



# Ceartas Summer Newsletter

Connect, Create, Change.



We are beginning to meet for tea/coffee and hope to be face to face in De Cafes later in the year. It is a relief that the restrictions are easing although we will still have to wear face coverings in public places for the time being.

We have invited Chris Dinwoodie back for another 'Magic Show' on zoom on Tuesday 17th August at 1pm. We enjoyed his show earlier this year and I am still trying to figure out his tricks.

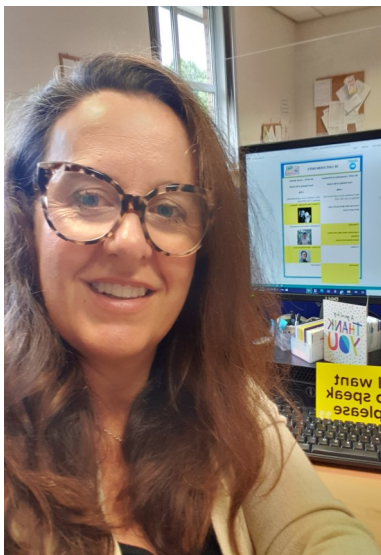


If you need help using Zoom you can make an appointment and we can give you a tutorial in our offices.



I hope you have been enjoying the Deep Newsletters and if you would like to write a short article on our De Café groups they would love to hear from you.

We have arranged guests over our winter zooms from members across the UK connected with Deep.



Thank you to all of you who posted in the evaluation forms. We are always interested what you think and your opinions are of value to us and make a difference to the service we provide.

Please send us in a story/photos/thoughts or ideas for our future newsletters.

*Michelle*



# DE CAFÉ ZOOM DATES



## DE CAFÉ Conversation & Information

## DE CAFÉ — Guest Speaker

First Tuesday of the month

Third Tuesday of the month

1-2PM

1-2PM

<https://us02web.zoom.us/j/83319541826>  
Meeting ID: 833 1954 1826

<https://us02web.zoom.us/j/85339030692>  
Meeting ID: 853 3903 0692

If you have ideas about specific topics  
please get in touch .

**17 August=Chris Dinwoodie—Magician**



**7 September**

Conversation about walks and outdoor  
Activities.

Guest is Kenny from Ceartas

**21 September=Alison from Dementia NI**



**5 October**

**19 October = Mind Reading By Dory**

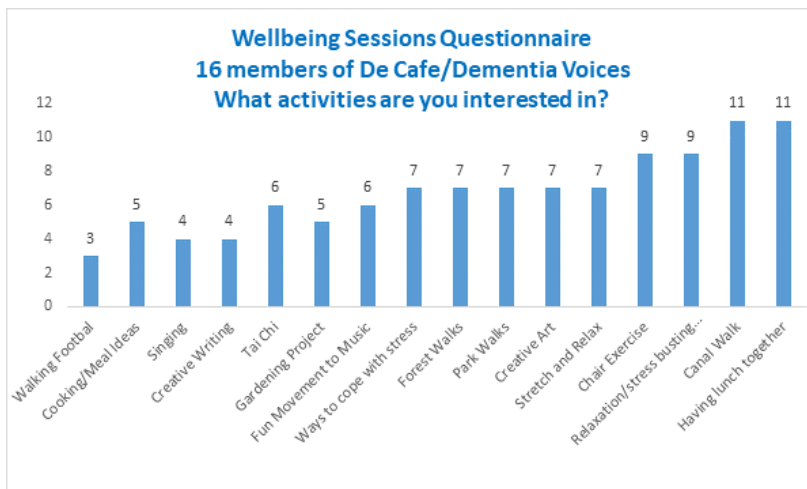


**2 November**

**16 November = To be Arranged**

# Ceartas Evaluation

In a recent evaluation we asked our members living with a diagnosis of dementia and their carers what activities they would like to be involved in. As you can see in the graph below the majority of members were interested in wellbeing activities. Members were keen to be involved in outdoor activities, especially after Covid restrictions have had an impact on their physical and mental wellbeing. Many members also expressed an interest in relaxation/stress busting techniques.



There are no current specific activities to promote fitness in East Dunbartonshire Health Centres for people living with dementia and their carers.

We hope to encourage participation in mental and physical health activities focusing on what people **'can'** do. We aim to do this by creating DVD's and allowing free access on Ceartas Youtube, of people living with dementia and carers demonstrating and talking about the benefits of particular activities for example:-

Outdoor walks \* Chair exercise \* Ways to tackle stress

**When restrictions allow face to face meetings to resume we plan to build members confidence in the use of technology which will help them to access the videos and be encouraged by their peers to 'try' new activities.**

Here are some of the advantages of regular exercise:-

- Improving heart health, reducing the risk of high blood pressure and heart disease
- Maintaining physical fitness (muscle strength)
- Reducing the risk of falls which reduces risk of hospital admission
- Improving sleep
- Improving confidence/self-esteem and mood
- Increases happy hormones and decreases stress hormones

# Bishopbriggs De Café Get Together

At last we have managed to meet face to face for a coffee/tea and a blether.

We sat outside and even braved a rain shower, it's one way to get a free re-fill.

Everybody was looking the better for a wee bit of sunshine with a healthy sun tan.

We agreed to meet on Friday 27th August at 12 for a short half hour walk along the canal and finish off in the Stables with a refreshment.

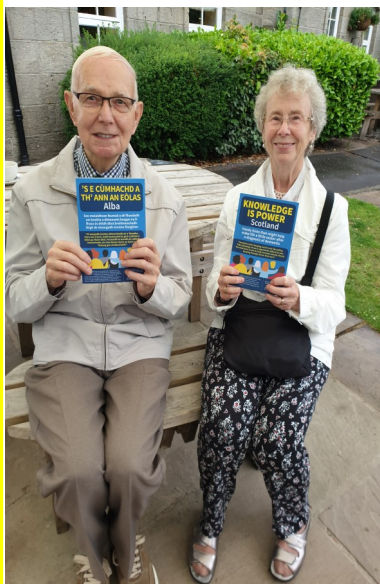


JOIN US FOR A  
**HEALTH WALK**

Every Monday from  
10th May - 31st May 2021  
(4 weeks)

Meeting 10:50AM,  
at ALDI Auchinarin (G21 3PE),  
and leaving at 11AM on a local route  
that will last approximately 1 hour.

A few of our members have been enjoying the Monday Health Walk in Bishopbriggs with Kenny, Ceartas Development Worker. If you are interested in joining this call Kenny on 0141 775 0433.



Norman and Jean are holding a copy of the booklet 'Knowledge is Power' we were involved in co producing with other groups in Scotland through the DEEP Dementia Network. [Knowledge is Power Scotland Launch event - DEEP \(dementiavoices.org.uk\)](https://dementiavoices.org.uk)

It is full of useful information and is also translated into Scots Gaelic.

Did you know, some people living with dementia to revert

# Community Response (CRED) Comes to the Rescue

Community Response in East Dunbartonshire (CRED) has been funded by Big Lottery Community Fund to deliver services to people with poor physical or mental health, disabilities, financial hardship or social isolation.



*A big thank you goes to East Dunbartonshire Community Response for arranging a friendly pick up and drop off for one of our De Café members.*

*Getting out and about can sometimes be difficult for some people and this means they do not miss out. More importantly this service reduces the risks of loneliness and isolation.*



*I volunteered with Community Response in East Dunbartonshire (CRED) back at the beginning of the pandemic to help with shopping and prescriptions etc for people shielding or vulnerable in my local area.*

*I enjoy meeting people of all ages and helping them to appointments or just a shopping trip. **I get a great feeling of usefulness from the thankfulness of our clients.** It helps greatly with my mental health, especially over last year .*

*It costs nothing to give a few hours to help others a week.*

*Janice (Volunteer)*

**THEY CAN HELP WITH:- SHOPPING, COLLECTING PRESCRIPTIONS, TRANSPORT TO AND FROM MEDICAL APPOINTMENTS AND SUPPORT SERVICES LIKE CEARTAS, GARDENING AND HANDYMAN SERVICES.**

**CONTACT CRED ON 0141 280 9527 OR [communityresponseed@gmail.com](mailto:communityresponseed@gmail.com)**

# Ronnie Whiteside—Ceartas

Hello 😊

My name is Ronnie Whiteside and I'm the Marketing & Fundraising Assistant at Ceartas.

You may recognize me as I've been fortunate enough to get along to many of the groups at one time or another. Chances are I was drinking a cup of tea and eating a biscuit, and probably had chocolate all over my face – ring any bells?

I've also been to a few of the digital groups on Zoom which have been great at helping us get through the past 16 months or so. Personal highlights would be the Tai Chi session with Hing, or the Christmas Quiz with a special guest appearance from Santa Claus himself.



I also **support OPAL: East Dunbartonshire Information Line, with this now extending to the East Dunbartonshire Asset Map**: an interactive map showing local assets and services that can help you try something new, build confidence, and get back out into your local communities.

We're currently working towards a full launch of this later in the year and of course Ceartas/De Café/East Dunbartonshire Dementia Network will be featuring, with loads more entries focused on supporting your health and wellbeing in East Dunbartonshire. You can have a look the progress so far on [www.eastdunassets.org.uk](http://www.eastdunassets.org.uk)

With restrictions lifting and as we move forward from COVID, we hope that we can welcome you in person again to the exciting range of existing and new activities running at Ceartas, in the near future - it will be great to catch up with you all then 😊👋

*Ronnie*



# Hamish, Retired CID Officer



I joined Dunbartonshire Constabulary in the 1960's - when there were no traffic lights in Milngavie or Bearsden and the police wore blue shirts.

We had to do points duty at Bearsden Cross and at Boclair during morning and evening rush hours. As a young policeman it was important to know your local community - so many visits to local businesses and homes with **regular cups of tea**.



**The house at the corner of Drymen Road and Canniesburn Road, Bearsden used to be the local police station before the new police office was built in Milngavie.**



Police cars became popular with Morris Minor and Ford Anglia police cars. The Scottish built Hillman Imp was used to escort wide loads and to make it more distinctive the bonnet and doors were swapped - one blue with white doors and one white with blue doors.

I progressed to be a detective in Strathclyde Police and worked in various areas of Strathclyde, including the Serious Crime Squad, mainly working on murder enquiries.

I find it interesting to watch documentaries showing current investigation techniques and the dependence on modern technology. I was involved in the introduction pocket radios, tape recorded interviews and introduction of identification parades from behind a screen.

I saw many advances in the police but have always praised the police for thoroughly training their officers to deal with any eventuality. The effectiveness of the police is down to their professionalism but more importantly the support of the public.

Hamish

# Lenzie Development Community Trust

**Lenzie Community Development Trust (LCDT) was officially established in October 2017 as an entity to support active citizenship, contribute to civic renewal and to help people get involved and have a say about local services and issues.**

**We exist to benefit the whole of the community and our focus includes sustainable community development, environmental protection, the provision of housing and services in Lenzie and promoting and preserving our local culture, heritage and history.**



Kenny our new Development Worker and myself visited Chris and Isobel at the Myrtle Garden Project. We were given a very warm welcome and a lovely cup of coffee with a choice of biscuits.

Myrtle Garden is a community space and is a lovely place to meet with a friend and have a chat in the fresh air. They have garden benches to sit on.

Residents are welcome to get involved with the upkeep and maintenance of the garden. This could include:-

- Helping with refreshments
- Digging
- Weeding
- Planting
- Watering
- Blethering

If you want to find out more you can click on this link [Lenzie | Lenzie Community Development](#)

**Volunteering with a community garden is a great activity to do by yourself or with friends and family and a good opportunity to get outdoors, learn new skills, meet new and like-minded people, keep active, and contribute towards your community and the environment.**



I have been attending the above group over Zoom which consists of young people living with a diagnosis of dementia. Most of the members are activists who engage in consultations, research in order to make positive changes for other people living with dementia.

I have been delighted to attend these meet ups over zoom with Scottish, Irish, Welsh and English representation. I am the only Scirish (word made up by me) representative as I was born in Scotland by Irish parents. I have both passports to prove it if you don't believe me.

One of my favourite topics of conversation was about sandwiches and I thought you would enjoy some of the examples... let me know if you try them and if you have any weird and wonderful combinations you like.

## WHAT IS THE DEFINITION OF A SANDWICH?

A sandwich is a food typically consisting of vegetables, sliced cheese or meat, placed on or between slices of bread, or more generally any dish wherein bread serves as a container or wrapper for another food type. The sandwich began as a portable, convenient finger food.



It used to be a common occurrence for children living in tenements, especially in Glasgow areas such as Easterhouse or Drumchapel, to shout up to their mum 'maw' for a snack whilst they played outside. A piece in jam would then be literally 'launched' out the window for them to catch.

Here are some sandwich/piece/ fillings and snacks Voices Across the Land recommended to try.....I don't know about you but I am so hungry after all that chat about food....

Lemon curd

Jam & cheese

Treacle

Mars bar & sliced apple

Tuna fish & hot beans

Banana

Banana & chocolate spread

Peanut butter & marmite

Sugar



## HERE WERE A FEW MORE SNACK IDEAS FROM THE GROUP

Cold tin of rice pudding over chips..... Sounds yuck but I have not tried it

Warm toast, butter and sardines

Warm toast and cold stewed rhubarb (my cousin introduced this to me—yummy)

Primrose chopped ham/beetroot/raw onion mixed with salad cream – farmers lunch

Fish fingers & baked bean sandwich **Gerry and Davie recommend Marmite on everything**

Cook mushrooms - take off the heat—add 1 teaspoon marmite and Philadelphia cream

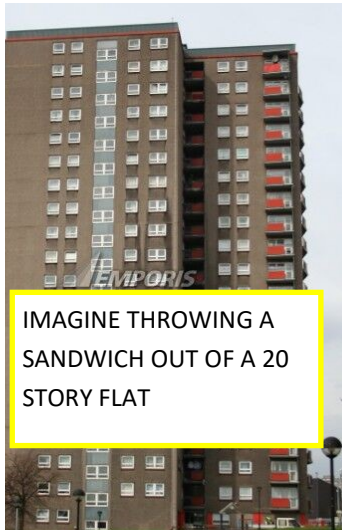
Crushed packet of cheese n onion crisps/add in a flake and eat with a milky drink (does that even make sense?) **As the saying goes, don't knock it till you tried it....**

# The Jeely Piece Song Lyrics



I'm a skyscraper wain, I live on the nineteenth floor  
But I'm no goin' out to play anymore  
Since we moved to Castle Milk, I'm wastin' away  
Cause, I'm gettin' one less meal everyday

**Oh, you canne fling pieces from a twenty story flat  
Seven hundred, hungry, wains will testify to that  
If it's butter, cheese or jeely, if the bread be plain or pan  
The odds against it reaching earth are ninety-nine to one**



On the first day my ma flung me a piece of Hovis brown  
It went flying out the window and went up instead of down  
Now every twenty-seven hours it comes back into sight  
For me piece went into orbit, and became a satellite

On the second day my ma thought she'd try another throw  
But the Salvation Army Band was playing down below  
Onward Christian Soldiers was the piece they should have played  
But the Omp-pah man was playing a piece in marmalade

On the third day my mother thought that she'd try once again  
But it went and hit the pilot of a fast low flying plane  
As he scrapped off the window, shoutin' through the intercom  
"Those Glasgow Reds have got me, with a bread and jelly bomb"

So we're goin' up to Ox-Farm, to try and get some aid  
And all kids in Castlemilk have joined a piece brigade  
We're marching now to City Hall, demanding civil rights  
Like no more housing, over piece flinging heights



Hi Michelle,

I thought I should up my game a bit after seeing your water feature.

The container I had was too small but my son found this stone one in a charity shop! The solar disk was from Amazon.

I had a good look in the garage and found some chicken wire which I covered with a wee bit of fake grass. Stones from the garden, artificial plants from when I kept fish and the robin moved from his place on the wall.

I have had fun playing around with this water feature.

Margaret



This was my attempt at making the water feature.

I used some stones I have collected from beaches in Ireland.

I placed a potted fern to the side which provides some shade and I have a pet frog who often hangs about in here. Frogs are good at eating insects so they are my friend.

My friend bought me the kingfisher ornament which I placed in and added a solar water pump.

The good thing about this is you can change it about and Margaret has given me more ideas now.

## Community and Dementia: Creating Better Lives in Greater Glasgow & Clyde



### Are you a person living with dementia in Greater Glasgow & Clyde

We are offering you the opportunity to have a meaningful say in how you want to receive support locally. This will be done via online and telephone engagement sessions so that individuals can express their own thoughts and feelings, and have their voices heard. Facilitated by the Village Storytelling Centre, the session will support you to describe your experiences of living with dementia, and what is important to you.

#### [Online session options](#)

- Wed 18th August, 10.30am to 12.00pm
- Thurs 19th August, 10.30am, 11.30am OR 1.30pm

#### [Telephone session options](#)

#### [To book a space](#)

- Phone the Life Changes Trust on 0141 212 9600
- Or email [admin@lifechangestrust.org.uk](mailto:admin@lifechangestrust.org.uk)

## Community and Dementia: Creating Better Lives in Greater Glasgow & Clyde



### Are you an unpaid carer for a person living with dementia in Greater Glasgow & Clyde

We are offering you the opportunity to have a meaningful say in how you want to receive support locally. This will be done via online and telephone engagement sessions so that individuals can express their own thoughts and feelings, and have their voices heard. Facilitated by the Village Storytelling Centre, the session will support you to describe your experiences of living with dementia, and what is important to you.

#### [Online session options](#)

- Thurs 19th August, 10.30am to 12.00pm

#### [Telephone session options](#)

- Thurs 19th August, 2.30pm, 7.30pm OR 8.30pm

#### [To book a space](#)

- Phone the Life Changes Trust on 0141 212 9600
- Or email [admin@lifechangestrust.org.uk](mailto:admin@lifechangestrust.org.uk)

# “MOVING ON WALKING GROUP”

Are you lonely or isolated?

Have you lost a loved one?

Would you like some company?

Would you like to improve your wellbeing?



**Ceartas are delivering a friendly guided walking group.**

**Wednesdays from 11—12**

Starting and finishing (with refreshments) at

Bearsden Cross Baptist Church Car Park, Roman Road.



To book your place contact Kenny or Michelle on:-

Phone: 0141 775 0433 or Email: [info@ceartas.org.uk](mailto:info@ceartas.org.uk)



## SPORTING MEMORIES ARE INVITING CEARTAS DE CAFÉ MEMBERS TO JOIN THEIR SUMMER ZOOMS

**Kirkcaldy Rugby Club Sporting Memories Weekly Zoom Club Meeting**  
**10.30 to 12.00 - Every Wednesday**

[Kirkcaldy RFC, Sporting Memories Club | The Sporting Memories Foundation \(sportingmemoriesnetwork.com\)](https://sportingmemoriesnetwork.com)

**To join, click on the link below**

[https://us02web.zoom.us/j/89779342381?  
pwd=WXZUY0JIOVdmNHI5aHE2L29BdFFRdz09](https://us02web.zoom.us/j/89779342381?pwd=WXZUY0JIOVdmNHI5aHE2L29BdFFRdz09)

or click on this link <https://zoom.us/join> and follow the instructions by firstly typing in the Meeting ID: **897 7934 2381** then clicking join. It will then ask you for a password and you will need to type in **140443** and all being well that will be you in.

**St Columba's Sporting Memories, Glenrothes Weekly Club Meeting**  
**1.30 to 3.00 Every Wednesdays**

[St. Columba's Glenrothes, Sporting Memories Club | The Sporting Memories Foundation \(sportingmemoriesnetwork.com\)](https://sportingmemoriesnetwork.com)

**To join, click on the link below.**

[https://us02web.zoom.us/j/83870642804?  
pwd=MIJsb3drY2o4WDdEZ1N2dkFTUmc2UT09](https://us02web.zoom.us/j/83870642804?pwd=MIJsb3drY2o4WDdEZ1N2dkFTUmc2UT09)



or click on this link <https://zoom.us/join> and follow the instructions by firstly typing in the Meeting ID: **838 7064 2804** then clicking join. It will then ask you for a password and you will need to type in **123469** and all being well that will be you in.

Garys Mobile: 07941123278

**Corstorphine Sporting Memories Zoom**  
**10.30-12 Thursday Mornings**

[Corstorphine Community Centre Sporting Memories Club | The Sporting Memories Foundation \(sportingmemoriesnetwork.com\)](https://sportingmemoriesnetwork.com)

**Here is the Zoom meeting link. To join the Zoom meeting please follow these instructions:**

Click this link to join the meeting (this will be the same link for every week): [https://  
us02web.zoom.us/j/82477291571](https://us02web.zoom.us/j/82477291571)

**A Tattoo on my Brain'**

It's a strange business learning you have Alzheimer's – doubly so if you're a curious person wanting to know everything about the disease, and even more so if you have weird sensory issues – in my case. I see things which aren't there – but actually your memory isn't too bad.

I guess my knowledge of Alzheimer's was that it is a disease of memory – and that's what everyone knows. But it isn't actually true – some of us can have our senses affected first. But that's not what you'd learn from most websites or text books.

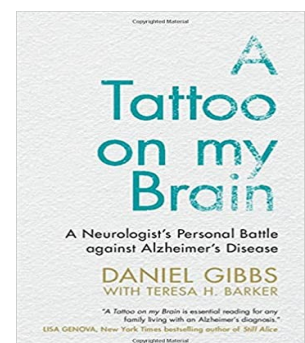
In the past few months I've done a lot of reading about dementia in general and Alzheimer Disease in particular. There are some books I've thrown away after the first page. **But I devoured 'Tattoo On My Brain' by Daniel Gibbs as if it was a whodunnit.**

**Here is a man – a Neurologist for heavens sake – who discovers almost by accident that he has early stage Alzheimer's with a strange sensory misperception: it alters his sense of smell. In this book he takes the reader through his thoughts and feelings, his doubts and his sorrows.** We learn of the things that go well, and not so well: and all of this is told by a Doctor who can explain the science that lies behind his new Alzheimer self.

There's a saying that if you've met someone with dementia than you've met one person with dementia. Meet me and I'll tell you about the grey blob I see -my friend will explain how he can't use the computer programme any more he used every day at work. Well, **there really is a sense that you get to know the author of this book. He's completely frank about how the disease has affected him, and his family.** Especially when he has an adverse reaction to a drugs trial.

You can buy the book at Amazon – here is the link :

[https://www.amazon.co.uk/dp/1108838936/  
ref=cm\\_sw\\_em\\_r\\_mt\\_dp\\_NV2S9VDA2FSGF90WN3HY?](https://www.amazon.co.uk/dp/1108838936/ref=cm_sw_em_r_mt_dp_NV2S9VDA2FSGF90WN3HY?)



# Dementia Diarist Dreane

## Unexpected Guest

I bet you think “Crikey, she’s started her diaries and now she can’t stop!”. This is the last one for the moment, Steve.

The other night, at about three in the morning,  
I needed a pee.  
So tired I couldn’t stop yawning  
And so, through half-shut eyes and feeling still asleep,  
I crept to the bathroom, dogs asleep.  
Not even a peep.

As I put the light on, I saw it on the floor  
A lump of brownish stuff  
I turned round and closed the door.  
There was no good chastising the dogs.  
I didn’t know who did it  
All I knew was it was there  
A complete blob of – who dare.

Slippers on, bleach in hand,  
I kneeled down to clean up the dump.  
I expected it to be froggy  
I didn’t expect it to jump!  
I struggled to my feet,  
Banging my knee on the bog

Poppy hadn’t disgraced herself  
It was a blooming great big frog!  
I rushed to get my spider catcher  
A plastic pole with a box on the end  
I searched through the towels and loo rolls

To find that little bouncy friend  
I looked amongst the loo rolls  
When out he jumped about  
Smacking right into the shower door  
Nearly knocking himself out





As he lay there on his back  
His yellow belly quivering  
I got my spider catcher  
And went in for the attack  
I slid open the door on the box  
And trapped the frog inside  
Apart from one back leg



I think I might have injured his pride  
He struggled bumped and pushed  
Trying to get free  
It was at this crucial point  
That I remembered that I needed a pee  
So I sat down on the loo, one foot on the box  
The frog just stared at me  
So I started chatting to it  
Telling it that it'll soon be free

Tying a load of loo rolls round the box  
With the leg sticking out  
I made it cautiously downstairs  
Into the garden and set him free  
I sat down at the dining table

And thought:  
What the heck was that all about?

### **Dementia Diarists are a real mixed bunch.**

No two are the same.

Some post when they have big news to share.

Some make diaries which take us with them as they enjoy a walk, and describe the world around them.

Some use their diaries to share tips about living with dementia which they hope will help others.

Some post to tell us about their day.

Some are happy, some are sad, many are somewhere in between.

But what they all have in common is that they all offer a connection to the life of another person. They are all real. They are all important.

So whatever you have to say, even though it might not feel like much to you, has the potential to spark something in someone else.

....perhaps someone who is coming to terms with their dementia, or struggling with the changes it can bring.

So please, please keep on making your diaries.

If you've not yet taken the plunge – then become a diarist today. You'll find out how on the dementia diaries website [www.dementiadiaries.org](http://www.dementiadiaries.org) or contact me at [steve@myid.org.uk](mailto:steve@myid.org.uk). Ask your group facilitator to help you if you don't have access to the internet.



## How long does grief last?



Here at Cruse Bereavement Care, people often ask us how long their grief will last. While this is a natural concern for those who are grieving, the truth is there are no set stages or time limits to grief. Starting to feel better after a bereavement can take a long time, and **it's important not to be hard on yourself for how you feel.**

We all want to believe there is a set road map for our feelings, but the truth is that **everyone grieves differently** and we sometimes experience some of our most painful feelings many years after a bereavement.

In this article, we'll explore some of the most common experiences people have in the months and years after a death.

### Early stages of grief

In the early stages after a bereavement, you might find that you feel numb or feeling nothing at all. You might carry on as if nothing happened or find yourself focusing on administrative tasks such as cancelling bills or organising the funeral.

Alternatively, if you didn't see the person who died very often, you might catch yourself thinking they're still alive. This can then become particularly painful when you realise it isn't true.

Later on, after the initial shock, you might find that reality sets in or to be taken aback by the depth of emotions you're feeling. Some people feel a strong range of emotions from the start, while for others these feelings may take a while to develop.

### Grieving after the first year

Sometimes people can feel the second year after someone dies is even harder. You might find people around you may have gone back to normal and you don't feel there's space for you to talk about your feelings.

Dates like anniversaries, birthdays, Christmas and other festivities can also be very painful. You might find that even though a year has passed, you feel the emotions as strongly as when the person first died.

# How long does grief last? .....

It's important to remember that, in time, most people do feel better and more able to cope. This doesn't mean that you are ever completely over it, rather that it is possible to start to find pleasure in life again, while still remembering and missing someone you have lost.

## Grieving several years on

As time passes, most people find they are able to adapt to their grief and return to some kind of normal life. While some experiences will still trigger your grief (such as films, songs or smells) you have learnt to grow around it and find space for other things in your life.

Some people find Lois Tonkin's '**Growing around Grief**' metaphor helpful. The grief doesn't ever completely go away, and sometimes the feelings can be as intense as when someone first died. But in time the feelings come less often - we start to grow around our grief and the space it takes up is not as great.

If you find that your grief is all-consuming after the initial months, it might be time to ask for help. Cruse supports people whenever or however someone died, and this is sometimes years or even decades after the loss. [How Long Does Grief Last? | Cruse Bereavement Care](#)

## Tonkin's Model of Grief

Growing around grief

Your life

Time



# CAMEO FRIENDSHIP HOUR

(come and meet each other)

@ Dobbies Garden Centre Café

1<sup>st</sup> Thursday/month at 11am

De Café members Julie and Gill have been bereaved during lockdown. They appreciate the value of friendship and a shared understanding of experiencing grief during Covid.

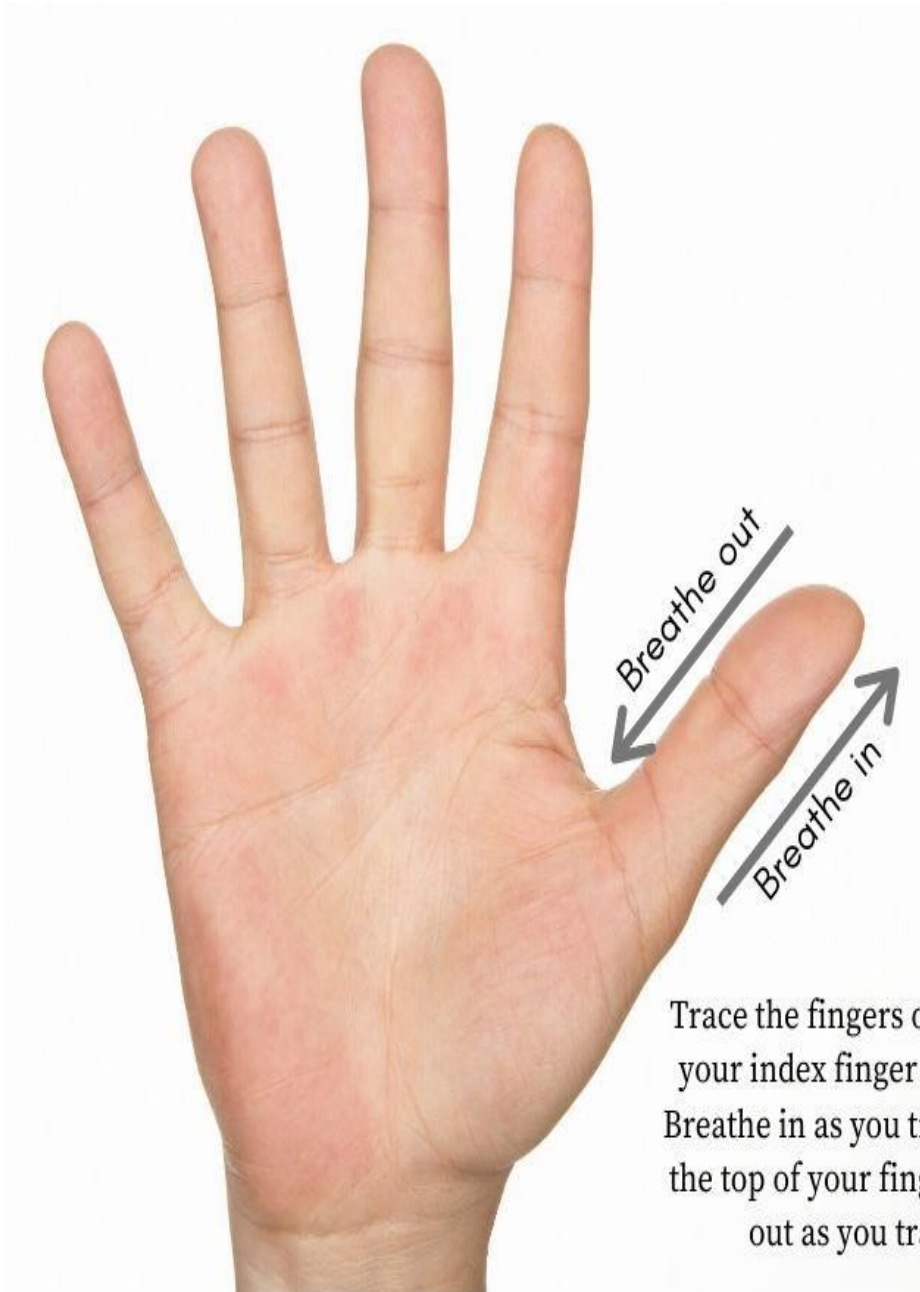
I GET BY  
*with a little help*  
FROM MY FRIENDS  
*- john lennon*

If you are in a similar situation and have lost a loved one who was living with dementia, they are inviting you to join them for friendship and informal conversation over a tea/coffee.

Contact Michelle on 0141 775 0433 or [mcandlish@ceartas.org.uk](mailto:mcandlish@ceartas.org.uk) if you are interested or just pop along. They will have a few yellow "I want to speak cards" on the table so you can identify them.

Please note Covid restrictions will apply according to Dobbies.

## A Handy way to pace your Breathing for Relaxation



Trace the fingers of one hand with your index finger as you breathe. Breathe in as you trace up, pause at the top of your finger, and breathe out as you trace down.

Repeat up and down your fingers until you feel calm and relaxed.

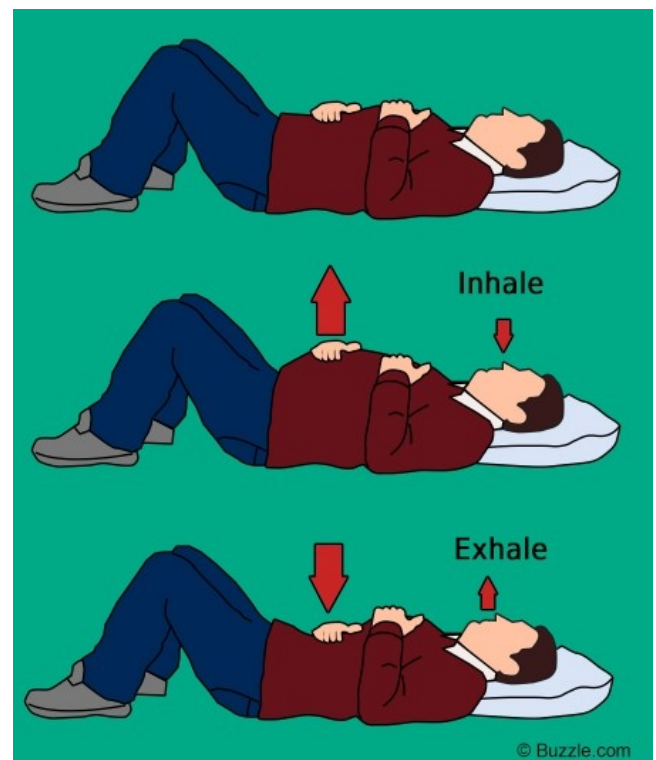
You can do this anywhere and is especially good for doctor/hospital/dental appointments to reduce anxiety.

# Breathing Exercise

Taking slow, deep breaths is one of the easiest and most basic ways to engage your body's natural relaxation response. If you find yourself lying awake in bed, start by taking 10 deep breaths. This alone can begin to slow the breath and create a sense of calm.

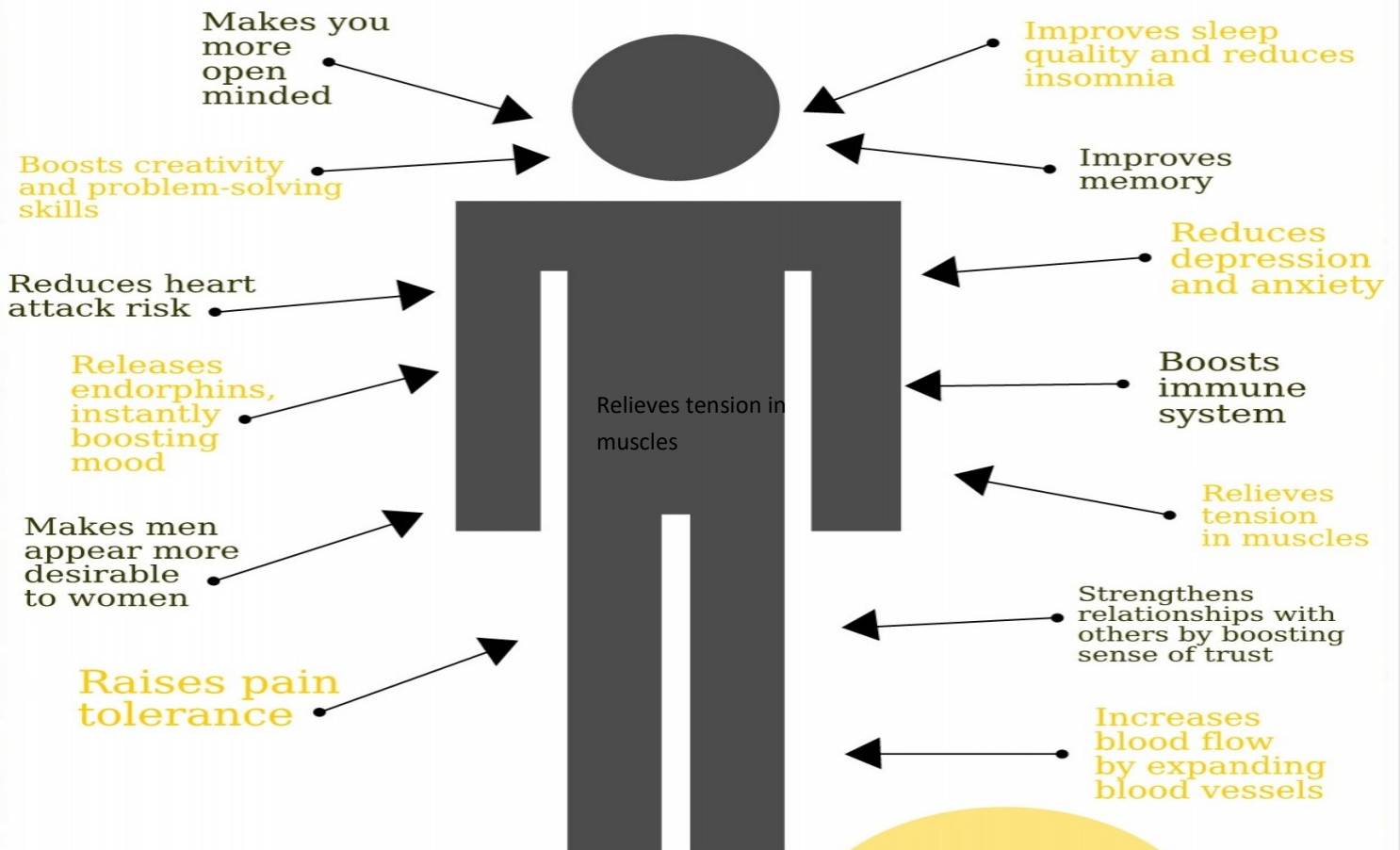
Diaphragmatic breathing (also called **belly breathing**) engages the large muscle at the base of the lungs. Not only can this exercise reduce stress and increase relaxation, it can also strengthen the diaphragm and increase the efficiency of our breathing. Here's how to try diaphragmatic breathing:

1. While lying down, place one hand on your upper chest and the other hand at the top of your belly, right below your rib cage. Your hands will help to make sure that you're only breathing through your belly during this exercise.
2. Breathe in through the nose so your belly pushes against your hand. Your other hand and your chest should remain as still as possible.
3. While continuing to keep your chest still, tighten your stomach muscles and exhale through pursed lips (the way you might hold your lips when you whistle).
4. Repeat this process.



Because many of us aren't used to engaging our diaphragm when we breathe, this exercise may take some practice. Try starting with just a few minutes of diaphragmatic breathing when you get into bed, then gradually increase the time to maximise benefits.

# Laugh It Up for Better Health



*Just 15 minutes of laughing burns up to 40 calories*

Laughter is believed to have evolved from panting in primates. When primates are tickled, they pant.

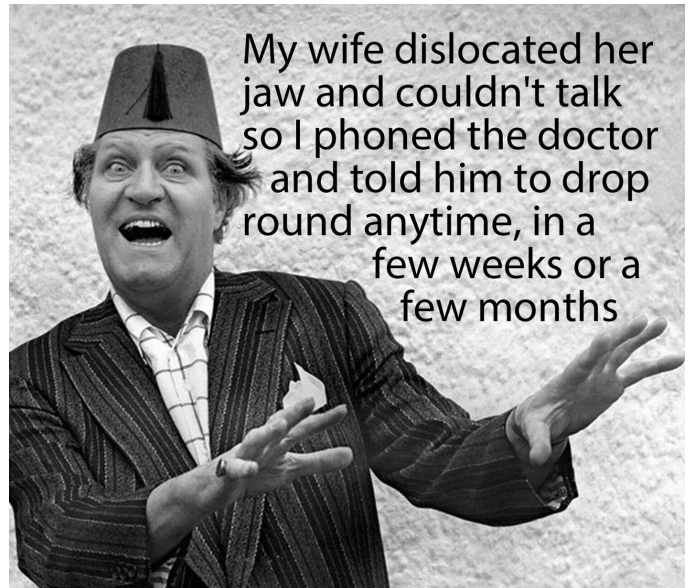


“It’s good that you’re eating more fresh fruit and vegetables, but be careful to chew more thoroughly.”



Doctor: You are very sick.  
 Patient: Can I get a second opinion?  
 Doctor: Yes, of course! You are very ugly too.

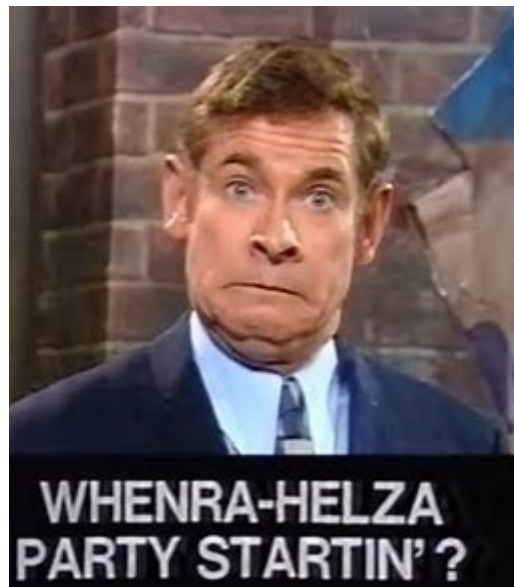
# WHO MAKES YOU LAUGH THE MOST?



RC "Four candles, yes sir"  
RB "No, fork handles"  
RC "Four candles. That's four candles"  
RB "No fork handles. Handles for forks"



See you Jimmy





## Blethering and Gossip

**'She is the talk o' the steamie.'**

Everybody is presently talking about her

**'Haud ma chips, ah've drapped the wean.'**

I was not concentrating on what you were saying.

**'Gie me a bit o'gossip any auld time...ah jist love it.'**

I love a bit of scandal.

**'See they so-called busy folk, believe me they are never o'er busy tae stop an'tell ye how busy they are.'**

We all like to feel important.

**'Don't be daft enough tae pit baith feet in your mooth at the same time, or ye'll no' have a leg tae staun on.'**

Watch what you say.

**'Och, she's just a know-it-all hairdresser who wid make an equally guid taxi driver.'**

She talks all the time and knows everyone's business.

**'The folk who think they know it aw are a real pain in the neck tae us lot that dae.'**

There are some annoying 'know-alls' around.

**'Some folks' gossip is so interesting ye almost wish ye knew the person they wur talkin' about.'**

People enjoy hearing interesting tit-bits about others.

### Good ways to get the local gossip are:-

- Get or borrow a dog and meet local dog owners
- Go to local café's and ear wig conversations—discretely of course
- Offer to collect grandchildren from the school gate, great source of gossip
- Join a local book club—the gossip flows after people have a few drinks.....



**I remember ear wiggling into adult conversations when family came to visit. Half the time it didn't even make sense and when I was caught I was either sent to bed or sent out to play.....**

GOOD .....

VEUVAEXF  
TGOEXNRPICOMDZ  
DRHHPWDKLYXAQSHEPHERDKYAKMXOOGUQIQVONUV  
GTLPBVDKTFQSTVEAIQCQWYODSIAOKNKNUXMFFUZYK  
GWYMZEDYG CYWRSCQTMZEIOSGTTDNSIQNVEOSOYTGJHX  
OXIYTTTHETMFNSKUZZZVADGECHEERNNNYTHYVMBLURHYN  
JNSDOEKAUNPMAUJBDVZARHQZLSEHEXGEC AODGEVFIJAOE  
ZJHVOJGYDNVVR SJQLQELIFJDTJVRLGHWCUHKJASENJWA  
OSZINEZKMLBIJGLIQVXWUTEFSENSEALFNZHWTLCFQJL  
NRVLPYNMQMHKMSLTZBSLHEALTHKFEYYEGTPEJKIQQBG  
YQYVUWSLCNILTIOFEGGDFCNLRQBYEAYALS FSTQXNK  
YJUUCQXWXNDVUVQWIPWWVZOOOPKGMISDQLVRUXE  
DVSAANASQJFBWYNVEFEBWBWWMSTBXSYHNAVLZ  
LCZTEAYSFCLJDHFHSCCXZUSTWFMLBRSIU  
GIADKFD MVTEWPMYGN TGUBVCFEKJCI  
ETXWTRWYEKXSALYZYXLT FQOLS  
HPTJKDTXOZCHJESEZTAKE  
KKPTFQESLIAYFNEEU  
VQZALQIGKKW  
BNHSPYW  
T

BOOK  
CHEER  
CONDITION  
DEEDS  
ENOUGH  
EVENING  
FELLOW  
GRIEF  
HEALTH  
LOOKING  
MANNERS  
NIGHT  
SAMARITAN  
SENSE  
SHEPHERD  
TASTE  
VALUE



**MY GRANDFATHER HAD  
THE HEART OF LION AND A  
LIFETIME BAN FROM THE  
NEW YORK CITY ZOO**

## USEFUL NUMBERS

Email: [info@ceartas.org.uk](mailto:info@ceartas.org.uk)—general enquiries

[mcandlish@ceartas.org.uk](mailto:mcandlish@ceartas.org.uk)—Dementia related enquiries

Telephone 0141 775 0433

Website [www.ceartas.org.uk](http://www.ceartas.org.uk)

Address Suite 5-7

McGregor House

10 Donaldson Crescent

Kirkintilloch

G66 1XF



OPAL INFORMATION LINE 0141 438 2347

CARERS LINK 0141 955 2131

EAST DUNBARTONSHIRE SOCIAL WORK 0141 355 2200

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KIRKINTILLOCH 0141 775 3220

BEARSDEN 0141 775 3220

ALZHEIMER SCOTLAND 24 HOURS/DAY 7 DAYS/WEEK 0808 808 3000

SAMARITANS 116 123 FREE HELP LINE/24 HOURS

BREATHING SPACE— IF YOU ARE FEELING DEPRESSED— 0800 22 44 88

AGE SCOTLAND HELPLINE 0800 12 44 222 MONDAY-FRIDAY 9-5

THE SILVER LINE (FOR OLDER PEOPLE ) 0800 470 8090 24 HOURS

DEMENTIA UK HELPLINE 0800 888 6678

NHS 24—out of hours doctor service—Phone:111

Covid-19 Vaccination questions call 0800 030 8013

**A & E Heart Attack/Severe Injury /Stroke/Severe Breathing Difficulty  
Call 999**

**Urgent Dental Problem whilst usual dentist practice is closed Call 111**