



### Chair's Introduction – 'Keeping it Real'

This issue of our News-sheet contains details of our impending conference to be held at the Kingsmills Hotel in Inverness on Wednesday 14th September. It is our first 'face to face' conference since our Covid cancelled conference planned for September two years ago. We are hoping many members and others will take this opportunity to join us for what promises to be a stimulating and enjoyable day.



The theme of our conference is 'Keeping it Real'. We have to accept that events at a global as well as at a national level have made the future delivery of services, along with the rising costs of food and fuel, precarious. We need those bearing the responsibility for such services to have frank and open conversations with service users as to what is deliverable in our world of lived experiences.

We will also spend time exploring 'Realistic Medicine'. The term encompasses the ideals of what matters most to each of us individually; being treated as an equal partner and sharing decisions about our treatment options so that we are supported to make an informed choice about what is right for ourselves. In short, 'Engagement' between those of us receiving care and those delivering care.

**Ian McNamara**

It's lovely to have so many activities and opportunities for involvement to share with you this month. There are opportunities to be musical, artistic and to have fun while sharing your own talents. Support with listening, digital engagement and bringing generations together. Great to see organisations starting back up after Covid. And our final instalment of Adventures with IT, who is all grown-up now and has promised he will not get up to anything newsworthy in the future!

#### Staying in touch with Highland Senior Citizens Network

**Phone or e-mail our Co-ordinators**

Anne McDonald [07933 653313]

[anne-hscn@outlook.com](mailto:anne-hscn@outlook.com)

Jo Cowan [07933 653585]

[jo-hscn@outlook.com](mailto:jo-hscn@outlook.com)

**call** the HSCN phone: 07716 884 989

**e-mail** on [hscn@hotmail.co.uk](mailto:hscn@hotmail.co.uk)

**write** to Box 301, Mailboxes,  
8 Church Street, Inverness IV1 1EA

**visit** our website [www.hscn.co.uk](http://www.hscn.co.uk)

**follow us** on Twitter and our  
Facebook page

## Playlist for Life's 2000<sup>th</sup> Help Point!



When Highland Senior Citizens Network (HSCN) signed up as a Playlist for Life Help Point recently, little did we realise that we were becoming the 2000th Playlist for Life Help Point! We were delighted to hear from the charity that we had helped them reach that special milestone.

As a Playlist for Life Help Point, we now feel able to help to welcome others in too. We want to let as many people as possible across the Highlands know about the benefits for someone living with dementia, and for their family and carers, of bringing together and using their personal music playlist.

It's been great for us to have access to the leaflets, online resources and training provided by Playlist for Life – and to have inspiration provided by others who are involved. We loved the recent Gaelic Playlist compiled by Alzheimer Scotland West Highland for World Gaelic Week!

With things beginning to return closer to normality, we have been getting the message about Playlist for Life across at Highland Senior Citizens Network's face-to-face visits to older people's groups. So far, we have spread the word to Nether Lochaber Afternoon Club, The Glenurquhart Centre and Kinlochleven Salvation Army Home League members. We have also joined forces with another Help Point, Kinlochleven Community Library, in promoting Playlist for Life at two local events: a community health and wellbeing day in March, and a Playlist for Life Carers' Tea Party during Carers' week earlier in June. We are currently trialling a monthly Music Memories Tea-Break there too.



If you want to know more about Playlist for Life, or would like us to come to your group to speak about this great initiative, please contact HSCN Co-ordinators Anne or Jo. You can also visit the Playlist for Life website [www.playlistforlife.org.uk](http://www.playlistforlife.org.uk), e-mail them on [info@playlistforlife.org.uk](mailto:info@playlistforlife.org.uk) or call them on 0141 404 0683

**HIGHLAND SENIOR CITIZENS NETWORK ANNUAL CONFERENCE/AGM**

**WEDNESDAY 14<sup>th</sup> SEPTEMBER 2022, 10:00 am – 3:30pm**

**Kingsmills Hotel, Culcabock Road, Inverness IV2 3LP**

**"KEEPING IT REAL IN 2022" FOOD, FUEL & CARE**

*The challenges facing us as we emerge from a Global Pandemic are bad enough, add to this a European war and its impact on our lives, and we have a perfect storm facing providers of services and the cost of living. We need honest and open conversations about what providers can deliver in these unprecedented times and what solutions we can jointly offer.*

**SPACES ARE LIMITED - BOOKING IS ESSENTIAL**

Soup/sandwich/fruit lunch is provided. Attendance is free, donations appreciated.

**PROGRAMME**

9:30 – 10:00	<b>Registration and tea/coffee</b>
10:00 – 10:05	<b>Welcome</b> – Dr Ian McNamara (Chairman, HSCN)
10:05 – 10:30	<b>HSCN AGM</b>
10:30 – 11.45	<b>Adult Social Care</b> Donald Macaskill, Chief Executive Officer, Scottish Care Simon Steer, Director of Adult Social Care, NHS Highland A Service User's Experience
11:45 – 12:45	<b>Realistic Medicine</b> Dr Kate Arrow
12:45	<b>Lunch</b>
1:30 – 1:45	<b>Raffle</b>
1:45 – 2:50	<b>Focus on Food &amp; Fuel</b> Organisations supporting food and fuel security – to be confirmed
2.50 – 3.25	Creating a <b>bold</b> (bringing on leaders in dementia) moment A creative voice with Lorna Hill, <b>bold</b>
3:25 – 3:30	<b>Wind up</b>



*(The support of Caring and Sharing Highland, The George Macleod Trust and Highland Council Ward Funds in supporting the Conference is acknowledged)*



**Inverness Openarts free art-for-wellbeing sessions** aim to bring together people of different backgrounds and abilities to enjoy creative activities of their choice in a friendly, non-judgemental environment. Participants can build confidence, develop their interests and skills, and enhance their sense of wellbeing.

Each session is delivered by two of our team of four lovely artist-facilitators. They are very skilled at putting nervous participants at ease and encouraging creativity. A wide range of art materials are laid out at each session for everyone to experiment with as they please. The artist facilitators can provide demonstrations and help with techniques if needed. There's no pressure to arrive at the beginning/leave at the end of a session, participants can drop-in and out as they please.

**wasps**—

**Inverness Openarts**



### Free Art-for-Wellbeing Sessions

#### Session Schedule: August – October 2022

**We welcome unplanned drop-ins to the sessions. However, to guarantee a place, if you are planning to attend a session and are able to let us know in advance, this is much appreciated. This helps us to gauge expected numbers.**

**Please also get in touch if you have any queries about the sessions or venues.**

Email: [invernessopenarts@waspsstudios.org.uk](mailto:invernessopenarts@waspsstudios.org.uk) Tel: 07724810263

Like/Follow us on Facebook for regular updates, search: @invernessopenarts

Venue	Date	Time	Artist Facilitators
Inverness Creative Academy	Thurs 18 <sup>th</sup> Aug	10am – 3pm	Jay & Izzy
Hilton Community Centre	Thurs 25 <sup>th</sup> Aug	2pm – 4.30pm	Cecilia & Jay
The Bught Stop	Thurs 1 <sup>st</sup> Sept	2pm – 4.30pm	Cecilia & Lorna
The Bike Shed	Tues 6 <sup>th</sup> Sept	10am – 12.30pm	Cecilia & Lorna
Hilton Community Centre	Thurs 15 <sup>th</sup> Sept	2pm – 4.30pm	Jay & Izzy
Inverness Creative Academy	Tues 20 <sup>th</sup> Sept	10am – 3pm	Cecilia & Izzy
The Bught Stop	Thurs 29 <sup>th</sup> Sept	2pm – 4.30pm	Lorna & Jay
The Bike Shed	Tues 4 <sup>th</sup> Oct	10am – 12.30pm	Izzy & Lorna

## Livingwell Digitally



### Go Digital Highland Drop In Sessions

**Are you a little scared of the internet?**

But wonder if you are missing out by not being online

And have lots of questions that you feel a bit silly to ask?

Are you worried about online safety or don't know where to start?

**Would you like a chance to try things out in an understanding, helpful and friendly environment?**

We are holding a series of free, informal in-person sessions to help you feel more confident about going online. You can bring your own laptop, phone or tablet/iPad or borrow one of ours to try it out. For more info or to let us know you are planning to come along contact **Kirsteen on 07454 905383**

Location	Start date/time
<b>Wick</b> - Pultneytown People's Project Huddart St, KW1 5BA	<b>Wed 24th Aug 11am - 1pm</b> with Near Me & AbilityNet
<b>Invergordon</b> - St Joseph's Catholic Church Hall, 1 High St, IV18 OET	<b>Mon 29th Aug 11am - 1pm</b> with Near Me & AbilityNet
<b>Inverness</b> - Merkinch Community Centre Coronation Park, IV3 8AD	<b>Tues 20th Sept 11am - 1pm</b> with Near Me & Libertie Project
<b>Naim</b> - Community Centre, King St, IV12 4QB	<b>Wed 21st Sept 11am - 1pm</b> with Near Me & Libertie Project

Livingwell Digitally is funded by the Health and Social Care Alliance Scotland ([alliance-scotland.org.uk](http://alliance-scotland.org.uk)),



[www.lgowit.org](http://www.lgowit.org)

LGOWIT is hosted by the Highland Third Sector Interface. HTSI is a Registered Charity SRC043521.



## Tea-parties – looking for more volunteer hosts



It's been over four months since all Covid regulations in Scotland were lifted. For most people this was a release from two years of isolation and restricted movement. But for many older people that longed-for freedom is still something of a distant dream.

Re-engage, the national charity dedicated to ending loneliness and isolation among those aged 75 and over, has found there is a reluctance on the part of some older people to socialise again as they have lost their confidence. The charity, which runs free tea parties through its army of volunteers, is trying to encourage its guests to return to the Sunday events and resume acquaintances with their friends.

Re-engage is looking to recruit coordinators who are happy to devote a few hours to organise the gatherings where the older people get tea, cake, sandwiches and the chance to relax and talk. In the Highlands there are around 160 Re-engage volunteers who host the events in their homes or drive the 80 or so guests to and from the tea parties.

Meryl Davies, CEO of Re-engage said: "Before the pandemic our monthly tea parties provided a lifeline for older people who barely saw another person from one week to the next. Two years of lockdowns and uncertainty have left many lacking the confidence to get back into the outside world. We want them to start socialising again, so they don't feel they have been left behind. But to do that we need volunteers prepared to devote a few hours each month in order to change many lives in their communities.

"Our tea parties are the perfect remedy for those feeling isolated, even more so since the pandemic gripped the country and we want to provide a service that will bring some happiness. Loneliness is a serious health issue and with the over-75s one of the fastest growing populations it needs urgent attention."

One tea party guest, Mary, who is partially blind and was recently widowed after being married for 60 years, described what they mean to her: *"I have no friends and I haven't got a big family. I can't go out much, so I really look forward to the Sunday outings. I can't tell you how much I enjoy them. I don't know what I would do without the tea parties. If I don't have them, I have nothing."*

And Pat, 90, said: *"The people who make these tea parties happen are very special. Without them they simply wouldn't exist. They open up their homes to us. Most of them have children and jobs but still give up their time one Sunday a month, which is just wonderful – so public-spirited."*



If you would like to become a coordinator for Re-engage, please contact the charity at: [Become a tea party group coordinator \(reengage.org.uk\)](https://reengage.org.uk) Or call: 0207 240 0630

## Fun Palaces – have fun, share skills, and eat cake, at Eden Court

Fun Palaces are all about bringing people together to celebrate the genius in everyone, and most importantly have some fun.



Cafe Fun Palaces will be open spaces, open to anyone and everyone. Join us for some fun, a bit of a chat, learn a bit about Fun Palaces or just to enjoy being in the space, all with free tea, coffee and cake.

The next Cafe Fun Palace will be on the last Wednesday of the month (31st August, 28th September and 26th October) from 1-3 pm. Feel free to just drop in for a bit.

Eden Court, Bishops Road, Inverness, IV3 5SA

**Freya Taylor**, Fun Palaces Ambassador [ftaylor@eden-court.co.uk](mailto:ftaylor@eden-court.co.uk)



### Carers Corner

Hearing carers' experiences is a vital building block in campaigning for, and working towards, policies, services, information and training that truly help. Carers UK "State of Caring Survey 2022" is currently open to gather your views as an informal carer. I am not going to lie; it is not the shortest of surveys – so make a cuppa before you settle down to do it!

### State of Caring Survey 2022

The State of Caring Survey is the UK's most comprehensive research into the lives and experience of carers. The 2022 survey is now open. You can complete the survey until it closes on **11 September**.

**TAKE THE STATE OF CARING SURVEY** by clicking on the link

or type in <https://www.surveymonkey.co.uk/r/YRJH3WN>

The survey helps to paint a comprehensive picture of what life is like for carers at the moment, the challenges carers might face, and the impact caring has on finances, health, and wellbeing. If you have any questions about the research, please contact Carers UK policy team by emailing [policy@carersuk.org](mailto:policy@carersuk.org)

## Highland local intergenerational network meetings



Generations Working Together are super excited to announce that we have booked venues across the Highlands to host local intergenerational network meetings and bring you together to learn, share good practice and tell stories about your communities and the intergenerational work that may already be happening and to explore the possibilities of intergenerational practice that you could get involved in.



Intergenerational work is about bringing younger and older people together to spend time and build companionship, whilst sharing skills and experiences that can enhance one another's lives. We have taken delight in contacting the Highlands network to help us source venues to host the 2 hourly network meetings. We were in Inverness in May and people were keen to do more and share intergenerational stories.

GWT encourage you to save the date and share the details of the meetings with your contacts and communities to welcome new people to come along and learn about what it means to be intergenerational and how it can make a real difference to people of all ages.

### Book your place at one of the meetings near you:

- **Kingussie** – 4th October 1pm – 3pm
- **Dingwall** – 5th October 10.30 am – 12.30 pm
- **Wick** 6th – October 1pm – 3pm
- **Fort William** – 1st November 2pm – 4pm
- **Skye** – 2nd November 10 am – 12 pm
- **Ullapool** – 3rd November 2pm – 4pm

Get in touch with **Bella** Kerr, GWT Intergenerational Development Officer, 07927550730 if you are interested in coming along and sharing your intergenerational work and / or if you have any ideas of what you would like to cover – we can put it on the agenda. Looking forward to seeing you later in the year.

**Age Scotland Benefit tip:** People have until 18th August to submit new claims for Pension Credit (PC), which will allow them to access the full £650 cost of living payment. To qualify, you must have been in receipt of PC between 26th April and 25th May 2022, but successful claims can be backdated by up to 3 months. The DWP has said any claims received after 18 August may not be processed in time for the claimant to receive the full £650. For support with this contact the Age Scotland helpline on: **0800 12 44 222**, Free, Monday to Friday 9am till 5pm



## Listen Well Scotland - listening to you

**Listening Time4U (LT4U)** Just launched – a 1:1 Free & Confidential Listening Service being offered in the ‘Listening Room’ at Nairn Community & Arts Centre. This service, offered by our team of Registered Listeners, is open to anyone who wants to talk through a concern or worry which they feel is impacting on their mental wellbeing. The service is available to folk in Nairn, Highland and Moray. In addition to our face-to-face LT4U, we can offer this virtually through zoom or by telephone.



## Meet our team



All the information about our ‘Listening Room’ / LT4U can be found on our website: <https://listenwellscotland.org.uk/lt4u-in-nairn/>

## Our Listening Training Programme

Listen Well Scotland has a full Listening Training Programme for all ages from introductory to Advanced Level. We believe that Listening has a positive impact on mental health and wellbeing and everyone can learn! As a result of the pandemic we are excited that we have been able to adapt all our training programme for face to face, Online and virtual. All our courses are also CPD accredited.

Recently we have also introduced for groups a 2hour interactive and experiential presentation – **Listening for our Time**. For full information on our Training Programme visit: <https://listenwellscotland.org.uk/adult-courses/>

Listen Well Scotland’s Vision is to develop listening people and a listening culture for a positive impact on mental health and wellbeing. LET’S GET LISTENING! and make a difference both for our own wellbeing and that of others. Learn more about the story of our **Listen Well Tartan** – Registered with the Scottish Registry of Tartan [www.listenwellscotland.org.uk](http://www.listenwellscotland.org.uk)

*Listen Well Scotland is a registered SCIO under Scottish Charity Number: SC044382*

## NHS Highland Deaf Services Drop In



### **INVERNESS**

The Mac Café, The Mackenzie Centre,  
23A Culduthel Road, Inverness, IV2 4AN  
Every Monday and Friday, 10am – 12pm

### **AVIEMORE**

The Glen Centre,  
17 Kinveachy Gardens, Aviemore, PH22 1RX  
The last Monday every month, 10am – 1pm

### **ULLAPOOL**

The MacPhail Centre,  
5 Mill Street, Ullapool, IV26 2UN  
Every 2<sup>nd</sup> Tuesday, every 2 months, 10am – 1pm

### **DINGWALL**

Deaf Services, 4 Fodderty Way,  
Dingwall Business Park, Dingwall, IV15 9XB  
The 3<sup>rd</sup> Tuesday every month, 10am – 1pm

### **DORNIE**

Airdferry Resource Centre  
12 Aitemore Road, Dornie, By Kyle, IV40 8FD  
The 3<sup>rd</sup> Wednesday every month, 12pm – 3pm

### **PORTREE**

Tigh Na Drochaid Centre, Bayfield,  
Portree. Isle of Skye, IV51 9EW  
The 1<sup>st</sup> Thursday every month, 12pm – 3pm

### **BRORA**

Brora Village Hub, Muirfield Road, Brora, KW9 6QY  
The 3<sup>rd</sup> Friday of every 2 months, 10am – 12pm

NHS Deaf Services, 4 Fodderty Way, Dingwall Business Park  
01349 868711 07887 833889 [highland.deafservice@nhs.scot](mailto:highland.deafservice@nhs.scot)

## **National Care Service (Scotland) Bill – Scottish Government Workshop**

You may know that the Scottish Government has been consulting on the National Care Service (Scotland) Bill. Although the formal consultation period has closed, the Scottish Government is keen to continue the process of working with stakeholders and as such, they are looking to speak to people with lived experience of care services to inform their design of a future National Care Service. There is an online workshop, providing an opportunity to learn more about the National Care Service (Scotland) Bill and to ask questions. You can register online by clicking on the date:

· [Monday 22 August, 10am to 11am](#)

## Sutherland Friends Call

Are you, or do you know someone feeling  
**lonely, isolated or anxious?**

# Sutherland Friends Call



**Our volunteers can provide you with  
friendly, social contact over the phone.**



**Please contact us for a friendly chat  
and more information.**

All our volunteers are trained and PVG checked.

**Gives us a call on 01408 633001  
Mon to Fri 10am-4pm or  
Email: [contact@vgs.scot](mailto:contact@vgs.scot)**

With funding from SSE and delivery partner for HSTI:



Voluntary Groups Sutherland is a charity registered in Scotland, Charity No. SC001528. A company registered in Scotland, Company No. SC154183.

## Gardeners Corner

Ùisdean, our Gardening Corner guru, will be cross when he gets back from his holidays to find that the gardening "underlings" have been creating optical conundrums with some of the plant juxtapositions. Before he catches up with us, we have a teaser for you. The leaves and the flowers in the photo don't match. Which two plants have we "married" here? (see page 14 for answer)



## NHS Highland Telecare Service – SCAM alert

We have been made aware of a scam which is targeting people who may use the NHS Highland telecare service. Scammers are telephoning individuals asking for payment to provide them with their new digital alarm.

This scam relates to the digital telephone switchover where telecom providers are replacing analogue phone lines with a digital equivalent. This will affect delivery of telecare as the current system uses an analogue phone line to connect alarm calls to the monitoring centre.

Please be aware that NHS Highland are upgrading all telecare alarms to a new digital box over the next two years – this new box will be provided free of charge.



- Telecare will never ask for your bank or credit card details over the phone
- We will never ask you to buy new telecare equipment

## TEC and the Highland Respiratory Service Event

### Transforming the Highland Respiratory Service Event

Join us on **October the 4th (2pm-4pm)** to find out about, and celebrate, what we have achieved during our TEC Transforming Local Systems Pathfinder project. Click on the Eventbrite link below to register your interest -.

[www.eventbrite.co.uk/e/transforming-the-highland-respiratory-service-tickets-344100011397](http://www.eventbrite.co.uk/e/transforming-the-highland-respiratory-service-tickets-344100011397)



Patient information	Patient support	Clinician knowledge	Data sharing & flow
<ol style="list-style-type: none"><li>1. Respiratory Resource Hub – online and on paper</li><li>2. Online open learning and Q&amp;A sessions</li><li>3. Digital access to patient's own medical records</li><li>4. Improved secondary care letters</li></ol>	<ol style="list-style-type: none"><li>5. Improved access to specialist respiratory nurses</li><li>6. Improved access to and uptake of pulmonary rehab</li><li>7. Embed 3rd sector (CHSS &amp; LGOWIT) within the pathway</li></ol>	<ol style="list-style-type: none"><li>8. Improved Respiratory Guidelines on TAM</li><li>9. Improved opportunities for learning &amp; knowledge exchange through:<ul style="list-style-type: none"><li>• Online teaching sessions</li><li>• Multidisciplinary team meetings</li><li>• Joint clinics</li><li>• Mentoring</li></ul></li></ol>	<ol style="list-style-type: none"><li>10. Improved secondary care systems and processes</li><li>11. Improved clinical applications and data sharing for healthcare professionals</li><li>12. Implemented COPD pathway &amp; improved data sharing with SAS</li></ol>

### About this event

This celebratory event is being held online to help ensure that as many of our "stakeholders" as possible are able to attend, including:

- Patients and carers from across the Highlands
- GPs and primary care staff from across the Highlands
- Respiratory specialists (including consultants, doctors, nurses & physios) from across the Highlands & Scotland
- Specialists who work with patients with other long term conditions
- Third sector colleagues who work with respiratory patients
- Members of the national TEC TLS Pathfinder programme
- Colleagues working on other TEC TLS Pathfinders across Scotland

The event will be hosted by the renowned journalist Pennie Taylor and will include short talks, a showcase of:

- Where we were
- What we did and who with
- Where we are now
- Where to from here

And panel sessions with questions, answers, and discussion.

## Gardening with IT

Last month's gardening corner focused on growing, this month's featuring apprentice gardener IT, is rather more destructive!

Followers of the legendary TV Gardener Monty Don will have memories of his late lamented Golden Retriever, Nigel, lying quietly by his master's side as Monty explained the mysteries of gardening. The same cannot be said of IT. The garden is a battle field. Lawns are to be excavated, flowerpots to be emptied', layered rhododendron branches, nurtured for two years, unceremoniously decapitated. 'Live heading', not 'Dead heading', is IT's speciality. In short - horticultural vandalism.

IT has now passed his first birthday and his master, after further training from the maestro, can claim a modicum of control over IT's behaviour. It is however a matter of speculation as to which of them will ultimately claim the crown of alpha male.

It is ten months since IT arrived in his new kennel. IT's master, (the term is applied loosely), will now lay down his pen looking forward to a future relationship that will not include events worthy of reporting to IT's admirers.



It has been a delight to follow the adventures and growth of IT over the last 6 months. He's grown up to be such a beautiful boy and has always been as good as gold when I've met him. Many, many of you have told us how much you have enjoyed reading about his exploits. 'The master' is an excellent author and should turn his writing skills to another subject for future news-sheets!

**Great Wilderness Challenge 2022** A final reminder for anyone who wants to sponsor our wonderful team of HSCN volunteers taking part in the Great Wilderness Challenge 2022; walking, biking, swimming various locations from Poolewe to St Kilda. To sponsor us please get in touch with Jo or Anne.

*Gardener's corner answer: agapanthus and hydrangea*