



Eddie with Adam & Ethan and one of their birdhouses ready to use.

Prestonfield Carers Café A note from Karen

We had Colin & Jan Campbell in again talking about a heart attack and how to deal with it, everyone said that they enjoyed it and found it very useful and informative.

I am hoping Megan the Dementia Link Worker will be in touch to come and talk to us all about Dementia and there will be a chance for any questions you would like to ask at the end.

I am also hoping, sometime over the summer to have a working solicitor come to one of the Carer's Café's to talk about Power of Attorneys and wills etc .and again there will be time for questions at the end of his talk. I am always interested to hear of any ideas you may have to improve on my support to you individually and I welcome phone calls for one to one support or over a coffee if you prefer.



What's on this month - :

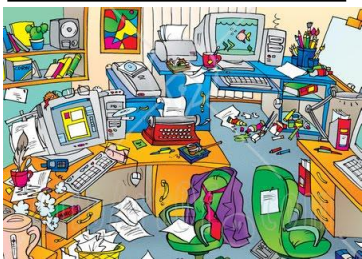
- 1st June - Gentle Exercise, Balloon Tennis.
- 2nd June - Countdown, dominoes, quiz and head and hand massage with Pat.
- 5th June - Little Monkeys Planting session, dominoes.
- 6th June - Gentle Exercise, Name that Tune.
- 7th June - Art, Otago, Hang the Man.
- 8th June - Gentle Exercise, Board Games, dominoes and head and hand massage with Pat.
- 9th June - Crosswords, dominoes, Play your Cards Right.
- 12th June - Musical Bingo.
- 13th June - Gentle Exercise, Music on the Big Screen!
- 14th June - Art, Beetle Drive, Gentle Exercise.

- 15th June - Otago, Countdown, dominoes.
- 16th June - Hang the Man, dominoes. Alphabet Game and head and hand Massage with Pat.
- 19th June - Little Monkeys, dominoes.
- 20th June - Gentle Exercise, Soft Ball, Alphabet Game.
- 21st June - Art, Memory Ball, Gentle Exercise.
- 22nd June - Otago, Musical Bingo, head and hand massage with Pat.
- 23rd June - Horse Racing Game, skittles, dominoes.
- 26th June - Quiz Time, dominoes.
- 27th June - Gentle Exercise, Musical afternoon.
- 28th June - Art, Countdown, Otago.
- 29th June - Gentle Exercise, skittles dominoes.
- 30th June - Quiz, dominoes, Hoy Bingo and head and hand massage with Pat.



Remember to phone before 9.30am if you cannot attend the day centre so we can cancel your lunch and the transport

Office Refurbishment



Things are a little different this month. We are having major works carried out in the Centre offices so from Wednesday 14th June to Wednesday 21st June 2017 there will be no access to the main Centre Door and we will be using the bottom entrance and using Dayroom 2 for lunches and activities - except for Thursday 15th June and Tuesday 20th June when the clients normally in Dayroom 1 will be using a room in Cameron House Community Centre for Lunch and the day activities. There will be no advice service operating but all the staff will be on duty and available for any emergencies.

The Project phones will not be operational - we will be using a mobile Tel 07522 711 390 if you need to contact us for any reason. Linda



What have Olivia and Patrick found in this pot ?

Our photos this month are of our clients and the children from Little Monkeys Nursery who are currently on a joint project with our Monday clients . They do different activities and the latest were making bird boxes for our garden and planting the pots with summer flowers. Our clients are loving working with the children and as you can see the children are having fun too!



Happy Feet

Our Footcare service 'Happy Feet' is very popular and we are picking up new clients every week. Our staff are trained by NHS Podiatrists and if you are over 50 and do not require podiatry, we can offer you this toenail cutting service.

The cost is £10.00 per session and is by appointment only. Phone 620 7222 for information and to make an appointment.



Adam & Jim having a chat

Quiz Answers
1. Peter
2. Green
3. Yellow
4. Greenwich
5. Royal Navy
6. Jimmy White

June Quiz

1. The first day of June in Iceland is Fisherman's Day. Who is the patron saint of fishermen?
2. What ball is worth three points in snooker?
3. What skin and eye colour is associated with jaundice?
4. Name the London borough and Royal Observatory site which marks international time?
5. Prince Andrew served for twenty-two years with what organisation?
6. The Whirlwind is which snooker player's nickname?