



Highland Senior Citizens Network

Nothing about us without us

HSCN News-sheet, Spring '25



The Cuillin Ridge, Skye from Bla Bheinn, March '25

Chair's Introduction

Our members have been informed that we have been unable to secure adequate funding beyond April 2025 and have been left with no alternative other than to issue redundancy notices to our Co-ordinators. These notices will be actioned in the coming months, with both roles finishing by the end of July.

At the birth of Integration in 2012 we were asked by the Highland Council and NHS Highland to represent service users who are older people. Over the ensuing years we have received funding from NHS Highland to enable us to do this in a constructive way, contributing to engagement, one of the cornerstones of Integration.

Our Co-ordinators, Anne McDonald and Jo Cowan, have developed an encyclopaedic network of contacts throughout Highland for those who need to share information with, and pass on information to, older people. Many organisations, including NHS Highland, The Highland Council, colleagues in the Third Sector along with other providers of public services have used HSCN as a platform to engage with older people.

Our News-sheets, which without adequate funding and staff support can no longer be produced beyond the next issue, have been an invaluable means to share information, not just for our nearly four hundred individual members and one hundred and ten groups, but to many others across the Highlands and beyond. Our Co-ordinators provided the human contact for those older people who are isolated and digitally excluded in the ever-expanding digital world.

Often quoted, 'No one is indispensable', but in this case what they created for the wellbeing of older people in Highland is irreplaceable.

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 301,8 Church Street, Inverness IV1 1EA

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

HSCN News..

HSCN Tea-breaks and Brew and A Blethers, Zoom, 11am until 12 noon, Thursday

2025 has seen us change the pattern of weekly virtual Tea-breaks to 3 out of 4 every month now being 'Brew and A Blether', facilitated by a volunteer HSCN member. Anne or Jo continue to facilitate a monthly Tea-break, with an invited guest, on the 4th week.

Here is a snapshot of some 'Brew and A Blether' chat: *Long talk about cataract treatment, it was very positive and uplifting to hear the difference this makes for those who have had the laser treatment...*

Phones changing to "digital voice" later this month. L shared experience of trying to give a smart meter reading and take multiple photos while in a cupboard in an inconvenient position. Between heat pumps, phone/ internet quite a discussion took place about multiple tech. subjects. Talked about Red Chair and Highland Broadband, which led onto latest scams doing the rounds before T left for a meeting about phone/internet...

Electricity company arrived to change the meter box for new smart digital meter. After looking at the electrical set up, electrician informed N that her solar panels had not been switched on /connected to the electrical box. The electrician was kind enough to connect solar panels to electricity system. Since N moved in 2021 the wonderful solar panels have been a white elephant. Let's see if this makes a difference in the electric bills moving forward.

Finishing off with The Visitors Levy... and short-term letting licenses starting this year.

Nobody can say HSCN is not full of variety and value for time spent together...

Guests in February and March:

- 6th March Unite and the winter fuel payment campaign
- 13th March Susan Webster, Highland Council Welfare Support Team
- 20th March Carole Butler, Highland Council Equalities Outcomes

Coming up:

- 24th April Inverness Openarts, **Memory Map** - Create a simple map that marks special places from your life, sparking memories and stories through art
- 8th May Change Mental Health
- 15th May Inverness Openarts, **Zentangle Pattern Play** - A relaxing session using simple lines and shapes to create beautiful, meditative patterns
- 22nd May Home Energy, Changeworks – please let us know if you have any questions around this and they will come prepared with the information you need

Please contact Anne if you would like the Zoom link to join a Brew and A Blether or Tea-break: anne-hscn@outlook.com

Tea-break news and more from Inverness Openarts... Thrilled to announce **the relaunch of Inverness Openarts** who have secured one year of funding from the Highland Third Sector Interface. This will enable them to restart their creative sessions at Inverness Creative Academy (see the poster below for the session schedule), and to introduce a new **online access option** for those who may find it challenging to attend in person - a monthly session via an online video link.



HSCN is delighted that Openarts will be joining our Tea-breaks each month to offer relaxed and enjoyable online creative sessions. Led by one of the Openarts artists, each session will

guide participants through simple and engaging art activities designed to spark creativity and connection. No artistic experience or skill is needed – just a willingness to have a go.

Activity packs will be sent in advance and will include: a glue stick, a fine liner pen, a selection of paper, x2 A4 foam sheets, a small sponge, a few small tubes of acrylic paint (for print making), a small block of air-dry clay, and a papercut template for the 'windows to my life' session.

1. Thursday 24th April: Memory Map

2. Thursday 15th May: Zentangle Pattern Play

3. Thursday 19th June: Objects that Matter - Bring along and share an object that is meaningful to you. Use the air-dry clay to produce a small sculpture to represent it and/or have a go at a simple, still life drawing of it.

4. Thursday 24th July: Collage Self-Portraits - Have a go at ripping/ cutting/sticking to create a self-portrait. Wonky and abstract representations are welcomed!

Materials needed from home: scissors, an old magazine

5. Thursday 14th August: Stamp & Print - Use foam sheets to make your own simple stamps, then print patterns or images using acrylic paint and a sponge.

6. Thursday 18th September: "Windows to My Life" - Use the papercut window templates provided and draw and/or write a short piece about special memories from your past. *Materials needed from home: scissors*

Please let us know if you would like to take part and we will send out an activity pack.



INVERNESS OPENARTS
FREE - NO BOOKING REQUIRED
DROP-IN CREATIVE SESSIONS ARE BACK!

Open to everyone aged 16+, these sessions offer a **safe, non-judgmental space** for anyone, especially those facing physical, mental, or financial barriers to creative activities. Build your **artistic and social confidence** while exploring a wide range of art materials through free choice activities or guided projects on select weeks. Two friendly artists will be on hand to welcome and support you on your creative journey.

Join the Openarts community and unleash your creativity!

SESSION SCHEDULE: MARCH - MAY 2025
ALL SESSIONS NOW HELD AT INVERNESS CREATIVE ACADEMY

DATE	TIME	ACTIVITY
MON 10TH MARCH	10AM - 2PM	PROJECT LAUNCH EVENT
THURS 20TH MARCH	10AM - 12.30PM	COLOUR MIXING
MON 24TH MARCH	2PM - 4.30PM	FREE CHOICE
TUES 1ST APRIL	10AM - 2.30PM	WATERCOLOURS
THURS 17TH APRIL	10AM - 12.30PM	FREE CHOICE
MON 21ST APRIL	2PM - 4.30PM	NATURE MANDALAS
THURS 1ST MAY	10AM - 2.30PM	POLYMER JEWELLRY
THURS 8TH MAY	10AM - 12.30PM	FREE CHOICE
MON 12TH MAY	2PM - 4.30PM	STILL LIFE
THURS 27TH MAY	10AM - 12.30PM	FREE CHOICE



FIND US ON FACEBOOK:
WWW.FACEBOOK.COM/INVERNESSOPENARTS/

FIND US ON INSTAGRAM:
 INVERNESS_OPENARTS



EMAIL: INVERNESSOPENARTS@WASPSSTUDIOS.ORG.UK

Unite the Union: Defend the Winter Fuel Payment Campaign Update Following the article in our last Highland Senior Citizens Network News-sheet, Daisy Crump from Unite the Union came along to a recent HSCN Tea-break to update us on their campaign to defend the Winter Fuel Payment.

Unite has launched a judicial review process on behalf of the union and its retired members to overturn the government's decision to cut the winter fuel payment to all but the poorest pensioners. There was a preliminary hearing on the 25th February where the judge heard Unite's arguments on why the case should be heard in full. They are still waiting on the judge's decision.

Britain-wide Unite the Union research involving 6139 members shows that:

- 67% (73% in Scotland) of pensioners have reduced their heating
- 63% (65% in Scotland) felt the cold more often as a result of the cuts to the Winter Fuel Payment
- More than a third are taking fewer baths or showers
- 16 % (18% in Scotland) have cut back on hot meals due to the increased costs of trying to stay warm.

You can follow campaign progress on the Unite the Union website:

<https://www.unitetheunion.org/campaigns/defend-the-winter-fuel-payment>

Unite Community have a day of action regarding Ofgem and energy in the UK coming up on 1st April. For anyone interested in getting involved there's an expression of interest form on the Unite website and Facebook Page

<https://surveys.unitetheunion.org/250502750292854>

A Scottish couple from Coatbridge have started their own legal challenge against UK and Scottish government decisions to cut winter fuel payments. They allege both governments failed to adequately consult with those of pension age and did not release an equality impact assessment on the changes. They also claim the decision to end the £300 benefit for thousands of pensioners across the country last year was "irrational" and breached their human rights. The couple want the Court of Session in Edinburgh to set aside the policy and restore the payment as part of a judicial review.

Toll: Remembering Together project in Highland Region, remembering the impact of Covid-19 in communities

Cat, an artist with the Toll project, came along to a Tea-break in 2024 to ask members about their experience of Covid.

Toll is an archive of short statements about the way people in the Highlands experienced the Covid 19 pandemic. Each statement was inscribed onto a traditional hand bell. They created a collection of 30 bells that exist to be rung each time they are needed, collectively and apart, now and in the future. The statements are listed on the next page. The two statements from the HSCN consultation were, 'In these times we endure' & 'I won't let anything remove my joy'.

In June 2024 the bells travelled through the Highlands, carried and rung by citizens, primary school children, mountaineers, befrienders and many others. A film was made to record that journey. During March there were a series of events; in Wick, Inverness and Fort William, to celebrate with the communities that put so much wonderful effort, time and care into the Toll project. Toll forms part of the Remembering Together Project, co-creating community Covid memorials across Scotland.

**Community statements
from the Highlands
about people's
experiences of the
Covid 19 pandemic**

Hope is everything

Losing trust

Being sad being with people being without people

I won't let anything remove my joy

Appreciate key workers

The love of families, the gift of carers, the lives lived, remembrance

Grateful for nature

Embodied rage

Joyful rediscovery

Who do we protect? Who is protecting us?

Guilt for what we couldn't do

Connecting through community

Hypervigilance

We were lucky

A glorious wonderful secret

We are still here

Death death death clap clap clap

Today I don't want to be home alone

Where is the care?

Children suffered most

They told you the route the hearse was going to take

Missed milestones blurred memories

No matter what days go by

Gorrible

No hugs was very rubbish

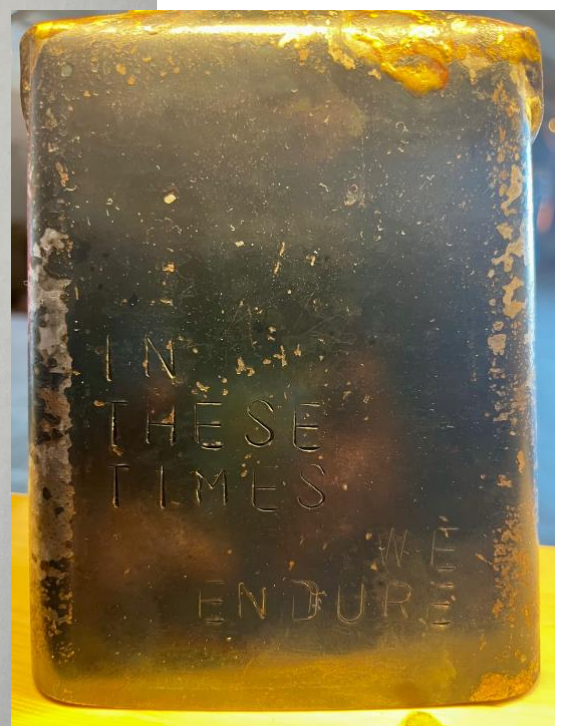
The day I got to hug her I cried

In these times we endure

Laughing through windows

Peace in acceptance

Not the place but the people

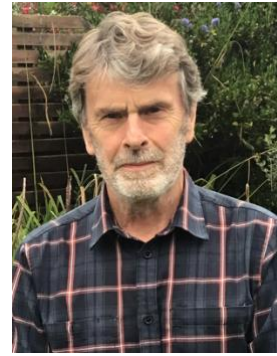


Useful information and support

New Scottish Men's Sheds Association Highland Development Officer

Ross Murray joined the Scottish Men's Sheds Association in October 2024 and covers the Highland area.

The Scottish Men's Sheds Association's (SMSA) focus is to support, promote and represent Men's Sheds and their members. The SMSA assist Scotland's Shedders and their supporters to create Men's Sheds in their community to benefit their health and wellbeing across Scotland.



Ross has thirty-five years' experience in a variety of adult education settings, both as a tutor and a development worker. He has a broad experience of working with adults of all ages, aspirations and backgrounds.

He has worked in various community arts projects as a photography tutor, and as a literacy/creative writing tutor. He developed learning programmes and supported and empowered people with barriers to inclusion, including disabilities, addictions, offending, mental health difficulties, poverty and social isolation.

Ross worked with the Workers Educational Association, for the last 12 years as a literacy practitioner, in partnership with Falkirk Council on a variety of projects – core skills for young people, workplace literacies, dyslexia support, employability skills in job clubs – gaining considerable experience and developing long-term partnerships.

Ross is passionate about the power of informal learning and its impact - creating opportunities, learning and sharing skills, building connections and improving well-being.

Ross Murray: 07777 134950 | dev3@scottishmsa.org.uk



The Highlands and Islands Men's Shed Network meet up every 6 months or so to share experiences. The last meeting was in March, hosted by the Inverness Men's Shed.

Please contact Ross, Anne or Jo if you would like any more details about the Network or to be put in contact with your local Men's Shed.

The power of social prescribing in communities The Community Link Worker service in Highland is improving health outcomes for people experiencing stressors in their lives due to social problems, potentially leading to poor mental health and other health concerns. Entirely person-centred in its approach, the service is providing confidential, one-to-one support that works best for the client.



Delivered by national mental health charity Change Mental Health, and funded by NHS Highland, the Community Link Worker service spans across 62 GP surgeries across Highland, with referrals coming from these surgeries to discuss the needs of clients. We're reaching people in some of the most rural regions across Highland, working in surgeries across West Sutherland, Skye and Lochalsh, and the Small Isles.

Many people come to us with multiple and complex challenges. Those referrals could be: mental health, social isolation and loneliness, housing, unhealthy relationships, poor physical health, discrimination, and more.

Our Community Link Workers get to know the client: their interests, likes and dislikes, and what's concerning them about their wellbeing. Over 8 sessions, progress is discussed each time and there is a focus on the review of goals, outcomes and priorities. Developing that plan of action helps people feel a sense of achievement and makes them more comfortable to reach goals, with the ultimate aim of helping them overcome barriers by shaping support around them.



We can socially prescribe to services relevant to their health and wellbeing concerns, which can include the likes of walking groups and exercise classes, or skills development. Our Community Link Workers are continually researching a variety of options for social prescribing, ensuring that there are suitable options for everyone in the community to engage with.

In 2023/24, the service supported 851 people. Between May 2022 and May 2024, it has seen 2663 referrals, 9471 appointments and 4929 social prescriptions. With the recent expansion from 29 GP surgeries to 62, the impact of the Community Link Worker service is only going to become greater.

Talking to your GP about the Community Link Worker is the first step to improved health and wellbeing. Those who have benefited from the service have reported feeling optimistic, useful and relaxed following sessions, displaying positive change in how they can deal with problems, feeling closer to their community, and thinking more clearly about the future.

Go to www.changemh.org/clw to find out more about the service in Highland.



Near Me is a video consulting service

that lets you attend your healthcare appointment from home or somewhere close to home.

All you need is a device for making video calls like a smartphone and an internet connection. Near Me is a secure form of video consulting approved for use by the Scottish Government and NHS Scotland. What are the benefits of Near Me?

- Reduced travel to appointments: saving time, costs, and more convenient
- Reduce the need to travel in bad weather
- Reduced time away from work, school or home
- Easier to attend if you usually need someone to take you to appointments
- Enables you to have someone with you for support at your appointment (either with you or joining the consultation by video from another location, even from abroad)
- Better for the environment
- Reduces spread of infectious diseases
- Ability to 'visit' inpatients in many wards/Hospitals (by prior arrangement)

If you're not able to have an appointment from your own home or would like some help to have your appointment, you could go to your local Community Hospital, Library, Community Centre or Hub. If you would like more information, please contact the Near Me team on 07469 916150 or email nhsh.nearmeenquiries@nhs.scot

Age Scotland Take Five to Age Well Programme: Take part as a group through Age Scotland or check out the opportunity to be involved as an individual through the Open University link: <https://wels.open.ac.uk/research/projects/take-5>.

You can register as an individual on The Open University portal from 7th April 2025, where you will find a menu of suggested personal pledges supported by scientific evidence. They ask you to choose one or more actions and try to maintain that healthy change(s) for one month, to improve your health and wellbeing in the short and longer term. If you register online, you'll receive tips and inspiration to help you keep your personal healthy ageing pledge over 31 consecutive days in May, and beyond.



Are you in a group or club?

Interested in improving your overall wellbeing?

Explore simple steps everyone can take toward longer, healthier, and happier lives in a series of fun sessions.

				
Eat	Drink	Connect	Move	Think
Foods and eating habits that help us age well.	Ensuring our body stays hydrated	Boosting our social connections	Moving the body for health	Stimulating our brain to help it stay healthy

Order your FREE healthy ageing pack today:
age.scot/takefive 0333 323 2400



Take Five to Age Well is an initiative of The Open University in partnership with Age Scotland (Charity number SC010100)

Changeworks Affordable Warmth Service can help you feel warmer in your home and support you with managing your energy costs. The support we can provide includes:

Free energy advice sessions to local community groups:

- We currently have funding to deliver free energy advice sessions to local community groups across the Highland Council area. We know that Highland residents pay some of the highest energy costs and this is especially prevalent at this time of year. Our Highland based advisors are specialists in resolving billing and energy debt worries and provide both group sessions and tailored in-depth support to help vulnerable households to reduce these costs and improve their energy efficiency.
- Specific topics that we can advise on include the Radio Teleswitch (RTS) switch-off, Carbon Monoxide advice, the Priority Service Register, and even advice on getting the best out of a specific type of heating system. Groups could include social groups, or retirement or sheltered housing developments, and we have also attended Toddler groups, Lunch Clubs and various other events in the past, providing free, independent advice to groups and individuals.



FEEL CONFIDENT WITH YOUR ENERGY BILLS.

Changeworks' Affordable Warmth Services team provide tailored in-depth support to improve energy efficiency, reduce energy costs and are specialists in resolving billing and debt issues.

CHANGEWORKS.

Support to individuals to:

- Understand their energy bills and meter readings and access the best tariff and payment options
- Resolve fuel billing and fuel debt issues
- Develop confidence to talk with their energy supplier or we can speak to them on the client's behalf
- Make home energy efficiency behaviour changes, including understanding how to get the most out of their heating system, and avoiding condensation and damp
- Access grants to reduce or pay off fuel debt and make energy efficient home improvements.

If you have any general questions about the service, please get in touch by calling 0800 870 8800 or email warmth@changeworks.org.uk

Alternatively, if you would like to discuss this further, or arrange an advice talk, please contact Simon Williamson, local Changeworks Affordable Warmth Advisor. His contact details are: 01463 259707 swilliamson@changeworks.org.uk

Scottish SPCA – How you can join the rescue



The Scottish SPCA have been here for **all** animals across Scotland since 1839 and we have bold ambitions. We will make Scotland the best place in the world for an animal to call home. What are we doing to make that a reality?

🐾 We're saving injured, neglected or abused animals and enforcing the law to make sure people who cause suffering face justice.

🐾 We're providing veterinary care, behavioural training and other expert support, before pets are adopted or wild animals are released.

🐾 We're improving knowledge of animal welfare and increasing awareness of the positive impact animals have on our lives.

🐾 We're highlighting the need for change, setting standards and championing improvements to the animal welfare sector.

What's happening in the Highlands?

🐾 **Adoption** - Locally in the Highlands, we have a busy rescue Centre located close to Inverness. The wonderful team at this Centre have played a big role in supporting the adoption of 4,391 animals across Scotland during 2024.



We've recently launched a new matching service to make the process of adopting an animal easier for potential adopters. We work with adopters to find an ideal match based on their lifestyle and preferences. If you're interested in adopting an animal, you can find out more here: www.scottishspca.org/find-a-pet/adoption

🐾 **Fostering** - The health benefits of sharing your life with an animal are well documented, but the cost-of-living crisis has made this an unattainable goal for some. If you'd love to help animals in your community but are finding cost is a barrier or are unable to commit to the long-term responsibility of animal adoption, there are other ways you can join the rescue.

We're growing our network of temporary foster homes in the Highlands. All costs are covered within our foster programme, and you'll have the added reward of knowing you are helping to save not one, but two lives. Because for every animal fostered, a space opens in our Centre for another animal in need. Find out more about our foster programme: www.scottishspca.org/find-a-pet/fostering

🐾 **Pet Aid** – Through our Pet Aid programme, we act as the link between pet food donation points and foodbanks, helping to keep people and their pets together in the community. Across the Highlands, we currently have nine donation points and support six foodbanks/food share sites, and we're working to partner with more. You can find out how to support or access Pet Aid across the Highlands here: www.scottishspca.org/what-we-do/pet-aid

🐾 **Reporting concerns** – There is a host of information on our website signposting you to the right channels for any concerns you might have about animals. If you need to report animal cruelty or neglect, you can call the Scottish SPCA helpline number on **03000 999 999**.

Meet the team at Highland libraries. If you'd like to meet your Community Engagement Manager and learn more about the work we're doing in your community or find out how you can join the rescue, we're hosting several pop-up hubs in libraries across the Highlands throughout 2025. Keep an eye on our social media pages and your local library noticeboards for dates and details. We'd love to see you there!

Coming up – Activities and Dates for your diary

New group in Inverness for people living with Parkinson's-related dementia

The group meet from 10.30 until 12, on the last Friday of the month, in the Alzheimer Scotland centre on Strothers Lane, with the next meeting taking place at 10.30am on 25th April 2025. Sessions will be co-led by staff and volunteers from the charities Parkinson's UK and Alzheimer Scotland, who are working together to establish the group.

Anita Jefferies, Area Development Manager for Parkinson's UK, said: "Many people with Parkinson's-related dementia tell us that they don't often get the chance to connect with others affected by the same condition, and we want to change that. We're really excited to be working with Alzheimer Scotland to create a friendly space where people living with Parkinson's-related dementia can come together, chat, and gain information and support over a cuppa. We're also providing a dedicated space for family, friends, and carers to meet and spend time in the company of people who understand."

There are two main types of dementia that can affect people with Parkinson's, Parkinson's dementia and dementia with Lewy bodies. These are referred to collectively as Parkinson's-related dementia. Parkinson's-related dementia typically slows down a person's speed of thinking and can create problems with understanding, planning, judgement, language and memory loss. It's estimated that around 3 in 10 people with Parkinson's have Parkinson's-related dementia. People with Parkinson's are up to six times more likely to develop dementia compared to the general population.

Alzheimer Scotland and Parkinson's UK are keen that as many people as possible come along and shape the format of the new group. Carol Dougan, Centres Lead for Alzheimer Scotland, commented: "We're delighted to be collaborating with Parkinson's UK and bringing our communities closer together. We've been working together closely to ensure we offer meaningful support for those who need it most. We can't wait to welcome people to our first meeting so we can begin to explore how best to develop these sessions moving forward."

More information is available on [the Parkinson's UK website](#) or call Lyndsay Taylor, Community Support Officer for Parkinson's UK, on 07815 610 129.

Parkinson's-related dementia support group

Come along, connect with others, and have a cuppa

Parkinson's UK Scotland and Alzheimer Scotland have joined forces to offer a drop-in support group for those with Parkinson's-related dementia.

Many people with Parkinson's-related dementia tell us that they don't often get the opportunity to connect with others affected by the same condition, and we want to change that.

We offer a relaxed, friendly, and supportive atmosphere for people living with Parkinson's-related dementia to come together, chat, and gain information and support over a cuppa.

A dedicated space is also provided for family, friends, and carers, to gather, share experiences, and enjoy a cup of tea together in the company of those who understand.

Come along and tell us what type of support you want to see developed, share your experiences, and connect with others.

Sessions are co-led by staff and volunteers from Parkinson's UK and Alzheimer Scotland.

For more information contact Lyndsay Taylor:
ltaylor@parkinsons.org.uk
07815610129

NHS Highland Technology Enabled Care Roadshows



For more information:

07929 713760

nhshighland.telecare@nhs.scot

If you come along to the Roadshows in Kyle, Portree, Wick, Thurso, Lairg and Kinlochbervie you will be able to chat to the HSCN Co-ordinators too.

Simple Technology
ROADSHOWS

EVERYONE IS WELCOME!

Local Services

Drop-in to your local event to see how **simple technology** and **local services** can help vulnerable individuals stay independent, healthy, and happy.

03 April, 10.00-12.00 - Alness Baptist Church Hall
03 April, 15.00-17.00 - Ullapool MacPhail Centre
10 April, 10.00-12.00 - Drumnadrochit Craigmorie CC
10 April, 14.30-16.30 - Fort William UHI Campus
11 April, 11.00-13.00 - Mallaig & Morar CC
14 April, 10.00-12.00 - Kyle of Lochalsh Village Hall
14 April, 14.30-16.30 - Portree Tigh na Drochaid Centre
17 April, 10.00-12.00 - Granttown on Spey YWCA CC
17 April, 14.30-16.30 - Kingussie T'alla nan Ros
22 April, 10.30-12.30 - Wick Assembly Rooms
22 April, 14.30-16.30 - Thurso Ormlie CA
24 April, 10.00-12.00 - Inverness Central Library
28 April, 10.00-12.00 - Lairg & District CI
28 April, 15.00-17.00 - Kinlochbervie Ceilidh House

Badenoch Shinty Memories - events and activities

- **Daffodil Tea & Easter Crafts @ Glen Truim House Thursday 10th April 2-4pm**
(please book your space on the minibus)
- **Body Boosting Bingo and Sporting Memories @Am Fasgadh, Highland Folk Museum Thursday 1st May 10.30-12.30pm** Bring your gym shoes for some light movement, no.17 spring cleaning, no.16a submarine, no.25 once I caught a fish alive.

Refreshments will be served at all events, places are sometimes limited on our activities, please phone 07517467517, email badenochshintymemories@gmail.com or let one of the Committee Members know, to let us know you are coming. If you would like to make a donation to help us with running these events, it will be gratefully received.

Badenoch Shinty Memories Group offers support to our elderly community living with dementia, their families and anyone experiencing loneliness or isolation by coming together socially.

CO OP

The Highland Council
Comhairle na Gàidhealtachd

Caring and Sharing Highland

BADENOCH SHINTY MEMORIES GROUP

ageScotland
Love later life

aboutDementia
Shaping our worlds together

Scottish Government
Riaghaltas na h-Alba
gov.scot

Shinty Memories
Camanachd na Cuimhne

Sounds Familiar Singing Group for people with Dementia are now meeting in The Lochardil House Hotel, Inverness. Sounds Familiar are a voluntary group of singers and musicians who recognise the benefits of singing together in a relaxed and friendly atmosphere. The sessions involve singing to live music performed by a group of talented musicians:

- Singing favourite songs
- Scottish songs
- Songs from the Shows
- Some modern classics

There is dancing and a lot of laughter. Participants join in with the percussion instruments provided. The afternoon is completed with tea or coffee and delicious shortbread. Everyone leaves smiling.

Anne was delighted to attend last week's session. It was lovely to hear from those attending about how much it means to them; *"really lifts my spirits - the highlight of my week."* *"The songs stimulate memories, and I can see the impact all week long"*.

WHEN: 1st & 3rd Tuesdays of each month, 2.30pm-4pm

WHERE: The Lochardil House hotel, Stratherrick Road, Inverness, IV2 4LF

WHO: People with dementia, accompanied by family members or carers

COST: £2.50 per person towards venue and tea or coffee

Sounds Familiar



A Singing Group

for People with Dementia, their Family Members and Carers

Do Come and join us
We look forward
to welcoming you

For more information

Audrey Whyte 01463 233231
Alison Ramsay 01463 230803
or email
soundsfamiliarmusic@aol.co.uk

Community Support Group meeting at Seaview House Care Home, Wick

Anne was delighted to attend this Community Support Group in February, to chat to carers and colleagues from other organisations attending.

Do drop in if you are in the area, they are a very friendly group.

Seaview House Care Home
Broadhaven Road, Wick,
KW1 4RF

01955 605005


SEAVIEW HOUSE
BARCHESTER HEALTHCARE

Community Support Group

last Thursday of Each Month
2-4pm

Come along to share information with others caring for someone in the community. We share information, support and friendship over a cup of tea and fresh home baking.





FREE HELP WITH THE SWITCH TO DIGITAL LANDLINES

The UK Telecoms Industry has begun the process to migrate landline users to a digital service. BT Group has partnered with AbilityNet and Neighbourhood Watch Scotland to provide people in Scotland with the information they need to prepare for the switch.

TUESDAY 8TH APRIL

11:00am -15:00pm

Norseman Hotel, Riverside, Wick, KW1 4NL

HIGHLAND

We're coming to see you! We know you might have some questions. Join AbilityNet to learn more about Digital Voice, why the change is taking place and what to expect when upgrading to Digital Voice. AbilityNet is a charity that supports older and disabled people. Visit the BT Group website to learn about Digital Voice information events near you.

www.bt.com/broadband/digital-voice/events

No need to pre-book, just turn up. We look forward to meeting you!



FREE HELP WITH THE SWITCH TO DIGITAL LANDLINES

The UK Telecoms Industry has begun the process to migrate landline users to a digital service. BT Group has partnered with AbilityNet and Neighbourhood Watch Scotland to provide people in Scotland with the information they need to prepare for the switch.

MONDAY 7TH APRIL

11:00am-15:00pm

Brora Rangers Social Club, Dudgeon Park, Brora,
KW9 6QH

HIGHLAND

We're coming to see you! We know you might have some questions. Join AbilityNet to learn more about Digital Voice, why the change is taking place and what to expect when upgrading to Digital Voice. AbilityNet is a charity that supports older and disabled people. Visit the BT Group website to learn about Digital Voice information events near you.

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No need to pre-book, just turn up. We look forward to meeting you!



Wick Memory Lane Café

Memory Lane Café is a friendly, supportive meeting place for anyone affected by dementia or memory loss to socialise, share stories and enjoy a cuppa with others on a similar journey.

Date & time:

Friday 28th February 11am-12.30
(Then every second Friday)

Location:

Wick Youth Club, 11 Lower Dunbar Street,
Wick KW1 5AW

For more information please contact:

Isobel Stevenson, Dementia Advisor

Tel – 07818538683

Email – istevenson@alzscot.org

Our community groups are there to be enjoyed by anyone living with dementia or experiencing difficulties with their memory, and their families and friends. All are welcome; people who can attend independently and/or for those unable to do so should come with a companion who can provide any support for them. We don't provide transport for these groups and therefore it is your responsibility to get to and from the community groups safely.

Alzheimer Scotland – Action on Dementia is a company limited by guarantee, registered in Scotland 149069. Recognised as a charity by the Office of the Scottish Charity Regulator, no. SC022315 160 Dundee Street, Edinburgh, EH11 1DQ, 0131 240 1453, www.alzscot.org





Silver Social Hub

ORMLIE CENTRE HENDERSON STREET THURSO

COME AND JOIN US

TUESDAYS

11am TO 13.30pm

FOR OLDER PEOPLE-FOCUSED GROUPS

Dementia Friendly - Carers and family welcome



11AM – 12NOON - ACTIVITY HOUR

Chair based exercises, indoor games, quizzes and much more!

12NOON – 1.30PM - BITE AND A BLETHER

FREE (Donations Welcome)

Stay for the activity hour , the whole session or only join us for a bite and a bletcher - we look forward to seeing you!

For more information please contact

Mikayla - 01847 893486 or Isobel 07818 538683

Funded By

Scottish Government & HTSI Communities Mental Health and Wellbeing Fund, Charles Hayward, McCarthy Stone, Allen Lane Foundation

Ormlie Community Association Ltd is a company registered in Scotland no SC221915, recognised as a charity in Scotland no SC028393



SILVER CRAFTERS

A group for older adults to learn and share crafts, have a cuppa and a blether. Bring along your own project or use our resources



Thursday's 10am -12noon

Ormlie Centre, Henderson Street, Thurso

£1.50 per session

For further information

Call: 01847 891789 / 893486

Email : mwaddell@ormlie.org



A company registered in Scotland no SC221915, recognised as a charity in Scotland no SC028393
With Support from Age Scotland and Barchester Healthcare

Nature and walks

Bored of the Same Old Walk? Let us Help Fix That!



Ever wandered the same route so many times you could do it with your eyes shut? Or maybe you love nature but prefer to keep your feet dry? The **High Life Highland Countryside Rangers** are here to shake things up with lots of walking- based events, outdoor workshops, and indoor/online events that help you connect with the nature and heritage - **however you like to explore**.

We're a team of **13 rangers** spread across the Highlands, offering everything from city strolls to rugged countryside hikes. Want to spot wildlife? We've got experts that will help you. Prefer a shorter walk with plenty of stops to chat and look around? That's covered too.

It's Not Just About Walking. Sure, we love a good walk, but there's plenty more to do. We run indoor workshops in local libraries, where you can get up close with natural wonders without stepping into a bog. If you're keen to roll up your sleeves, there are volunteering opportunities to help with wildlife surveys, habitat restoration, and conservation projects - a great way to meet like-minded people and do something good for nature in your locality.

Stay in the Know. If you'd like to hear more about Highland wildlife and heritage and keep your finger on the pulse of what the ranger service are doing, you can by subscribing to **Nature Unveiled**, our online newsletter packed with stories, citizen science projects, and updates from across the Highlands. **Subscribe Now!** <https://highlifehighlandranger.substack.com/>

You can find our full list of upcoming events, walks, and volunteering opportunities on the High Life Highland website. And if you're part of a group, you can even hire a ranger to run a nature or heritage workshop just for your group if you would like something different to do.

So, whether you're after a new venture, a bit of learning, or just an excuse to get out and about, we'd love to see you.

Find out more and see what's on at: [Countryside Rangers - High Life Highland Rangers](#)
info@highlifehighland.com

Imogen Furlong, Countryside Ranger Service Manager: 07766 161875



THE BEES & THE BIRDS

Walking & Connecting with Nature!

Retirement can be a challenging transition.

Slowing down to take a closer look at the nature around us might help bring new inspiration!

EXPLORE, DISCOVER, CREATE...

ACTIVITIES:

LEAF PRESSING AND PLANT ID

NATURE MANDALAS

NATURE PHOTOGRAPHY

NATURE FRAMES

LOCAL GEOGRAPHY, MAPS & PLACE NAMES

10 week project starting 15th April

Tuesdays : 10.30am-12 Noon

at our base in Cradlehall Business Park

A walk followed by creative activity led by

Charlotte Mackenzie from

Arts in Nature

All refreshments & materials will be provided

I'M INTERESTED - WHAT DO I DO NOW?

email: Jayne@p4w.org.uk





NATURE WALKS Inverness

Join us every Thursday from 1.30 till 3pm to stroll and connect with nature and others in lovely local green spaces.



6th Mar	Great Glen House	24th Apr	Duck Pond
13th Mar	Tomnahurich	1st May	Great Glen House
20th Mar	Merkinch LNR	8th May	Tomnahurich
27th Mar	Muirtown Basin	15th May	Merkinch LNR
3rd Apr	Ness Islands	22nd May	Muirtown Basin
10th Apr	Dochgarroch	29th May	Ness Islands
17th Apr	Craig Phadrig		

Nature Walks meeting places - Inverness



- 1 Merkinch LNR** Meeting on the grass area behind the turning circle at the end of Kessock road
 - 2 Muirtown Basin** Telford St meets Clachnaharry Rd at the swing bridge. Meet on town side of the bridge by small canal side car park
 - 3 Craig Phadrig** Up Leachkin Brae single track road meeting in the large car park in to the right
 - 4 Great Glen House** Along Leachkin Road past New Craigs hospital. Meeting by the entrance to the car park
 - 5 Duck Pond** Meeting in car park by Duck pond along Leachkin road
 - 6 Ness Islands** Meeting by roadside of Bught road across from the white bridge to the islands
 - 7 Tomnahurich Bridge** Meeting at the small car park beside the canal swing bridge
- Dochgarroch Locks** (not on map) Follow A82 four miles out of town. Signs for Jacobite cruises/canal locks. Meet in car park by lock side.

Walks led by experienced naturalists who aim to interpret what they find along the way. Currently no need to book but do contact us with any queries and check the map above for location details. The walks are free of charge. Hot drink and snack freely available during activity .

stephen@n4h.co.uk

www.n4h.co.uk



There are also walks in Nairn on the 11th and 25th April and the 9th, 23rd and 30th May, from 1.30pm until 3pm. Go to the website www.n4h.co.uk, email stephen@n4h.co.uk or phone 01667 4459400 for details.

Step into Wellness,
one walk at a time!

CHI | INVERNESS



When & Where?

Thursdays
12-1pm
Reception

Therapets

may join us!



THERAPET®

Wellness Walks

Join us for a refreshing walk around campus to boost your mood, reduce stress, and connect with others!

Why join us?

- 🌱 Improve mental & physical wellbeing
- 🌱 Meet new people and build connections
- 🌱 Enjoy fresh air and give your mind a break
- 🌱 Release stress & tension

No advance sign up needed-just show up and walk!
Accessible paths and supported by trained walk leaders, with the option of a cuppa at the end...

Lets walk, talk and thrive together!



Get in touch for more information
Jayne@p4w.org.uk



Please get in touch with Jo or Anne if you would like more information about anything in the News-sheet, particularly if there is no phone contact given and you are unable to access the information mentioned online.