

Prestonfield Neighbourhood Project Newsletter



The Women's Group enjoying a game of dominoes

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Welcome to the twentieth issue of the Prestonfield Project Newsletter!

It has been all change at Prestonfield these last couple of months'. Following consultation with our User Group it was decided that Craft, and Exercise activities would be run on different days each week so that all our users can enjoy a broader range of activities. We will continue to keep Wednesday as an Art activity day and Friday for

our separate Men and Women's Groups.

If you do have any ideas for activities you would like at the centre please do speak to a member of staff or have a chat with a member of the User Group.



Project Outreach Advice Service

This is a reminder that the Project is offering an Older Person's Advice Service in the Southside Community Centre at 117 Nicolson Street, Edinburgh every Monday. Telephone **620 7222** for an appointment.

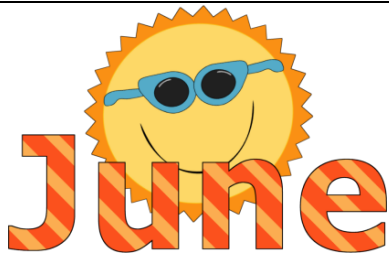
continue our drop in service from 11am – 1pm Monday to Friday at the Neighbourhood Centre.

The Project will also



"There are two seasons in Scotland: June and Winter" Billy Connolly





This Month in History...

Who won the first University Boat Race on 10th June 1829 – Oxford or Cambridge?

Who was given a diary for her 13th birthday in June 1942?

What was signed by King John on 15th June 1215?

What did Robert Peel form in June 1829?

The Coronation of our two longest serving monarchs both happened in this month – who are they?

Oxford, Anne Frank, The Magna Carta, The first police force, Queen Victoria and Queen Elizabeth II

Ageing Well Walking Groups

For 10 years now Ageing Well has organized a programme of Thursday morning walks in the local area.

These walks start at pre-arranged points, convenient for local buses and always finish at a coffee-shop. The walks are mainly on the level, avoiding hills, and last up to an hour at a gentle pace.

For more information please speak to a member of staff.

Thursday 5th June – Cameron Toll (centre of concourse opposite Sainsbury's)

Thursday 12th & 19th June – Saughton Winter Gardens

Thursday 26th June – Royal Commonwealth Pool



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 11th June 4.30 pm to 6 pm – Carers Supper with a presentation entitled "Taking Positive Steps to Avoid Trips and Falls"

Monday 30th June 10.30 am to 12 pm – Carers Drop-in with a visit from the NHS Incontinence Service.

Prestonfield Reading Group

The theme for the next Reading Group meeting will be '**Journeys**'. 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 June...

Mon 9th June – Singing Group

Wed 11th June – Carers Supper

Mon 23rd June – Singing Group

Wed 25th June – Reading Group

Mon 30th June – Carers Drop-in

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.