



THE CARE AND SHARE NEWSLETTER



Spring 2019

Happy New Year to everyone!

We have an exciting first issue for 2019 with some news of a new project Shared Lives is going to be working on, alongside all the great support and events we already provide.

We hope you enjoy our articles, written by Sandra, Craig and Linda. As well as hearing all about our curling taster session.

We have a calendar full of opportunities- including a lunch in April, sponsored walk and train ride in May and the Glenmore Activity Weekend in June! Hope to see you soon at one of these great events!

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A Note From Sandra



I wanted to let everyone know that I will be leaving my role as Shared Lives Support Worker and my last day will be at the Glenesk activity weekend.

I have loved my time with Shared Lives and being part of such an amazing group of people who have all been so welcoming.

This is not a final goodbye though as I still plan to come along to help out at as many activities and events as I can, so you'll still see me now and again (probably with a different hair colour each time)!

Thank you all for letting me be part of such a wonderful community.

Sandra

(For anyone who is interested, the photo is me with a wooden carving of Hercules the bear, which is located at Langass Estate on North Uist in the Outer Hebrides. I've had a real soft spot for Hercules since watching a documentary about his life and it was very touching to see his final resting place.)

Thank You

Garioch Bowling Group

Our bowling group which meets at 7:15pm on a Wednesday (written about by Rachel in the Autumn) also takes part in 4 Championships during the year.



These are always held on a Sunday at 10a.m. and they use the handicap system so that everyone has a fair chance. Normally 6 are through to the finals and it has been a different winner each time. David, Matthew and Craig have all managed to get into the finals with some even taking the 1st place trophy, which is in the shape of a 10 pin bowling pin.



There is always a good turn out and great enjoyment and sportsmanship throughout. We start at 10a.m. and it goes right through to lunchtime with everyone having lunch then afterwards the finals are played.

I do hope these championships continue to go from strength to strength as we all have a great time.

It is just so nice to see everyone's support for each other.

A quick mention to the staff at the Garioch 10 pin bowling who are all very supportive to our young adults.

Linda & Craig Barrie



Garioch Bowling, Harlaw Road, Inverurie Business Centre,
AB51 4FR 01467 622622 www.garioch10pin.co.uk

Shared Lives Curling

Did you know that curling has been played for centuries in Scotland? And used to be played on frozen lochs! In February Shared Lives tried curling, but indoors at Curl Aberdeen!

Graeme, who came along gave us a bit more information about curling- the stones are all made from granite found on the island of Ailsa Craig. It was great to try a sport that our ancestors would have enjoyed in cold winter months.

We learnt more than just history, we worked on our balance, coordination, following instructions, team work and tactical thinking to win the match!

Here Charlotte demonstrates how it is done! And Doug, is lining up his shot!



We enjoyed a warm up after with some soup, tea, coffee or hot chocolate and a chat, just as I'm sure would have been done in the past!

Curl Aberdeen offer the chance for people to try curling or join up for beginner classes from September to March. Have a look on their website for details of dates.

www.curl-aberdeen.co.uk/curling/try-curling-and-beginners-classes

Shared Lives Supporting Older People Living in Rural Areas

Shared Lives Plus has been awarded a grant from the Prince of Wales Charitable Foundation to develop Shared Lives for older people living in rural areas across the UK.

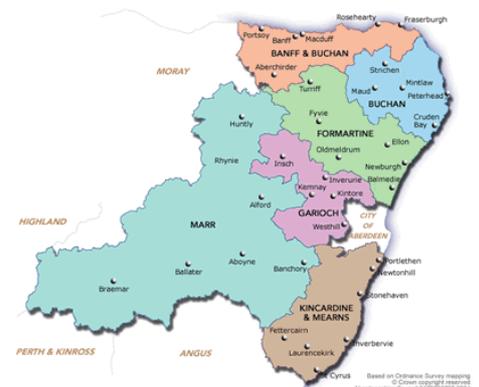
Aberdeenshire Shared Lives Scheme has applied for and been successful in putting forward a funding bid. We are pleased to be working with seven other Shared Lives Schemes in the UK alongside Shared Lives Plus, on an approach to grow the number of older people using Shared Lives in rural areas where it can be more difficult to access local community-based services and support.



The area for this project will be Marr which is one of the six administrative areas in Aberdeenshire. In terms of size the area encompasses 1,136 square miles in the most remote parts of Aberdeenshire and incorporates some of the stunning Cairngorm National Park.



It is intended our scheme will be a pilot area with this project for one year so if any of you have any interested connections within the Marr area who may like to know more about Shared Lives or about the project please let me know.



If you would like to hear more about the project please ask one of our Shared Lives team or ring Sue on 07824 837791.

Sponsored Walk

You are invited to join us for our annual Shared Lives sponsored walk and fun day. The event will be held at Milton of Crathes, near Banchory.

The walk will be up to 3 miles long (1 ½ miles each way), all on a level surface so it is suitable for anyone to come along, stop as you wish but still be part of the fun at your own pace!

Like last year we will have a 'bring a picnic to a picnic' for lunch where everyone is encouraged to make/take something along and we all share the delights that have been brought!

The location has a grassy field where those who still have the energy can have a game of rounders/football/ bowls etc. Please feel free to bring along balls/bats etc. Don't worry if the weather is not kind, we can eat our picnic on the train.

At Milltown of Crathes there are several craft shops, the steam train and toilet facilities. We have arranged that we will get a ride on the train (Shared Lives are paying for your ticket for this).

This year some of the money raised will go towards Shared Lives activity and events.

Those who came last year had a great day out so we hope you will come and join in the fun this time round!

Date: Sunday 12th May

Time: 11am

Meeting Place: Steam train car park





Dates for your diary

Tuesday 12th March: Chatty Daisy Group Meeting 6:30- 8pm at the Ellon Community Campus. Agenda will be out soon!

Tuesday 23rd April from 12md: We will meeting at Dyce Farm for lunch or coffee and cake for anyone who wishes to come along. The address for Dyce Farm is- 1A International Drive, Dyce Drive, Dyce, Aberdeen, AB21 0AF.

We hope to see you there!

Sunday 12th May from 11am: Annual Sponsored Walk at Milton of Crathes (see flyer)

Friday 14th to Sunday 16th June: Glenmore Activity Weekend. Save the date! Full details of the weekend, including how to book will be sent out later in the year.



Did you know??

Fiona passed on a surprise she received in the post for her birthday-

I got a surprise on Monday the 19th of November 2018. In the post I got a letter and certificate to say that I had officially named an Eddie Stobart Lorry. This was just one day before my birthday . Here is the name of my truck- 'Fiona Susan'. She is a Scania make of truck and her is her registration H5529. I would like to see her one day out and about.

Do you have anything named after you that you would like to tell us about? Or maybe you are named after someone or something? Let us know for the next newsletter!



Community & Dementia Conference

The Life Changes Trust are hosting a conference on 20th March at the Hilton Treetops in Aberdeen with the focus on '**Creating Better Lives in Grampian**'. The event will include short, innovative presentations and engagement sessions focusing on what matters to people living with dementia in the Grampian area. Leading up to the main conference there will also be a couple of smaller events including:

18th March – Storytelling sessions for people affected by dementia in Moray, Aberdeenshire and Aberdeen.

19th March – A social event connecting people affected by dementia across Grampian.

For more information on these events, please contact Arlene Crockett at Arlene.crockett@lifechangestrust.org.uk or call Anne Miller on **0141 212 9615**.

Pony Axe S Scotland is visiting...
National Nature Reserves in Aberdeenshire!

Forvie NNR Wednesday 27th February
Forvie NNR Thursday 28th March
St Cyrus NNR Friday 29th March

Pony Axe S gets people in wheelchairs to wild places that would otherwise be inaccessible. No need to leave your own wheelchair behind or transfer to an all terrain wheelchair. Spend time at one of our amazing nature reserves with your family or friends.

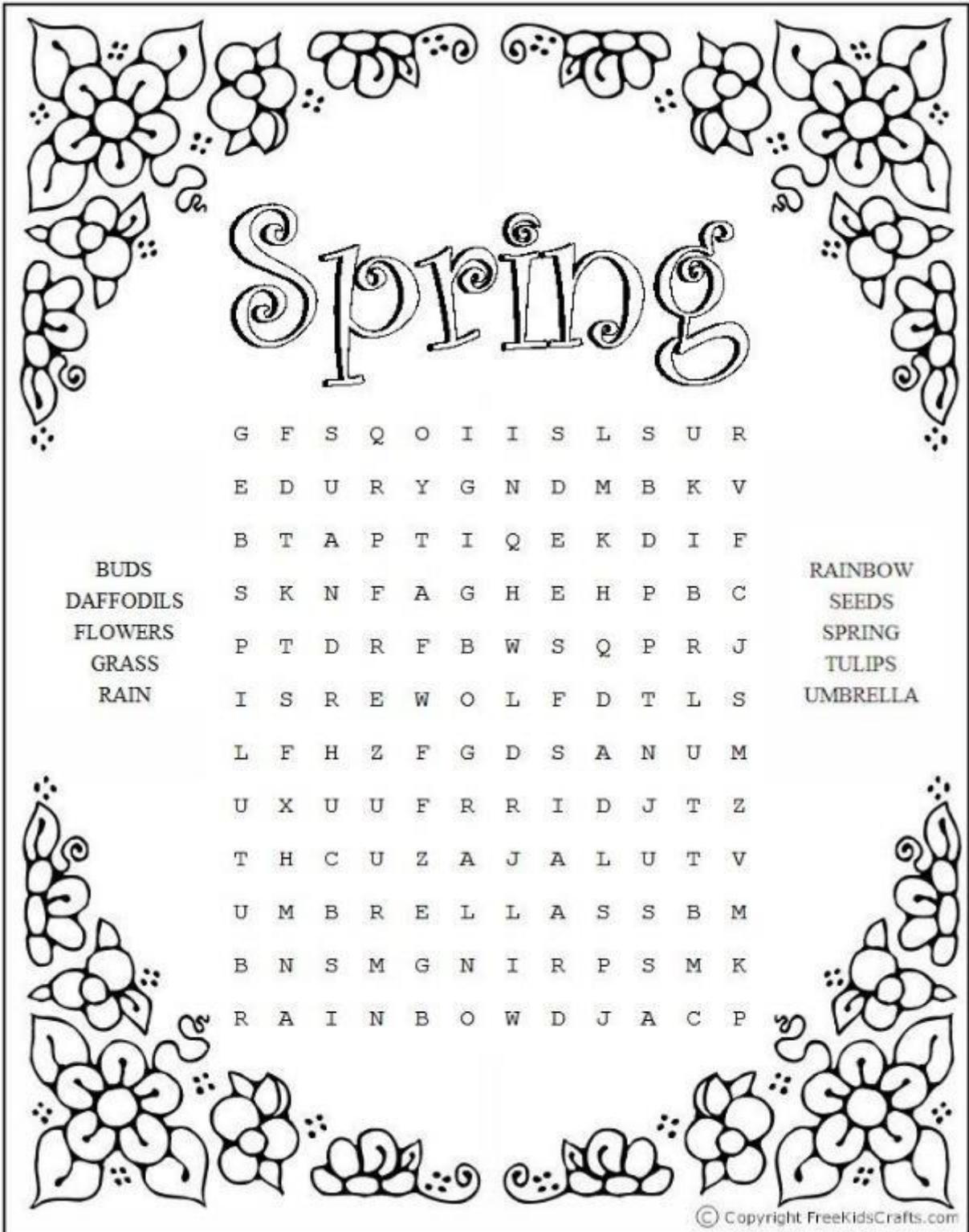
You can see Pony Axe S in action here: <https://ponyaxes.com/>

Trips with Pony Axe S Scotland are free, but booking is essential. To book your place, or to find out more, call Simon on 07510 736518 or email simon@ponyaxes.com

 **PONY AXE** 

www.nature.scot

Puzzle Page



Spring

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BUDS
DAFFODILS
FLOWERS
GRASS
RAIN

RAINBOW
SEEDS
SPRING
TULIPS
UMBRELLA

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Important contacts

If you have an article you would like to appear in the next issue of the Care and Share then please get in touch with Nicola.

Any other enquiries please do not hesitate to contact us on one of the numbers below!

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