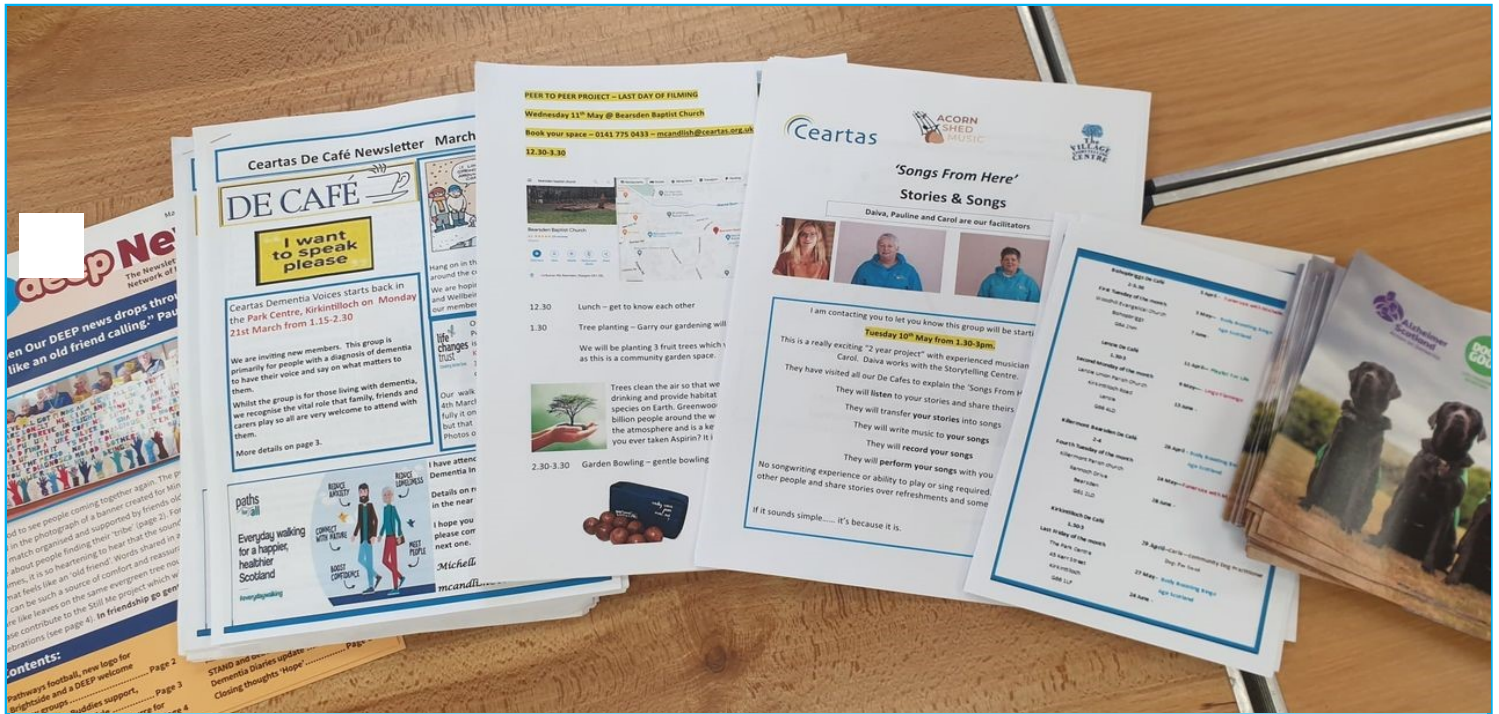


Ceartas De Café Newsletter Spring 2022

DE CAFÉ



A warm Springtime hello to all our members and friends,
We hope you are enjoying the beautiful displays of Spring and the blossom on the trees.
Here are some dates for your diary.

“Songs from Here Project” - Tuesday 10th May

“Peer to Peer Wellbeing Event - Wednesday 11th May

All our groups are up and running as normal again and we are enjoying meeting face to face and welcoming new members. De Café dates and times on the next page.

We are concentrating on Health and Wellbeing as many of us have not been able to get out and about as much during Covid. Our physical, mental and spiritual health is important and hopefully our up and coming speakers and projects will support you in a positive manner.

If you have any questions regarding dementia support please contact our Dementia Link Worker Michelle on 0141 775 0433 or mcandlish@ceartas.org.uk to

Bishopbriggs De Café

2-3.30

First Tuesday of the month

Woodhill Evangelical Church

Bishopbriggs

G64 2NH

Lenzie De Café

1.30-3

Second Monday of the month

Lenzie Union Parish Church

Kirkintilloch Road

Lenzie

G66 4LD

Killermont Bearsden De Café

2-4

Fourth Tuesday of the month

Killermont Parish church

Rannoch Drive

Bearsden

G61 2LD

Kirkintilloch De Café

1.30-3

Last Friday of the month

The Park Centre

45 Kerr Street

Kirkintilloch

G66 1LF

5 April - Funersize with Michelle

3 May— Body Boosting Bingo

Age Scotland

7 June- To be confirmed

11 April— Playlist For Life

9 May— Lingo Flamingo

13 June—To be confirmed

26 April - Body Boosting Bingo

Age Scotland

24 May—Funersize with Michelle

28 June—To be confirmed

29 April —Carla—Community Dog Practitioner

Dogs For Good

27 May - Body Boosting Bingo

Age Scotland

24 June - To be confirmed



Ceartas Dementia Voices



The UK Network
of Dementia Voices

Ceartas Dementia Voices meet around 5 times a year. We discuss topics around living with dementia. We had our first meeting and there are a few new members (still some spaces for more) so we are getting to know one another.



We are planning to invite family members to showcase our talents later in the year as part of a DEEP Festival. So far, we have a musician, comedian and writer.

At our festival we would like to invite other members and family and friends and our local councillor to showcase how people living with a diagnosis of dementia can still use their gifts and talents and live their best lives.

Our next meeting is Friday 10th June 2020

1.30-3

The Park Centre, 45 Kerr Street, Kirkintilloch



At our next meet up on Friday 10th June, we will be carrying out an environmental inspection of The Park Centre where we have our meetings. We will be looking at:-

- Are the toilet signs suitable? Are they easy to understand?
- What is the access like? Are there any steps? Are there bannisters?
- Are the premises wheelchair friendly?
- What is the parking like? Are there disabled bays?
- Is the lighting adequate?
- Is it warm enough?

If you would like to join us and have your views heard contact our Dementia Link Worker Michelle on 0141 775 0433 or mcandlish@ceartas.org.uk

BILLY BROWN FROM OUR DEMENTIA VOICES GROUP

THINGS I USED TO BE ABLE TO DO

Stand on my head and drink a pint of beer upside down.

Cycle. In my teens every weekend over the Campsie Hills or even the Rest And Be Thankful Road.

Play and coach lawn bowls.

Have a bath – I can't get in and out by myself any more.

Play table tennis at league level.

Dance (well maybe not)

When I was working I used to be able to do steel work at heights and use a 3 part ladder. Now when Bradley Walsh and son do their adventures on TV like bungee jumping, abseiling, it give me the jitters.

But you know what, although these are fading memories. I do have future memories to look forward to. For example:-

Sitting in the sun watching the bowling and being able to go indoors when it rains but the players need to keep playing and getting soaked.

Join in at the De Café meetings and other social events.

People being kind and helpful to me when needed.

Family members taking me out for coffee or to the pictures (Getting away from the wife!!)

Peace to watch the football on TV or even better going to the matches. Especially if your team wins.

Attending Day Care once a week where I can engage in conversations with others.



So, all in all life is still good.

Things to look forward to like seeing the grandkids growing up.

These are the positive and plenty of them.

'Songs From Here'

Stories & Songs

Daiva, Pauline and Carol are our facilitators



Starting..... Tuesday 10th May from 1.30-3pm. * twice/month

This is a really exciting "2 year project" with experienced musicians Pauline and Carol. Daiva works with the Storytelling Centre.

They have visited all our De Cafes to explain the 'Songs From Here' project.

They will **listen** to your stories and share theirs

They will transfer **your stories** into songs

They will write music to **your songs**

They will **record your songs**

They will **perform your songs** with you

No songwriting experience or ability to play or sing required. Just a desire to meet other people and share stories over refreshments and some activities.

Contact our Dementia Link Worker Michelle if you would like to be part of this exciting project on 0141 775 0433 or email mcandlish@ceartas.org.uk

You are invited to come along to our last day of filming for our Peer to Peer support film on Wednesday 11th May at Bearsden Baptist Church Community Garden on Roman Road, Bearsden from 12.30-3.30. The agenda for the afternoon is:-

- 12.30 Lunch**
- 1.30 Tree planting with the granary gardener Garry**
- 2.30 Outside bowling in the garden (inside if weather is unsuitable)**

Trees make and release oxygen. They improve air quality by absorbing toxins and trapping dust and pollen. Planting trees is not only good for us but also makes a better world for our children, grandchildren and great grandchildren.

You will be able to come and enjoy fruit fresh from the trees in the future and enjoy the Community Garden Space which is part of the Antonine Wall Project which recently featured in the Milngavie and Bearsden Herald.



We are making arrangements for a future tour of the grounds by one of the volunteers of the project who will explain how the Romans lived, what they ate, what plants they grew. There is still part of the rampart on display in the gardens. The roman soldier tree carving in the picture above is in the gardens and is over 7 foot tall. Details and date to follow of garden tour.

Contact our Dementia Link Worker Michelle on 0141 775 0433 or mcandlish@ceartas.org to book your space.



We enjoyed a great afternoon at Balmore Golf Club. The weather was just perfect and the scenery was beautiful. I hope you like our group photo. Not everybody had played golf in the past but everyone really enjoyed themselves and the banter was flowing.

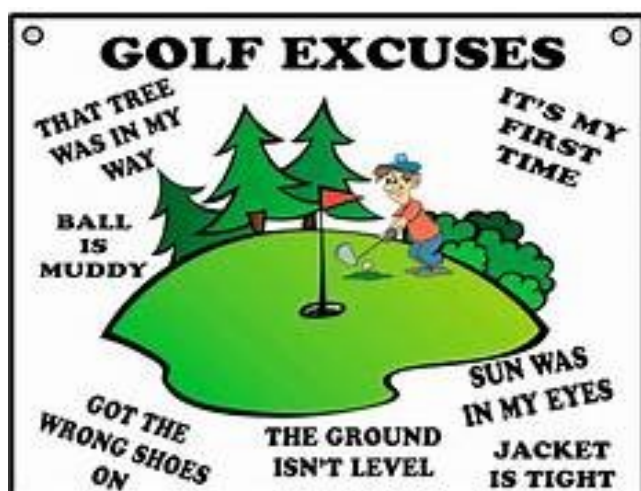
Richard got the afternoon off to a competitive start by getting a hole in one on his first shot.

This is part of our Peer to Peer Support project. We hope to encourage others to get out there and enjoy new activities.



Bob was having a laugh here. You can see that Sheila is not at all worried. I think Sheila looks like she is modelling golf wear in this photo and could forge a new career.

Do you have a caption for this photo? What would it say. Send it in and we will print it next time.



Bishopbriggs De Café

First Tuesday of the month—2-3.30

Woodhill Evangelical Church, Bishopbriggs, G62 2NH



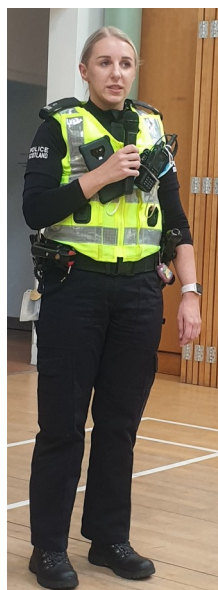
Above are reasons to come along to our De Cafes in the words of our members.

Peer support is invaluable. Our members can use their own experiences to help each other and offer support and advice.

Lenzie De Café

Second Monday of the month—1.30-3

Lenzie Union Parish Church, Kirkintilloch road, Lenzie, G66 4LD



This month we had a visit from Pam from Playlist For Life and Jordanne the Local Authority Liaison Police Officer.

Jordanne works from Kirkintilloch Police Station and she is keen to visit local groups within East Dunbartonshire to make positive links with the community. Jordanne was on the beat for seven years before this post. We asked if she would explain her uniform which was very interesting.

Thankfully she has never used her baton or spray which was encouraging to hear. Her uniform weights about a stone and a half which offers protection and also probably gives her a daily work out for free.

Pam from Playlist For Life explained how people can be their own detective to make their own meaningful playlist of music.

Music cheers us up, lowers anxiety and is great for motivation. We can remember music from when we were around 10-30 and this is called the 'memory bump.' You may recall songs from falling in and out of love and favourite singers or music groups. Some of our taste in music is inherited from our parents and siblings. Finally our hobbies, interests such as football, family celebrations and anniversaries provide clues to help us find songs that we love. There are plenty of resources on Playlist For Life Website [Playlist for Life – Personal music for dementia](https://www.playlistforlife.org.uk/)



Other favourites were Jim Reeves, Andy Stewart and UB40



Click on this link to find your favourite music from your favourite year. 100 years to choose from <https://www.playlistforlife.org.uk/the-100-years-book/>

Killermont De Café

Fourth Tuesday of the month—2-4



Thank you to Age Scotland for facilitating our Body Boosting Bingo session. For every number called we had to do an exercise either seated or standing.

I think it is safe to say that everybody really enjoyed the session and it was such a good mood lifter as well as whole body working including our laughter.

Thank you to those who donated prizes from chocolates to polo shirt from the Tokyo 2020 Summer Olympics.



We are concentrating on getting our fitness back on track after lockdown and encouraging our members to keep active. Whether you are seated or standing you can still get a good work out.

Simple steps to improve our fitness from circling your ankles to marching on the spot when the adverts come on the TV or going for a walk and enjoying the colours and shapes of the Spring flowers in gardens. Hanging out washing is a good upper body workout and cutting the grass can be a cardio exercise. * If you ever feel unsteady or dizzy rest for a while and if it persists contact your GP for advice.

One of our new members said he was “delighted” he came to De Café and said the Bingo “got everyone moving.” When asked what he would say to other people thinking about coming along his reply was **“Go along and try it. I’m sure you will enjoy it.”** His wife said **“people should come because it’s such a happy atmosphere and it does you good. Everyone smiles and is happy”**.

Kirkintilloch De Café

Last Fridays of the month 1.30-3

The Park Centre, 45 Kerr St, G66 1LF

This month we welcomed Dogs for Good along to visit our De Café. They help in many ways by assisting people with a wide range of disabilities and also children with autism.

We were visited by two of the community dogs and their specialist handlers. They demonstrated how using dogs, people living with dementia can improve their independence, wellbeing and skills.

[Dogs for Good - Who we are - Assistance Dogs - Charity - UK](#)



It was difficult to get a photograph as the dogs were so excited when they arrived and could smell the treats their handlers had.

The handlers set aside a portion of their daily food. This keeps the attention of the dogs and helps them to stay focused on the trainer when the need be.

Both dogs said hello to all of the members and enjoyed pats and cuddles.

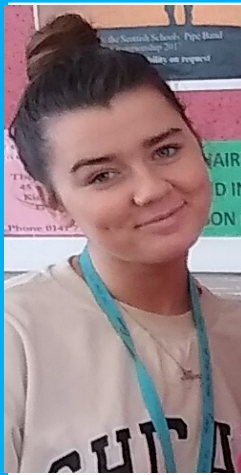
This service is free. The handlers visit potential clients to do a quick assessment of needs to find out if they feel the service would be of benefit. Dogs for Good are also making training available for people who already have their own dogs.

In their website they have drawn on their expert understanding of four-legged friends to provide lots of great tips and advice to help people understand more about dog's behaviour, health and wellbeing. [Good Advice - Dogs for Good](#)

Email: info@dogsforgood.org Telephone: 01295 252 600

What is the last part of your body to die? Your eye.

Why, because they dilate? Thank you to Tommy



Reflections from our Social Work Student Kacey.

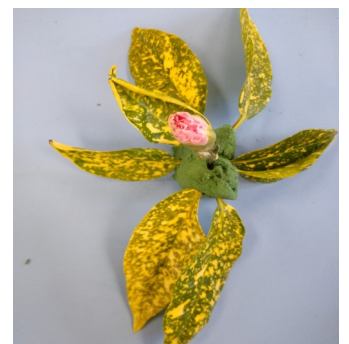
My name is Kacey, and I am a third year social work student on placement at Ceartas. As part of my learning experience, I wanted to ensure I got involved as much as possible with all the activities and group work taking place. To achieve this, Michelle suggested I could help out at De Café and prepare my own task. I thought gardening would be a good task that could take place outdoors in the fresh air (weather permitting) as an enjoyable social activity for everyone to do together.

Beforehand, myself and Michelle assessed the garden at the Park Center and I undertook a Risk Assessment to ensure there were no hazards of tripping or injury. I also had to ensure there was a 'back up plan' in case it rained. I decided to organise an environmental art project so those wanting to stay indoors could still be involved with nature.

On the morning of the De Café, myself and Michelle carried the (many) heavy bags containing food, drinks, compost, sunflower seeds and *even a hula hoop* to the venue. We set up the tables and ensured we had enough refreshments. I prepared my environmental art table involving coloured pieces of paper and various leaves, flowers, and anything we could find from the garden. We started with lunch and did a few fun activities including Ageless Grace which was good fun and made me *a lot more tired than I thought it would!*

Once everyone was settled again, I explained the concept of environmental art and how it is a fun and creative activity only requiring your imagination. Everyone seemed excited to get started and a few people wanted to go out to the garden themselves and pick up their own materials for their pictures.

This was a good opportunity to have a chat and find out a bit more about the members. Everyone got very creative, and I really enjoyed going round and looking at all the different ideas people had, I seen a few little birds made out of leaves and someone even made their own plant pot from an old candle jar. The tables were soon cluttered with pens and greenery, but everyone seemed to enjoy it which was the main goal.



A while later, after a relaxing Tai Chi session, I set up my sunflower station which consisted of plant pots, compost, and sunflower seeds. I thought this would be a good idea for people to do before they left so they could take their sunflower home with them and (hopefully) watch it grow!

I thoroughly enjoyed the day, and it was a great opportunity to have the responsibility of planning and build on my group work skills.

Ceartas Advocacy Workers

Our Advocacy Worker Susie uses Talking Mats to aid communication and conversation.



Talking Mats Ltd is a social enterprise whose vision is to improve the lives of people with communication difficulties by increasing their capacity to communicate effectively about things that matter to them.

Talking Mats open up new pathways for individuals with communication difficulties to express their views regarding their own well-being. This visual communication system was developed through 22 years of innovative academic research originating at The University of Stirling.



My name is Jacqueline, but I answer to most things including Jac.



I have worked as an advocate in East Renfrewshire, South Lanarkshire and Glasgow prior to joining the team at Ceartas at the beginning of this year.

As an advocate I am privileged to work with lots of different people to achieve their best outcomes. Providing person centred advocacy in varied situations people may find themselves involved in.

If I can't help you, I will endeavour to find someone who can. **I am focussed on positives.**

Principles of Advocacy

The equal value of all people.

The importance of choice and mutual respect.

The development of skills and abilities which encourage equal opportunities

Inclusion in society.

The independence of advocacy partnerships.

Accessibility of advocacy.

The kindest thing you can do for someone is to listen without forming an opinion.

~Lori Deschene~

Do the right thing even when nobody is looking. It's called integrity.

Ceartas Advocacy Workers



Our Advocacy Workers support people age 16 and over with a learning disability living in East Dunbartonshire. They use a range of strategies that result in individual rights being respected and upheld. They achieve this by adopting Human Rights Based Approaches (PANEL & FAIR) to **empower people to know and claim their rights.**



Muleya our Advocacy Lead recently supported a lady with **communication support needs**, who had difficulty processing information due to a Learning Disability.

Ceartas Advocacy aim was to support her to formally communicate her views, goals and desired outcomes in her care plan and support her to attend her Social Work review .

Muleya met with her and explained she had a **right to respect for her private life, her family life, her home under Article 8 of the Human Right Act 1998.**

Also her **right to equality access and equal opportunities to achieve good quality of life outcomes.**

Muleya used the talking point conversation tool: about you, where you live or want to live and what you do- activities to explore her priority issue which was to:

“Stay in my own flat with support from staff”

and ascertain her desired outcomes which were :

“exercise choices and preferred options, maintain skills for supported independent living”.

With her permission, those were communicated to her Social Worker to increase her participation and involvement in decisions affecting her life.

“We hall have Human Rights!”



The UK Network
of Dementia Voices

Hearing and dementia—Opportunity to take part



Eithne Heffernan is looking for people to take part in focus groups looking at the issues around hearing and dementia.

Eithne tells us more: We are a small team of researchers with an interest in dementia and hearing conditions. Our project is funded by the National Institute of Health Research (NIHR). We are based in the NIHR Nottingham Biomedical Research Centre and the Centre for Dementia, which are both in the University of Nottingham.

Many people who live with dementia also have a hearing condition. Hearing loss is one of the major 'risk factors' that can lead to dementia. Hearing loss can also make it more difficult to diagnose and manage dementia. Hearing conditions can reduce the quality of life of people living with dementia.

Many people who have dementia also have a hearing condition, such as hearing loss, tinnitus (i.e. ringing or buzzing in the ears), or hyperacusis (i.e. sensitivity to sound). We want to gather opinions about what research should be done on the topic of dementia and hearing conditions, which will guide future projects in the UK and internationally.

We need more research to better understand the link between dementia and hearing conditions. We also need more research to improve the care and support for people who live with both dementia and hearing conditions.

We are looking for:

- People living with dementia.
- People living with a hearing condition (e.g. hearing loss, tinnitus, sensitivity to sound).
- Relatives, partners, or carers of people living with dementia.

Please note:

- You can take part even if you do not have a hearing condition.
- You can take part online from any location.

Focus groups will take place online in May, June and July. For further information or to register interest please contact eithne.heffernan1@nottingham.ac.uk

Hearing loss affects 12 million people in the UK.

Find out about the different types of hearing loss, how to get your hearing tested, and what can help you hear better and overcome communication challenges on their website.

Signs of hearing loss

Hearing loss can happen gradually, so you might not notice it at first. There are common signs to look out for.

Types and causes of hearing loss

There are different causes of hearing loss, including ageing, exposure to loud noise, genetics and ear conditions.

Getting your hearing tested

Where to go for a hearing test, what it involves and what happens next if you're diagnosed with hearing loss.

Hearing aids

Different types of hearing aid, how to get used to hearing aids, and how to use them with tech to hear better.

Hearing implants

A cochlear implant or auditory brainstem implant may be an option if you get little or no benefit from hearing aids.

Living with hearing loss

Hearing therapy, communication tactics and what can help you to manage hearing loss in everyday life.

Contact RNID

We provide information and support for deaf people and those with hearing loss or tinnitus.

We can also help you make a donation, manage your membership and book an interpreter.

We're open 8:30am to 5pm. Monday to Friday.

Press Control + Click on the link below to access online advice and information



Hearing loss - RNID

Chat to us online

Chat to a member of staff about anything you need help with.

Start chat

Call us

Speak to us about anything you need help with. Our number is **0808 808 0123**.

Call us

Send us an email

Send us an email and we'll get back to you as soon as possible.

Email us

Contact us in BSL

Use SignLive to arrange a free BSL video call.

Book a BSL call

Signs of hearing loss

Common signs include:

1. difficulty hearing other people clearly and misunderstanding what they say, especially in noisy places
2. asking people to repeat themselves
3. listening to music or watching TV with the volume higher than other people need
4. difficulty hearing on the phone
5. finding it hard to keep up with a conversation
6. feeling tired or stressed from having to concentrate while listening
7. sometimes someone else might notice problems with your hearing before you do.



[The NHS website - NHS \(www.nhs.uk\)](http://www.nhs.uk)

RNID offer a hearing check online



It will give you an indication whether you have a hearing loss or not. It *won't tell you how much hearing loss you might have and it is not the same as a full hearing test conducted by an audiologist, but it will recommend the next steps to take.*

If your results suggest you have hearing loss, you can get a certificate to show your GP. Whatever your results, we encourage you to get your hearing tested in person if you're concerned about it.

If you think you have hearing loss, you can [take our free online hearing check](#). It takes up to 3 minutes.

You are entitled to a free hearing test on the NHS (around 10 minutes)

Your GP will have a discussion with you about your hearing and examine your ears. If your GP believes your hearing loss is due to a build-up of earwax or an infection, they'll advise you on what to do next.

If there is not an obvious cause of your hearing problem, your GP should refer you to an NHS audiologist (a hearing healthcare professional) for a full hearing assessment. NHS audiologists are usually based in hospitals, but are also in some well-known high street chains. Depending on where you live, you can choose where you'd like to be seen.

If you see an NHS audiologist in a high street clinic you should not have to pay for the service, and the hearing aids available to you will be very similar to those in a hospital audiology department. Your GP should help you to make an informed choice about which audiology service you visit.

You can decide to get your hearing tested privately, without a referral from your GP. Lots of high street chains and independent hearing clinics offer hearing tests which are often free. You can then get a referral to NHS or purchase privately.

Let Me Call You Sweetheart—Patty Paige

Let me call you sweetheart
I'm in love with you
Let me hear you whisper that you love me too
Keep the love light glowin' in your eyes so true
Let me call you sweetheart
I'm in love with you

Let me call you sweetheart
I'm in love with you
Let me hear you whisper that you love me too
Keep the love light glowin' in your eyes so true
Let me call you sweetheart
I'm in love with you



As I was walkin' down the street
Down the street, down the street
I met somebody who was mighty sweet
Mighty fair to see

I asked her would she like to have a talk
Have a talk, make some talk
All the fellows standin' on the walk
Wishin' they were me

Mama, Mama, let me dress up tonight
Dress up tonight, dress up tonight
I've got a secret, gonna 'fess up tonight
Gonna dance by the light of the moon

Gonna dance with a dolly with a hole in her stockin'
While our knees keep a-knockin' and our toes keep a-rockin'
Dance with a dolly with a hole in her stockin'
Dance by the light of the moon

Mama, Mama, put the cat out tonight
Cat out tonight, cat out tonight
Worked all day, I'm gonna scat out tonight
And I won't be home until dawn



From the movie, "Her Lucky Night" the sisters sing "Dance With The Dolly With The Hole In Her Stocking"

Thank you to Betty for
sharing your favourite
songs with us.

“A musician must make music, and an artist must paint, a poet must write, if he is to ultimately be at peace with himself.”

Abraham Maslow



Ah woke up this mornin' fare scunnered we ma'sel, and feelin' right crabbit! Ma heid wiz nippin an a felt terrible. Its aw that Jessie's fault! We went doon the toon last nicht lookin fir a lumber, and ended up goin' fir a wee swally at the pub! Jessie is wan o they lassies that aw the lads think is a wee stoater, but ah ken different.

She kin be a wee bittie sleekit it times, cos she'll kid on she's nae money fir the bus and ask fir a tap! She niver paiys ye back either, bit she's a guid laugh.



Well we met up we these lads, ane oh them wiz affy glaikit lookin', the ither ane a real humdinger! Guess which ane eh ended up we? Fir goodness sake, his wallies were nearly fa'in oot his mooth every time he laughed! Ach ah jist said tae masel' dinnae git yersel in a fankle lass cos he seems kind, and that's whit's important! We'd hiv asked them back tae oor place bit we wir in a hurry, so it's a bit o a midden it the meenit, with oor claes a' ower the place!

E'll hae tae gae tae the steamie the morn, put the claes in that auld shooglie pram, and that Jessie had better come tae and gie us a han'.

A hope that wee nippie sweetie Michelle isnae there, ah sometimes feel like geein her a guid scalp it times, cos sh's aye on about us no dain it right! Whit diz she ken ony wai?

Well whit's fir ye will no go by ye.....



Thank you to Jane at Weekday Wow Factor for her contribution to our newsletter.

Weekday Wow Factor work with adults over 50 to awaken the inner child.

Find more information here [Weekday Wow Factor](#)

ABC's of Aging

A is for arthritis,
B is for bad back,
C is for the chest pains. Corned Beef? Cardiac?
D is for dental decay and decline,
E is for eyesight--can't read that top line.
F is for fissures and fluid retention
G is for gas (which I'd rather not mention--
and not to forget other gastrointestinal glitches)



H is high blood pressure
I is for itches, and lots of incisions
J is for joints, that now fail to flex
L is for libido--what happened to sex?
Wait! I forgot about K!
K is for my knees that crack all the time
(But forgive me, I get a few lapses in my
Memory from time to time)

N is for nerve (pinched) and neck (stiff) and neurosis
O is for osteo-for all the bones that crack
P is for prescriptions that help me to count
Q is for queasiness.
Give me another pill and I'll be good as new!
R is for reflux--one meal turns into two
S is for sleepless nights,



T is for tinnitus--I hear bells in my ears
U is for urinary and the difficulties that flow (or not)
V is for vertigo, as life spins by
W is worry, for pains yet unfound
X is for X ray--and what one might find
Y is for year (another one, I'm still alive).
Z is for zest

For surviving the symptoms my body's deployed,
And keeping twenty-six doctors gainfully employed.

WARNING: Never under any circumstances take a laxative and a sleeping pill on the same night. For obvious reasons.....

Some people feel the rain, others just get wet. Bob Dylan



Sorry officer, I took one biscuit too many.....



Life is a rollercoaster. It's never going to be perfect—it is going to have perfect moments, and then rough spots, but it's all worth it.

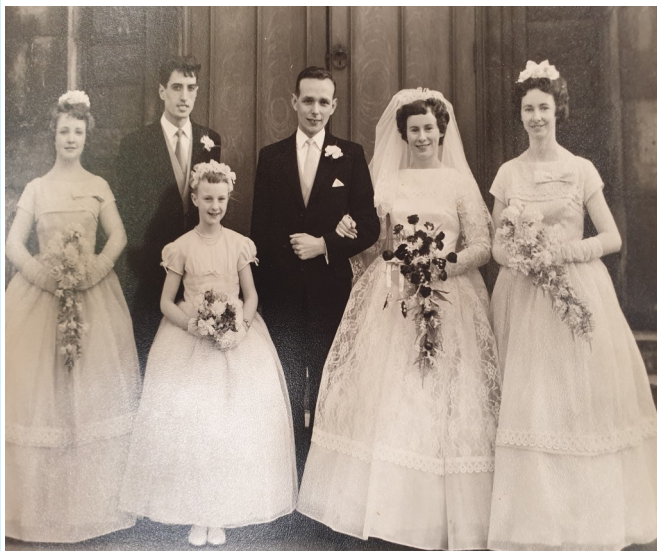
Patti Smith



Courage, dear heart.

C.S. Lewis

Did you hear about the local farmer who died? Apparently there was a big turnout at his funeral.
Thank you to Tommy for this joke



Congratulations



Congratulations to Norman & Jean for reaching their Diamond Wedding Anniversary. They say they are grateful to God for his goodness over the years and equate this to their success for a loving and happy marriage.

Their favourite hymn Praise My Soul The King of Heaven reminds them of the day they got married. They received a card from the Queen.

Prayer for Senility:

God grant me the senility
to forget the people I never
liked anyway,
the good fortune to run into
the ones I do,
and the eyesight to tell the
difference.

Thank you to Elizabeth for your lovely feedback on our newsletter "I thoroughly enjoy the magazine and I have had many a laugh. Thank you very much indeed"

Please contact Michelle, our Dementia Link Worker with your stories, comments, jokes, words of wisdom on 0141 775 0433 or mcandlish@ceartas.org.uk

We asked our Bishopbriggs De Café what cheers them up and we have made this word search from their suggestions. Why don't you try some of them and see what happens. If you have any other suggestions please let us know. Send them to mcandlish@ceartas.org.uk or call Michelle on 0141 775 0433

Things that cheer us up

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

BEER
GIN AND TONIC
GOOD JOKES
MUSIC ON IPOD
BILLY CONNELLY
CHILDREN
PEOPLE LAUGHING
FOOTBALL
MEMES
SUNNY DAYS
COUNTRY MUSIC
WHISTELING
PUPPIES
JIMMY LOGAN
BALLADS
DE CAFE

Things that cheer Ceartas staff up

'Feeling the sunshine on my face and listening to the sound of the sea'

'Hearing children laugh'..... 'playing with my dog'..... 'being with family and friends'.....

'Knowing I made someone feel better'..... 'Eating nice food'..... 'Marks & Spencer sales'

'my wean'

how to Self-Soothe

breathe
consciously;
try a breathing exercise

try a guided
meditation app

let yourself
cry if you feel
it coming

wrap yourself in
layers of blankets

drink something
warm

take a warm
shower or a long
bath

visualize a calm place
or a happy memory

doodle fluid, abstract
shapes & patterns

put on your
most comfortable
clothes

starting upwards,
relax your body from
head to toe

do a few deep breaths,
and visualize the anxious
energy leaving your body
through your mouth

close your eyes
for a while

give yourself a
hand massage

wrap your arms around
your body and give yourself
a twenty second-hug

stand up and
shake your body
for a minute

focus on just one
thing; a noise,
smell, or sensation
around you

place your hands on your
chest, and feel your heart
beating. that is the sound
of you surviving. you will be okay!

lay down and
stretch out your
body



Crying can be good for you

88% of people feel better after crying

Research has found that in addition to being self-soothing, shedding emotional tears releases oxytocin and endorphins. These chemicals make people feel good and may also ease both physical and emotional pain. In this way, **crying can help reduce pain and promote a sense of well-being.**



Humans produce three types of tears:

Basal: The tear ducts constantly secrete basal tears, which are a protein-rich antibacterial liquid that help to keep the eyes moist every time a person blinks.

Reflex: These are tears triggered by irritants such as wind, smoke, or onions. They are released to flush out these irritants and protect the eye.

Emotional: Humans shed tears in response to a range of emotions. These tears contain a higher level of stress hormones than other types of tears.

When people talk about crying, they are usually referring to emotional tears.

Crying can have a Self-soothing effect as people:

- regulate their own emotions
- calm themselves
- reduce their own distress

Have a good cry

Wash out your heart

If you keep it inside

It will tear you apart

A 2014 study[Trusted Source](http://www.medicalnewstoday.com) found that crying may have a direct, self-soothing effect on people. The study explained how crying activates the parasympathetic nervous system (PNS), which helps people relax. (www.medicalnewstoday.com)

We have all cried at some point from failed relationships, bereavement, frustration, anger, happiness, joy. Perhaps our eyes need to be washed by our tears once in a while so that we can see life with a clearer view again.

Barack Obama cried 7 times in public in his 8 year reign as president of the USA. (BBC News). It's ok to cry now and again, you might even feel the better for it.



It's ok not to always be ok.

Wellbeing

Are you feeling low? Why not give a friend a phone and tell them how you are feeling. Sometimes a chat with a friend can lift your mood and make you feel better. Or, why not arrange to meet up and go for a walk or coffee. If you are unable to leave your home, invite them round for a blether.

It's always a good idea to have something in your Callander to look forward to. You never know, your friend could be feeling exactly the same and some good company could just be the ticket.



Being listened to, and knowing that someone cares, can help you through a difficult time.

Open up when you're feeling down.

0800 83 85 87

www.breathingspace.scot

 #youmatterwecare



CEARTAS

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0141 775 0433

Facebook/Twitter

www.ceartas.org.uk

Age Scotland Helpline for older people	0800 12 44 222
Alzheimer Scotland 24hrs/day	0808 808 3000
Breathing Space	0800 83 85 87
British Gas	0333 202 9802
Carers Link	0141 955 2131
Citizens Advice Bureau	Bishopbriggs Kirkintilloch Bearsden
	0141 563 0220 0141 775 3220 0141 775 3220
COVID-19 Shielding Helpline (EDC)	0141 777 3345
Dementia UK Helpline	0800 888 6678
EDAMH East Dunbartonshire Association for Mental Health	0141 955 3040
EDC District Nursing	0141 304 7447
EDC Homecare	0141 578 2101
EDC Mental Health Team	0141 232 8200
EDC Social Work	0141 355 2200
EDF energy – Help and Support	0333 200 5100
EDVA East Dunbartonshire Voluntary Action	0141 578 6680
EON Smart Meters - Home Energy Management	0345 052 000
Hourcare 24	0141 776 8046
N Power Energy Advice and Information to Save Energy	0800 073 3000
NHS 24	111
OPAL East Dunbartonshire Information Line	0141 438 2347
Police Scotland (non-emergency number)	101
Samaritans	116 123
Scottish Power	0800 027 0072
Scottish Welfare Fund (EDC Crisis Grants)	0300 123 4510
SSE British Energy Company	0345 026 2658
Take Control – Self Directed Support	0141 776 2219 / 6342
The Silverline – Helpline if you need to talk	0800 470 8090
Woodlands Health Centre	0141 232 7300