

Prestonfield Neighbourhood Project Newsletter



Snowdrops

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Welcome to the sixteenth issue of the Prestonfield Project Newsletter!

The dark days and cold weather of winter are well and truly with us but hopefully we can bring a little brightness to your lives with all your friends at the Prestonfield Project, and together look forward to the coming Spring.

As you will see below there are one or two new things to look forward to and as ever we would love to hear your suggestions for events and

activities – either talk to a member of staff or bring your ideas to your User Group representative.

And just a wee reminder – if, for whatever reason, you are unable to come in for your lunch please can we ask that you contact us **before 9.30 am** to prevent us from ordering you a meal. If you do not then unfortunately we will have to charge you £4 for the ordered meal.

**"Surely as cometh the Winter, I know There are Spring violets under the snow."
R. H. Newell**

Carer's Emergency Card

A card to help carers in a crisis – this is a scheme which gives unpaid carers a card which tells emergency services that you are a carer and that someone depends on you. The card has a unique reference number and a phone number for the Council's Social Care Direct service. No personal details

are held on the card. When you register you give us details about you and the person you care for, and the details of two people that can be contacted in an emergency to help the person you care for.

For more information please speak to a member of staff or call **0131 200 2336**.

Film Event

We are starting to plan our next film event and we would welcome any comments as to the type of film you would like to see – be it a musical, a western, a comedy or anything else you can think of.

Please speak to a member of staff and let them know of any ideas you may have.



FEBRUARY



This Month in History...

What is February 2nd better known as?

On the 6th Feb. Queen Elizabeth II came to the throne – what was the year?

Which famous English author, whose books include Great Expectations and Oliver Twist was born on 7th Feb 1812?

On the 11th Feb 1578 who was the first Briton to sail the Pacific?

In which year did Britain go decimal on 15th Feb?

What is the Wednesday after Shrove Tuesday better known as?

Candlemass, 1951, Charles Dickens, Sir Francis Drake, 1971, Ash Wednesday

Waste collection calendar

Alas, Edinburgh Council have elected not to deliver bin collection calendars in 2014.

For many people this will not be a problem as the GreenBoxDay website provides a reminder text or email - which I have generally found to work well.

If you do not have access to

the internet you can ask one of the staff at Prestonfield to print off a copy of the calendar for you.



The Prestonfield Carers Group Meeting

At the last meeting carers were asked about the kinds of activities and events they would like to see.

It was agreed that a 12 month program would be put together and cover topics such as manual handling, changing behavior, food and toilet issues and first aid.

For more information about our services for Carers please call **0131 620 7222** or speak to a member of staff.

This newsletter needs you...

Just a reminder that this is your newsletter and if you have an idea for an article or feature please do let a member of staff know. Perhaps you have a poem or article you've written yourself that you would like to see published?

Prestonfield Reading Group

The theme for this month's songs and poems will be 'Funny February'. Any suggestions for future books, poems, songs or themes would be very gratefully received.

Day Centre Events to look forward to in February...

Monday 17th Feb – Prestonfield Project User Group Meeting

Wednesday 26th Feb – Reading Group meeting

Prestonfield Project User Group

The Project has a User Group made up of clients who use the Centre. The Group meets every three months to discuss matters relating to the services provided at Prestonfield.

If you have any issues that you want to raise please speak to:

Eddie Ritchie, Cathy Rutherford, Anne Dobie, Isa Galloway, Marjory Kirk, Jimmy Flynn, Andrew McCleary, or Betty Croll .