



As the weather is nicer (most of the time) and we are able to go 'out and about' and meet up with family and friends, De Café will be taking a break from our Zoom meetings for the month of July. Using this time to review our groups with an aim to being able to meet up either in smaller groups or as normal (if restrictions are removed) in August.

## Ceartas Dementia Newsletter

I hope you are enjoying our newsletters and we are grateful to those who have provided some feedback. Please let us know if you would like to include an article. Maybe your life story, a memorable occasion, what dementia means to you, or a tribute to someone who has touched your life in a positive way.

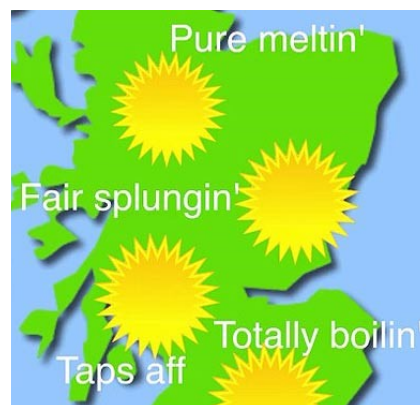


We have been enjoying getting to know our friends in other groups throughout the UK. Maybe soon we can invite our friends from The Stand in Fife to meet face to face. Gerry and Irene have visited our De Café Zooms. Dory who lives in Wales was our guest speaker on 16th June. She worked as a landscape gardener and we had a great zoom with her. She also does 'Mind Reading' but we might leave that for another meeting.

I will be on holiday in Southernness for 2 weeks either dodging the rain or sunbathing. I am hoping for the weather forecast in the photo.

Hopefully the sun will be shining in Glasgow and the showers will fall during the night.

*Michelle*





## How are you feeling?

  
**ITS  
OKAY  
NOT  
TO BE  
OKAY**

For many of us, the gradual **easing of lockdown** means more opportunities to meet with friends and family and take part in activities that were previously **restricted**. For some there will also be **increased anxiety** and a strain on **mental health** as we re-adjust to another change in circumstances.

If you are struggling with your mental health, you can also ask your GP for a referral to NHS Talking Therapies, or you can self-refer.

For confidential support, you can also call the Samaritans in the UK on 116 123 or email [jo@samaritans.org](mailto:jo@samaritans.org).

## COVID-19 (Coronavirus) Current Protection Levels

Currently the most of Scotland is at protection **level 2**, at present you can travel into Glasgow. Stick to the rules in your area - Scotland follows a COVID-19 levels system (0-4). Each Level has a different set of rules on what you can and cannot do.

### What can you currently do in level 2?

#### Indoor Socialising

6 people from 3 households in your home or theirs – and can stay overnight.  
6 people from 3 households in an indoor public place like a café, pub or restaurant.

#### Outdoor Socialising

8 people from 8 households outdoors, in a private garden or a public place like a park or an outdoor area of a café.

**Under 12's do not count outside, but do count inside.**

#### Travel

Unrestricted travel to all Level 3 areas; must not enter Levels 0-2 or Level 3 area unless for a permitted reason.

You can travel to England, Wales, Northern Ireland, but please check the rules.

**Funerals and Weddings:** A maximum of 50 people can attend.

**Tradespeople:** Can carry out any work in your home such as painting, decorating or repairing.

**Informal childcare:** for example you can look after a grandchild.

You should work from home where possible.



### What is Ceartas?

Ceartas is an independent advocacy service for people in East Dunbartonshire.

### What does Ceartas do?

Ceartas can appoint an advocacy worker who can assist you:

- To put forward your views in discussions around your care and support.
- If you are subject to Mental Health or other community care legislation.
- To ensure you have the information required to support you in decision making.
- To plan for the future, e.g. Advance Statements; Power of Attorney.

### How can I get in touch?

Telephone: 0141 775 0433

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

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

Providing Advocacy In East Dunbartonshire



# Advocacy Link Worker

My name is Linda and I am the Advocacy Link Worker here at Ceartas. Your advocacy worker has now passed your case to me and my role is to support and encourage you to remain connected to Ceartas, and link you back in quickly with an advocacy worker, should you require advocacy support.

Within my role, together, we can also look at accessing information about other services, groups, volunteering and activities across East Dunbartonshire that may interest you.



## Some of our feedback on our newsletters and information enquiries from our members

“Just received an email to say my application for **Truecall** has been successful and I will have it within the next 4 weeks. This is not a day too soon”

“It was pleasing to read about the progress you have made, regarding partnerships and links. It is good to see Ceartas being part of a wider network, where groups can feed into each and share learning. For example, it was interesting to see that you were part of the **'Knowledge is Power' booklet**, which I have read, and think is terrific”

“I would like to thank Kenny and Michele for letting me bring \*Isobel on the walk this morning. She remembered she had done it and told her carers and family how much she enjoyed it”

“Thanks for all the info passed on and all you have done with several of my clients”  
Alzheimer Scotland

“Thank you for your time this morning and the information you’ve kindly sent through. You’ve given me a clearer perspective and direction as to what support is available to Mum and Dad at this stage”



Thank you for your feedback, it is good to know we make a difference.

\* name has been changed





## Peer Support Project Evaluation Creative Activity



The University of Stirling was asked to complete an evaluation of Peer Support Projects funded by the Life Changes Trust.

A key part of the evaluation was to look at how **Creative Activities** could be used to engage staff, volunteers and beneficiaries, to ensure the evaluation was accessible for all, and reflected the voices of people with dementia and unpaid carers. Due to COVID restrictions, this became a challenge, as locked down rules prevented face to face gatherings and the team at the University of Stirling, including community volunteers, had to find a creative approach.

The creative approach was designed around 'words' and 'feelings' – aimed at capturing the key elements of what Peer Support meant for the people involved – staff, volunteers, carers and people with dementia.

The evaluation team gathered these 'words' and 'feelings' using a mixture of individual interviews, focus group discussions, and from analysis of existing documents, and captured a few key words on a large canvas.

The canvas was created by one of the volunteers on the evaluation team and reflects a summary of 'What Peer Support Means to Your Group'.

# How can I protect my posture?

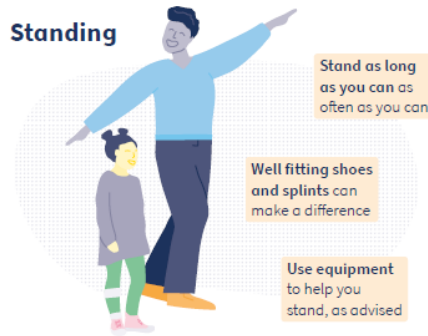
If you lie, sit and stand well and move your body often, you will be taking care of your posture 24 hours a day.

Everyday activities can affect your body's natural alignment, which can cause pain, discomfort and even deformity of the spine.

Some people can't change their positions on their own. This puts them at greater risk of postural changes if it isn't managed.

If you notice that your posture is changing, you're leaning to one side, feeling sore and stiff or are getting stuck in the same position, contact a physiotherapist or occupational therapist for advice.

## Standing



## Walking and moving



## Sitting



## Lying



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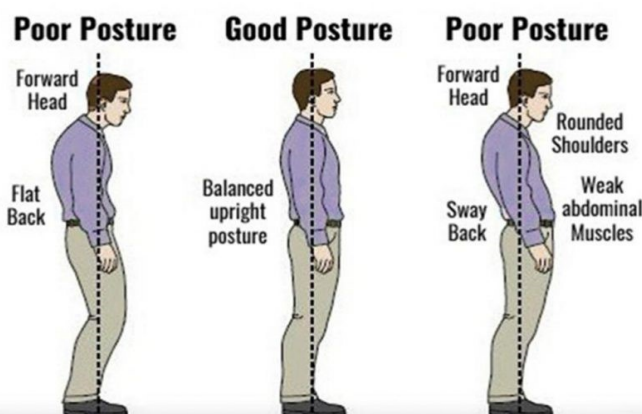


Posture is the shape our bodies form when sitting, lying, standing or moving. Many of us can adjust our position if we begin to feel uncomfortable, experience pain or recognise our position could be harmful.

When we have a movement difficulty caused by an injury, disability or age it becomes more difficult to freely adjust our position. Our body will move in less symmetrical movement patterns leading to a weakness and asymmetry of different parts of the body.

It is important to understand just how distorted someone's body shape can become if the correct interventions are not put in place. This distortion can have a life threatening and life limiting impact; difficulties with breathing, eating & drinking, experience of pain and high risk of pressure care are just some of the complications.

Making simple adjustments and being aware of the correct posture can have a positive impact.



# Knowledge is Power

## Knowledge is Power – Scotland

Following the success of the Knowledge is Power booklet created by groups in Wales a Scotland version has just been completed. A big DEEP thanks to funding from the Life Changes Trust and the really hard work of The Beacon Club, STAND, Scottish Dementia Alumni and Dementia Voices East Dunbartonshire.

This has been a particularly exciting collaboration for many reasons – working with Wales on their original idea, but also adopting the bi-lingual approach creating a resource for the Scots Gaelic communities. The booklet is available on the DEEP and Life Changes Trust websites. We have a limited supply of 2,000 hardcopies to circulate across Scotland.



## 'S E CÙMHACHD A TH' ANN AN EÒLAS Alba

Seo molaidhean feumail a dh'fhaodadh am beatha a dhèanamh beagan na b' fhasa às dèidh dhut breithneachadh-leigh de sheargadh-inntinn fhaighinn

"Ni seargadh-inntinn atharrachadh air a' bheatha, chan ann crìoch. Gabh buannachd às gach cothrom a bhios ga thoirt dhut. Feumaidh tu iarradh air cobhair ionnsachadh, oir chan fheum duine no duine seo fhulang gun chuideachadh".



Chaidh an leabhran seo a sgrìobhadh aig daoinne air a bheil seargadh-inntinn do chàine air a bheil seargadh-inntinn. Tha e stèidhichte air leabhran a chaidh sgrìobhte o this aig na caraidean againn sa Chluimh - le ar buidheachas mòr agus ar n-athneachadh air an glocas. 'S e ar rùn pum faigh thu fiosrachadh is comhairle na bhith a' bhros fèumail dhuibhse ann an Alba cuideachd.

Fhaic an leabhran seo ma chaidh le tabhartas bho urras atharrachadh na beatha  
life changes TRUST  
Creating solutions  
COMMUNITY FUND



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If you would like a copy of this booklet posted out to your home address call Michelle on 0141 775 0433 or email on [mcandlish@ceartas.org.uk](mailto:mcandlish@ceartas.org.uk).

You can download the document below

[Knowledge is Power booklet - Handy hints that might help make life a little easier after diagnosis - DEEP \(dementiavoices.org.uk\)](https://dementiavoices.org.uk/Knowledge-is-Power-booklet-Handy-hints-that-might-help-make-life-a-little-easier-after-diagnosis-DEEP)



## WELL-BEING WEDNESDAYS



We really enjoyed our Zoom disco with Pasma. It was different, but definitely worth while. My legs were aching for days after. Dancing is a great way to exercise your heart, burn some calories, increase your energy and improve flexibility, strength and endurance. You always feel happy when you are dancing so it really good for your mental health. They should prescribe it on the NHS. Imagine Abba was playing in the GP surgery while you were waiting for your appointment. If you are interested in finding out more about Weekday Wow Factor Zoom discos and other events click on this link [Weekday Wow Factor](#)



### **This is what some of our members said about Chris.**

"Chris Dinwoodie was a likeable character who kept us entertained with his humorous patter, his stories and his magic tricks. He kept us intrigued throughout. A good level of involvement with the audience on zoom....not an easy task. Very enjoyable!"

"I had to respond to the excellent De Cafe zoom meeting today. The appearance by magician & comedian Chris Dinwoodie was inspirational. He was very funny & brilliant with his magic. It was an excellent zoom meeting, very amusing & cheered me up for the rest of the day. Thank you."

"Yesterday with Chris was very entertaining and engaging."

"He had me totally bamboozled by the rope trick and the card tricks. A very likeable fellow."

"I really enjoyed the Magician/ comedian. He was good plus really amusing. I would definitely take the time to go to this. For something like Wellbeing Wednesday again."



Our seated relaxation with Judith who is our friend from Grace was most relaxing. We began with very gentle moves in our seats in the comfort of our own home.

Then we moved on to some relaxation breathing, and finished off with a visualization.



Our Tai Chi session with Hing was extremely relaxing. My colleague Linda said she had the "best nights sleep" after the session.

We spent some time relaxing our muscles before finishing off with some Tai Chi moves. You could try cutting the grass or hoovering as slow as you can to see if you feel calmer after.

**WITH THANKS TO OUR SPONSOR, THE COOP**

# WAYS TO STAY SAFE



East Dunbartonshire has a higher number of lone, elderly residents with a degree of vulnerabilities which has made the area a prime target for bogus callers and other scam type fraudulent schemes.

Police Scotland's policing priorities for 2020/21 is to work with partners in the local community to protect vulnerable people, tackle cyber related crime by increasing education around online scams, work with the community to essentially make the local area a no go area for criminals.

**THINK** – Are you expecting somebody to visit you, **if not do not let anybody into your property?**

**SECURE** - Use your door chain / spy-hole before opening the door

**QUESTION** - Ask for callers I.D. Verify by phone. **But if in doubt, keep them out.**



Be aware of methods used by **criminals to distract you** such as being asked to make a telephone call, to use your toilet, for a glass of water or being asked to check water or gas supplies

- Don't keep large amounts of money at home
- Do your premises or garden really require work to be carried out?
- **If it sounds too good to be true, it probably is**
- Be vigilant for vulnerable neighbours who may fall foul of these criminals

**Criminals who commit doorstep crime are very convincing**, believable and take advantage of the most vulnerable / trusting people often in their own homes. Police Scotland works closely with partner agencies to tackle these offenders.

Who should I call if I feel threatened, unsafe or suspicious of a caller?

- **Contact the police immediately on 999**

If I see something suspicious in my area, or want more advice about doorstep crime?

- **Contact the police on 101**

Thank you to Police Constable Stanway @ Scottish Police

# Feedback from a De Café Members

Soon after the diagnosis of early on set dementia, we attended some of the Dementia Cafes, organised by Michelle from Ceartas. We found that some of the professionals who attended provided useful information, that although not important at that time, was useful to keep for future use. Two that were immediately of use were.

**The sticker for the front door.** as we are no longer disturbed by folk wanting to:-

- a) replace our gutter
- b) cut our hedges
- c) Clean our driveway



or many of the other folk who think that it is okay to try and take your money, by selling products that are of no use or unwanted.

## The True Call Blocking Device System

Ross from Trading Standards EDC provided us with this piece of equipment that was quickly and easily attached to our phone which stops folk trying to help us claim for our recent??? car accident, warn us about a banking or computer problem.

The Dementia Cafes, although might not be everyone's cup of tea, are a good source of useful information not only for information from Michelle, but from other attendees, who have discovered other pieces of info or products that are useful for people with Dementia and their wives / husbands/ partners/ carers.

Amy



**Call Ross Paterson 07717 582907 to request your True Call Blocking Device**



We really enjoyed our afternoon with Tereasa “Dory” who was our guest speaker to talk about landscape gardening. Her granddaughter decided to call her Dory after she took her to see the film Finding Nemo because she said Nemo was nice.

Below is a photo of Dory’s garden with a water feature. It is a small space but it has plenty of flowers and is manageable with no grass to cut. If you want to make a garden water feature like the one in Dorys garden. Here are some instructions.



1. Buy a barrel from Home Bargains outdoor stores or you can purchase plastic look-a-like barrels from Amazon/Ebay. Put some gravel at the bottom for the plants to attach. You can add bricks to create levels.
2. Buy a solar power floating fountain. You can buy these online.
3. You can purchase plants either from online shops or your local garden centre.

This may cost in the region of £30 but it will add some zest and ‘eye appeal’ to your garden and might attract some frogs who eat insects and snails and slugs which is an environmental way to deal with them.



Dory suggested saving your ground coffee waste and spreading it round plants snails eat to deter them. I was worried the caffeine would make them eat faster.....your local coffee shop may be happy to give you their waste coffee



## 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>

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>



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>

### Match the Football Team to Song—phone a friend for help

## Paper Roses

Scotland

Yes sir, I can boogie

Airdrie

## Do a Deer a Female Deer

## Kilmarnock

## Can't help falling in love

## Tartan Army—Scotland

## Only the lonely

## Simply The Best

Celtic

Tom Hark

## Rangers

The Fun Loving Criminals covered the song Fly Me To The Moon. Click on the links below to decide which version you like the best.

"Fly Me To The Moon" - Jools Holland And His Rhythm & Blues Orchestra ft. Huey (Fun Lovin' Criminals) - YouTube

Fly Me To The Moon (Remastered) - YouTube



Bands have used their telephone numbers to create music . Don't ask me how, Roy our Information Worker said it and he knows a lot about music so it must be true.

The theme music to Inspector Morse has morse code in it and the incidental music in the programme has morse code with clues to the suspect. Again Roy said this so I believe him.

The first person to decode the morse code below will receive a prize.

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

## COMPETITION

1. **Identify the subject and predicate.** The subject is "The committee" and the predicate is "has decided."



# **“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)

# Moving On Health Walk—Bearsden



We enjoyed creating some environmental art after our walk with leaves and flowers collected on the way.

You can try this at home choosing leaves and flowers from your garden and create your own picture. Then you could put them in a vase to remind you of your walk.



Making pictures is fun to try if you are at a beach. I created the beach picture when I visited Rothesay recently. You could even print your photograph and frame it or make a canvas print in a bigger size. Few studies of adult playfulness exist, but limited research on older adults regarding playfulness suggests that in later life playing improves cognitive, emotional, social, and psychological functioning and healthy aging overall. GP's should prescribe this.



We decided to have a theme at the end of our weekly walks. There is a raised herb bed in the garden and I have promised to bring in some essential oils which are the same as the herbs to chat about the benefits.

We hand out some ideas for relaxation and self help. One of our members is a ceramics and sculpture expert so a chat about that might be interesting.

We also shared some tips on health and beauty lotions and potions.

We might even have a play at throwing the ball into the basketball net again. Easier for the taller people of course.

Here is a quote shared from one of our walkers:-

**Heal your life  
Repair the cracks  
And embrace the imperfection**

**(Thomas Navarro)**



## Guest Speaker

### Stuart—East Dunbartonshire Ranger

Barn Owl Wing



Tawny Owl Wing



Red Deer Stag Skull



Roe Deer Buck Skull



We enjoyed our Zoom meeting with Stuart and the photos of various pieces of nature.



Mugdock Country Park has short and long walks, toilet facilities and a café. It's a great place for dog walkers, families and those who want to get outdoors and enjoy nature. There are car parks with disabled parking bays. A great place even when it rains (if you have the right clothes on).

[Home - Mugdock Park \(mugdock-country-park.org.uk\)](http://mugdock-country-park.org.uk)



Milngavie water treatment works commonly known as The Waterworks is a **Scottish Water-operated water treatment facility**. It is the primary source of the water for the city of Glasgow.

The paths are flat and it's a great place to watch the sunset. It's roughly 2 miles around the whole loch but you can walk half of the reservoir or go twice round for 4 miles!! It's up to you.



# Guest Speaker

## Geraldine—Retired Nurse



Geraldine recently retired after a career in nursing.

You could hear that she really loved her job and her patients were almost part of her extended family as she latterly worked closely with people with long term illness.

She told us the open end in pillow cases in a ward had to all point in the same direction and matron would soon let you know if it wasn't the case (pardon the pun).

There has been many changes to uniforms over the years and Geraldine was keen to wear a hat with a stripe which showed ranks.



As you can see from this photo, the job could be very stressful. Only joking the lids were on the bottles and it was just for fun.

Geraldine is now enjoying spending time with her grandson and family members.



### Uniforms

During the 1900s, at the time of Florence Nightingale, one of the Miss Nightingale's students is said to have designed the first bespoke uniform for nurses.

In the UK, with the advent of the National Health Service, the uniform that we traditionally associate with nurses was first introduced.

# Guest Speaker

## Bob—Retired Firefighter

My own connection with the Fire Service goes back a very long time - almost 68 years! My father Lachie, was a fireman in Glasgow for 30 years - he is pictured in the first 2 pics top right in the 1st and right in the 2nd.



I was born in the Central Fire Station in Ingram Street and then grew up in the city's North West Fire Station for the next 17 years until my father retired from the service.

When I was 18, I joined Glasgow Fire Service, the proudest day of my life. I was posted to the North Fire Station in St. George's Road where I served for 5 years. Promotion to Leading Fireman and then to Sub Officer followed and I saw service at Partick, Anderson, the North West and finally Knightswood, where I retired from on ill health grounds.

Growing up in a fire station, I was always interested in the history of the fire service, especially in Glasgow. At that time the brigade had very little in the way of permanent reminders of its long and proud service.

In 1995 I decided to set up Strathclyde Fire Brigade Preservation Group, a body of like-minded people - mostly retired firefighters and those with a genuine interest in the history of firefighting in Scotland. I'm glad to say the group is still going strong and is now called the Scottish Fire Heritage Group. We restore and maintain a collection of historic fire engines, equipment, and related artefacts and documents.

I am also the Chairman of the Aye Ready Club (The motto of many of the old Scottish Fire Brigades). A retired fireman's club and we meet up regularly and have outings for our retired members. I do hope this has given you some background as to my life and hope the pics are of interest to you.



# Guest Speaker

## Bob—Retired Firefighter



These are some vintage fire appliances. You can see them at Glasgow Vintage Vehicle Trust in Bridgeton on Doors Open day.

[Glasgow Vintage Vehicle Trust | Glasgow Vintage Vehicle Trust \(gvvt.org\)](http://Glasgow Vintage Vehicle Trust | Glasgow Vintage Vehicle Trust (gvvt.org))

They have free vintage bus events during the summer. Best to check the website above for details.



Bob visiting a navy ship whilst it was docking in Yorkhill. The Navy and the Fire Brigade enjoyed these visits and especially the banter.

Bob was also involved in fund raising events during his career and still keeps in touch with his colleagues.



## What does a Ranger do?

This is a question I've had to answer a few times over the years. I usually have to think about it too. You see, a Ranger is somebody who has to know a bit about all aspects of nature conservation, and countryside issues. For example, Mrs Smith came to me and said, "I heard a bird the other day and don't know what it was". She then proceeded to whistle the bird's tune expecting me to identify it. Then farmer Johnston wanted to know what he can do about people lighting fires in his woodlands and leaving their litter behind. In between that I led a themed guided walk on British amphibians, planted some trees and put a plaster on wee Johnnie's knee because he took a tumble in the woods at Mugdock.



You get the idea. It's a very diverse a job. And for all that it's a very enjoyable and rewarding one too.

Becoming a Ranger involves firstly gaining some kind of environmental qualification like an HNC (that's me) or a degree in a related subject such as biology or ecology. This in itself however is not enough to gain employment. Voluntary work is key. Relevant practical hands on experience.

Then you would hope to gain a paid Summer post for a handful of seasons before a much sought after full time job came your way. I worked for three seasons before I became a full time Ranger. During that period I worked both as a long term volunteer and then seasonal Ranger at Brodick Country Park on Arran. The experiences I had there both in a professional capacity and on a personal level were unsurpassed. A wonderful time.

Rangers are also very involved with environmental education. We have traditionally assisted schools, especially in studying the sciences. I am also trained to deliver Forest School education. Forest school is designed to promote the confidence and self-esteem of participants through the completing of small achievable tasks. Usually in 2 hour sessions over six weeks. It includes everything we have done before but encompasses a diverse array of additional activities including whittling, fire making, shelter building, orienteering, environmental themed games, problem solving (like how to get across that river without getting wet) and making mud faces to stick on trees. Lots of fun and usually messy.

So, what does a Ranger do? All of the above and usually quite a bit more.



## **Local walk – Lenzie Moss loop on the outskirts of Lenzie. Aproximately 2km.**

A popular walking route, this ancient and much valued Local Nature Reserve hosts a wealth of flora and fauna. There is a path all the way round, part of which is on a boardwalk. There are a few access points onto Lenzie Moss and Heather Avenue just off Boghead Rd is very convenient for street parking. Hawthorn Avenue off Kirkintilloch Rd is also good for parking. I usually park here actually. The other access point of note is Lenzie train station car park. There's an entrance to Lenzie Moss at the far end of the car park. Please note though that on week days, parking here is nigh on impossible. You can also park in Heath and Fern avenues but parking here is very limited and usually busy too. Regardless of where you start from, you'll end up back where you started on this looped walk.

Lenzie Moss features a variety of habitats. You'll walk through woods near the railway, whereas on the boardwalk section you'll be in boggy heathland. Look at the difference in vegetation. The variety of habitat types makes Lenzie Moss very biodiverse. Flying insects such as bumble bee, damselfly, dragonfly and butterfly abound in the open. Look and Listen for the birds in the woods. Song thrush, black-bird, robin and tree creeper are all here. You'll



pass through a section of grassland near Hawthorn Avenue. Look out here for migrant warblers such as the inimitable willow warbler or the grasshopper warbler which unsurprisingly sounds like a grasshopper. If you look up you may see kestrel or buzzard overhead too. Looking into the boggy centre of the Moss, roe deer and hare can sometimes be seen. Lenzie Moss used to include a raised bog, meaning the flat area in the middle would have been a big mound of peat. It was lost to commercial Peat extraction which ceased in the 1960's. As I'm sure you're aware, digging up peat these days is frowned upon. Quite rightly so, as peat holds on to masses of carbon that is released back into the atmosphere when it's dug up.

The Ranger service with help from volunteers including The Friends of Lenzie Moss group actively manage Lenzie Moss to improve access as well as carry out habitat management. The water level has been raised to encourage bog land vegetation and peat formation and many of the colonised young birch seedlings on the bog have been removed to conserve the habitat through water retention. Places like Lenzie Moss are highly valued as so many similar sites have been depleted or lost over recent years.

Enjoy your walk.

**Stuart, Countryside Ranger**



# 6 Kilmardinny Loch

4 miles / 1½ - 2 hours



**Start:** from the West Highland Way (WHW) obelisk. Follow the Allander Walkway path south along the Allander Water through Lennox Park. Cross to Keystone Road.

- A** Cross main road at pedestrian crossing.
- B** Descend steps to burn and turn R (signed 'Craigdu Primary School')
- C** Cross the bridge, turn L (signed 'Kilmardinny Loch').
- D** At the road end, turn L into park, then turn R after the swings, down to the loch.



**E** Continue around loch to end of Thomson Dr. Take 2<sup>nd</sup> path on L uphill, away from loch.

**F** Pass school, take path on L then bear R (signed 'Prestonfield').

**G** At path crossing, turn L (signed 'Craigdu Primary School').

- H** Use pedestrian crossing at Craigdu Rd, turn R then L down steps to walk round side of park.
- I** At end of Balvie Road cross straight over. Cross footbridge, turn R to follow path back to the start.



# Book a Buddy



## Could you do with some support to make plans for later life?

The **My Future Care Buddy Service** offers you the opportunity to have a friendly chat on the phone or via video call with a trained Buddy, to help you think through your plans for later life, perhaps give you the nudge you need to put your thoughts into action. Maybe you have been putting off sorting out your power of attorney, would like to write a bucket list or record your funeral preferences, or perhaps you have no idea where to start and could do with some support to work out your priorities.

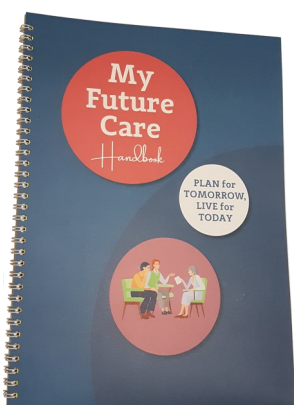
Mycarematters, a not-for-profit social enterprise, has recently published an interactive workbook to help people make plans for their later life and future care, called The My Future Care Handbook.

They have also developed a service offering one to one conversations via phone or video with a trained Buddy, and it is **currently free!**

They are looking for people to get involved in a pilot of the Buddy service which is designed to help people shift from just thinking about it to doing something about it.

**They are offering a free Handbook (normally £14.95 plus P&P) and up to 4 sessions with a friendly Buddy to support you in identifying and meeting your goals around later life and future care planning.**

For further information email [zoe@mycarematters.org](mailto:zoe@mycarematters.org) Telephone 01403 210485



## Loss and Grief

**Dementia is so complicated and it can bring many different forms of loss to many people. And, when we lose someone or something we truly value, we grieve.**

Very few of us go through life without grieving for someone we love. But do we recognise that we also grieve for loss of identity or relationship or security or familiarity or status or for a way of living? Sadly, such losses often accompany the onset of dementia in ourselves or those we love. So much of what we think and say and do — our relationships too — are influenced by how we respond to the loss of people and things that are really important to us.

**Therefore, it's important to grieve and to grieve well.** I've never been entirely convinced by people who ask me to conduct a funeral service for someone they love but insist that it must be a celebration with no place for sadness. That's doing no-one any favours. We can try to ignore our pain but that does not make it go away. Whatever our loss we must give ourselves the time and space which we need to begin to understand what's happened and the changes that have come. I believe that healing comes through grieving. And our grieving can help others to grieve for their loss.

**A really important part of that is listening and speaking.** I'm the minister of a local church rooted in our community. Many are the hours that I've spent listening to the pain of loss. Listening is so important — listening without judgement or even offering sympathy or advice. Just listening intently.

**But for listening to happen, there needs to be speaking. And most of us need to speak when we are grieving.** Speaking helps us to name and to process the pain of our loss. Often, we discover new ways of seeing and adapting to our loss in the process of speaking to someone who is really listening. And, if only for a few moments, we know some comfort and peace in sharing with another human being. So, whether it's to a professional listener or your friend or next-door neighbour or even to a church minister, it's worth taking the risk of talking.



**And that's where Ceartas De Cafés are so valuable — safe places to talk about our losses among people who understand. A chance to support one another and a source of practical advice and support.**

Rev Dr Alan Hamilton— Minister, Killermont Church



A volunteer at Ceartas De Cafe, held in Lenzie Union Church Hall is a very keen Gardener and when he learned that East Dunbartonshire Council were no longer providing their Garden Service, to the elderly and disabled, he promptly offered his help with our garden.

He has been a godsend to my wife, who lives with dementia and myself, ancient and partially blind. He absolutely refuses to take any payment. He undertakes all the services that the Council used to provide, on their annual payment basis, plus many more tasks that we are unable to undertake. The fact that he is also very knowledgeable about plants and gardening is a real bonus for us.

## How **NOT** to wear your face mask!





# The Scottish Dialect Translator

'AYE' - Yes 'GAUNNIE' - Going to 'SASSANACK' - Englishman  
'BRAW' - Beautiful 'DOBBER' - A fool 'HAMMERED' - Drunk  
'MINGIN' - Revolting 'HOUCHIN' - Very busy 'ISNAE' - Is not  
'HACKIT' - Ugly 'GADS' - Exclamation of disgust 'COO' - Cow  
'MONY A MICKLE MAKES A MUCKLE' - Saving small amounts  
'GLAICKIT' - Not very clever 'NAW' - No 'RUBBERED' - Drunk  
'NAPPEER' - Head 'MANKY' - Dirty 'STOCIOUS' - Very drunk  
'DROOFIN' - In need of a drink 'POLIS' - Police 'MAW' - Mum  
'PUGGLED' - Tired out 'NUMPTY' - Idiot 'MITHER' - Mother  
'NOO JIST HAUD ON' - Now just stop there 'NEEPS' - Turnips  
'KERRY OOT' - Take away 'DEE YE KEN?' - Do you understand?  
'GALOOT' - Clumsy 'PURE DEAD BRILLIANT' - Exceptionally good  
'DOUR' - Miserable 'DRAM' - A whisky 'SWALLY' - To swallow  
'BAMPOT' - Idiot 'SKELP' - Slap 'WABBIT' - Tired or worn out  
'KEEP THE HEID' - Misbehaving 'SLECHER' - Messy or clumsy  
'ZARRAFAC' - Is that a fact 'TATTIE' - Potato 'BEN' - Mountain  
'HAUD YER WHEESHT' - Be quiet 'ERSED' - Can't be bothered  
'PEELLY WALLY' - Unwell 'WINGNUT' - Someone with big ears  
'YER AFF YER HEID' - You are off your head 'SCOOBY' - Clue  
'SMEEKIT' - Intoxicated 'I'M FAIR PUCKLED' - Out of breath  
'CRABIT' - Irritable 'GREET' - Cry 'SNELL' - Sharp 'PUSS' - Face  
'BAIRN' - Child 'RAJ' - Crazy 'SHOOFTIE' - A glance or look  
'EEEJIT' - An idiot 'GEGGIE' - Mouth 'DUNDERHEID' - Stupid  
'SCRIEVE' - To write 'MINCE' - Nonsense 'MIND' - Remember  
'HOWLIN' - Smelly 'HOACHIN' - Very busy 'BALTIC' - Freezing  
'NOO' - Now 'THON' - That 'IT'S A DREICH DAY' - Bad weather  
'DINNAE' - Don't **Up Yer Kilt!** 'JOB' - Sh\*t

# Sea Food

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

- PRAWNS
- LOBSTER
- CRAYFISH
- SOLE
- SEABASS
- SALMON
- ABALONE
- ANCHOVIES
- BRILL
- MACKEREL
- WILKIES
- OCTOPUS
- MUSSELS
- HERRING
- TROUT
- OYSTER
- SQUID
- CRAB



## 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

CITEZANS ADVICE BEUAREU BISHOPBRIGGS 0141 563 0220

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**