

# Prestonfield Neighbourhood Project Newsletter



Enjoying an afternoon in the Project Garden

## Inside This Issue

- Upcoming events at Prestonfield
- Prestonfield Carers Group
- Prestonfield Reading Group
- Carer's Corner
- Summer Outing

## Welcome to the twenty-first issue of the Prestonfield Project Newsletter!

Another month wizzes past and we are now half way through the year – how time flies when you're having fun! And we seem to be enjoying a proper summer again this year as the picture above shows – the garden has already had plenty of use as we spend the afternoons enjoying the project garden.

This month has plenty of treats in store; a trip to Peebles on our summer outing, and our regular Reading Group and Carers Café.

As always, we welcome your ideas for any future activities or outings you would like to see or do at Prestonfield - please speak to one of the User Group and they will raise it at the next User Group meeting.

## Summer Outing

Our summer outing this year takes us to Peebles to enjoy a lunch at the Park Hotel.

You will be picked up a little earlier than usual, brought to the centre and then we will transfer to the Care Coach.

The last day to book your

place is Thursday 17<sup>th</sup> July, so if you have not done so already please speak to a member of staff.



***“St. Swithin's Day,  
if thou dost rain,  
For forty days it  
will remain”***





## This Month in History...

On 28<sup>th</sup> July 1902 what were used for the first time for identification?

What first arrived from Columbia in July 1586?

Which famous battle in Northern Ireland is remembered on the 12<sup>th</sup> July?

The census of which animal is conducted during July on the River Thames every year?

On 1<sup>st</sup> July 1997 where did British rule end after 99 years?

*Fingertnits, Potatoes, Battle of the Boyne, Swans (known as Swan Upping), Hong Kong*

## The Prestonfield Project Garden

Now that the weather has improved it has given us a chance to get out in to the Prestonfield Project Garden which had begun to look a little bedraggled after the winter.

Lisa, one of our green-fingered care workers, has been helping our clients to plant up a selection of

flowers, including petunias, purple veronicas and begonias. This has certainly added a splash of colour to the garden ready for the judges from Beautiful Scotland.



## 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...

**Monday 28<sup>th</sup> July** "Playlist For Life". How listening to music might improve mood and awareness, as well as promote a sense of identity

**Wednesday 13<sup>th</sup> August** "Life Story Book". Making a Life Story Book can be an enjoyable activity for a person with dementia and their carer by capturing memories and opening communication.

## 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 July...

- Mon 21<sup>st</sup> July** – Singing Group
- Wed 23<sup>rd</sup> July** – Reading Group
- Mon 28<sup>th</sup> July** – Carers Drop-In
- Wed 30<sup>th</sup> July** – Summer Outing
- Wed 8<sup>th</sup> August** – Carers Supper
- Mon 11<sup>th</sup> August** – Singing 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.