

Prestonfield Neighbourhood Project Newsletter



Enjoying high tea on the Summer Outing

Welcome to the twenty-second issue of the Prestonfield Project Newsletter!

Well, another summer month passes us by and we are in to August.

Last month we had our annual summer outing, this time to Peebles. It was a pleasantly warm day, with just the occasional rain shower. We arrived at the beautiful Park Hotel and had lovely views of the hills from the dining room as we tucked in to our high tea, before returning to Edinburgh.

There is plenty more to look forward to this month, and just a quick reminder that the User Group will be meeting on the 18th August, giving you the chance to have your say in the services we provide at Prestonfield.

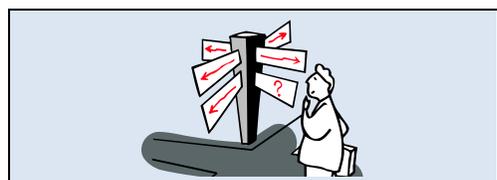


Southside Community Centre

Whilst the Edinburgh Festivals are in full swing the advice service offered at the Southside Community Centre is temporarily moving to a new location. From Monday 11th August until 1st September the drop-in advice service will be held at The Pleasance, 7 West Adam Street (behind the Salvation

Army) at the usual time of 9.30 am until 3.30 pm.

From Monday 8th September the service will resume at the Southside Community Centre.



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Coach trip to Peebles

**"What dreadful hot weather we have!
It keeps me in a continual state of inelegance."
Jane Austin**





This Month in History...

Which car, known as the Tin Lizzie, went in to production in August 1908?

The 'Glorious 12th' is the start of what season in the UK?

In 1960, Josef Jacob, a German WW II spy, was the last person to be executed where?

In August 79 AD which town was buried by the eruption of Vesuvius in Southern Italy?

Who made his famous "I have a dream" speech in August 1963?

Model of London, Pompeii, Martin Luther King Tower of London, The Grouse shooting season, The

Keeping cool...

Just as important as keeping warm in Winter is keeping cool in Summer, so try to follow these tips:

Stay in the shade – If you are outside always try and stay in the shade. The same indoors, keeping the curtains closed in rooms that have the sun shining in will keep the house cooler.

Drink plenty of water. In the summer we need to drink more

water than we would usually. Keeping bottled water in the fridge can be an excellent way of cooling down quickly. As can eating an ice lolly.

Do enjoy the sunshine but remember to keep cool!



Carer's Corner



The Prestonfield Carers Group meets on the last Monday of each month for a drop-in session that gives carers the opportunity to meet other carers and discuss topics that are important to them. We also meet one Wednesday a month for supper. For more information please ask to speak to Caroline Fleming or call **0131 620 7222**.

Upcoming events...

Wednesday 13th August – Life Story Book. Practical ways you can help someone with dementia put together a scrap book detailing important dates in their life.

Monday 25th August – How do people with dementia communicate that they are in pain

Prestonfield Reading Group

The theme for the next Reading Group meeting will be 'Seaside'. Expect the usual mixture of poems, short stories and songs and if you have any ideas of your own for things that you would like to hear please do mention them to a member of staff.

Day Centre Events to look forward to in August...

Mon 11th August – Singing Group

Wed 13th August – Carer's Supper (4.30 – 6 pm)

Mon 18th August – User Group Meeting

Mon 25th August – Carers Drop-in (10.30 am to 12 pm)

Wed 27th August – Reading Group

Prestonfield Project User Group

The Project has a User Group made up of clients who use the Centre. The Group meets every three months to discuss matters relating to the services provided at Prestonfield. Transport and a meal are provided free of charge.

If you have any issues that you want to raise please speak to:

Eddie Ritchie, Cathy Rutherford, Anne Dobie, Isa Galloway, Marjory Kirk, Jimmy Flynn, Liz Meikle, June Delaney, Janet Ruthven or Betty Croll.