



Highland Senior Citizens Network

Nothing about us without us

Autumn Newsletter 2019



- **Chairman's Introduction**
- **Highland Council Welfare Support Team**
- **Inverness Get-together**
- **Kincraig Wildlife Park**
- **Badenoch Shinty Memories**
- **Pop-In at Smithton Church**
- **Out and About with Our Co-ordinators**
- **Age Friendly Forests**
- **Dead Good Cake and Chat**
- **News Snippets**
- **Action on Hearing Loss**
- **N4H - Nature For Health**
- **Cycle to Health**
- **Bold - Bringing Out Leaders in Dementia**
- **Rowan Lore**
- **The Highlander's Museum, Fort George**

Our Chairman's Introduction

The HSCN and Age Scotland 'Get-together' meeting held in the Merkinch Community Centre in Inverness in early September was a 'first'. It was the first time that men attending outnumbered the fair sex. This was not by chance. Those arranging the meeting had specifically aimed the content at men, and canvassed delegates accordingly, as men are invariably under-represented at gatherings and groups across Highland.

We heard from a wide range of organisations providing activities that promote both physical and mental health. Not surprisingly the growing contribution from Men's Sheds across the Highlands was well represented, as was the chance to learn about other opportunities catering for a wide range of interests.

A talk from Dr Martin Wilson, Consultant Physician, highlighted the increased quality and quantity of life for a growing number of older people. However, he also raised issues that all of us lucky enough to be relatively healthy in our advancing years need to think about. For example, things that could end our independence – possibly quite suddenly:

- Loss of driving licence
- Unable to manage our accommodation
- No access to care support

How many of us plan ahead for such changes in circumstance?

The positive news is that social interaction saves lives and keeping active, being connected, taking notice, keeping on learning and giving, are five ways to wellbeing. Involvement in the Third Sector is one of the best ways to meet these goals. The statutory sector needs to be constantly reminded of this and support us all with more than warm words.

Ian McNamara





The Highland Council
Comhairle na Gàidhealtachd

The Highland Council's Welfare Support Team:
Support to maximise and manage your income

Free, confidential and impartial help.

Our welfare specialists undertake benefit checks to ensure you are not missing out on any benefits or entitlements, and complete benefit forms on your behalf.

The Council's specialists will even challenge and appeal decisions about your claims and help you to budget and to deal with other money matters.

Don't miss out, find out.

Getting in touch with our welfare specialists is the first step to maximising your potential income and managing your money well, please phone **0800 090 1004**.

If you are unable to meet with us at our offices, our welfare specialists are available to visit you in your home.

Our Officers are also available to attend events held throughout the Highlands.

A packed programme at Age Scotland & Highland Senior Citizens Network's recent Inverness Get-together focussed on activities and services potentially attractive to older men. Despite the title, "More than Men's Sheds", we were delighted to welcome Age Scotland's Community Development Officer (Men's Sheds), Tim Green, to highlight the progress and benefits of this growing movement. A report of the day, including contacts for all speakers, should be available in early October. If you want a copy, please contact Jo: jo-hscn@outlook.com or 07933 653585

KINCRAIG WILDLIFE PARK VISITOR CENTRE PLANS

Two members of staff from the Royal Zoological Society of Scotland (RZSS) visited our August Board Meeting as part of audience consultation for their exciting plans for a new £1.6 million visitor centre at Kincaig Wildlife Park.

Beccy Angus, Interpretation Manager, and Suzanne Scott, Head of Discovery and Learning, outlined the proposal for a three storey purpose built visitor centre to include exhibition and education space alongside a café, function room and shop. Views from the meeting, and from a wide range of community engagement activities, will assist the team in shaping plans for a submission to the National Lottery by December.

Highland Senior Citizens Network was delighted to have been asked to contribute to discussions on this exciting development, and we wish the RZSS team the best of luck in their bid. Fingers crossed!



We are on Facebook

Please take the time to **"like"** our page or **"follow"** us.

Visit our website

www.hscn.co.uk



Good News from Badenoch Shinty Memories

I'm delighted to have recently taken up the position of Project Officer here at the Highland Folk Museum in Newtonmore, working in collaboration with Badenoch Shinty Memories. The museum has a wonderful collection of shinty objects, from early examples of sticks and balls, to modern medals, and numerous year books and photographs.

Throughout the project, I'll be researching and digitising what we already hold in the collection, and using this as a resource to engage audiences, particularly those who are living with dementia or who might be suffering from isolation, depression or other mental health issues.

Shinty is a huge part of the local community, and it has the power to bring people together to share their memories (even if those are of rivalries!). It is a game that has touched the lives of countless individuals in the Highlands

– not only of those who played the game but also those who might have supported family members or spouses in their sporting endeavours, followed a team, sat on a club committee or baked cakes and biscuits to keep players and fans going.

It's really exciting to be supporting the work of Badenoch Shinty Memories in developing their reminiscence activities and events, and building on what they have already achieved in the past year. We're working towards having a regular programme of activities, such as Shinty Memory Cafés, where there'll be a chance to peruse old shinty photos and objects, and spark some memories and conversations with longstanding (and hopefully some new) friends. We hope to see you there!

Event details will be shared on our Facebook page <https://www.facebook.com/BadenochShintyMemories/>.

For any enquiries, please get in touch at badenochshintymemories@gmail.com or 07743 686270.

This 18 month project is supported with funding from Museums Galleries Scotland and the Life Changes Trust. The Trust is funded by The National Lottery Community Fund.

Helen Pickles
Project Officer (Shinty Memories and Material Culture)

Photo (courtesy of Highland Folk Museum) shows Helen with John MacKenzie MBE and Donnie Grant MBE of Badenoch Shinty Memories.

The **Pop-In at Smithton Church, Inverness**, restarts on Wednesday 4th September, from 10am to 2pm, and every Wednesday thereafter.

Everybody over or about the age of 50 years will be very welcome. Tea, coffee, soup and all the usual food and activities will be available

PLEASE MAKE AS MANY PEOPLE AS POSSIBLE AWARE OF THIS

IF ANY PERSON REQUIRES TRANSPORT PLEASE GET IN TOUCH WITH ME.

Thank you Alan Michael

alan@friendship-services.com T. 01463-790410 m. 07786043984

Out and About with the Highland Senior Citizens Network Co-ordinators

The summer months have been a great opportunity for both Co-ordinators to be out and about meeting folk and planning future work. For the first time we had an information stall at **Proud Ness** and found the experience so rewarding that we want more of our volunteers and members to get involved so that HSCN can also take part in the parade next time. What a joyful and interesting day we had -and some great conversations about what makes good communities and services for everyone!



A colourful, productive, joyful day at Proud Ness

Following on from the Highland Third Sector Interface Conference challenge to do something which makes a difference to mental well-being, Anne has been working with Feis Rois to make the first **“Hello Film”** - and she would like to encourage you to make yours too!

say hello and tell us what makes you happy!

Making your ‘Power of a Highland Hello’ film

These films are about highlighting the great things that happen in communities across Highland when older and younger people come together. Please join in by making a film and letting people know the good things that are happening in your community.

Think of an activity where you engage with other generations, and ask those taking part if they are happy to be filmed.

Decide **what** it is about the group/ activity that makes you smile.

Decide **how** you can show this without using words – feel free to come up with fun/whacky ways of doing this!



Speak to Anne for more information...



Photo courtesy of Gary Williamson Photography
www.garywilliamson.co.uk

Highland Senior Citizens Network's Team was in action at **Great Wilderness Challenge 2019**. Thanks to all who took part on our behalf, and to those who supported them!

Gavin Lee, our HSCN 25 mile runner, pictured here, describes his experience of running in this year's event:

"The hardest event I have ever done. My wee legs covered 42000 steps at the Loch Ness Marathon, but from Dundonnell to Poolewe registered 52000 steps on my Garmin!"

I was a fair bit slower than I thought, due to falling waist-deep in the bog at Shenavall three or four times and going for a header in the river past Shenavall. A proper baptism as it were. By the time I reached the sixth checkpoint, I was pretty spent, but jogged across the finish line in 5 hours and 14 minutes. Weather-wise we were fortunate, as the wind kept the midgies away.

It was a truly amazing experience and, obviously, I loved being out there doing what I love to do. You have to make your own experiences in life, and that was a memorable one!"



Caspar says, "I walked for HSCN too!"

Looking Forward to

Working in partnership....

The Truacanta Project is a new initiative being run by the Scottish Partnership for Palliative Care, and funded by Macmillan Cancer Support. The project will support local communities across Scotland who are interested in taking community action to improve people's experiences of death, dying, loss and care. Up to four communities will receive community development advice and support for a period of two years.

We are shortlisted as one of 12 communities whose "expression of interest" has led to the next stage of working with the Truacanta Project on a full application to be submitted by December. Our successful outline proposal was developed between HSCN, Highland Hospice and Creativity in Care.

Meeting you at our Age Scotland and Highland Senior Citizens Network Get-together Autumn events...

Wednesday 25th September **Wick** Travel and Technology

Tuesday 8th October **Lochinver** Focus on Finance

Wednesday 9th October **Naim** Support to Support Senior Citizens

Thursday 7th November **Lochcarron** Keeping Active

Other dates and venues to be confirmed.

For further details on any of the above, or if you want to talk to us about any ideas for better involvement of senior citizens in Highland, please contact the Co-ordinators

Anne McDonald anne-hscn@outlook.com 07933 653313

Jo Cowan jo-hscn@outlook.com 07933 653585

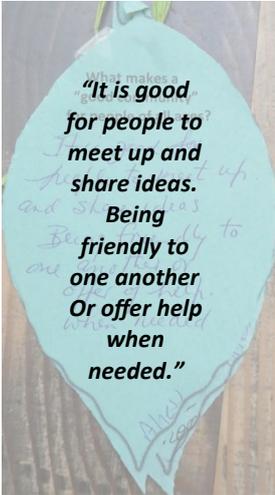


Helping each other with
death, dying, loss and care

HSCN Grows Age Friendly Forests: During the Spring Get-togethers, and at various other events, we asked people to fill in leaves for our Age Friendly Tree to tell us, **“What makes a good community for people of all ages?”** Nearly 400 leaves, including 20+ rainbows at Proud Ness, were completed. We were able to highlight this work at the recent UHI /Scottish Rural Health Partnership Rural Mental Health Conference “Tackling Isolation and Fostering Connections”.



Someone



Something



Dead Good Cake and Chat - End-of-life planning events for community groups

After overcoming the initial hurdles end-of-life planning is empowering and stress-reducing, helping individuals take responsibility for their affairs and make choices congruent with their values. When the time comes (and at some stage it comes for most of us) lack of constructive planning for the last stages in life is a source of tremendous stress for all involved.

Our introductory event helps people in existing community groups to engage in meaningful conversation about a 'thorny' issue. This can deepen relationships and enrich the group. For those who want to engage with getting a plan done - the peer support in a group can prove invaluable.

For more information please email me on deadgood@beforeigosolutions.com or phone 07733247400. I look forward to hearing from you

Cornelia Featherstone (retired GP and Dead Good event coordinator)

Events are organised by

and made possible by a grant from



NEWS SNIPPETS

Police Scotland Driver Engagement North

Police Scotland will be offering workshops for older people's groups using a desktop driving simulator – and highlighting safer driving in later life. Highland and Islands Road Policing's driver safety project for older drivers gives an opportunity to use a desktop driving simulator. The project's aim is to get out to speak to existing groups across Highland, to engage with older drivers, build skills for safer driving, and open up discussion around driving and safety. If you are interested, please contact Sergeant Donald Mackinnon - Phone [01349 869561](tel:01349 869561) or e-mail donald.mackinnon2@scotland.pnn.police.uk for more information.

Spokes for Folks

Guest speakers at our recent Inverness Get-together, Cycling Without Age Inverness (CWA), rebranded in August as **Spokes for Folks**. Over the last 18 months, CWA have taken over 2000 passengers out on free rides, trained over 100 pilots and offer free rides from all central Inverness care homes, the Hospice and Raigmore as well as booked rides for passengers who wouldn't otherwise be able to get out and experience the joy of cycling.

With CWA Scotland's blessing, they decided to set themselves up as a new charity, so that they could expand in a slightly different direction. They will continue to collaborate closely with CWA Scotland, and much of what they do will continue in exactly the same way as before. E-mail address is spokes4folksinv@gmail.com and phone number **07712 524874**.



ACTION ON HEARING LOSS: Hear to Inform and Connect



My name is Hannah Holmes and I am the new Information Officer for the charity Action on Hearing Loss Scotland on the *UK Hear to Inform and Connect* project. The National Lottery funded *UK Hear to Inform & Connect* project aims to provide information in local communities across the country to ensure older people feel better informed about how to manage their hearing loss, and where to access further support in their local area. For more information about the project, please visit the website: <https://www.actiononhearingloss.org.uk/inform-scot>

I became the Information Officer for the North in August 2019 after finishing my MSc in Teaching English to Speakers of Other Languages at the University of Edinburgh. Previously, I worked as an English Language Teacher in Qingdao, China and in Veneto, Italy. My new role allows me to continue facilitating communication without having to worry about ever-changing airline luggage restrictions.

If you would be interested in me attending your group or event to give a talk, deliver an information stand, provide free hearing checks or if you have any questions, please get in touch. My email is Hannah.Holmes@hearingloss.org.uk and my office number is 01738 440723.

I cover Argyll & Bute – Mull/Islay and Jura, Highlands as far as Inverness and Fort William, Moray, Perth & Kinross, Stirling.

Hear to Inform and Connect

Supporting older people with hearing loss, deafness and tinnitus



Nature Walks for Wellbeing



where nature leads the way

September

5th Tomnahurich Bridge CP
12th Muirtown Basin Swing bridge
19th Ness Islands
26th Merkich LNR



October

3rd SNH GG house CP
10th Craig Phadrig CP
17th Dochgarroch Locks
24th Duck Pond
31st Ness Islands

November

7th Tomnahurich Bridge CP
14th Muirtown Basin swing bridge
21st Merkinch LNR
28th Craig Phadrig CP



All walks on Thursdays 1.30 till 3pm

Hot drinks and snacks available during activities.

For more information email:
Stephen@n4h.co.uk
www.n4h.co.uk
No booking required

N4H - Nature for Health

We were delighted to welcome Stephen Wiseman to our recent Inverness Get-Together to tell us about new venture N4H - Nature 4 Health, for Happiness, in the Highlands.

N4H is a registered charity which aims to help people connect with nature, each other and themselves. Their activities allow people to “experience the mindful benefits of green and blue space and the fascinating species we share the planet with.”

Qualified and experienced guides deliver sessions on fire skills, foraging, camp fire cooking (eating and drinking), nature ID, team building games, crafts (e.g. paracord weaving, cordage, spoon carving etc.), navigation and journeying skills. Their Nature Walks for Wellbeing are 90 minute sessions that use nature walks to provide mindful nature-based therapy to those suffering from mental illness, and those just taking care of themselves. (See poster of forthcoming walks)

Check for forthcoming activities on N4H website www.n4h.co.uk, e-mail for information on info@n4h.co.uk or call on 01667 459400.

C2H Velocity - CYCLE TO HEALTH

The Cycle to Health project aims to increase men and women's mental and physical well-being through supportive, regular group bike rides, and welcomes riders of all abilities.

The project starts with a 1:1 meeting with one of our small team who will introduce the project, answer any of your questions and concerns and discuss whether the project is right for you. At the 1:1 we will do a bike assessment with you to understand your level of ability so we can ensure we place you in the right group with other folk of the same ability. We can even teach people of any age over 18 to ride if they can't do so already.

The next step involves four weekly rides in a small supportive group with people of similar abilities, exploring safe routes in and around Inverness, giving you the cycle skills to be able to stay safe on the roads. The group will consist of four participants and two female staff members. For those people who have no interest in riding on roads, you can join us on our car free canal ride sessions.

We hold Canal rides every Monday. We meet at the Jacobite Cruises and just go for a steady social ride at the pace which is comfortable for all in the group. There is a chance to stop en route too. We hold rides on a Monday morning, Tuesday evening and every other Saturday: a mixture of cycle paths and roads. Once a month, on a Tuesday and Saturday, we change the road rides for a Canal ride.

The project is designed and funded for people living in the Highlands, aged 18 years and over, who are experiencing any of the following:

- Low self-esteem
- Feelings of isolation
- Lacking in confidence or motivation
- Low mood or anxiety.

Whatever level you are at, the aim is to give you the skills and confidence to get out, ride safely and feel better. We can provide a bike, bike helmet and waterproofs, if required.

Cycle to Health Team

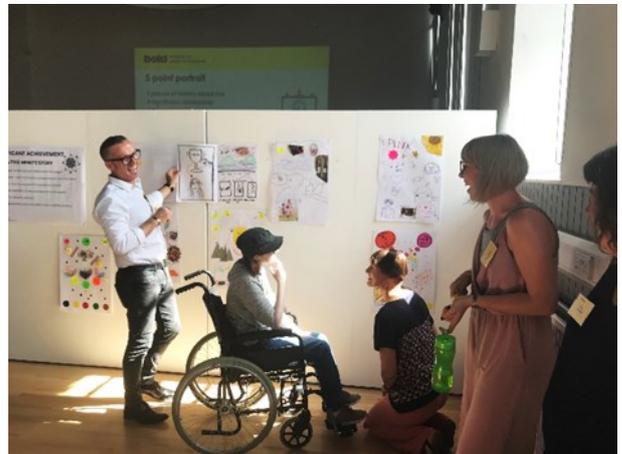
T: 07957 346317 c2h@velocitylove.co.uk



Bringing a Taste of Leadership to Inverness

bold (Bringing Out Leaders in Dementia) is a new five-year project co-led by Queen Margaret University and University of Edinburgh and funded by the Life Changes Trust. **bold** is providing free leadership development opportunities across the whole of Scotland to people of all ages and from all walks of life who are already making a difference in all sorts of ways - in their neighbourhoods, social groups, communities, workplaces and the world around. Starting here in Highland, **bold** aims to grow a movement of leaders who will work with their local communities to help make Scotland a place where: *having dementia doesn't matter for who I am as a person or how I live my life.*

bold ran its first 'Taste of Leadership' at Inverness Creative Academy on 26th July. This inspiring and relaxed community space really helped to set the tone, literally shining a light on the enormous potential in the room. The event attracted a broad mix of local people who are taking steps to increase opportunities for everyone to flourish throughout their lives, including people living with dementia, unpaid carers and people providing informal and formal support. The session offered participants a taste of what being part of the full one year leadership programme might be like. This included opportunities to get creative, share stories, make connections and begin to build relationships. Everyone participated openly and enthusiastically and around 20 people are going on to take part in the full programme, starting with a 2-day workshop at the end of October. The aim is to identify local opportunities to work together to make more of a difference, to ensure that everyone feels part of a movement for positive change and able to contribute to it.



To find out more about **bold** visit

www.bold-scotland.org , e-mail Karen.barrie@ed.ac.uk

or ring Karen on 07516718638



Rowans are rich in Vitamin C, and steeped in superstitious lore. In many parts of the country, cutting down a rowan tree is considered bad luck. The druids believed that burning rowan wood summoned fierce spirits into battle. Planting rowan trees around your house is said to ward off witches. An abundance of rowan berries is said to herald a harsh winter. Rowan and apple jelly is equally delicious with game and cheese!



Highland Senior Citizens Network

Nothing about us without us

Highland Senior
Citizens Network

Box 301

8 Church Street

Inverness

IV1 1EA

Tel 07716 884 989

“Nothing about us,
without us”

Email:

hscn@hotmail.co.uk

Website:

www.hscn.co.uk

Well done and a big thank you to those who took part in the Great Wilderness Challenge.

News of final funds raised coming soon!

The Highlanders' Museum Fort George

The Highlanders' Museum is located within the historic Fort George on the outskirts of Ardersier. It is the Regimental Museum of the Seaforth Highlanders, the Queens Own Cameron Highlanders, the Lovat Scouts and the Queen's Own Highlanders (an amalgamation of the Seaforths' and Camerons' in Feb 1961).

The museum is a charitable organisation which relies on funding from charitable trusts and foundations, donations and our own museum orientated commercial enterprises. We receive no official funding from any government organisation.

We hold approximately 60,000 items and artefacts relating to the Regiments listed, which makes us one of the largest military collections outside of London.

Our staff consist of six full time and one part time member, and we rely heavily on our volunteers for the day to day running of the museum. The volunteers carry out varied roles which range from “Front of House”, where they will meet and greet our visitors directing them in their tour. This also encompasses working in our small gift shop. Volunteers also assist with “Digitisation”, which deals with the uploading of previously ledger documented donations and items onto our computer database, and “Research”, whereby volunteers will, on the request of family members, scour the archive to unearth information on their relatives' service history. Volunteers also carry out general assistance roles such as guides, function assistants and the preparation of future displays.

Volunteers receive induction and training and are always assisted by permanent staff and/or experienced volunteers. The museum recompenses volunteers for travelling by vehicle at a rate of 25 pence per mile to a total of a 30 mile round trip per day. Bus travel requires the receipt to be produced. Volunteers are free to assist whenever they are available, and no volunteer is expected to attend at any specific time or day. Volunteers range from students, the currently unemployed, part time workers, semi-retired and retired persons and it is not a requisite to have served in the military, as few of our volunteers have.

The museum has a family atmosphere and everyone pulls together to achieve its many goals.

Potential volunteers can either contact the museum via the official website, www.thehighlandersmuseum.com/ or telephone Ernie Pope, the Research and Volunteer Coordinator, on 0131 310 8703.



Connect, inform and campaignJoin HSCN today!