



Chair's Introduction

I recently came across the review of a book which got five-star rating. Although the book has a health and social care theme the reviewer recommended it for all.

The book, entitled 'The Golden Rule,' is a collection of personal experiences of a Geriatrician reflecting on her work with older people, their families and others in the caring professions who play their part in supporting her patients in their homes, their care homes and in hospital. That the author is a daughter of a mother undergoing the same journey she sees many of her patients taking makes her writing even more meaningful.

As the book unfolds, we are led to reflect on what we, as service users, be we old or young, want when we need care. The answer lies in the Golden Rule, which is quite simple: 'If this was me or mine, how would we want to be treated and cared for?'

Any future healthcare worker, social worker, or healthcare manager, armed with the wisdom in this book would enter their chosen profession with an insight into what really matters for an individual patient. This is easily overlooked in the pressured environment of delivering care. For those already established in their chosen role, they will identify with many of the stories that are eloquently portrayed. Many of us will have been involved in such stories as service-users or relatives.

Ian McNamara

Staying in touch with Highland Senior Citizens Network

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visit our website www.hscn.co.uk **follow us** on X (Twitter) and via Facebook

....or come along and meet us at our stall at the Silver Sunday event! (see page 4)

....or, if you are online, why not join our next HSCN Virtual Tea-break? (see page 8)

Our Highland Senior Citizens Network Co-ordinators are often approached by organisations who want to widen their engagement with older people. Anne was recently contacted by Jess....



Engaging Communities: a National Trust for Scotland project

Jess Carnegie, Community Engagement Officer, Torridon

The National Trust for Scotland is a renowned organisation that looks after many amazing places across the country, from small and perfectly preserved tenement flats, all the way to wild and sprawling landscapes. Snaking along the coastline and stretching back into the glens and mountains, the Torridon estate is considered one of the most dramatic and distinctive landscapes in the country. The area cared for by NTS covers over 6000 hectares and takes in glens, rivers, woodland and munros, including Beinn Alligin, Liathach and Beinn Eighe. Some of Scotland's Big Five can also be spotted here, including golden eagles, otters and red deer, the latter of whom make their homes amongst some of the oldest rock in the world.

This special landscape attracts hundreds of visitors a year to take in the challenges and beauty of these hills and glens, but is also home to thriving local communities scattered along the coastline. I've been living here since March of this year, working for NTS as part of a new and exciting project called Engaging Communities. Supported by the National Lottery Heritage Fund, this year long research project aims to collaborate with communities local to Torridon to explore different approaches to engagement and find ways to deepen and diversify our community relationships. Torridon isn't the only property involved: the project is being carried out at three other pilot properties, including Hill House in Helensburgh, Tenement House in Glasgow, and Fyvie Castle in Aberdeenshire. Through lots of conversations and activities, we hope this project will build a better understanding of how NTS works with communities and involves them in caring for Scotland's incredible heritage.

So, what's been happening in Torridon? There's been lots of different approaches I've been taking to welcoming people here, whether that's folks that have never been to Torridon before, or lifetime residents who know the area much more than I could ever!

For our local communities, myself and the Torridon Rangers have started weekly Wellbeing Walks to provide an opportunity for residents to get outside and get active in a friendly and social environment. Sometimes we see eagles or buzzards, other times we try our hand at stone skimming, and we of course stop for tea and cake at our local café... arguably the most important bit! In a nod to NTS's role as a caretaker for heritage as well as conservation, our new fortnightly Ceilidh House evenings have begun with a bang: 17 people came along to our first evening at the start of September, bringing along with them beautiful poems, stories and songs. We've also held visits from Afghan families that have recently resettled in Inverness, members of the Inverness Feminist Bird Club, LGBTQ+ hillwalkers, and young people from Gairloch High School, sharing Torridon's heritage, nature and beauty along the way.

I'm really looking forward to the next few months in this special part of Scotland, welcoming in and learning from communities local to here and new to here. If you'd like to get in touch to find out more about the project, then please feel free to send me an email on jcarnegie@nts.org.uk or call on 07769407232.



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**JOIN US AND CELEBRATE THE
NATIONAL DAY FOR OLDER PEOPLE**



SILVER SUNDAY
CELEBRATING OLDER PEOPLE



eastgate



Playlist for Life – Being a Help Point - Musical Tea - National Playlist Day Show



At Highland Senior Citizens Network, we continually promote the Playlist for Life charity and the benefits of a personal playlist for people living with dementia and their families.

We act as a Playlist for Life Help Point. If you aren't online, we can send you a leaflet or booklet on how to create your own meaningful playlist or create one with/for someone else. If you are online, please check out resources on the Playlist for Life website www.playlistforlife.org.uk

National Playlist Day on 20th September gave the ideal excuse to indulge in a Musical Memories Tea at the invitation of another Help Point – Kinlochleven Library. We met the Tuesday beforehand to chat about the Soundtrack to Our Lives. An evening of fabulous stories about precious music tracks provided a great starting point for compiling a special edition of our Community Connections radio show on Nevis Radio.

All Lochaber Libraries are Playlist for Life Help Points and, as well as putting on displays for National Playlist Day, library staff also contributed a significant track from the soundtrack to their life with its story. Local Alzheimer Scotland staff joined in, as did two members of the organising committee for the forthcoming Annat Village Gathering (a local history project with the “children of Annat” from the 50s celebrating their “lost village”). My co-presenter, Karin McKay, Highland Council Tenant Participation Officer added her favourite too. **What would your choice be and why?** Jo 😊

Here's the playlist our participants came up with for the National Playlist Day show:

Steve Harley “Come Up and See Me”	Robbie Williams “Angels”
The Corries “The Bricklayer Song”	Mark Knopfler “Going Home”
Simon and Garfunkel “Bridge Over Troubled Water”	Dr Hook “When You’re in Love with a Beautiful Woman”
Rolling Stones “I Can’t Get No Satisfaction”	The Beatles “Love Me Do”
Simple Minds “Don’t You (Forget About Me)”	The Drifters “Under the Boardwalk”
Engelbert Humperdinck “Last Waltz”	Paula MacAskill “Caledonia”
Billy Ocean “Red Light Spells Danger”	REM “Everybody hurts

A recording of the programme is available on Nevis Radio’s website www.nevisradio.co.uk in their Interviews and Features Mixcloud

HSCN Members in Action: A Highland Senior Citizens Network member wrote alerting us to the decision by the Scottish Government not to include the Scottish Human Rights Bill in this parliamentary session. They asked if we would support the Human Rights Consortium Scotland in their call for action on this important matter. Highland Senior Citizens Network responded immediately to become one of the 100+ co-signatory organisations.

A summary from Human Rights Consortium Scotland's Website www.hrcscotland.org



The Human Rights Consortium Scotland (HRCS) has issued a letter to the First Minister on behalf of over 100 organisations and members of lived experience boards who have helped shape the Scottish Human Rights Bill up until this point. The letter expresses profound disappointment in the Scottish Government's recent decision to delay the introduction of the Scottish Human Rights Bill in this parliamentary session. This Bill, crucial for incorporating international human rights treaties into Scots law, is now absent

from the legislative programme, signalling a troubling reduction in the priority given to human rights at a critical time.

Summary of Letter

- **Disappointment Expressed:** The coalition criticises the Scottish Government for delaying the introduction of the Scottish Human Rights Bill in this parliamentary session.
- **Urgent Human Rights Issues:** Highlights pressing issues such as child hunger, poverty, and lack of access to essential services in Scotland.
- **Broad Support for Bill:** Emphasises the strong support for the Bill from civil society and the need for human rights-based decision-making.
- **No Justification for Delay:** Argues that the reasons provided for the delay are unacceptable and lack credibility.
- **Need for Immediate Action:** Stresses the importance of integrating human rights into decision-making, especially in the current financial climate.
- **Call for Commitment:** Urges the First Minister to publicly commit to introducing the Bill by February 2025 and address the breach of trust with stakeholders.

Human Rights Emergencies Demand Immediate Action

The letter highlights that the decision to delay the Bill dismisses the urgent human rights issues faced by many in Scotland. Children are going hungry, families are falling deeper

into poverty, and vulnerable groups are being denied essential services. The lack of progress on this Bill reflects a concerning disregard for these pressing issues, which require immediate action rather than inaction.

Overwhelming Support for the Bill

There is broad support from civil society for the incorporation of human rights into Scots law. Civil society organisations, community groups, and individuals across Scotland have all voiced strong support for the Bill, underscoring its importance as a foundation for human rights-based decision-making and empowering people to claim their rights. The Scottish Government's previous engagements and public consultations have consistently reinforced the Bill's vital and timely nature. The letter argues that the decision to exclude the Bill from the current session suggests either a lack of listening to these voices or a deliberate choice to ignore them.

No Justification for Delay

While acknowledging the implications of the 2021 Supreme Court decision on the United Nations Convention on the Rights of the Child Bill, the coalition believes that transparent discussions between governments could resolve potential issues. The Bill could also be a vehicle for amending the UNCRC (Incorporation) (Scotland) Act to broaden its scope. The letter asserts that the notion of devolution-related issues as a reason for not fulfilling the promise on the Bill is unacceptable and lacks credibility.

Pressing Need for Human Rights Integration

In the current financial climate, embedding human rights into decision-making is more crucial than ever. Human rights budgeting provides a framework for making robust decisions that protect fundamental rights even amidst financial constraints. The letter emphasises that those most at risk of economic, social, and cultural rights violations are those living in poverty, and incorporating these rights into public services is essential to tackling child poverty.

A Breach of Trust

The HRCS expresses deep regret over what they perceive as a breach of trust by the Scottish Government, noting that significant resources and personal experiences have been invested in developing the Bill. The delay is seen as a significant disrespect to those who have engaged in good faith and contributed to the Bill's development.

Call to Action

The HRCS urges the First Minister to reconsider the decision and publicly commit to introducing the Scottish Human Rights Bill by February 2025 at the latest. They stress that failing to do so will cast doubt on the Scottish Government's commitment to human rights and its promises.

Our Lighter-Touch Highland Senior Citizens Network Annual General Meeting and Gathering on September 12th was a success for our 30+ attendees.

Very interesting. Good selection of speakers. A lot of information in such a short space of time. Good connections.

As ever, we will share our guest speakers' thoughts over our next few news-sheets so that those of you who didn't make it along can still benefit from their informative input.



SSE – Nice to get a card to fill in for emergency cover.

Networking from all sorts of people from helpers to speakers.

In our survey earlier this year, people asked for a shorter event – but that wasn't popular with all attendees. Our evaluation showed that just over 85% were happy with the length – around 15% would have preferred longer for social time and chatting to speakers and visiting information stalls. We obviously can't please all the people all of the time – but we will take this on board for next year's event. 😊

We're keen to encourage those of you who are online to try out our regular Highland Senior Citizens Network Online Tea-Breaks on Thursday mornings.

October Tea-breaks – All between 11 a.m. and 12 noon

3/10	Jess Carnegie , Community Engagement Officer, Torridon Estate, National Trust for Scotland
10/10	Just a Tea-break
17/10	Discussion about future facilitation of the Tea-break
24/10	Lorna Steele-McGinn – Community Engagement Officer Highland Archive Service and Am Baile
31/10	Helen Pickles , Curator (Collections), High Life Highland, Highland Folk Museum

We are a very friendly group from across the Highlands and are always happy to welcome new attendees. Please contact Anne if you would like to join for a particular session or every week. E-mail anne-hscn@outlook.com

eastgateshopping.co.uk  



Community Coffee Morning

9:30-10:30AM • 2ND WED OF EVERY MONTH

FANCY A CUPPA AND BLETHER?

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

See you in Falcon Gallery for a friendly start to your day.

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How to age well


with  ageScotland



**Free lunch
from
12:30pm**

**Pre-
booking
essential**

Join the Age Scotland team to find out about simple ways to feel great every day!

-  • 1:30pm -3:30pm
-  • 9th October 2024
-  • Lairg Community Centre

This interactive session will cover:

- How to eat and drink well
- Ways of boosting your brain health
- How to enhance your social and emotional wellbeing
- Intro to Body Boosting Bingo, Age Scotland's popular game for better strength and balance in later life

 To book call Age Scotland on 0333 323 2400 and ask for Bo Alexander
 Or email healthandwellbeing@agescotland.org.uk

Connecting Carers Adult Carer Social Groups in October.

Sutherland: Monday 7th October, 11:00am-12:30pm

Dornoch Free Church

Hosted by Malcolm, our Referral Co-ordinator and Dementia Advisor Hayley Lyons.

We will be joined by Sarah Hobbs who works in the Public Health team and they're keen to work with people with dementia and their carers to understand if there are any specific barriers to accessing the screening programmes such as bowel etc, with the aim of improving the services by tailoring to specific needs.

Ross-shire: Tuesday 15th October, 1:00pm-2:30pm

Dingwall Dementia Resource Centre, Athole Court

Hosted by Jody, our Ross-shire Carer Link Worker and Hayley Lyons from Alzheimer Scotland.

Nairn: Monday 28th October, 10:00am-12:00pm

Nairn Community & Arts Centre

Hosted by Nikki, our Inverness, Nairn, Badenoch & Strathspey Carer Link Worker.

Inverness: Tuesday 29th October, 10:00am-12:00pm

Highland Hospice

Hosted by Allana, our Referral Co-ordinator.

Badenoch & Strathspey: Tuesday 29th October, 10:00am-12:00pm

The Hub, Aviemore

Hosted by Nikki, our Inverness, Nairn, Badenoch & Strathspey Carer Link Worker

Caithness: Wednesday 30th October, 2:00pm-3:00pm

Thurso Library

Hosted by Gillian, our Caithness and Sutherland Carer Link Worker and Isobel Stevenson from Alzheimer Scotland.

Please note - there is no social group running in Lochaber this month (October).

Lochinver Carers Drop-in: Wednesday 9th October, 11:00am-3:00pm

Lochinver Village Hall, Lairg, IV27 4JY

Are you caring for a family member or friend? Do you know the support available to you? Please come along and talk to trained and experienced staff from Alzheimer Scotland and Connecting Carers.

Come along for a chat and a cuppa. Drop-in, booking is not necessary.

If you need further information about any of these events, call the Carer Support Line on 01463 723560 (Mon-Fri 9am-5pm).

Reminder of Reminiscence Sessions in Inverness Library.

Inverness Library holds monthly reminiscence sessions on the last Wednesday of the month from 14.30 until 15.15. No need to book – just come along. Join in the conversation, or just sit, listen and enjoy.

and that **NHS Technology Enabled Care Team** holds drop-in sessions in the library on the last Thursday of the month 10 a.m. until 12 noon.



NEW Self-Management Online Training Sessions designed for people living with a long term health condition in Highland

Starts:- Monday 28th October 2024,

Time:- 2pm to 4pm, Microsoft Teams

Duration:- 6 weeks

Module 1—What is self-management

Module 2—Pain & symptoms

Module 3—Effective communication

**Module 4—Putting yourself at the centre
& staying well**

Module 5—Movement & Activity

Module 6—Managing change

Email Kirsteen to book a space

Kirsteen@myself-management.org

www.myself-management.org

Copy for the next edition of Highland Senior Citizens Network News-sheet needs to be with us no later than **Friday 29th November**. If you have something you would like us to include, please feel free to get in touch with Anne or Jo to discuss your ideas.

We particularly welcome articles and news from our individual members on the connections and issues that matter most to you.

We look forward to hearing from you!