

# Prestonfield Neighbourhood Project

## Newsletter Edition 41 March 2016



It is the first mild day of March  
Each minute sweeter than before...  
There is a blessing in the air,  
Which seems a sense of joy to yield  
To the bare trees, and mountains bare,  
And grass in the green field...  
We from to-day, my Friend,  
Will date the opening of the year.  
Love, now an universal birth,  
From heart to heart is stealing,  
From earth to man, from man to earth:  
—It is the hour of feeling.

~William Wordsworth (1770-1850)

### What's on this month

Monday 29<sup>th</sup> February - 10.30am Carers Café  
1.30pm - Sing Along with Netta Watson on keyboard.

3<sup>rd</sup> March - Hand Massage with Pat

Friday 4<sup>th</sup> March - Craft with Isobel (Men)

Monday 7<sup>th</sup> March - Craft with Isobel

Friday 11<sup>th</sup> March - Hand Massage with Pat

Friday 18<sup>th</sup> March - Craft with Isobel (Women)

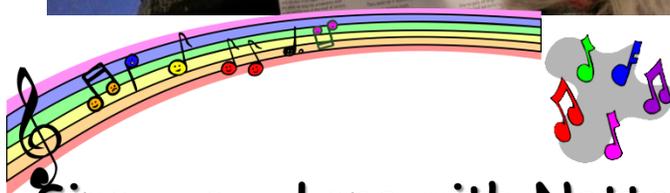
Monday 21<sup>st</sup> March - Craft with Isobel

Tuesday 22<sup>nd</sup> March - Hand Massage with Pat

Friday 25<sup>th</sup> March - Good Friday - **CENTRE CLOSED**

MONDAY 28<sup>TH</sup> March - Easter Monday - **CENTRE CLOSED**

Thursday 31<sup>st</sup> March - Hand Massage with Pat



### Sing - a - Long with Netta

Netta Watson played her Keyboard for an enjoyable afternoon of well known songs



# Happy Feet

The Project are offering 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



## March Quiz

1. What organisation did Robert Baden-Powell found in 1908??
2. What code name was given to Nazi Germany's plan to invade Britain during the Second World War?
3. Who said: 'If you want something said, ask a man; if you want something done, ask a woman'?
4. The Intu Metrocentre is a shopping centre in which town?
5. What occupational task is carried out by a sawyer?
6. Who owned the *Daily Mirror* newspaper between 1984 and 1991?
7. In the popular children's nursery rhyme what is Wednesday's child full of?
8. Genophobia is the fear of what part of the body?



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- Quiz Answers
1. The Boy Scouts
  2. Operation Sea Lion
  3. Margaret Thatcher
  4. Gateshead
  5. Saws wood
  6. Robert Maxwell
  7. Woe
  8. The knees

## Prestonfield Carers Corner



Karen has made good progress contacting a large number of our Carers, past and present and will be welcoming those who can make it to the Carers Café in the Centre on Monday 29<sup>th</sup> February and the next on Monday 28<sup>th</sup> March at 10.30am. Staff will be on hand to look after your relative to let you meet with her and the other carers - you are very welcome !



## EDINBURGH FILMS



Last month we had a Film presentation from Ian Rintoul, the independent documentary filmmaker whose films have won international awards, with many shown on television.

The clients had a wonderful afternoon watching 'With a song in my heart'

Ian's own films include - :

- Another look at Edinburgh,*
- Bridges to remember*
- Children's Edinburgh*
- Edinburgh cinemas remembered*
- Edinburgh's theatres of variety*
- The Loch Ness Monster movie*
- The Playhouse story*
- The Tay Bridge Disaster*
- Wartime memories*
- Welcome to Portobello.*

Ian does at least 2 presentations a year at Prestonfield which our clients thoroughly enjoy with ice cream at the interval too!

