



Highland Senior Citizens Network

Nothing about us without us

Scottish Charitable Incorporated Organisation (SCIO) SCO34260

January 2023



Chair's Introduction – 'Reasons to be Positive'

In the midst of the gloom that currently surrounds us both locally and worldwide, we have many reasons to be positive. The days will lengthen, and it will get warmer. It is time to plan new activities, pick up where we left some old ones, and reconnect with those we may have missed over the winter months.

Our weekly Tea-breaks continue, providing information, networking and friendship; new attendees are always welcome. We will be resuming our regional Get-togethers in the Spring, which provide a meeting forum for local groups and an opportunity to invite guest speakers to share valuable information to benefit our wellbeing. We have a date for the Annual Great Wilderness Challenge, Saturday 12th August, and we hope to raise a team of sponsored walkers who will give us some much needed funds.

The new National Treatment Centre based on the University Campus is planned to open in early April and will provide some much needed Orthopaedic and Eye Services. More information on this development in this News-sheet. **Ian McNamara**

HSCN warmly welcomed at Inverness Town

House. HSCN trustees and co-ordinators took up the offer of a visit to Inverness Town House for a festive afternoon tea just before Christmas. We had a lovely afternoon being entertained by carol singing from local primary school children, including some beautifully sung in gaelic. As you will see from the picture, the Town House was looking very festive, and the refreshments provided were enjoyed by all. Thanks to Councillor Bill Boyd for the invitation.



HSCN Tea-breaks restart for 2023

After a short break for the festive period our weekly virtual Tea-breaks have started back. We've been meeting **over Zoom on a Thursday morning at 11am** for two years now, coming up to our 90th Tea-break. Subjects covered have been wide ranging, from technology to walking, audiology services to love, end of life, music, art and creative sessions. Many serious subjects have been discussed; lots of information, learning, discussion, and debate, generally with a good dose of hilarity, kindness, and friendship. We have a core group of around ten regular attendees, and others join for a particular topic, taking our numbers up to 15 or 16. Attendees come from across the Highlands; Caithness, Sutherland, Ross-shire, Skye, Lochaber, Inverness, Nairn. Though we are looking forward to our in-person Get-togethers starting back in the Spring, we hope to keep these virtual Tea-breaks going as they have been so appreciated by those attending.

The weekly guests also really appreciate the opportunity to share information about their services and get feedback on developments. Drew Tremlett, Eden Court's Engagement Producer in Film, joined us to talk about the Older Adults Filmmaking course they hope to start soon – more information when the funding is confirmed.

At last week's Tea-break the Royal Bank of Scotland delivered a Fraud and Scams workshop, and shared these contacts for anyone who thinks they may have been a victim of a fraud or scam:

| | |
|---|---|
|  | Royal Bank of Scotland Security Centre: www.rbs.co.uk/security |
|  | Friends Against Scams website: www.friendsagainstscams.org.uk |
|  | If you think you've been a victim, contact your bank in the first instance |
|  | Report the scam via the Fraud Hotline on 159 |
|  | Talk – You are not alone and shouldn't feel embarrassed |

February Tea-breaks focus on safer ageing, looking at fraud, scams, and abuse.

| Date | Topic | Guest |
|-----------------------|------------------------------|--|
| 2 nd | Fraud and Scams | PC Kevin Taylor, Prevention and Interventions Officer, Police Scotland |
| 9 th | Victim Support | Val, Victim Support Scotland |
| 16 th | Elder abuse | Johann Roden, Rape & Sexual Abuse Service Highland |
| 23 rd | Safer Aging / Stopping Abuse | Colin Scott, Hourglass |
| 2 nd March | Music & Movement | Norma Davidson, HSCN member & Tea-break regular |

To join any Tea-break contact Anne for the link: anne-hscn@outlook.com

New in 2023

LGOWIT online sessions in February Here is a listing of all LGOWIT’s online sessions through to end of February. Each session has a theme, but people can bring along any digital questions they need answered. For more information call Mary, Course and Communications Administrator, 01349 807061



Living Better Online Feb 2023

| February | | | |
|-----------|--------|--|----------|
| Thur 2nd | 2pm | Coffee Chat | Kate |
| Tues 7th | 2pm | Seated Yoga and Breathing | Ruth |
| Thur 9th | 5.30pm | Mindful Movement | Mary |
| Mon 13th | 7pm | Breast and Cervical Screening Talk with Jane Chandler NHS Health Improvement | Mary ** |
| Wed 15th | 6.30pm | Video conferencing and digital support Q&A * | Spike ** |
| Thur 16th | 2pm | Coffee Chat | Kate |
| Thur 16th | 5.30pm | Mindful Movement | Mary |
| Mon 20th | 6pm | Self Management Themed Chat - Goal Setting, Action Planning and Planning for Setbacks | Ruth ** |
| Thur 23rd | 5.30pm | Mindful Movement | Mary |
| Tues 28th | 2pm | Seated Yoga and Breathing | Kate |

* Digital support sessions for those who need to build their confidence online

** Can be booked via Eventbrite - see social media @LGOWIT or email listed contact

lgowitkate@highlandtsi.org.uk

lgowitadmin@highlandtsi.org.uk

spike@highlandtsi.org.uk

lgowitruth@highlandtsi.org.uk

There are also online digital support sessions to support people with little or no experience using the internet.

Let's Get On With It Together
LGOWIT
a partnership supporting self management

Go Digital Highland Information Sessions

These online sessions are for folks with little or no experience using the internet. It will be a relaxed setting to ask any questions you have and learn about how the internet can make your life easier. If you would like to find out more, email spike@highlandtsi.org.uk.

| | | |
|--------------|--------|---|
| Tue 31st Jan | 6:30pm | Go Digital Highland Demo and support Q&A |
| Wed 15th Feb | 6:30pm | Video Conferencing: how to use different platforms |
| Wed 1st Mar | 6:30pm | Online shopping: making safe purchases online |
| Wed 15th Mar | 6:30pm | Support Q&A: drop in session |
| Thu 30th Mar | 6:30pm | Entertainment: exploring the fun side of the internet |

The Palliative Care Helpline – Getting ready for launch

The team at End of Life Care together are working through the practicalities to ensure the **Palliative Care Helpline - 01463 706655** - launch goes as smoothly as possible. In the final process of recruitment and training; premises are secured (the helpline will be based in the Highland Hospice initially) and operating procedures reviewed, we will announce a February launch date soon.



A single point of access. 24/7 Helpline, offering advice, support, reassurance and information for patients across Highland, in their last year of life, their families, carers and professionals, will be a huge asset to the Highland population and will be available to all residents within the Highland, and Argyll and Bute areas.

This is only possible through collaborative working with our health and social care partners; providing co-ordinated assistance, tailored to the person's needs; reacting quickly to time-sensitive situations that might otherwise deteriorate into crisis.



For further information, please see [Palliative Care Helpline | Highland Hospice](#) or contact Trisha Hatt on trisha.hatt@nhs.scot

New National Treatment Centre for Highland at the Inverness Campus

You may have noticed the new NHS National Treatment Centre for Highland being built on the UHI Campus. The Centre will host NHS Highland's entire eye care service and will also deliver a range of elective orthopaedic care.



Deborah Jones, Director of Strategic Commissioning Planning and Performance, the Executive Lead and Senior Responsible Officer for the construction and development of the new service, gave us this update:

The Highland (NTC-H) will open on 3rd April 2023 assuming no delays in the final construction and technical commissioning programme.

The facility will accommodate 24 beds, 5 operating theatres and 13 consultation rooms, focusing on the delivery of uncomplicated hip and knee replacement, hand surgery and foot and ankle surgery. In addition, a full eye care centre has been developed on site providing a full range of eye care services including diagnostic, outpatients and surgery.

The Centre is part of a nationally funded network of Treatment Centres across Scotland and will provide services to the people across the North of Scotland.

UHI Open Mornings link up with Inverness Openarts Join them from 11am till 1.30pm, Mondays 6th Feb to 6th March, for creativity, new skills, company, and a soup lunch. Co-ordinator Anne is going to be there on the 6th February and would love to see you too. Bring a friend and share with others who might be interested.



Offers a warm wide welcome to members of the community

We are inviting members of the community to come and try activities alongside our students. Lunch of soup and a roll included within these sessions. Please come and join us on the following days:

Every Monday, 6 February - 6 March
11:00-1:30pm

- + Collaborative Creative Sessions
- + Knitting
- + Technology
- + Board Games
- + Internet Access
- + Library

Monday 6th Feb, Monday 20th Feb and Monday 6th March sessions will be collaborative creative sessions with the students and visitors facilitated by Inverness Openarts. The other weeks will also involve activities with students, such as sharing stories, using technology and skill sharing.

News from our partners in Highland

Happy 30th Birthday to Befrienders Highland!



Happy New Year to all the HSCN News-sheet readers. Many of you will be aware of Befrienders Highland, who are a local charity that support people experiencing loneliness and social isolation because of their mental health challenges, unpaid caring role or memory loss. 2023 will be an exciting year for us, as we are celebrating our 30th anniversary! It will be a challenging year too, as fundraising and grant funding have become more difficult and competitive since the pandemic, so many of our celebratory events will also involve raising much needed funds. Did you know, that since the pandemic our referrals and befriending matches have almost doubled? That means, in common with lots of other charities, we are having to work harder and smarter to make the best use of the funding that we do have to reach and support as many people as possible.

Our work involves us training and matching volunteers with people referred to the service for supported befriending. We ask everyone what they would like to gain from befriending, and most of our friendship matches are working towards personal goals, either to help them in their present situation, or to work towards recovery with their mental ill health. Through weekly contact with their volunteer, over time we see people become more self-confident, take on new opportunities, and start to take steps towards having the life they wish for themselves. Where possible, we try to signpost people to join other community, social or activity groups, so that they feel more part of their community and make new friends. Many of the people we support go on to community volunteering roles, some return to paid employment, and we also have 7 people as members who were previously befriended and are now volunteer befrienders themselves.

Maybe you could help us to achieve some of our goals for 2023? We are looking for local shops or cafes who will take a collecting tin for 2023, aiming to reach 30 locations during the year. Do you know somewhere that could help us?

We have a “30 for 30 challenge your way”, where we are asking people to take on a personal challenge for 30 days (these don’t have to be consecutive days!) to raise funds through sponsorship. So far, we have had a 30-day crochet challenge, someone is baking 30 batches of shortbread to sell, and another person is taking up cycling, doing 30 training rides with the aim of completing the Loch Ness Etape in April. Keith Walker, our convenor, has taken up running and will be doing his last of 3 x 10-kilometre runs in January at Loch Morlich.



But you don't need to be an athlete to take part! You could read 30 books and then sell them second-hand, nurture seeds and pot seedlings and sell 30 plants – whatever inspires you, feeds your soul and interests you, and will give you the opportunity to challenge yourself!

Also in April, we will be hosting a 30k your way challenge, starting and finishing at An Talla in Dochgarroch, and completing a loop around Inverness along the canal, Torvean and Whin Parks, so please share the news to encourage people to participate, either solo, with friends, or as a relay team (if 30k is too much of a stretch). We're also looking for a team of volunteers to direct runners along the route, and to support our water stations, so if anyone would like



to get involved, please do get in touch! The more the merrier – we hope it will be a fun event. Later in the year we'll be hosting a health and wellbeing event, so if that's more your cup of tea look out for more news in the summer/autumn-time.

As ever, we always have more referrals than we have volunteers. If you could spare an hour a week to contact or meet up with someone to offer your friendship, you could be a befriender? All our training is done by remote learning; online if IT is your thing, or we can email or post out workbooks, which can be reviewed over the phone with one of our coordinators, or in person if you prefer to come into our office? Our volunteer base, and people needing their support, are all adults aged 18 and over, and our volunteer pool is currently 162 people, people from all walks of life, with all sorts of life experience and interests! We try to match you with someone you already have things in common with, so you will have plenty to talk about, and if you choose to meet up, you'll have plenty of things to see and do together.

Our staff continue to work from home at times (we're trying to reduce unnecessary commuting), but if you leave a message on the office answering machine, someone will be in touch if you would like to support us in our Pearl Anniversary year. Our phone number is 01463 712791, or if you prefer, contact us by email on info@befriendershighland.org.uk.

Thanks for reading our article, and very best wishes for the New Year!

Susan White, Executive Director

Older People and sexual violence



RASASH
Rape and Sexual Abuse Service Highland

When thinking about the victims of sexual violence most people will think of young women and perhaps children. However, one group of victims/survivors are largely under-represented and under-researched: older people.

This isn't because it doesn't happen, a quick internet search reveals that only last month:

- a man in Newport was convicted of sexually assaulting a disabled elderly woman during a months-long campaign of abuse in her home
- a man in Gloucester was jailed after he was found guilty of sexually abusing a 92-year-old woman with dementia who he helped to care for

In both these cases a man chose to target and abuse a vulnerable older woman. This fits with what we at the Rape and Sexual Abuse Service Highland (RASASH) hear from survivors every day. Sexual violence is not about desire. It is about power and is a form of aggression by someone with power against someone with less, or none. In a society characterised by gender inequality men are most likely to perpetrate sexual violence towards women, children and other men. Other factors such as age and disability increases the risk of experiencing abuse.

Older people receiving care in their own home or in hospitals and residential homes may face threats from family members and staff. Older people may be at risk within relationships. A number of older people will be survivors of sexual violence going back decades, perhaps to childhood.

Limited awareness of what constituted sexual violence and the lack of specialist support services in the past means that many older people have never accessed support. Previous disclosures of childhood sexual abuse may have been met with disbelief. Some older people might think that what happened to them isn't 'serious enough' to bother anyone with.

At RASASH we provide emotional support for **anyone** aged 13 or over who lives in the Highland Council area and has experienced any form of sexual violence, recent or historical. We can also support family and friends. For support please contact 03330 066909. For anyone reporting to the police we can provide advocacy to support people through the criminal justice system. There is no time limit on reporting historic abuse committed in Scotland. Advocacy can be contacted at 07825 633801.

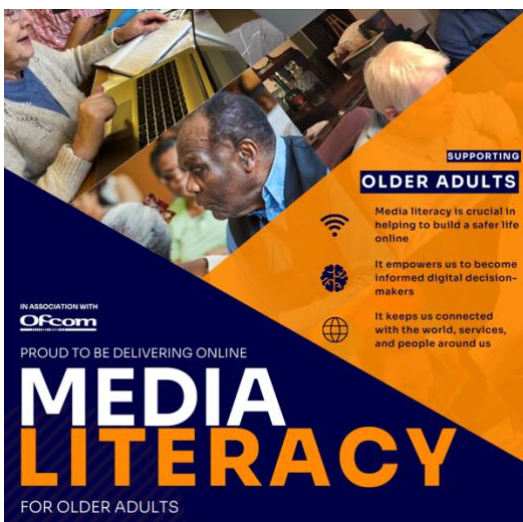
If you suspect an older person is being abused please report an adult protection concern at 0800 902 0042 (office hours) or 0808 175 3646 (weekends and public holidays).

Red Chair Highland (formerly Libertie)

Rebrand Emerging from lockdown under new management and with a new organisational focus, we decided to refresh our image and rebrand. We have streamlined our projects and our

main focus is now digital inclusion services across the Highlands. We aim to improve digital Inclusion, overall wellbeing and reduce isolation for vulnerable individuals including older adults, those on benefits, recently released from prison, suffering from substance misuse, refugees and those experiencing homelessness.

Why Red Chair Highland? In early 2022 we completed our sustainability project which enabled us to become more visible in the community by engaging with locals and using our urban garden as a focal point in the area. People would often stop to chat and also donate items. One of these items was a red chair, donated by a kind member of the community.



Our digital hub has gradually got busier and as we move into other, equally challenging times, the red chair sits outside our office every day, now accompanied by a lovely red bench and represents a welcoming and friendly environment for our service users, organisational contacts and community members. We were brainstorming one day to find a name that suited our organisational goals going forward and Red Chair did just that! This encapsulates what we stand for - support and engagement. Welcome to Red Chair Highland!

Active and Upcoming Projects

Media Literacy for Older Adults We have many exciting projects in the works including a Media Literacy project funded by OfCom to protect and support older adults, helping them to build a safer life online by empowering them to become more confident digital decision makers and enabling them to stay connected to the world, services and people around them. We will be offering 1-1 support from our digital hub at 58 Denny St, Inverness as well digital drop in sessions at our hub and out in the community.

Community Outreach - Digital Drop-In Sessions We are holding digital drop-in sessions in the community, supported by National Lottery Community Fund, with the first of them starting on Friday 20th of January at Hilton Community Centre 10.30am-12pm and running every Friday at the same time for 4 weeks.

The second venue is Nessbank Church where drop in sessions will be held on Tuesdays, starting Tuesday 24th January 10am-12pm and also running for 4 weeks.

These drop in sessions are designed to help you get the most from your device. We can teach you basic digital skills, accessibility features and help you with any issues you may be having. Take your own device or borrow one of ours. All staff are friendly, fully trained Digital Champions. Remember there is no such thing as a silly question! We all have to start somewhere!

Digital Device Projects We have a number of digital device projects starting up soon, supported by Highland Council, The Scottish Government and SCVO. These projects may have slightly different eligibility criteria but all aim to provide devices and data to those who need it most. Helping digitally excluded people in a time of uncertainty or crisis and helping us to close the digital divide. We will be putting out referral forms to our referral partners in the very near future.

Keep an eye on our facebook page - Red Chair Highland and our new website www.redchairhighland.scot (currently under construction) for updates.

Call us on 01463 417240, email us at info@redchairhighland.scot or pop past our Digital Hub at 58 Denny St, Inverness!



Inverness

Community Outreach

Digital Drop-in Sessions

Hilton Community Centre, Hilton Village, Oldtown Rd, Inverness IV2 4HT

- **Fri 20th January 10:30am - 12pm**
- **Fri 27th January 10:30am - 12pm**
- **Fri 3rd February 10:30am - 12pm**
- **Fri 10th February 10:30am - 12pm**

Come and join our digital drop-in sessions designed to help you get the most from your device. We can teach you basic digital skills, accessibility features and help you with any issues you may be having. Take your own device or borrow one of ours. All staff are friendly, fully trained Digital Champions.

Remember there is no such thing as a silly question! We all have to start somewhere!



Inverness

Community Outreach

Digital Drop-in Sessions

Nessbank Church - 1 Ness Bank, Inverness IV2 4SA

- **Tue 24th January 10:30am - 12pm**
- **Tue 31st January 10:30am - 12pm**
- **Tue 7th February 10:30am - 12pm**
- **Tue 14th February 10:30am - 12pm**

Come and join our digital drop-in sessions designed to help you get the most from your device. We can teach you basic digital skills, accessibility features and help you with any issues you may be having. Take your own device or borrow one of ours. All staff are friendly, fully trained Digital Champions.

Remember there is no such thing as a silly question! We all have to start somewhere!



Winter Ready Quick guide



You can find information on being 'Ready for Winter' on the Highland Council website <https://www.highland.gov.uk/readyforwinter>.

Additionally, for up-to-date information you can also subscribe to: [News RSS feed](#) at <https://www.highland.gov.uk/news/archive> and follow the Council's social media at <https://twitter.com/HighlandCouncil> and <https://www.facebook.com/highlandcouncil>.

Handy numbers in the event of an emergency

In an emergency dial 999 for the police, fire and ambulance service.

Non-emergencies, you can contact the police on 101, and the fire service on 01382 835804.

Council emergency and out of hours phone numbers

Health and social care - 0808 175 3646

Roads, parks, flooding and street lighting - 01349 886 690

Housing, homelessness, and public buildings – 01349 886 691

Registration - 07818 588 203

Other useful Council Numbers

Welfare helpline – 0800 090 1004

Trunk road maintenance

BEAR Scotland (Northwest) - 01738 448 600

Amey (Northeast) - 08000 830 084

tel:01738%20448%20600

Other numbers

Gas Freephone - 0800 111 999

NHS 24 - Call free on 111 if you are ill and it can't wait until your regular NHS service reopens

Police Scotland – 101 (for all services)

Scottish Fire and Rescue Service - 01463 240 999 (24 hours)

Scottish and Southern Electric Freephone - 0800 300 999

Scottish Water - 0800 0778 778 (24 hours)

SEPA Floodline - 0345 988 1188

SEPA Pollution hotline – 0800 807 060 (24 hours)

Samaritans - 116 123 (calls are free and do not show on a phone bill)

Breathing Space - 0800 83 85 87

Getting involved – campaigns, consultation and training

Adult Protection Training in Highland



ADULT SUPPORT
& PROTECTION

See Something, Say Something!

Adult Protection should be everyone's business, we all have a duty of care to individuals in our community and more so in our working lives even if this is a voluntary role. Do you think you would benefit from some training on how to safeguard adults, how to report concerns or just want to know more about Adult Support & Protection (ASP)? We have training available for ALL; you do not need to be an NHS employee to access this free training. We have training available for various levels of Adult Protection:

Level 1 – A Basic Introduction

What is harm, the risks of harm, how to report and a basic introduction into the ASP process; This course is to raise awareness of the basics of ASP and would be suited to individuals who are supporting adults or working with adults to ensure you are aware of your responsibilities in reporting and sharing concerns and information.

Level 2 – Advanced Adult Support & Protection

This course covers what is harm, everyone's duty to co-operate, the ASP process and what your involvement may be – this course is designed to raise awareness for individuals who may be part of the ASP process; either as a support to adults or a support to staff raising concerns and is more suited to individuals who have a level of responsibility within services.

Courses are bookable via Turas: <https://learn.nes.nhs.scot> to register and availability of courses. If you would like further information please contact: nhshighland.asptraining@nhs.scot



Together We Care

NHS Highland want to hear from you.

You may have read in the last News-sheet that NHS Highland are keen to hear from you and listen to your experiences in order to improve and develop a new Adult Mental Health and Learning Disability Strategy.

Susan Young, **Project Manager Mental Health and Learning Disability Services** from NHS Highland, will be joining us at our HSCN Virtual Tea break on 26th January and would be keen to hear your thoughts on:

1. What is important to you in Health and Social Care?
2. How can we improve our services in Older Adult Mental Health and Dementia?
3. What barriers do you face when using our Adult Mental Health and Dementia services?

We want to know what works, what doesn't, what we can do better, and what we can do to improve our services to benefit those older adults with mental ill health.

If you would like to find out more, or would prefer to contact Susan separately, you can share your thoughts via email at nhsh.togetherwecareideas@nhs.scot. If you are not online, please speak to Anne or Jo, HSCN co-ordinators, and ask them to pass your contact details on and we will get in touch with you. Please contact Anne anne-hscn@outlook.com for a link if you wish to join us.

Support the campaign for Braille Labelling

Oban Access Panel, with support from Disability Equality Scotland and Sight Scotland, has launched a campaign for braille labelling on food items in Scotland.

They urged the Scottish Government to consider introducing new requirements on retailers to provide braille labelling for a greater range of goods. Currently braille labelling is only required for medicines, leaving braille users at a disadvantage to sighted shoppers in identifying other goods they wish to purchase and use.

Responsibility for labelling legislation is moving to the Scottish and UK Governments, having previously been a matter for EU laws where the requirement for braille labelling was introduced. The charities have written to the Scottish Government calling for new legislation which builds on this progress.

Marie Harrower, a braille reader and active campaigner for greater availability of braille labelling, said; "I feel passionate that blind and partially sighted people should be able to identify products, especially food products, in order to store away shopping, and retrieve products quickly, easily and with the minimum of effort. I wonder what people with sight would think if labels were removed and they had to seek assistance or do some guessing."

They hope you can join them in this campaign and encourage you to contact your local MSP to help raise awareness of this issue. Get in touch with Disability Equality Scotland on 0141 370 0968 for more information

The Need For Braille Labels
#JoinTheDots

Medicines have braille labels on them to prevent someone with sight loss from making a potentially life threatening mistake.

Reaching into the food cupboard is a game of russian roulette without braille, especially for those with food allergies.

Only a few retailers offer braille on food products. This is unacceptable.

Support our campaign:
Twitter: @BrailleLabels

Can you spot the tomato soup?

Oban Access Panel | Disability Equality Scotland | Sight Scotland | Sight Scotland Veterans

Gardening Corner The story so far Ùisdean, Head Gardener here again with a small selection of gardening advice for the month. To all our readers a Happy New Year and all the best for 2023. The advice this month comes from one of our



young apprentices – Miss Vita Sackville-West. Vita writes: *I find January a rather stationary month, not enough happens for me. Thus I do not like the period very much. I like the evidences of life, and in January there are too few of them. On the other hand, the month has beauties - the bare trees, and the wild, wet sky, It is very much the month for a country walk but there is still some work that can be done.*

Keep away from wet/frozen ground, but if mid-winter permits dig borders. If conditions are right it is also possible to plant bare rooted roses, shrubs, trees and fruit. Bare soil can be covered with polythene to allow it to warm up. Your lawn can be spiked - use sand to fill the spike holes to improve the soil and drainage.

Rhubarb can currently be forced using pots or buckets and lettuce can be greenhouse sown. Sweet peas in pots can also be started – again in the greenhouse. This month do not worry about cuttings/propagation - rather clean up/disinfect the areas used and any equipment involved. Plants which look at their best in January include: hellebore, snowdrops, cornus, winter aconite, witch hazel, and winter jasmine.

Another redemption of the month is that it allows you to come back from a walk to sit by the fireside with seed catalogues planning what you will order for the warmer months ahead. I cannot resist closing with this quote from my poem “The Garden” regarding the gardener:

*“.... Here, in his lamp-lit parable, he'll scan
Catalogues bright with colour and with hope,
Dearest delusions of creative mind,
His lamp-lit walls, his lamp-lit table painting
Fabulous flowers flung as he desires.
Fantastic, tossed, and all from shilling packet
—An acre sprung from one expended coin,—
Visions of what might be”*



Hellebore



Viburnum

Notes from Ùisdean – Miss Sackville-West (1892-1962) was an English socialite, writer and garden designer. Miss Sackville-West wrote extensively on gardening (for example: <https://archive.org/details/vsackvillewestsg00sack>) and with her husband Harold Nicolson set up the garden at Sissinghurst (<https://www.nationaltrust.org.uk/visit/kent/sissinghurst-castle-garden>) in Kent. This is well worth visiting if you are ever in this locality.

Her association with the local area are connections with the Shiant Islands (<https://www.shiantisles.net/>) and her friend Virginia Woolf (https://en.wikipedia.org/wiki/Virginia_Woolf) as being one of the major influences on the local writer Ali Smith (https://en.wikipedia.org/wiki/Ali_Smith)

To be continued ...

Members corner, sharing HSCN members recommendations; a useful sticker, a good place to eat out, a couple of poems and a thoughtful phrase. Please let Jo or Anne know if you would like to share anything here.

Door sticker to deter unwanted callers. We have shared information about this door / window sticker before but are sharing again after we heard recently about how useful a member finds it in deterring unwanted callers. Able Community Care, a Norfolk, Live-in Care Provider, offers older people and people with a disability, a free door sticker to deter unwanted callers. Many people have told them, having the sticker on a door means they walk back down the path.



They have given out nearly 130,000 door stickers. If you know of an older person who would like to have one, please email Able Community Care at info@ablecommunitycare.com telling them how many you would like and the address to send them to. After despatch we do not put any address on a database or pass them on to other organisations. www.ablecommunitycare.com

My Walking Stick

You are very mischievous, my walking stick,
And love to play on me a trick.
I leave you hanging on the back of my chair,
And when I return I find you are not there.

“Now where’s my stick”, in desperation I cry,
And when I’ve looked everywhere,
I find you in a most unexpected place,
Fearing I have lost you, my heart starts to race.

If I may be so bold,
For I cannot do without you.
Like a sword to a knight of old
rely on you, walking stick.

To help me over the stony ground,
And where other pitfalls abound.
So let it be just a trick,
I would hate to lose you my
naughty stick.

Phyllis Jermy, Deceased

SHIMCA Lotus Blossom Eco Café

A recent Age Scotland Ethnic Minority Network Meeting was hosted by SHIMCA, the Scottish Highlands and Islands and Moray Chinese Association, with a delicious lunch in the Lotus Blossom Eco Café at 1 Ardconnel Terrace. The one with the blue door!



蘇格蘭高地與島嶼及默里華人會 SHIMCA
Scottish Highlands & Islands and Moray Chinese Association

**LOTUS BLOSSOM
ECO CAFÉ**
Tuesday – Saturday
12-3pm

1 Ardconnel Terrace
Inverness IV2 3AE



V X V
f Shimca Instagram shimcaecocafe

<https://shimca.weebly.com>
shimca.org.uk@gmail.com
07595 895450

Incorporate in Scotland as a
Company Limited by
Guarantee SC 537692



Biblical Stories

I have seen the Garden of Eden
Hippies making sex in the sun.
I have seen river-baptisms
in the River Ness, like the Jordan.
I have heard the Angels in Heaven calling
when I nearly committed suicide.
I pray I reach seventy-nine.

Keith Murdoch, 17th January '21

Staying in touch with Highland Senior Citizens Network

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Glen Feshie, 2nd January 2023

For every ending there is a new
beginning, full of possibilities.