



 **Carers Wine & Cheese Evening**  

 Writers and their view of summer.....

What is one to say about June, the time of perfect young summer, the fulfilment of the promise of the earlier months, and with as yet no sign to remind one that its fresh young beauty will ever fade -  
by Gertrude Jekyll.

In winter I get up at night, and dress by yellow candle-light. In summer quite the other way I have to go to bed by day - by Robert Louis Stevenson.

What good is the warmth of summer, without the cold of winter to give it sweetness - by John Steinbeck

And so with the sunshine and the great bursts of leaves growing on the trees, just as things grow in fast movies, I had that familiar conviction that life was beginning over again with the summer -  
by F. Scott Fitzgerald.

**Prestonfield Carers Corner** 

A message from Karen

*Just to thank all who attended the Carer's evening last month. It was so nice to meet and see new faces. I am hoping from this event more people can attend the Carer's Café on the last Monday of each month from 10.30am until 12noon.*

*Thank you for the donations received at the Wine & Cheese - they came to £60 in total - this goes to Project general funds and is much appreciated - and remember I am always around for support, advice or just a cuppa and someone to talk to ! - call me on 620 7222*

# Happy Feet

The Project offer 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



## June Quiz

1. A phlebotomist extracts what from the human body?
2. How many feet are there in a fathom?
3. Who painted The Water Lily Pool?
4. A couple celebrating their crystal wedding anniversary have been married for how many years?
5. In the human body what is the hallux?
6. Port Said is in which North African country?
7. In which year were premium bonds first issued in Britain?
8. The Battle of Jutland was the only (What?) battle of the 1st World War: Air; Tank; Naval; or Cavalry?



## Project Summer Outing

This years summer outing takes place on Wednesday 20<sup>th</sup> July 2016 and is a bus tour of East Lothian followed by Lunch at the Nether Abbey Hotel, North Berwick - cost £30. If you wish to attend please contact the Project Office as soon as possible to book a place as numbers are restricted.

## Clearburn Club Summer Outing



Staff are currently discussing the dates and a venue for the afternoon summer outings for the Tuesday/Thursday Clearburn clients. Information will be circulated soon.....

Sea)

Quiz answers 1. Blood, 2. Six, 3. Monet, 4. 15 years, 5. Big Toe, 6. Egypt, 7. 1956, 8. Naval (both Britain and Germany claimed victory - Britain suffered more losses but retained control of the North

## User Group Report

The Client User Group met in May and we welcomed new members to the Group. It now consists of Jimmy Flynn, Eddie Ritchie, Betty Croll, Cathy Rutherford, Marjorie Kirk, Anne Dobie, June Delaney, Liz Meikle, Janet Ruthven, Cathy Scoble, Sylvia Mackie, Eileen McLeish, Tess McCallum Tom McDonald and Grace Walker - a healthy number. The User Group exists to review the services and activities in the Centre, to get news about the Project as a whole and to give comment on and ideas for the type of events and activities all clients want to participate in when they are with us. There is always a lively discussion about the food and some new or brought back ideas are darts, table/balloon volleyball, skittles and parachute games. Outings include going on the City trams and canal trips at Fountainbridge which staff are currently researching. The next meeting is Monday 22<sup>nd</sup> August at 10.30am.

## What's on this month

Wednesday 1<sup>st</sup> June - Carolyn at the Art Group  
 Thursday 2<sup>nd</sup> June - Hand massage with Pat  
 Wednesday 8<sup>th</sup> June - Art Group with Carolyn  
 Friday 10<sup>th</sup> June - Hand Massage with Pat & Men's Group Craft  
 Wednesday 15<sup>th</sup> June - Art Group with Carolyn  
 Wednesday 22<sup>nd</sup> June - Art Group with Carolyn  
 Friday 24<sup>th</sup> June - Hand Massage with Pat  
 Monday 27<sup>th</sup> June - Carers Café 10.30am

## Happy Groups at the Carer's Evening

