



# THE CARE AND SHARE NEWSLETTER



Christmas 2019

It will soon be 2020! Can you believe it! We have had a busy Autumn with the Rangers Session at Aden, Come Dine with Shared Lives Final, Parkmore Activity Weekend and the Red Cross First Aid Session! Read about them in this issue.

Thank you to Brian and Sarah for their articles- they both entered their local Flower Show and won a prize! Rachel also typed up an article on the Chatty Daisy Group BBQ which was composed by the Chatty Daisy Group!

2020 is set to be a busy year with events, with Glensk Weekend, curling, a Planetarium visit, and Glenmore all planned for the first half of the year! See the 'Dates for your diary' Section.

We wish you all a peaceful festive period.

## In this issue:

-  Sarah's entry to the Ellon Flower Show
-  Brian's entry to the Johnshaven Flower Show
-  Goodbye again from Ann
-  The Chatty Daisy Annual BBQ
-  Red Cross
-  Aden Country Park
-  Parkmore Activity Weekend
-  Come Dine Final
-  Dates for Diary
-  Did you know?
-  Puzzle Page
-  Important Contacts

## Sarah's entry to the Ellon Flower Show

Joyce from Shared Lives supported Sarah to design a photo frame for the Ellon Flower Show. There was restricted preparation time for Sarah to complete this task during her time with Joyce. However, Sarah with support from Joyce took the frame and materials home which allowed Sarah to continue designing the frame independently at home. Sarah and Joyce worked in partnership to plan how this might be achievable in such a short time span. (only 10 days to prepare) Sarah used her initiative and decided for this to be possible she would have to plan her time at home carefully and do it bit by bit every night. Sarah entered the competition and won first prize!



Joyce was extremely proud of Sarah achieving this!

Sarah said she found it relaxing therefore didn't feel the deadline for entry a pressure and also rewarding winning 1<sup>st</sup> prize! Well Deserved and Well-Done Sarah!

## Brian's entry to the Johnshaven Flower Show

Every year in Johnshaven we have a Flower Show. Not only for flowers but also for woodwork, baking and crafts. Brian entered a beautiful stool he made at his work in Milltown. The legs are made of stripped willow. Brian hand-drilled in a thick plank and fitted the legs. Then he sanded and varnished it. It looks great! Brian got the second prize for Section H, Industrial, Article in wood. Well done Brian!



Shiri and Andy, my Shared Lives Carers, also entered. Shiri won a prize for a crochet article with her 2 elephants, and Andy won a prize with his hummus. Brian says: "We like making things!"



## Goodbye again from Ann Brodie

I have once more finished my second contract with Shared Lives. I have been with the scheme for 14 months this time and it has been a brilliant experience for me. My role again was highlighting the service all over Aberdeenshire with the add on of promoting the Older People's Rural Project. This took me further afield to villages that I had not been to before. I met excellent older people groups and voluntary services whom serve their areas and provide a very much needed social groups and opportunities for older people whom are isolated. I have found everyone very helpful and accommodating to my role in relation to my pragmatic approach to finding out what there is for older people in the Marr area.

I would like to thank Sue, Nicola and Wendy for their great team work and support for me in my role. This time myself and Pauline have managed to at least work for a couple of weeks together before I leave. I have enjoyed meeting all the Family carers, Shared lives Carers and the people who use the service at monthly activities and the residential weekends. I was so chuffed to see how the Chatty Daisy group has progressed and developed well done to all of you.

Lastly Granny Brodie is to become a granny again so my life will be busy babysitting again but with two grandchildren to look after now. My last day with Shared Lives will be at Parkmore which I feel is a good way to end as it is my favourite weekend away. I am hoping to come to Glenmore next year for the Saturday activities so will see some of you next year. Shared lives is a great service and something special to be part of. I had my last Shared Lives display stand at the ARI Community Corner so hope you like the picture. Best Wishes Ann



## The CHATTY DAISY Annual BBQ



The Chatty Daisy Group planned and hosted a BBQ.

It was held in the Happy Daisy Garden at the Salvation Army Peterhead on 7<sup>th</sup> August.

We invited carers parents family support workers friends and the community.

We had burgers hot dogs salad cakes tea coffee and puddings it was lovely.

We all had jobs to do Sarah and Gavin designed the invites.

Michael was Sue's chef Sarah helped Wendy with the meringues.

Gilian Michael Fran helped prepare food George welcomed us Joyce served us Colm helped collect the money.

Weather was good and the line dancing was fantastic.

Thank you all for coming.

Written by the Chatty Daisy Group and typed by Rachel.



## Red Cross First Aid



In September Shared Lives was joined by Heather Roy from the Red Cross for a session in First Aid.

We learnt how to use whatever is at hand in an emergency to help either ourselves or someone else.

Here Garry is using his jumper to make a sling for an injured arm.



And Paul has used a tea towel to stop the bleeding on his hand. He has raised his hand above his head as this helps stop the bleeding too.



Gilian demonstrated how to do chest compressions if someone's heart has stopped. A good rhythm to administer chest compression to is 'baby shark'!

Rachel showed us all how to put someone in the recovery position if they are unconscious.



We had some other helpful advice from Heather:

- Dial 999 in an emergency. It is a good idea to have a note of our postcode near the phone as we will need this to tell the ambulance where to find you.
- If you are home alone say 'good morning' to the mirror. If you can't do this and normally can you need to get help.
- Heather recommended we pick up a 'Message in a Bottle' kit from our GPs.

[www.lionsclubs.co/MemberArea/message-in-a-bottle](http://www.lionsclubs.co/MemberArea/message-in-a-bottle)

The Message in a Bottle kit includes a form, where personal and medical information is detailed. This is placed in a distinctive bottle which is stored in the fridge. Two stickers are provided: one for the fridge door and the other for inside of the front door. Paramedics, police, fire-fighters and social services support this Lions life-saving initiative and know to look in the fridge when they see the Message in a Bottle stickers, supplied.

This session was a great chance to learn ways to look after our own health and wellbeing and also that of others.

## Aden for October

At Aden in October we visited the Aberdeenshire Farming Museum which was a great opportunity to learn about our heritage.

Here Fiona and Paul are with a plough which was used in the mid to late 19<sup>th</sup> century (1800s).



We were interested to learn about 'The Book of Deer' which used to be kept at Old Deer in the 10<sup>th</sup> century (900BC).



We shared lunch and then met with Aberdeenshire Ranger Sarah Gosden for an afternoon of orienteering. Whilst following our route on the map Sarah made us aware of our surrounding and helped us appreciate our lovely countryside.

For example, did you know that Yew Trees used to be used to make long bows as their wood is flexible. Although their berries are poisonous.

Also, mice are very tidy eaters. They eat cones like corn on the cob and eat every last piece. Red squirrels tear at the cones and make a real mess.

This huge tree Fiona is standing next to is a Beech tree.



We recommend you visit Aden Park and try the orienteering trail. This can be found online

[www.adencountrypark.org.uk/attachments/120\\_Orienteering%20Course%20Map.pdf](http://www.adencountrypark.org.uk/attachments/120_Orienteering%20Course%20Map.pdf)

More information on the Aberdeenshire Farming Museum can be found at [www.livelifeberdeenshire.org.uk](http://www.livelifeberdeenshire.org.uk)

## Parkmore Activity Weekend- A Pumpkin Patch of Friendship

The Parkmore Activity Weekend began with carving of pumpkins.

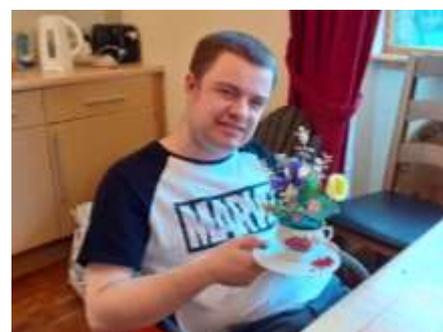
The diversity of pumpkin designs at Parkmore reflects the vibrant and varied personalities, skills and achievements each person brought to the weekend. Together we created a beautiful display and together we created a successful weekend which without one person would have been very different.



One participant felt that Parkmore was special because

“(you) make new friends and meet the Shared Lives family”.

A family supports one another, grows together and are linked by common bonds. This Shared Lives family is given the opportunity to grow and sustain these bonds at activity weekends, by taking part in activities like archery, mindfulness, tai chi, shiatsu, Italian cooking, flower pot men making and flower arranging.



The connection is felt throughout the rest of year in ongoing friendships and the sense of wellbeing this brings.

“Being able to give a helping hand to others was a pleasure; it broadens my mind”



You may remember our Shared Lives Ambassadors had their first challenge at the Glenmore Activity Weekend. At Parkmore for the first time the Ambassadors presented the Ambassador’s Achievement Award. The

group had met prior to the weekend to discuss what qualities or achievements they might like to present an award for, as well as designing a unique certificate.

Throughout the weekend they were on the lookout for a special individual who went the extra mile and shone throughout the weekend.

After some discussion they proudly presented the award to Andrew on

the Saturday evening during the Awards Ceremony. Some of the comments from the Ambassadors that led to this decision were “He tried hard throughout the weekend.” “He gave everything a go, even in the rain!” “He’s a really nice guy.”

Andrew was pleased to receive and read his certificate in Braille. Andrew thanked everyone and said how he was going to take the certificate home for which he seemed proud.



One of those who came along was touched by “the friendly atmosphere and being greeted by the ambassadors”. Thank you Ambassadors!

## Come Dine with Shared Lives Final

In November we held the final of the Come Dine with Shared Lives competition at the Garioch Community Kitchen. And we are pleased to announce that we have 3 winners!!



Here are the recipes of the three winners:

### Andrew’s Flapjacks



9 oz oats  
5 oz sugar  
6 oz margarine

Preheat the oven to 180C  
Melt butter in a pan, mix in the oats and sugar. Mix well.

Pour onto a baking tray and press down.  
Bake in the oven for 10-15 minutes or until golden brown.

### George’s Fruit Salad

Strawberries  
Tin of pineapple  
Bananas  
Plums  
Maple syrup  
Lime



Wash the strawberries and plums. And chop to bitesize pieces.

Put in a bowl with the pineapples.  
Add chopped bananas.  
Zest the lime into a small bowl. Add some maple syrup and stir.  
Add the dressing to the fruit and mix well.

### Maggie's Cheesecake

14 Digestives/Chocolate – crushed  
60g Melted Butter  
30g Caster Sugar + 1 level spoon Cinnamon  
225g Philadelphia  
142ml Double Cream  
150g Bar Chocolate



Stir melted butter into crushed biscuits  
Line tin with it and put in fridge  
Stir sugar into Philadelphia cheese  
Lightly whip cream and fold into cheese mix  
Stir in melted chocolate  
Spread over biscuit base  
Refrigerate overnight.

## Dates for your diary



**6-7 March 2020- Glenesk Activity Break.** Join us for an activity packed overnight in the Glens at St Drostan's. More information to follow.

**22<sup>nd</sup> March 2020- Curling Taster Session at Curl Aberdeen.** Our session begins at 12:15md and there is an opportunity to purchase snacks and drinks. Cost will be £6.50 per person with carers being free.

**25<sup>th</sup> April 2020- Planetarium at Aberdeen College, Gallowgate Campus, Aberdeen at 11am.** Join us to learn about the solar system and beyond with Dr. Aakash Welgamage Don (Lecturer in Science).

**12<sup>th</sup>- 14<sup>th</sup> June 2020- Glenmore Activity Weekend**

**11<sup>th</sup> July 2020- Open day and guided tour Forvie National Nature Reserve at 10am bring along picnic lunch**

## Did you know??



Aberdeenshire Council have launched a **supported bus services survey** to help them make decisions as relating to services such a local bus and dial-a- bus. You can find out more and complete the survey here

<https://online.aberdeenshire.gov.uk/apps/news/release.aspx?newsID=5542>

Or Printed copies are available in local libraries, Aberdeenshire Council offices, Ellon Park & Ride, and Peterhead Interchange until the 9<sup>th</sup> December.



You may have heard that there is to be an **election** on Thursday 12 December 2019. Mencap have devised an easy read guide to voting in general elections which some may find useful. [www.mencap.org.uk/get-involved/campaign-mencap/easy-read-guide-voting-general-election](http://www.mencap.org.uk/get-involved/campaign-mencap/easy-read-guide-voting-general-election)



**open for nominations! If you wish to nominate someone in one of the 8 categories, you can find out more information by following this link.** [www.sclcd.org.uk/learning-disability-week/learning-disability-awards/](http://www.sclcd.org.uk/learning-disability-week/learning-disability-awards/)

The categories this year are:

- Community champion
- Skills and learning
- Social enterprise
- Employee recognition
- Creative innovation
- Sports achievement
- Family carer and their relative
- Living your best life.

The awards are a fantastic experience for all involved. We highly recommend nominating someone you feel deserved recognition.

If you have a **power cut, you only need to dial 105** and you will be connected to your local operator for advice and support! A very useful number to know with Winter being upon us.

[www.readyscotland.org/are-you-ready/loss-of-utilities/](http://www.readyscotland.org/are-you-ready/loss-of-utilities/)

## Puzzle Page



# CHRISTMAS WORD SEARCH



O P R I N L I G G Q Q R G L U N H Z E F  
C H Z Q E J A O R E I N D E E R I R L Q  
M B M O L S Z T V W U P O B N D T T V V  
N H N J O L L Y N U Y E N M I H C C E U  
X P M N P P S F I A G K A C L Y V H S Z  
D L A E H X C E L B S F P G C E T Q E G  
Z O M N T H E D A Y S G N I T E E R G M  
S D Z I R V T Q P S G S B W C C P W V Q  
P U I Z O V A J A E O R U A C F S O G S  
G R E H N X R L B P Y N N N H R S O I L  
B N Z C S T B H J O M D P I M O A B V M  
Y M I S T L E T O E Y R D E E S M C I U  
G O C N O R L D K C O Q O N R T T W N B  
W K Y Q C Z E J A G O V T D R Y S D G Q  
L O R T K L C N I C G P N R Y L I N X S  
J N X J I R E F B A V A P J E H R D C Z  
X L W O N H T A E R W V I I L E H A Y E  
W L R D G Z G Y L D J C G N X E C M B O  
M Y A D I L O H L S U H J A W N Z A M J  
I X P D B T V H S K M W S E L D N A C U

BELLS	RUDOLPH	ELVES	JOY
CANDLES	SANTA	FROSTY	MERRY
CANDY CANE	SEASON	GIFT	MISTLETOE
CARDS	SLEIGH	GIVING	NOEL
CELEBRATE	STOCKING	GREETINGS	NORTH POLE
CHIMNEY	TREE	HOLIDAY	REINDEER
CHRISTMAS	WREATH	JOLLY	



## Important contacts

If you have an article you would like to appear in the next issue of the Care and Share, then please get in touch with Wendy.

Any other enquiries please do not hesitate to contact us on one of the numbers below!

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