



# Prestonfield Reporter

## Latest news and updates

### Issue 124

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## The scoop of the day

Could you be one of our new Management Group Members?

Here at Prestonfield Neighbourhood Project our Management Group are passionate and committed unpaid volunteers who play a huge role across our charity, bringing a wealth of expertise, experience & care to the organisation. Would **you** like to become one of them?

Do you have an interest in Social Care and are able to spare a couple of hours each month to support our Project?

We would be delighted to hear from any individual who could offer their skills, knowledge, and talents supporting 30 plus years of "Making a Difference" to life for older people in the community.

For informal enquiries and the opportunity to find out more about the role are very welcome. Please contact Linda Wright on 620 7224



## Memories from last month!



Some of our ladies keeping fit having a game of balloon Tennis- Well done ladies



And the Winners of this week's Beetle Drive

"JOES GIRLS" – Well done



## Joke of the Month



Why do pirates hate May, June July, and August?

Because they don't have Arrrrs in them!

## REMINDER

The next User Group meeting will be held in the Project on the 28<sup>th</sup> of July 10.00am – 11.30am

Transport and a free lunch provided to all who attend. Please inform Project staff if you would like to attend.

Your views matter - Everyone welcome

## July Quiz

- 1 Which prestigious golf tournament is held annually in July?
- 2 Born on July 18, 1918, who told "Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure."?
3. Food rationing ended in which year in the UK in July?
4. I want you, I need you, I love you was a **number 1** hit for who in July 1956?
5. Which city will host the Summer Olympics in July 2024?

## A huge warm welcome to our new members



June Perring



Cathy Brown

Many Happy returns from everyone at



Birthdays celebrated in the past month!



Cathy Brown



Janet Walker



Dorothy Campbell



June Perring



## THE OUTDOOR MONTH

By Lenore Hetrick

July is the regular outdoor month.  
He's the King of the calendar, don't you think?  
Bright, blue sky - fresh strong winds-  
And a golden sun that makes you blink.  
A lake where the water steals from the sky  
Its bluest colour, its white cloud ships,  
And thick green trees beneath whose shade  
Time doesn't pass but gently slips.

A Swim in the morning with sun coming up,  
A hike in the scented woods at noon,  
Canoeing in the later hours,  
And another swim beneath the moon.

Living outdoors is so much fun!  
Just living beneath the open sky.  
Clouds in the daytime and stars at the night,  
With the whole wide universe drifting by.



## Are you caring for someone who is living with dementia?



Reading is Caring provides a personalised reading support package specifically designed for those living with dementia and their carers.

*'It was as if when we read together, she was lost with me in the story, and we then talk about the story as if her dementia was no longer there.'*

We offer **free workshops** to train people who care for someone living with dementia – including partners, friends, family members and professional carers – to **create personalised, shared and sensory reading experiences** that can help maintain their caring relationships, spark memories and relieve stress.

To sign up, contact [readingiscaring@scottishbooktrust.com](mailto:readingiscaring@scottishbooktrust.com)

[scottishbooktrust.com](http://scottishbooktrust.com)

## ACTIVITIES

Mondays- Catch up café 11.00am -3.00pm drop in for a chat and cuppa. All welcome



Mondays 1.00pm – 3.00pm  
Starting on July 24th  
£5 including refreshments.

Happy Feet Footcare Service- Mondays Wednesdays and Fridays- contact the office for an appointment



Lunch club – Wednesdays and Thursdays

11.00am – 2.30pm –Light lunch and social activities- contact the office for more information



Friday Men's group 11.00am – 2.30pm

Come along to our men's group have lunch and participate in a social activity



Hearing aid battery replacement and small repair service- pop in and restock on your hearing aid batteries.



Quiz Answers 1. British Open 2. Nelson Mandela 3. 1954 4. Elvis 5. Paris