



**Betty & Gina enjoying dancing to music from Flo on the accordion.**



### Safer Southside Project

For over 20 years this Project has worked in Partnership with the Police to offer a home & personal safety assessment. A trained police officer can visit you in your home and carry out an assessment. They may recommend additional security measures eg new mortice lock or security lighting which the Project has a small fund to pay for. The aims of this project within our Project is -:

- a) to reduce the fear of crime in older people and
- b) to ensure people are less vulnerable to crime.

Ask at the office if you are interested in having this work carried out - it is a free service.



### Prestonfield Carers Cafe

Our Carer's Group meets on the last Monday of each month at 10.30am. We also offer care for your cared for person - the group is growing and if you are a carer you are welcome to attend.

For more information call Karen on 620 7223

Please Remember

If for any reason you are unable to come in for lunch or day service you *must telephone the office before 9.30am* to allow the staff to cancel the meal which has been ordered for you. Recently people have been refusing to pay the £5.00 which covers this cost if they have not telephoned. The result is, others, who do pay, are subsidising your service and over the past several months the Project has lost a considerable amount of money in this way.

## What's on this month

Tuesday 7 <sup>th</sup> March -	Gentle Exercise, Soft Ball, Alpha Game
Wednesdays 8 <sup>th</sup> March -	Art Group with Caroline
Thursday 9 <sup>th</sup> March -	Otago (balance exercise) session Gentle Exercise, Skittles Head & Hand massage with Pat
Friday 10 <sup>th</sup> March -	Otago session & Horse Racing
Monday 13 <sup>th</sup> March -	Countdown
Tuesday 14 <sup>th</sup> March -	Gentle Exercise & Bean Bag Game
Wednesday 15 <sup>th</sup> March -	Art Group with Caroline Otago Session
Thursday 16 <sup>th</sup> March -	Gentle Exercise & Play you Cards Right
Friday 17 <sup>th</sup> March -	Otago Session & Quiz Head & Hand massage with Pat
Monday 20 <sup>th</sup> March -	Spin the Wheel & Dominoes
Tuesday 21 <sup>st</sup> March -	Gentle Exercise, Giant Snakes & Ladders & Dominoes.
Wednesday 22 <sup>nd</sup> March -	Art Group with Caroline Otago Session
Thursday 23 <sup>rd</sup> March -	Gentle Exercise, Hoopla & Dominoes
Friday 24 <sup>th</sup> March -	Performance from <b>Live Music Now.</b>
Monday 27 <sup>th</sup> March -	10.30am - Carer's Café Blockbusters & Dominoes
Tuesday 28 <sup>th</sup> March -	Gentle Exercise & Dominoes
Wednesday 29 <sup>th</sup> March -	Art Group with Caroline Otago Session
Thursday 30 <sup>th</sup> March -	Head & Hand massage with Pat
Friday 31 <sup>st</sup> March -	

Quiz Answers  
1. Wampum  
2. Italy, France, Belgium, Ireland and Romania  
3. Oven  
4. The Dalai Lama  
5. Greta Garbo  
6. a. Dashiell Hammett  
b. Raymond Chandler  
c. Heming Mankell



## Happy Feet

The Project continues to 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. The cost is £10.00 and is by appointment only. Phone 620 7222 for information. This service was launched last year and is becoming very popular both within the Project and in the Community



Clients  
enjoying  
watching  
the dancing  
to Flo  
on the  
accordion

### March Quiz

1. Which North American Indian word for a string of white beads, starting with the letter 'W', was used in many a Hollywood western?
2. Name the five European Union countries with a vertical tri-colour flag. One point for each correct answer.
3. Tandoori chicken is popular with many Indian food lovers. What is a 'tandoor'?
4. Which man, with a title that means 'Ocean teacher', won the 1989 Nobel Peace Prize?
5. Which reclusive Hollywood star of both the silent and talking film era was known as 'The face of the century'?
6. Who created each of the following fictional detectives? a. Sam Spadeb. Philip Marlowe  
c. Kurt Wallander

### £££££ Friends of Prestonfield Project £££££

Each year the Project Management invite people to become a Friend of Prestonfield by donating £20. For that you are given a certificate and invited to the AGM and other business events of the Project. *Our recent appeal has been very successful so thank you very much indeed to all who have supported us in this way.*

If you would like to become a Friend tel 620 7222 or ask at the Project Office.

**A big thank you to our new Friends**