



let's do this together...

Dementia Friendly Communities Ltd

# NEWSLETTER

June 2018

Issue 2

**A lot has been happening at Dementia Friendly Communities Ltd (DFC) since our first newsletter was published back in February 2018. Read on to find out what we have been up to over the last 3 months...**

## **BIG Funding success!**

In April 2018 DFC was awarded £112,000 by the Big Lottery Fund for the next 3 years to help us with our core costs and to ensure we can continue to offer our various community projects including; Helmsdale Village Hub, Dinner To Your Door, Bridge Over Troubled Waters, Art 'n Blether and Helmsdale Men's Shed. Ann Pascoe, DFC Founder and Director commented "BIG Lottery funding got us started in 2012, so it is indeed gratifying to find them still willing to support our rural community work after six years ... this is sustainability at its very best. Thank you BIG!"



## In This Issue

- \* Funding success for DFC
- \* Marathon fundraising effort raises £1475 for Helmsdale Village Hub
- \* Modern Apprentice Business Administration vacancy for 16– 19 year old
- \* Dinner To Your Door news, pictures & menu for June
- \* Helmsdale Village Hub news & 'what's on' activities for June
- \* Helmsdale Dog Show returns Saturday 23rd June
- \* Art 'n Blether programme

## **Fiona goes the distance to raise funds for Helmsdale Village Hub**

Fiona Sutherland-Young originally from Strath Halladale in Sutherland ran the Stirling Marathon at the end of April 2018, raising a fantastic £1475 for Helmsdale Village Hub. Fiona made the decision to run the marathon in memory of her mum who sadly passed away last year after living with Parkinson's with associated dementia since 2014.

Fiona said "Mum's diagnosis was devastating for both her and our whole family. Living in the far North of Scotland there are very few support services available and help was few and far between. After a year of home care we were forced to place my mother into care where she remained until her passing in October 2017. I took up running only a few years ago after suffering from anxiety. I'm not a natural runner but after the devastating loss of my mother, who was my only parent left it helped me cope every day with my grief. I decided to challenge myself to a full marathon, this gave me something to focus on instead of

my sadness. I wanted to give something back to a community that do have support services for those with a dementia diagnosis and make sure they get something out of it like a fun trip for ice cream or to the beach. It's important that small groups like the Helmsdale Village Hub are supported because they are a lifeline for families in rural areas and it still gives independence as well as fun when life may seem very bleak."

Karina Ross, DFC Programme Manager commented "We are very grateful to Fiona for raising funds for the local Hub, this money will be used for a variety of trips for our Hub members to enjoy over the summer and beyond. Well done Fiona!"



**Above:** Fiona completed the Stirling marathon in 4 hours 58 minutes

## Job Vacancy

### **Business Administration Modern Apprentice (16-19 year old)**

DFC currently have an exciting opportunity within our office team for a Business Administration Modern Apprentice to help and support with the administrative tasks involved in successfully running our various projects.

The Modern Apprentice will undertake and be supported to achieve up to SVQ Level 3 in Business Administration.

To find out more call our Programme Manager Karina Ross, 01431 821655

# News from Dinner To Your Door...



## More than just a meal delivery service!

For many of our customers Dinner To Your Door is about much more than having a freshly cooked meal delivered to your at home by our Delivery Driver Fiona. It's about seeing a friendly face, having time for a chat and dropping in on people to make sure they are ok.

Annora Polson from Helmsdale has been enjoying Dinner To Your Door for over a year now and said "the meals are beautifully cooked and very good value for money. It's nice not having to cook every day and the portion size of the meals are large enough to sometimes last me two days".



**Above:** Our delivery driver Fiona with Helmsdale customer Annora Polson

Our Dinner To Your Door meals are delivered to Helmsdale and surrounding areas on a Monday and Wednesday and Brora and Golspie areas on a Tuesday and Thursday each week. Why not give Dinner To Your Door a try for yourself? It doesn't matter if you are young or old, live alone or have a family. Our meals are for everyone! Give us a call to find out more on 01431 821655.

## Dinner To Your Door meals are:

- *made fresh every morning by our Cook Michelle and the team*
- *are available for everyone*
- *delicious and nutritious!*



**Above:** Tomato Soup



**Above:** Roast Chicken

- A 3 course meal is only £6.50
- Delivered straight to you at home



**Above:** Sticky Toffee Pudding

## Dinner To Your Door Menu - June 2018

Date	Starter	Main	Dessert
Mon 4th & Tues 5th June	Cream of Mushroom Soup	Shepherd's Pie	Raspberry Roulade
Wed 6th & Thurs 7th June	Minestrone Soup	Creamy Mustard Pork	Pear & Almond Sponge
Mon 11th & Tues 12th June	Butternut Squash & Sweet Potato Soup	Chicken & Ham Pie	White Chocolate Cheesecake
Weds 13th & Thurs 14th June	French Onion Soup	Sausages & Mash with Onion Gravy	Bread & Butter Pudding
Mon 18th & Tues 19th June	Chicken & Rice Soup	Roasted Vegetable Quiche	Mixed Fruit Trifle
Weds 20th & Thurs 21st June	Cream of Tomato Soup	Beef Hot Pot	Apple & Blueberry Crumble
Mon 25th & Tues 26th June	Scotch Broth Soup	Minced Beef & Onion Pie	Lemon Tart
Weds 27th & Thurs 28th June	Root Vegetable Soup	Chicken Casserole	Banoffee Pie

## MEAL PRICES & ORDERING

Soup, main & pudding:	£6.50
Main & pudding:	£5.00
Main & soup:	£5.00
Soup & pudding:	£3.50

We also have frozen meals available on request, please ask for more information.

To make an order  
 Telephone: 01431 8216555  
 Email: [hello@dementia-friendly.com](mailto:hello@dementia-friendly.com)

## Hub Open Day Success!

On Saturday 17th March we held our first Helmsdale Village Hub Open Day at Helmsdale Community Centre. This was a free event for the whole community showcasing the best of what is regularly on offer at the Hub.

Throughout the day there was live music, bingo, arts & craft activities, a baking stall, mini reiki sessions, a nail bar, exercise demonstrations, a pop-up shop, a raffle and the day was rounded off with a fantastic demonstrations from local dancers. For the youngsters the minions movie 'Despicable Me 3' was shown on our large cinema style screen, there was a lucky dip, face painting and art & craft sessions. Our Dinner To Your Door Café offered freshly made soup, sandwiches and a number of delicious puddings as well as tea, coffee and home baking.

The Open Day was a great day out for the whole family and raised a fantastic £518.

A big thank you to all those who came along and supported the event as well as Dementia Friendly Communities staff and volunteers who made the event possible. We hope to run another Hub Open Day again in 2019!



Above: Everyone enjoying the Open Day Dinner To Your Door café



Above: Local youngsters at the Open Day who enjoyed having their faces painted

## A DAY OUT

Our Scottish weather can be so unpredictable. How many of us have seen all the seasons in one day? How quickly it can change, most of the time changing any plans we have made. No wonder it is always spoken about in our conversations.

At the Hub the weather can make a difference to our plans too. Everyone loves to have a day out. We certainly do, especially when we visit the Bay Owl at Dunbeath as we did in April. We try to book our trips in spring, summer and early autumn, avoiding winter. We thought the end of April would be a safe bet to organise a trip!



Above: Hub trip the Bay Owl, Dunbeath

Well the day before the weather was terrible. Wet and very windy, in some places snow! We were worried our day out might be cancelled! In fact it was the opposite. Although it was not the warmest day, it was dry with spells of sunshine.

The bus run to Dunbeath was lovely, with the sun shining all the way. When we arrived the sun was beaming through the glass and shining on our table. The view from the restaurant is amazing, looking onto the castle and down onto the sea. It was fantastic to have all our Hub members together, as not everyone comes every day. We sat and had a delicious meal and some wine, followed by tea and more chat. Too soon it was time to leave. Again it was a lovely drive home, dry and sunny. We can't wait for our next trip in July. At least we won't have to worry about the weather!

Below: Our view looking out to Dunbeath Castle



## Helmsdale Village Hub - Activities Programme for June

### Monday 4th June

Hub to Harbour Walk & Exercises

### Wednesday 6th June

Visit from local Nursery Children

### Friday 8th June

Music with Jimmy Melville & Game

### Monday 11th June

Gardening & Exercises

### Wednesday 13th June

Prize Bingo & Film

### Friday 15th June

Line Dancers & Choir

### Monday 18th June

Hub to Harbour Walk & Exercises

### Wednesday 20th June

Prize Quiz & Games

### Friday 22nd June

Singing Mobile Library & Games

### Monday 25th June

Games & Exercises

### Wednesday 27th June

'For Fun' Bingo & Dominoes

### Friday 29th June

Cream Teas & Pop-up Shop

**All Welcome!**

**Helmsdale Village Hub,  
Community Centre lounge,  
Every Monday, Wednesday &  
Friday from 10.30am-2.30pm  
2 course lunch served at 12.30**

# In other news...

Helmsdale Dog Show returns on  
Saturday 23rd June at  
Helmsdale Community Centre:



## THE HELMSDALE DOG SHOW

### 10 CATEGORIES INCLUDING:

Best Pedigree, Best Cross-breed, Best Small Dog, Best Large Dog,  
Best Veteran, Dog with Waggiest Tail, Best Biscuit Catcher  
and More!

(£1 entry per class)



#### ALSO ON THE DAY:

- Best Recall, Can your dog avoid the Distractions?
- Prize for the Fastest Small Dog & Large Dog
- Dinner To Your Door Café
- Baking Stall and Craft Stalls
- Reiki (for dogs and humans)
- Raffle, Name the Unicorn and much more

For more information pick up a leaflet at Helmsdale Community Centre

Visit the Dementia Friendly Communities Facebook page

Call 01431 821655

or email: [wendy@dementia-friendly.com](mailto:wendy@dementia-friendly.com)

At Helmsdale Community Centre

**Saturday 23rd June**

Registration 11am - 12.15

Show starts 12.30



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## Art 'n Blether

Our popular art classes continue in  
June/July with the following programme:



6<sup>th</sup> JUNE: PAINTING  
INSECTS  
13<sup>th</sup> JUNE: PORTRAITURE  
20<sup>th</sup> JUNE: FIELD TRIP  
27<sup>th</sup> JUNE: TREES IN  
WATERCOLOUR  
4<sup>th</sup> JULY: ANY SUBJECT/  
MEDIUM

**When:** Every Wednesday  
afternoon

**Time:** 1.30-3.30pm

**Where:** Helmsdale Community  
Centre

**Cost:** £5 per session plus tea/  
coffee and home baking £2

ALL WELCOME!

To book or for more information  
contact: Anne Little, DFC

Tel: 01431 821655

Email: [art@dementia-friendly.com](mailto:art@dementia-friendly.com)

## Contact Us:

If you would like to find out more about any of the  
services we offer please get in touch.

Dementia Friendly Communities Ltd  
The Community Centre, Dunrobin Street, Helmsdale  
KW8 6JA

Tel: 01431 821655 Email: [hello@dementia-friendly.com](mailto:hello@dementia-friendly.com)

*In the community, for the community, by the community*