



**Introducing the
Project Volunteer Team**



Ann Bill Elizabeth James James Lena May



Moira Susan Saher Donna Sarah

The Project is always looking to recruit volunteers to support the work we do -if you would like to become a Volunteer call 620 7222 For a volunteer pack or visit the website- www.southedinburgh.net/pnp/

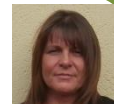


**Project Annual
General Meeting**


The 25th Annual General Meeting of Prestonfield & District Neighbourhood Workers Project takes place on Monday 28th November 2016 in Prestonfield Neighbourhood Centre at 2pm. Everyone is welcome to hear the report of the the last years work at the Project, to elect a new Management Group and to receive the Annual Accounts. You are all welcome to attend. If you require transport to attend please contact the Project office on 620 7222.





Carers Corner



Dates from Karen - :

 The Carers Christmas Shopping Day is Monday 7th November. The Project staff will look after your cared for person between 10am until 3pm to let you do your Christmas Shopping in peace. Phone Karen to book a place.

 The next Carer's Café is Monday 28th November from 10.30pm to 12noon. The café is going really well - everyone seems to look forward to it and they tell me that they get a lot from attending - newcomers are always welcome! Please note there is no Carer's Café in December but please know I am only a phone call away for a coffee and a chat.

 Carers Christmas Supper Evening is on Wednesday 7th December from 6pm -8pm. Invitations will be out soon and I hope to see you all on that evening.

A Poem for November by Elizabeth Coatsworth

"November comes
And November goes,
With the last red berries
And the first white snows.

With night coming early,
And dawn coming late,
And ice in the bucket
And frost by the gate.

The fires burn
And the kettles sing,
And earth sinks to rest
Until next spring."

What's on this month.....

Wednesday 2nd November - Carolyn at the Art Group.

Thursday 3rd November - Hand, Head and Shoulder massage with Pat.

Monday 7th November - CARERS SHOPPING DAY - Craft with Gina

Wednesday 9th November - Carolyn at the Art Group.

Friday 11th November - Sing Along with Netta & Hand, Head & Shoulder
massage with Pat.

Wednesday 16th November - Carolyn at the Art Group.

Thursday - 17th November - Head & Shoulder massage with Pat.

Wednesday - 23rd November - Carolyn at the Art Group.

Thursday 24th November - Christmas Crafts with Gina

Friday 25th November - Head and Shoulder massage with Pat.

Monday 28th November - 10.30am - Carers Café.

Monday 28th November - 2pm ANNUAL GENERAL MEETING - ALL WELCOME

Wednesday 30th November - Celebrate St Andrew's Day with Mocktails ! * ~ ??

Free Fire Safety Checks



As the nights draw in and get colder we use lamps and heaters which may have been unused or stored over the summer months. The Project can refer you for a Home Fire Safety check. A team from the local Fire Station can visit to check you have a working smoke alarm and will also do a home fire safety check on plugs and other electrical equipment in use in your home. If this is something you are interested in or would like done for a family member phone us on

620 7222

and we will send you details to Scottish Fire & Rescue who will arrange a home visit.

There is no cost for this service



Hearing Aid Battery and Tube Replacement Service

Project staff have been trained by staff from NHS Lothian Audiology to change batteries and clean and/or replace the tubes in NHS issued Hearing aids. Ask at the Project office if this is a service which can be of use to you or your relative. We keep a small stock of replacement parts.

There is no charge for this service.

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

