



Men's Group & Little Monkeys Planting Spring Bulbs



What's On this Month

- 1st February - Hoopla and Head and Hand Massage with Pat.
- 2nd February - Horse Racing Game - Smelly Game.
- 5th February - Dominoes.
- 6th February - Musical Afternoon.
- 7th February - Art with Carolyn, Alphabet Game, Dominoes.
- 8th February - Beetle Drive.
- 9th February - Little Monkeys visit, Storytelling, Head and Hand Massage with Pat.
- 12th February - Film Show with Ian Rintoul.
- 13th February - Sing - a - long.
- 14th February - Art with Carolyn, Quiz, Dominoes.
- 15th February - Parachute Game, Head and Hand Massage with Pat.
- 16th February - Skittles, Balloon Tennis.

- 19th February - Hang the Man, Dominoes.
- 20th February - Name that Tune.
- 21st February - Art with Carolyn, Name that Tune, Dominoes.
- 22nd February - Skittles.
- 23rd February - Countdown, Little Monkeys Visit, Head and Hand Massage with Pat.
- 26th February - Little Monkeys visit, Table Top Game.
- 27th February - Karaoke.
- 28th February - Art with Carolyn, Bean Bag Game, Dominoes.

A Programme for the Clearburn Club is delivered to each clients home at the beginning of each month. Please note these programmes can be and are changed to suit the needs and desires of clients on the day.

Prestonfield Neighbourhood Project is a registered Charity No SC007869 & registered with the Care Inspectorate No CS2004076912



1. Which of the Queens children was born on the 19th of this month?
2. On this day in 1985 which Soap Opera was first broadcast on TV?
3. The most decorated US soldier in WW II later became a Hollywood actor. What was his name?
4. What was the name of the boat commanded by Capt. Ramius?
5. Which other 'Mick' was once a member of The Rolling Stones??
6. Which two Asian men have been Secretary-General of the United Nations?

Happy Feet

The Project offers a personal footcare and toenail cutting service to people over 50 who are unable to manage their own footcare (toe nail cutting, filing etc) but do not require podiatry. Staff trained by NHS Podiatrists are available for this service.

By appointment only - Costs £10 - first visit includes provision of your personal cutters and files



Phone 620 7222

for information and an appointment

Prestonfield Neighbourhood Project

Friday Group for Men



Are you feeling isolated and looking for the company of other men? Then the Prestonfield Men's Group is for you.

We are offering an afternoon of social activity planned with men in mind.

Phone 620 7222
for more information



Prestonfield Neighbourhood Art Group

Are you aged 60 or over ?

Are you interested in taking up a new hobby or restarting an old one?

Prestonfield Neighbourhood Project are looking for new members to join their weekly Art Group with Tutor **Carolyn Burchell**.

Where do we meet?

In Prestonfield Neighbourhood Centre

When do we meet?

Every Wednesday from 1.30pm to 3pm

How much does it cost?

£4.00 per session and includes tea & coffee.

For more information call 620 7222



Carers Corner

Thank you to all who attended - the Carers Lunch last month It went very well. Everyone enjoyed the lunch. The after lunch speaker, Elizabeth the Dementia Advisor with NHS Lothian, was very good - interesting and informative - and a lot of questions were asked of her - it was an enjoyable day.



The next Carer's Café is on Monday 26th February at 10.30am - everyone is welcome and you can bring your cared for person with you - they will be looked after in another part of the Centre. Remember you can call me for a one to one chat - I am here to support you and your ideas and suggestions to improve the support is very welcome.

See you soon - Karen