



let's do this together...

Dementia Friendly Communities Ltd

NEWSLETTER

March 2019

Issue 3

We are changing to...



let's do this together...

Connecting Communities

As of 16th March we will be operating under our new name, **Connecting Communities**

Since we were founded in 2012, our focus has changed from purely dementia friendly work to social inclusion. To reflect this progress, we feel it is time for a change of name.

Dementia Friendly Communities Ltd (DFC) was originally developed in 2012 to support rural dementia families, but over time we have realised *dementia only* is too small a parameter for rural villages and that a *socially inclusive* programme which relies on the compassionate support of the whole community to sustain *all* older folk - irrespective of their situation – was a far better option.

Since 2012 we have spearheaded transformational change for dementia families in remote rural areas. Over the years a socially inclusive community 'Circle of Support' for *all* our older folk - not only people affected by dementia - was developed which is so successful that DFC Helmsdale is now regarded as a model of rural excellence for community support in the Highlands and is working with NHS Highland to roll out a similar Compassionate Community programme across the Highlands.

We would like to reassure our regular members and customers that this change will not affect the work we do and we look forward to continuing to see and support you.

New to the Hub for 2019

This year we are introducing some new, interest-based activities and clubs to the Helmsdale Village Hub.

- ⇒ "Coffee Club" - Monday mornings. Members will have a loyalty card where on their fifth visit, instead of paying £2 for tea or a coffee with home baking it will be free. Membership will entitle you to go on the "Coffee Trail Trip". We shall visit other coffee shops in the surrounding area enjoying different cakes and coffees. Once a month we are hoping to have regular guest speakers or demonstrations. On our first "Coffee Club" day we shall be having our very own Eden talking about her home in the Philippines. Daily papers shall be provided as well as access to the internet with our own tablets.
 - ⇒ Soup, Sweet and Bingo - Friday afternoons
 - ⇒ Creative Writing Group - Wednesday afternoons
 - ⇒ Hub to Harbour walks - Monday mornings. Small walks with company and chat.
- Keep an eye on the Hub Facebook page or local posters for more details.

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Our vision:

For our communities in the Highlands to recognise and embrace the challenges that many older folk (including those with dementia) face in their daily lives and as a community to show compassion in supporting them to live life to the full in their own homes for as long as possible.



Hub to Harbour Walks beginning soon at the Helmsdale Village Hub



Art's new Helmsdale home

The need for more space became a good problem for our Art n' Blether classes last year.

Until late November the classes were held in Helmsdale Community Centre, but as they had been growing in popularity with new members joining every week it was becoming very difficult to fit all of our artists into the space we had.

The classes have now found a new home at The Bridge Guest House in Helmsdale. Although the guest house is closed for the season, owner Hans Henderson kindly offered the use of a large room with warming fireplace and plenty of natural light.

We are so pleased to have found such a fantastic new location for the classes. Hans has been so welcoming, lighting the fire for us before the class begins, which is perfect for the colder weather. The room itself has so much character, which is a perfect fit. It also means that we now have even more space for others who wish to join us. It has been a wonderful move for us.



March Art 'n Blether classes

Woodland scenes - acrylics:

Tues 19th - Seaforth, Golspie, 1-3pm

Weds 20th - Helmsdale, Bridge Guest House, 1.30-3.30pm

Insects - pen & ink:

Tues 26th - Seaforth, Golspie - 1-3pm

Weds 20th - Helmsdale, Bridge Guest House, 1.30-3.30pm

£5 per session + £2 tea/coffee & fresh home baking

For more information:

Tel: 01431 821655

Email: art@dementia-friendly.com

VACANCY

Project Lead for Helmsdale Men's Shed



We are looking to recruit a hardworking, enthusiastic Project Lead for Helmsdale Men's Shed.

Ideally we need someone who is a joiner to trade or has general handyman experience. This role is initially for 6 months but could be extended.

The role would involve a wide variety of tasks including: making items out of wood (planters, bird boxes, furniture, etc); teaching others a range of skills within the Men's Shed; upcycling furniture; involvement in community projects; and ordering materials and tools as required

For this job you will need: experience as a tradesman or handyman; an ability to work on your own initiative with limited supervision; good communication skills; able to prioritise work and good time management skills; a friendly approach and positive attitude; an ability to work well with others; and good planning and organising skills

Hours and Pay: 12 hours per week. Working hours each week are flexible and negotiable - £11.50 per hour

Closing date: Friday 29th March 2019

To apply please submit a CV and covering letter to:
Karina Ross, Helmsdale Men's Shed, The Community Centre, Dunrobin Street, Helmsdale, KW8 6JA. Tel: 01431 821655 or Email: karina@dementia-friendly.com if you have any questions.



Helmsdale Village Hub



Taking a trip

As we head into Spring, it is time to start thinking about our day trips. During the Spring and Summer months we try and have a monthly day out. Last year we managed to go to "The Pier" in Lairg, "The Pittentrail Inn" Rogart, the "Bay Owl" in Dunbeath, "Carnegie Lodge Hotel" in Tain and a wee picnic out the Strath, followed by fish and chips in our local La Mirage restaurant. We were also kindly invited for lunch at the Bradbury Centre in Bonar Bridge. We even broke the mould and had a day out on a Saturday! We went to Home Bargains in Tain, followed by lunch at the Tall Pines in Dornoch. We don't half get about!

We enjoyed our shopping day so much that we are hoping to go more often this year.

Our time out the Strath was fun. We knew it wasn't too far away from home but we made it more interesting by taking along the picnic and stopping by the Kildonan burn at Baile an Ore. We enjoyed some Prosecco too.

This year we are talking about heading north again to The "Bay Owl". We love it there and everyone is so friendly. The view from the restaurant is fantastic. Why don't you join our Hub and come along on our member's day trips, for chat, lovely scenery and food!

The Tea in China

How many of you still enjoy a cup of tea from a china cup? At the Hub we have plenty of China cups. We also have home baked scones and cakes, lace table cloths, china tea pots and tasty jam and cream for your scones. This is at our popular once a month "Cream Tea Café." It is held on the last Friday of the month and includes music from talented musicians and singers, a raffle and a wee "Pop up Shop." It's a great place for folk of all ages to come along for a catch up with friends, while enjoying the lively atmosphere.

So, we hear you ask, "How do I know when it is on?" We advertise it on our Helmsdale Village Hub Facebook page as well as on our monthly programme found in the Helmsdale Community Centre. There are also posters at the Community Centre door and in local shops. You must come along, where a warm welcome awaits at "The Cream Tea Café"!



Helmsdale Village Hub - Activities Programme for April 2019

Monday 1st April
Coffee Club, Pamper Parlour & Exercises

Wednesday 3rd April
Craft Club & Creative Writing

Friday 5th April
Price is Right & Bingo

Monday 8th April
Coffee Club, Hub to Harbour Walk & Exercises

Wednesday 10th April
Bake Away & Creative Writing

Friday 12th April
Music with Stonehouse & Sing, Sing, Sing for Fun

Monday 15th April
Coffee Club, Pamper Parlour & Exercises

Wednesday 17th April
Prize Bingo & Creative Writing

Friday 19th April
Trip to Bay Owl for lunch

Monday 22nd April
Coffee Club, Pamper Parlour & Exercises

Wednesday 24th April
Easter Fun with Helmsdale Nursery

Friday 26th April
Cream Tea Café, Pop-Up Shop and Music with Monica & Trisha

Monday 29th April
Coffee Club, Pamper Parlour & Exercises

ALL WELCOME!

The Hub runs from the Helmsdale Community Centre lounge every Monday, Wednesday and Friday from 10.30am—2.30pm. We offer tea/coffee and cake as well as a 2-course lunch for just £5.

Want more information about the Hub?

Contact the Helmsdale Village Hub Project Lead Wendy Simmonds:

Telephone: 01431 821655

Email: wendy@dementia-friendly.com

Dinner To Your Door Menu - April 2019

Date	Starter	Main	Dessert
Mon 1st & Tues 2nd April	Mine-strone Soup	Roast Beef & Yorkshire Pudding	Strawberry Trifle
Weds 3rd & Thurs 4th April	Lentil Soup	Lasagne	Syrup Sponge & Custard
Mon 9th & Tues 10th April	Sweet Potato & Red Pepper Soup	Chicken and Leek Pie	Eton Mess
Weds 11th & Thurs 12th April	Cream of Chicken Soup	Beef Stew with Dumplings	Chocolate Pudding
Mon 15th & Tues 16th April	Cream of Vegetable Soup	Honey Glazed Gammon	Fudge Cheese-cake
Weds 17th & Thurs 18th April	Yellow Split Pea Soup	Cottage Pie	Mixed Berry Crumble
Mon 22nd & Tues 23rd April	Chicken Noodle Soup	Sausage and Onion Gravy	Banoffee Pie
Weds 24th & Thurs 25th April	Leek & Potato Soup	Hunters Chicken	Apple Sponge & Custard
Mon 29th & Tues 30th April	Tattie Soup	Pork Loin with Honey & Mustard Sauce	Lime Cheese-cake

Helmsdale Dog Show Saturday 29th June



MEAL PRICES & ORDERING

Soup, main & pudding:	£6.95
Main & pudding:	£5.45
Main & soup:	£5.45
Soup & pudding:	£3.95

We also have frozen meals available.

To make an order or to find out more please contact us on:

Telephone: 01431 821655

Email: hello@dementia-friendly.com



THANK YOU!

We are incredibly grateful to those who organised and attended the fantastic Brora Golf Club Ladies Day on 16th February! As a result of the event, we received £3,000 as a donation. This amount makes a huge difference to us as well as those who enjoy and use our services. Thank you!



Our Programme Manager, Karina Ross, at the Ladies Day

Contact Us

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

Connecting Communities
The Community Centre
Dunrobin Street
Helmsdale
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Tel: 01431 821655

Email: hello@dementia-friendly.com

Visit us: www.connectingcommunities.com

📍 @DFC_rural

📍 /DFCHelmsdale

In the community, for the community, by the community