

Abertay

Sheltered News



Winter
2014

A very **Merry Christmas** and a
Happy New Year!



Christmas Openings Times

Christmas

24th open until 2pm

Closed 25th

Normal working hours 26th

New Year

Normal working hours 31st

Closed 1st

Normal working hours 2nd



Bogus Callers

From bogus callers to rogue traders, doorstep criminals are cunning, creative and often very convincing.

Anyone can be fooled as these people are professional con artists and the over 60s are quite often targeted.



Advice from Police Scotland;

- Be on your guard if someone turns up unexpectedly, genuine callers make appointments first
- Ask for ID from anyone who comes to the door, whether you expect them or not
- Genuine callers will carry photo ID and show it when you ask
- Inspect the ID
- If the caller is unexpected, ring their office to confirm their identity, don't use the number on their ID card but look it up in the telephone book. Genuine callers won't mind waiting.
- Don't assume a caller is genuine because they are wearing a uniform.

If in doubt shut them out

- If you have any doubts, tell the caller to come back when someone else is at home
- You can tell callers to contact you by letter to arrange a more convenient time
- Only let callers in if they have an appointment, and you are sure they are genuine

Who should I call?

- If you feel threatened, unsafe or suspicious of a caller, contact the police **999**
- If you see something suspicious in your area, or want more advice about door step crime contact police **101**



Caldrum Street

July – We held our Annual Summer Fete and while the

weather wasn't too great. Turnout was poorer than in previous years we still raised £247 for our comfort funds.

August – A Summer themed party was held in the complex with finger buffet and entertainment by Lynn McTaggart.

September – One of our tenant's great nieces is taking part in the Special Olympics in Los Angeles next year so we held a charity prize bingo and raised £572.50 to help with her costs. Abertay Staff also held a Macmillan Coffee morning in the lounge.

October – Our oldest tenant Mr Jim Kennedy reached the ripe old age of 100 years. We held a tea party in his

honour and he, his family, tenants and representatives from Abertay had a lovely time.



We also held our Annual Halloween Party in the lounge with lots of fancy dress costumes on parade. We had dooking for apples and catch the doughnut (as opposed to the traditional treacle scones); again a great night had by all.

November – The tenants joined Rosebank tenants for a trip to Livingstone Outlet Centre, stopping for High Tea at The Inchtute Hotel on the way home. We also held a small Christmas sale of work on the last Saturday of November.

Christmas is, as usual, a busy affair. We are joining tenants from Rosebank for a Christmas Party at The Letham Hotel.

The children from the local nursery are coming to the complex on 17th Dec to entertain with Christmas Carols. This will be followed by a buffet and refreshments in the lounge.

Our regular events continue with Bingo, Line dancing, Zumba Gold, Beauty Therapy, Games and Arts and Crafts, all of which are well attended by tenants and the wider community.



Dryburgh Gardens

July - We held a Commonwealth Games lunch in the complex and a

Champagne and Strawberry Afternoon Tea which everyone enjoyed. We finished the month off with a trip to Glenrothes and High Tea at St Michaels Inn.

August - We held a Military Tattoo lunch in the complex and a trip to the Black Watch Museum followed by a shopping trip to Perth with High Tea at the Royal George Hotel.

September - We held a Pie and Bean Lunch in the complex

October - We held our Macmillan Coffee Morning which was well attended and raised

£840 for this wonderful cause. We then held our Halloween Lunch followed by the highlight of October, Halloween Fish Supper and Mushy Pea night.

November - We held our monthly themed St Andrews Lunch as well as a visit from the fire service and community wardens to remind us of the dangers of fire in the home and security in the winter evenings. We also had our Christmas Fayre and our craft classes have been busy all year.

December - Christmas is always a busy time with a shopping trip to Sterling Mills, Tillicoultry, a Party in the complex and a Bingo Party, Our Christmas party for tenants' friends and family will be held at the Queens Hotel with the highlight being an appearance by Santa and his elf who will have a gift for everyone. There will be Carol Singing in the complex lounge with the Dundee Instrumental Brass Band. Coffee, mulled wine and mince pies will be served after the singing. We



will finish off the year with a Christmas

Champagne Full Scottish Breakfast which everyone enjoys.

Mrs Jessie Mcfadden, a sheltered tenant of Dryburgh Gardens, was the ten thousandth person to receive a delivery from the Food Train Dundee. She received a bouquet of flowers from the volunteers who deliver the shopping weekly.





Dura Street

September - We had a spiritual night in September with good attendance. Fortunately no ghosts appeared! The tenants thoroughly enjoyed their night.

October - We held our Halloween party with entertainment by the "TWA TENORS". The tenants had a great laugh, a dance and even the Scheme Manager rolled her trousers up and did an impression of Swan Lake. Another great night with good attendance.

Following the generous donation of £1,000 some new equipment including a new urn, camera and CD system have been purchased for the Complex.



Christmas Wordsearch

Christmas	D	L	J	S	A	M	T	S	I	R	H	C
Presents	P	P	O	P	G	L	Q	X	O	A	P	F
Decorations	R	U	R	K	R	O	C	J	B	L	F	H
Rudolph	E	E	B	T	R	L	Y	V	F	O	D	M
Gifts	S	S	A	N	T	A	A	R	H	M	C	I
Santa	E	Z	Y	T	I	V	I	T	A	N	U	S
Mistletoe	N	N	T	S	J	B	G	M	T	Y	P	T
Sleigh	T	I	K	X	Y	J	R	A	T	S	D	L
Nativity	S	N	O	I	T	A	R	O	C	E	D	E
Star	H	H	P	L	O	D	U	R	P	U	F	T
	S	E	S	K	H	G	I	E	L	S	H	O
	D	X	S	K	G	I	F	T	S	D	G	E

Fintry Mains

July - A Mystery Tour with High Tea included.

August - A Prize Bingo Night in aid of tenants' comfort funds.

August - A Fish Supper Night was held at the complex with Albert to entertain and lots of singing and dancing. He is a very popular entertainer at Fintry Mains.

September - A Pie and Bean Night was held at the complex with Rab Clark to entertain and lots of fun as usual.

October - A Halloween Party and Buffet with entertainment by Jay Henderson was held at the complex and a great night was had by all. Some tenants got into the Halloween spirit and dressed for the occasion with some great outfits on show. There was a good turnout by tenants and friends.

October - An Autumn fayre was held in aid of tenants' comfort funds and was a good day with Tombola, Raffles, home baking and Bric a Brac.

October - A Macmillan coffee morning was held at the complex to raise funds for Cancer Research. A great success with tenants and friend giving so generously.

November - A St. Andrews Party with Buffet and entertainment by Albert was held.



Gordon Street

In **August** there was a Social Evening in the complex lounge for tenants and friends with their own music and a small buffet.

Autumn break, In September some tenants and friends had a week away to Blackpool.

October - several tenants enjoyed a top rate lunch at D & A College, Kingsway Campus Training Restaurant, with first class service and delicious food. At the end of October we held the annual Halloween Party in the Complex with Jay Henderson entertaining and a delicious buffet supplied by Nicattos.

In **November** there was a bus trip to the Forge Shopping Centre to stock up on Christmas gifts, and a St Andrews Night was planned for 28th November with Rab Clark to entertain.

December is always a busy time with the Gordon Street Christmas Raffle in the Complex Lounge with lots of wonderful prizes to be won. Then on 18th December the tenants' Christmas Party will be held at Camperdown Lodge, with Albert to entertain and Nicattos are catering for the 3-course Christmas Dinner.



Congratulations to everyone including Abertay Staff, Caldrum Street and Fintry Mains tenants who contributed to the fundraising for Macmillan Cancer Support and raised a fantastic £139.35



Patons Lane

July - Our Summer trip was to IKEA for shopping and fun. This was followed by tea at The Hotel Broughty Ferry then back to the complex for bingo and a bit of socialising.

August - A trip was enjoyed by the tenants to the Webster Theatre to see the Phantom of the Opera as one of the tenants' granddaughter had a part in the show. Tenants had tea at the Bellrock Restaurant before the show.

September - September we had a trip out to Tillicoultry Shopping Outlets followed by tea at The Inchtule Hotel.

October - A fish supper night was held in the complex for Halloween this was followed by prize bingo. Tenants decorated the lounge to making it look spooky and ghostly. A great night enjoyed by all.

November - A St. Andrews Day meal was booked for mid November with food being provided by Tay Cuisine. A few tenants also went to see the Minstrel Show at The Webster Theatre with tea at the Bellrock before the show; this is always a favourite with the tenants. Christmas Raffle Tickets are now on sale in the complex.

December - The Queens Hotel is now booked for this years Tenants Christmas Party. Tenants will be coming back to the complex for more entertainment and refreshments. This will also include the draw for the Christmas raffle.



Rosebank

Rosebanks has had a busy few months.

July - We held a coffee morning in the complex with lots of stalls including cake and candy, tombola, brick a brac, good as new and a raffle. The final total raised was £600.

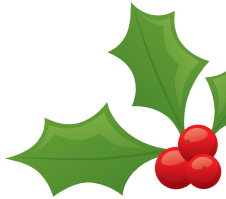
August - The tenants went to see Margaret Mathers at the Little Theatre in her one woman show which is about her life. All had a great night.

We had staff from Bonmarche (the clothes shop) come along with some clothes so that the tenants could see what they had to offer and, if they wished, buy some clothes.

September - We held a Film Night in the complex with Fish and chips followed by a feel good film.

October - We held our Halloween party with entertainment from John Duncan and a buffet.

Rosebank are looking forward to the festive period. The Letham Hotel is booked for their Christmas night out.



Focus Group

The Sheltered Focus group have been meeting quarterly in various sheltered schemes for the past few years. The group includes representatives from each sheltered scheme. The aim of the group is discuss issues affecting the sheltered service. It gives sheltered tenants the opportunity to get involved in reviewing the service and have their say.

FEEDBACK : Now you have reached the end, thank you for taking the time to read this newsletter! Abertay would be very interested in knowing what you think about it. This newsletter is all about you and the sheltered service you receive so, again, please tell us what articles or news items you would like to see in future editions?

Talk to your Scheme Manager and give them your ideas and comments.

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