Alzheimer Scotland Dementia Advisor to request a Dementia Friends Session for your group:

West Highland – Lesley Hellon – LHellon@alzscot.org – 07825 975557

South Highland – Julie Ferguson – JulieFerguson@alzscot.org -07887 625982

North Highland – Hayley Lyons – HLyons@alzscot.org – 07554 408479

Or visit the Dementia Friends pages on Alzheimer Scotland website www.alzscot.org where you can complete the session online or look for in-person sessions near you.



We have places available on an End-of-Life Aid Skills for Everyone (EASE) Online course, starting at 1pm until 2pm, 26th October 2023.

End of Life Aid Skills for Everyone (EASE) is a course designed to enable people to be more comfortable and confident supporting family and community members with issues they face during dying, death and bereavement. The course has been developed by the Scottish Partnership for Palliative Care.

EASE Online is a four-week course which is delivered via the online learning platform Moodle. Each week participants work through an online module, which contains reading, quizzes, films, activities and online discussion forums where people can share reflections. At the end of each week there is a discussion session held via Zoom, where the course participants get together to chat about the module they've just worked through. We estimate a time commitment of three hours a week.

The course will be facilitated by Anne McDonald and Joanna Beveridge and kicks off with a Welcome Session held via Zoom: a chance to meet each other and ask any questions.

The Zoom session dates and time for this upcoming course are:

26th October (1-2pm) Welcome Session
(an informal welcome session to get everyone ready to start the course)

2nd November (2-3:30pm) - Session One
(covering Module 1: An Introduction to death in Scotland)

9th November (2-3:30pm) - Session Two
(covering Module 2: Serious Illness and Frailty)

16th November (2-3:30pm) - Session Three
(covering Module 3: The Reality of Dying)

(note break-week – there is no session on 23rd November)

30th November (2-3:30pm) - Session Four
(covering Module 4: Caring for the Carer)

If you would like to book a place on the course or find out more information, please get in touch with Samara Leibner, Administrative Lead, Good Life, Good Death, Good Grief: samara@palliativecarescotland.org.uk

Or you can contact: Anne McDonald, Co-ordinator, Highland Senior Citizens Network 07933 653313 anne-hscn@outlook.com

Join us for a Highland Senior Citizens Network Tea-Break!

We've had some interesting conversations at our weekly Tea-breaks recently: **play** had us reminiscing about 'houses', disappearing out for the day on bikes and not home until tea, hide and seek, 'slidies' on the ice, making paper dolls with clothes...**rural health consultation** saw us being very open with Jo from Age Scotland about challenges and frustrations we are facing currently; not enough staff to do the job, removal of local services, digital exclusion in the context of increasing reliance on digital devices (like alarms) and digital/ online services and info. We shared thoughts on the **new Care Inspectorate quality questionnaire** this week, and we have a list of questions ready on **fire safety** for Stephen Reid, Scottish Fire and Rescue Service next week.

HSCN Virtual (Zoom) Oct and Nov Tea-Breaks - Thursdays 11am till 12 noon

Please contact Anne (anne-hscn@outlook.com) for the link if you would like to join for a particular topic/speaker or to come along to say hi to the other attendees.

19 th Oct (on Teams)	Stephen Reid, Community Safety Advocate	Scottish Fire and Rescue Service	Fire Safety
26 th Oct	Just a Tea-break		
2 nd Nov	Mari Todd, Psychology Lecturer	University of the Highlands & Islands	NHS Past, Present and Future research
9 th Nov	Just a Tea-break		
18 th November	Kirsteen Campbell, Development Officer	MySelf Management	Digital Connections
23 rd Nov	Simone Tomaz, Lecturer in Exercise Physiology	Stirling University Generating Older Active Lives Digitally (GOALD)	Connectivity and Digital Design for Promoting Health and Well-being Across Generations, Places and Spaces
30 th Nov	Mari Todd, Psychology Lecturer, and art facilitators	UHI and Inverness Openarts	NHS Past Session



FREE, NO BOOKING REQUIRED

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.

All sessions are now drop-in, no booking required! Just turn up on the day, arrive and leave whenever suits within the session time.

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: Oct – Dec 2023



Venue	Date	Time	Artist Facilitators	Activities
Inverness Creative Academy	Tues 24 th Oct	10am – 3pm	Evija & Izzy	Cyanotype Printing & Free Choice
The Tree House	Thurs 2 nd Nov	2pm – 4.30pm	Cecilia & Jay	Free Choice
Inverness Creative Academy	Fri 10 th Nov	2pm – 4.30pm	Evija & Jay	Clay Decorations & Free Choice
The Spectrum Centre	Thurs 16 th Nov	2pm – 4.30pm	Cecilia & Izzy	Free Choice
Inverness Creative Academy	Tues 21 st Nov	10am – 3pm	Jay & Cecilia	Paint Pouring: reworking images & Free Choice
The Tree House	Thurs 30 th Nov	2pm – 4.30pm	Evija & Jay	Free Choice
Inverness Creative Academy	Tues 5 th Dec	2pm – 4.30pm	Cecilia & Jay	Illustration: drawing with prompts & Free Choice
The Spectrum Centre	Thurs 14 th Dec	2pm – 4.30pm	Izzy & Cecilia	Free Choice
The Inverness Creative Academy	Tues 19 th Dec	10am – 3pm	Izzy & Evija	Miniature Painting & Free Choice

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

Badenoch Shinty Memories Group Honours Founders



John MacKenzie MBE and Donald Grant MBE

A special celebration afternoon was held recently to honour the late Donnie Grant MBE, co-founder of Badenoch Shinty Memories Group. Held at Highland Folk Museum, it was a lovely afternoon of connections and recollections. Pupils from Kingussie High School Year 2 put on a display shinty match; Dr Hugh Dan MacLennan (Shinty Memories Scotland) eloquently outlined Donnie’s contributions to the world of shinty and to the group; the Camanachd Cup trophy and the Sutherland Cup trophy were both on show; Anna Dallas the Great Great Great Grand-daughter of the figure on top of the Camanachd Cup beautifully sang “Guma Slàn Do Na Fearaibh” (A Badenoch Emigrant Song).



In the midst of this celebration, a surprise for John Mackenzie MBE, Chair of Badenoch Shinty Memories Group (BSMG) when an extra item was slipped into the proceedings. Mairi (Badenoch Shinty Memories Project Officer) and Jo (Age Scotland Community Development Officer) presented John with Age Scotland’s Highly Commended certificate for his nomination in the Age Scotland Awards.

In the photo (left to right): John MacKenzie MBE, Chair of Badenoch Shinty Memories Group
Councillor Russell Jones, Past President of Kingussie Camanachd
The Camanachd Cup Trophy – which is soon to be retired at 127 years old to reside in Inverness Castle!
Jo Cowan, Age Scotland Community Development Officer
Dr Hugh Dan MacLennan, Shinty Memories Scotland

Jo expressed thanks that Donnie and John had channelled their Passion into Compassion within the local communities as they worked together on Donnie’s vision for a community which continued to include people living with dementia and to ensure they could remain active.

The surprises weren’t quite over though, as musician and broadcaster, Gary Innes, appeared on-screen with a newly composed tune “Badenoch Brothers in Arms” as a lasting legacy for the great work of these two great shinty rivals and life-long friends. An emotional but joyfully celebratory event.

Information from Linking Lives UK



Good Conversations Volunteer Training Limited Time Offer from Linking Lives UK!

Loneliness charity Linking Lives UK are currently offering their Good Conversations Volunteer Training for FREE during the months of September and October!

The two-hour online training, usually costing £5, covers many topics relevant to volunteers helping in a community setting including active listening skills, maintaining boundaries, managing expectations and risk, and asking the right questions. 84% of participants have said they felt more confident in their volunteering role after attending the training.

Booking is available on a FIRST COME FIRST SERVED basis so don't delay.

Book your free place via Eventbrite on the link here today or visit www.linkinglives.uk

[Good Conversations volunteer training Tickets, Multiple Dates | Eventbrite](#)



LINKING LIVES UK

If you want more information about how Linking Lives UK work in Scotland, you can contact Michelle Candlish, National Scottish Development Manager, Linking Lives UK

Tel: **0300 302 0225** Mob: **07354 188699**

E-mail: michelle@linkinglives.uk

Information from Generations Working Together

**Two Generations Homeshare: Wednesday 25th October 2023,
2:00pm - 3:30pm - online via zoom (a link will be sent two days before).**

We are excited to announce this thematic Intergenerational Housing Places and Spaces session with Two Generations Homeshare. You can expect to find out more about Homeshare and their planned work in Scotland. The session will take place with a short presentation followed by a Q & A session.

A New Way For Older Living - Discover How Homeshare Helps Intergenerational Living Happen: For many adult children in Scotland, it's a familiar feeling to be worrying about your parents as they age. This is particularly the case where they may not be quite as independent as they once were, perhaps a little unsteady on their feet, or their memory is starting to decline. They may have lost confidence – perhaps even more so during Covid lockdowns – and wish they had someone in the house overnight or to support them back into the community, while they are not at the point where they need to look at expensive residential, full time or in-house care options.

[Book your place here](#) If you have difficulty with booking, contact Bella Kerr, Intergenerational Development Officer on **07927 550730** or e-mail bella@gwt.scot