



# THE CARE AND SHARE NEWSLETTER

Spring 2018



Hello,

We hope you have all had a nice start to 2018!

We have some fantastic events planned for this year including our annual sponsored walk at Milton of Crathes, a session with Aberdeenshire Rangers Service at Bennachie and a curling taster session.

We also want to hear what you have been doing! Do you have any activities that you think others might like to try? Do you have a recipe, tip or puzzle you would like to share with others? If so, get in touch and it might be featured in our next newsletter!

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# Garry's Ice Hockey Experience

I really enjoy watching ice hockey at the Links Ice Arena beside the Aberdeen Beach Leisure Centre. This is the home rink of the Aberdeen Lynx team and they play in the Scottish league. They have a mascot called Lennox the Lynx who dances among the spectators and has fun with the children. He is very happy to have his photo taken and give a high five. Sometimes the Aberdeen Football Club mascot, Angus the Bull is also there.



Ice hockey is a very fast and exhilarating sport. Each team has 6 men on the ice at a time and often change with other team members when they are tired. The game does not stop for this - players just quickly skate in and out of team areas. It is all very fast.

Each team tries to score goals by hitting the puck (a flat rubber disc) into the nets. The game is divided into three sections each lasting 20 minutes with intervals of 15 minutes.

There is a referee and 2 linesmen who try to ensure the game is played correctly. If players are offside or too rough they receive penalties of 2, 5 or 10 minutes and have to sit in the penalty boxes at the side - one for each team. When this happens loud music is played and the crowd cheers and boos. Aberdeen supporters also beat a drum and chant several times during the game. I like the excitement and noise when goals are scored - more music! You are never sure which team is going to win the match.

The game is rough with players bumping into each other and getting knocked over. They wear lots of thick padding on their bodies, arms and legs, gloves and helmets with face guards to protect themselves.

The bar and cafe is open during the intervals selling drinks and snacks. Some people take their own hot drinks as it can be busy. The arena seats 1100 and is often nearly full. We have found staff and spectators to be friendly and helpful.

During the intervals the large Zamboni machine drives over the ice smoothing it for the next third.

At the end of the match teams line up and a man of the match is announced from each team.

Games are usually on Saturday evenings with tickets costing £9 each plus a booking fee. The season runs between September and March. Ticket sales are advertised on the Facebook page of Aberdeen Lynx Ice Hockey Team, usually a week before the match.

Remember to wear warm clothes as it does get cold. It's a really good sport.

By Garry and Joyce.

### **Garry's likes:**

- The huge number of goals
- The music, played throughout
- The Mascots
- The 'buzz' and atmosphere of the game
- The Sin Bin....
- Joyce takes a flask of tea and biscuits!

### **Garry's Dislikes:**

NONE

## **The Calamity Kitchen**

10 people came and took part in the Calamity Kitchen Food Hygiene event supported by Lorna Ross, Food and Safety Officer for Aberdeenshire Council. After our informative morning we had a lovely lunch and refreshments at the Fraserburgh Bowling Alley where more people came to join us for our meal followed by a great, happy game or two. Thank you to Robson who kindly treated us all to the bowling session , this was very much appreciated .



# Gavin's Soup Recipe

I like the soup I made at Joyce's. Here is the recipe:

4 slices bacon chopped



3 carrots peeled and chopped



Half turnip chopped



1 leek sliced



2 vegetable stock cubes



Baby potatoes peeled and chopped 6



200g red lentils



4 pints approx of water



**Put everything in the pan and cook about 1 hour.**

**Add salt and pepper if needed**

**Hope you like the soup,**

**Gavin**



## **Brian's Glendoll photo**

On a recent holiday to Glendoll Brian took some very good photos. Everyone who came along could chose to enter a photography competition. Brian won a prize for his photo which he wanted to share with you all.



## **'Chatty Daisy Group'**

The next Chatty Daisy Group meeting will take place on the 13<sup>th</sup> of March at the Ellon Community Campus. The agenda will be sent out soon. Let us know if you would like to come along!



# 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. We are also hoping to make a small video for those who are hard of hearing.

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 20th May**

**Time: 11am**

**Meeting Place: Steam train car park**





## Dates for your diary

**2<sup>nd</sup>- 3<sup>rd</sup> March 2018:** Glenesk Activity Weekend. There are still spaces available for the day. Let us know if you would like to come along.

**31<sup>st</sup> March 2018:** Curling Taster Session at Curl Aberdeen, starting at 10am. [www.curl-aberdeen.co.uk](http://www.curl-aberdeen.co.uk) Tea, coffee and snacks available to purchase.

**25<sup>th</sup> April 2018:** Lunch at the Shepherds Rest, Straik Road, Westhill. We will be meeting from 12 midday. Feel free to come along for a coffee, meal or ice cream- whatever you fancy!  
[www.eating-inn.co.uk/house/shepherds-rest-westhill](http://www.eating-inn.co.uk/house/shepherds-rest-westhill)

**20<sup>th</sup> May 2018:** Sponsored Walk at Milton of Crathes. See flyer for more information. Meeting at 11am at Milton of Crathes Railway car park.

**15<sup>th</sup>- 17<sup>th</sup> June 2018:** Glenmore Activity Weekend. Flyer to follow.

**1<sup>st</sup> September 2018:** Event at the Bennachie Centre with Aberdeenshire Rangers Service.

To book your place the curling, lunch or sponsored walk please contact Sue, Pauline or Nicola.



## Did you know??

Outside the Box and the NHS jointly organise a monthly **conversation café** at Edenholve Care Home in Stonehaven. This takes place on the 2nd Friday of the month from 10:30am until 12 and anyone can drop in for a drink, a chat and a cake.

**Outside the Box** is an organisation which provides independent development support to groups and people across Scotland who want to make a difference in their communities. They also produce resource booklets with useful hints and tips. Their most recent booklet is 'Surviving Christmas and New Year' which has some useful ideas for people who may be celebrating Christmas alone or find it a stressful time. For more information on Outside the Box visit [www.otbds.org](http://www.otbds.org)

**Quarriers Epilepsy Fieldwork Service** runs epilepsy support groups throughout Grampian. Anyone affected by epilepsy is welcome, whether you experience epilepsy yourself or are caring for or supporting someone with the condition.



As well as mutual support and advice the groups often arrange speakers, social events and outings at other times depending on what the group agrees they would like to do. Examples include bowling, picnics, walks, snooker, swimming, and more adventurous activities such as rock wall climbing.

The groups arrange fundraising activities which are a great way to have fun as well as getting together to raise awareness of epilepsy.

Groups meet regularly but please get in touch to confirm details as venues may change due to activities. If attending for the first time is daunting, the Epilepsy Fieldworker can come along to the group with you. There are groups in Inverurie- For further information, contact Epilepsy Fieldworker Lorraine on 01358 721234 or 07947 634390, or email [lorrainemcNab@quarriers.org.uk](mailto:lorrainemcNab@quarriers.org.uk).

There is an independent epilepsy support group (North East Epilepsy Support Group), that meets in Banff. Contact Gary McGregor on 01261 843823.

For more information on the Peterhead support group contact Joyce Thomson the Epilepsy Fieldworker on 01779 482463 or email [joycethomson2@quarriers.org.uk](mailto:joycethomson2@quarriers.org.uk).

**Stonehaven Fetteresso Church** have extended an invitation to those who would like to meet new people and take part in activities such as crafts, board games and having a chat and a cup of tea to come along to their **Tuesday Focus Group**.

The group meets every other Tuesday from 2pm-4pm @ the Church Hall, Bath Street.

Fetteresso Church also have a **Heart for Art Group**. Heart for Art is designed through early intervention to promote creativity, self worth and achievement for those with dementia. From the early stages of the project the benefits of active life long learning, acting with purpose and the concentration on creative tasks has been visible. The project offers the opportunity for people with dementia and their carers, throughout Scotland to build supportive relationships and access support and advice from CrossReach staff.

To find out more about either of these groups contact:

Stonehaven Fetteresso Church  
Bath Street, Stonehaven  
Aberdeenshire  
AB39 2DH  
01569 767 689

### **A simple but clever tip for Orchids**

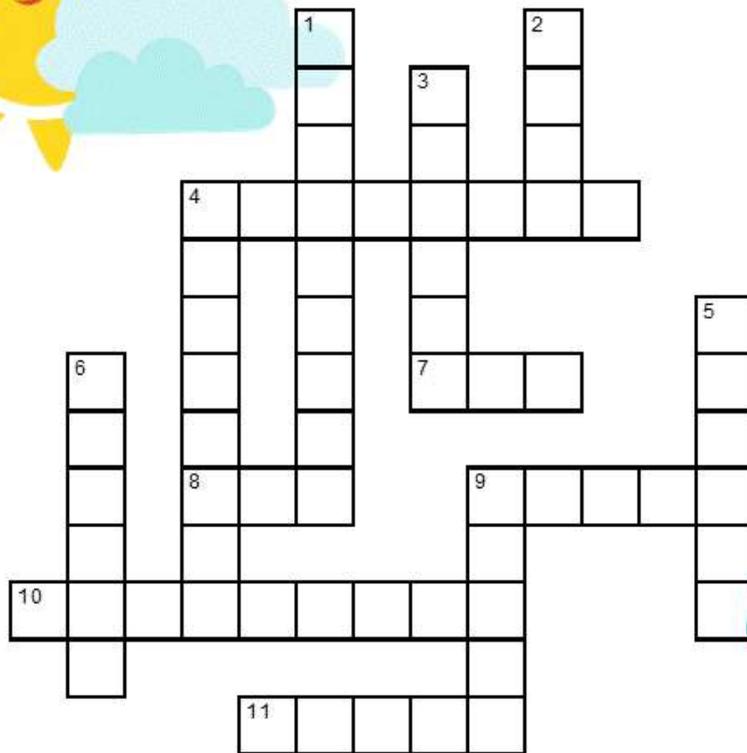
One of nature's finest and most beautiful flowers (apart from the daisy!)- Orchid flowers are fragrant and diverse but certainly something of natural beauty. Orchids signify love and friendship.

Leslie Fraser gave a great tip the other day on how to water these plants. Her suggestion/ tip is to give each Orchid plant one ice cube a week. She says it works!



# Puzzle Page

## Easter Crossword



### ACROSS

4. You might do this to eggs for Easter
7. A hen makes this
8. Used to color eggs
9. The hen's baby
10. Colorful candy you might find in an Easter basket
11. Peter Cottontail is one

### DOWN

1. Eggs might be made from this
2. Look for eggs
3. Easter Day event
4. Yellow or white spring flower that grows from a bulb
5. What the Easter Bunny brings
6. A pretty hat worn on Easter
9. Don't eat too much of this or you might get a belly ache



## List of 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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