

# Prestonfield Neighbourhood Project Newsletter



The Southern Light Singers

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## Welcome to the nineteenth issue of the Prestonfield Project Newsletter!

Spring is now finally here, the leaves on the trees are starting to show and the sun had even managed to show its face, which I hope you all agree, is making us feel much better – we've even been able to take the opportunity to tidy up the Project garden.

I hope everyone enjoyed last month's Spring Lunch? I know that I did, especially

the entertainment provided by the Senior Southern Light Singers – they had everyone singing along and laughing at their jokes.

Remember, if you have any ideas for future events you'd like to see at Prestonfield please speak to one of the User Group and they will raise it at the next User Group meeting.

## The Singing Group

Our very popular singing group is starting again at the end of the month.

As usual the singing group will be led by a pianist and the words to songs will be projected on a big screen for all to see – they will be playing all the popular songs and classics that you will no doubt be familiar with.

If you want more details or would like to register your interest then please talk to a member of staff.



**"When April steps  
aside for May,  
Like diamonds all  
the rain-drops glisten;  
Fresh violets open  
every day:  
To some new bird  
each hour we listen."**





## This Month in History...

In May 1994 who became president of South Africa?

Which famous nurse was born in May 1820?

The author of the James Bond books was born in May 1908, what was his name?

What was the name of the world's first postage stamp, first used in May 1940?

What was celebrated on 8<sup>th</sup> May 1945?

What did Roger Bannister do in May 1954?

*Nelson Mandela, Florence Nightingale, Ian Fleming, The Penny Black, VE Day (Victory in Europe), He ran a mile in under 4 minutes*

## Growing Number of Adults Developing Hayfever

More than half a million more middle-aged people will develop hay fever over the next decade, amid concerns that the planting of exotic plant species in Britain is causing a surge in late-onset allergies.

Among treatments are pollen barrier balms, which are applied to the nostrils to

prevent irritation, and antihistamine tablets, but as yet there is no cure for hayfever.



## 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 14<sup>th</sup> May** 4.30 pm to 6 pm – Carers Supper with a presentation entitled “Oh Good, Lunch Is Coming” about encouraging people with dementia to eat well.

**Monday 26<sup>th</sup> May** 10.30 am to 12 pm – Carers Drop-in with a presentation entitled “Taking Positive Steps To Avoid Trips and Falls”

## Prestonfield Reading Group

The book group are currently reading Peter James' “A Perfect Murder” and the theme for our next meeting will be The Garden, so please speak to a member of staff if you would like to hear your favourite horticultural poem or short story.

## Day Centre Events to look forward to in May...

**Wednesday 14<sup>th</sup> May** – Carers Supper

**Monday 19<sup>th</sup> May** – User Group Meeting

**Monday 26<sup>th</sup> May** – Carers Drop-in

**Monday 26<sup>th</sup> May** – The Singing Group

**Wednesday 28<sup>th</sup> May** – The 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 or Betty Croll.