

Abertay

Sheltered News



Winter
2015



The committee and staff of Abertay Housing Association wish their tenants a Merry Christmas and Happy New Year

CHRISTMAS AND NEW YEAR
OPENING TIMES:

Close Wednesday 23rd
December at 4.30pm.

Re-open Tuesday 29th
December at 8.30am.

Close Wednesday 30th
December at 4.30pm.

Re-open Tuesday 5th January
2016 at 8.30am.

Work Begins on New Community Garden

Work started on a new community garden for the residents of Abertay Housing Dryburgh Gardens Sheltered Housing Complex. The work is led by Green Shoots Landscaping & Gardening service a Social Enterprise of Helm Training Ltd, who work with young people to gain qualifications and work related experience for their transition from school into the workplace.

The main funding for the project has come from the Postcode Community Trust &

Awards...for All Scotland, which is designed to bring communities together. The Green Shoots service has already been involved in a series of intergenerational projects, and is continuing its good work. The completed garden area will comprise raised beds, new mono-blocked path, seating & shrubbery, which will allow residents to benefit from learning, practicing and enjoying gardening skills, along with spending time in the new garden with friends and family.

If you have an emergency repair when the office is closed please phone Abertay on 01382 903545 and listen to the recorded message. You can then choose the option for transferring your call to our Contractors.



Dryburgh Gardens

It has been another busy six months of activities and social events at Dryburgh Gardens.

Alongside our weekly activities of Bacon Roll, Zumba Gold, Bingo and Craft Class the tenants have enjoyed the following social outings and events which have all been well attended.

We also have the Helm Garden Project transforming an area in Dryburgh Gardens with raised flower beds and Monobloc paving. The tenants and residents are looking forward to sitting in this lovely area.

JUNE - We held a Wiltshire Farmfoods tasting demonstration and a Berry Up lunch in the Complex. There was a Strawberry Tea and Craft Fayre where an impressive £280 was raised and a trip to Perth followed by a High Tea at the Royal George Hotel.

JULY - We held a jewellery and scarf sale. There was a trip to Brechin Castle Centre followed by a visit to Guide Dog training and High Tea at the Red House Hotel in Coupar Angus. During this visit £108 was donated to charity. The busy month continued with a friendship lunch in the complex with a trip down memory lane up the Hackie and Doon the Blackie and around Dundee with the day finishing off with an Afternoon Tea at Camperdown House.

AUGUST - There was a fundraising night held in the Park Hotel where £570 was raised for the Halo Fund. We also had a photograph with baby Harvie, her mum, residents and friends of Dryburgh Gardens with a cheque being presented by Veronica Gray, Housing Manager. A Tattoo Tea was held in the complex as a tribute to the Royal Military Tattoo.



SEPTEMBER - Tenants thoroughly enjoyed a Harvest Festival Lunch. There was also a trip to Kirkcaldy to see the Great Tapestries of Scotland Exhibition followed by shopping at Rejects and Dunelm with High Tea at St Michaels Inn on the way home. It was a busy month with a trip to Callander followed by High Tea at the Salutation Hotel in Perth. The month was finished off with a Macmillan Coffee Morning in the Lounge.

OCTOBER - Tenants were reminded of the importance of fire safety with a talk from Tayside Fire Service. The tenants were also treated to a spiritualist evening. A Halloween lunch took place with some great costumes on display. The following events are planned for November and December.

- Evening of entertainment with the Happy Ukes ukulele band in the complex
- St Andrews lunch in the complex
- Night of country music in the Park Hotel (fundraising) for Macmillan
- Tenants Christmas party in the Queens Hotel
- Christmas bingo party
- Christmas lunch in the complex
- Carol singing in the complex with the Dundee Instrumental Brass Band
- Handing over the Santa sleigh full of toys for the Radio Tay Toys Appeal
- Christmas fayre



Caldrum Street

JUNE - We held a Summer Party in the lounge with entertainment by Rab Clark; sadly the weather stopped us from holding it outside. The weather didn't stop the fun though as the hall was decorated with summer bunting and lanterns with everyone enjoying the punch, pimmis and cocktails on offer along with a delicious finger buffet.

JULY - There was a Stovies & Quiz night enjoyed by tenants and friends with the winning team receiving a £5 voucher each and the lowest scoring team were presented with wooden spoons.

AUGUST - In August we used the Good to Go Bus for an afternoon trip to Abernaye gift centre. The tenants had afternoon tea then thoroughly enjoyed some free time to browse around the centre.

SEPTEMBER - A fish supper night was held in the lounge. Everyone who attended enjoyed their supper and the entertainment provided by Just Alex.

OCTOBER - Our Halloween Party went down a treat with witches and zombies making an appearance! There were prizes for best fancy dress, fastest person dooking for apples and best at catching the iced donuts. Alex Martin provided the entertainment.

NOVEMBER - On 19th November tenants joined Rosebank tenants for a trip to the Livingstone Outlet Centre followed by High Tea at The Inchtute Hotel.

DECEMBER - The Christmas Party is being held in the lounge with a 3 course meal, a visit from Santa and Rab & Eddie to entertain.

On the 16th December the local nursery children will come to sing carols with a Christmas themed afternoon tea. Our weekly events, Bingo, Line Dancing, Zumba Gold, Beauty Therapy, Games, Arts & Crafts continue to prove successful with good attendance from tenants and the wider community.





DIAL-OP

 (01382) 305751

A listening ear for older people

DIAL-OP is a local information helpline for anyone seeking information on services available to older people in Dundee. We help callers find information on:

- Social activities & lunch clubs
- Companionship & befriending services
- Transport arrangements
- Trusted traders
- Home help & assistance with shopping
- Energy advice, benefits and complaints

And many more...

When a caller phones DIAL-OP, they will find a friendly voice on the other end of the line from one of our volunteers. They will provide a listening ear in the first instance, and then offer information on relevant services or signpost to other organisations which might be better placed to help.

DIAL-OP also offers a telephone befriending service for people over 65 who have little family or social connections and are looking for some companionship.

Whether you think DIAL-OP can help you or anyone you know find the information required, or you would like to get on board as a volunteer to help us make this possible, we will be delighted to hear from you!

**Our lines are open Monday to Friday from 10am to 1pm.
 Alternatively, you can leave a message on our answer machine**

Volunteer Centre Dundee • 10 Constitution Road • Dundee • Company registered in Scotland SC257436 • Scottish Charity Number SC027529

Dura Street

Over the past few months, Dura Street sheltered housing complex has had a little make over. Tenants got together to tidy up their garden area following a successful grant application. The garden now looks amazing as you can see from the article below.

Tenants have enjoyed trips to the Whitehall theatre, Carnie Fruit Farm near Cupar and a table top sale held at the complex. Tenants continue to enjoy weekly activities such as the aromatherapy, bingo afternoon, chair aerobics and breakfast club.

Serendipity Garden Project

Abertay Housing Association successfully applied to the NHS Tayside community Innovation Fund for financial resources to support and encourage community participation among residents who live locally in Dykehead Place/Brougham Gardens.



The funds made it possible to create a 'serendipity garden' to the rear of the Abertay sheltered complex in Dykehead Place. With a little encouragement from their Housing Officer, Heather Borland, the residents planned and executed a thoughtful strategy to enable them to transform an underutilised area in the middle of a busy

thoroughfare into a serene garden. The residents, many of whom are elderly, now have a lovely safe place in which to sit, mix, relax, chat and enjoy. Local residents, Mr & Mrs Barron and Mrs Muir, along with the Scheme Manager, Mary Kelly, were instrumental in the plan coming together. Many items purchased from the

allocated funding, along with lashings of elbow grease from local residents have made this venture possible. An official opening day took place on Friday 4th September between 10am and 1pm allowing residents to gather in their garden for a buffet and refreshments to celebrate a job well done.

Fintry Mains

JUNE - A food tasting session took place in the Complex with Wiltshire Foods demonstrating the range of foods they have available. The tasting session went down a treat.

JULY - A Spiritualist evening was held in the complex and was a very interesting and well attended event.

AUGUST - The tenants raised a total of £500 for The Dundee Lifeboats institution and were delighted to present the cheque at the complex. There was a bus trip to St. Michaels Inn for High tea followed by a social evening at Methilhill social club. This is always an enjoyable trip and very well attended.

SEPTEMBER - The tenants enjoyed a great day out at Livingston Retail Outlets. Some retail therapy along with lunch was followed by a fish supper and entertainment by Jay Henderson back at the complex.

OCTOBER - We held a jewellery and scarf sale in the complex which was a lovely start to the Christmas shopping. Our annual Halloween party was, as usual, enjoyed by all. A finger buffet and then entertainment by Jay Henderson rounded off a fun night.

NOVEMBER - A St. Andrews party was held at the complex with entertainment by Rab Clark.

DECEMBER - A Christmas party is to be held at the complex on December 11th. A three course meal will be provided by caterers with entertainment by Jay Henderson.



Gordon Street

JULY - We held a Beetle Drive which was great fun and got everyone moving around the lounge changing tables.

Elsie Macdonald celebrated her 90th Birthday with neighbours and friends in the complex lounge which was just one of her many celebrations for this big occasion.

AUGUST - There was a Summer Garden Party held in our lovely garden and barbecue area which was enjoyed by tenants, family and friends. Despite a wet start the sun came out and the day proved to be a huge success.

SEPTEMBER - The ladies from Arbroath Spiritualist Church provided an interesting evening of entertainment which was enjoyed by tenants and their friends.

OCTOBER - A number of the tenants went to see "Memories are made of this" at the Whitehall theatre which they thoroughly enjoyed.

The annual Halloween Party was held in the lounge with the usual grisly characters in attendance. It was a fun evening with entertainment by the roving witch Jay Henderson.

Seven tenants attended a lovely lunch cooked and served by the hospitality students at Kingsway campus, Dundee & Angus College.

NOVEMBER - There was a trip to McArthur Glen followed by High tea at the Inchture Hotel. This is always an eagerly anticipated day out.

A number of tenants attended Junior Showtime featuring Cinderella in the Bonar Hall.

DECEMBER - On the 14th a Christmas Raffle will be held in the complex lounge with lots of great prizes donated by tenants and friends.

Our Christmas Party will take place on 18th December in the Camperdown Lodge. This will be a joint party with Rosebank and Patons Lane. We are sure Lynne McTaggart's entertaining Photos will appear in the spring newsletter.

Patons Lane

JUNE - Tenants had a trip to St Andrews using the Good to Go Bus; this trip was followed by afternoon tea back at the complex with the buffet supplied by Nicolls Bakery. This was the first time the complex had used this service for a day out and a good day was had by all tenants.

JULY - One of our tenants celebrated her 80th Birthday with friends and other tenants. Her friends organized a birthday cake and lovely flowers were presented to her at our regular bingo evening.

AUGUST - Tenants enjoyed a fish supper evening in the complex followed by entertainment from Rab Clark; a great night was had by everyone. Rab is so popular he has been rebooked for later on in the year.

SEPTEMBER - A night of Mediumship proved to be a successful evening in the complex. Tenants along with family and friends enjoyed the visit from two ladies from Arbroath Spiritualist Church. Tenants received some lovely readings and we will be holding another night in the New Year. Tenants all lent a hand with the packing up of the complex for the up and coming refurbishment in October. They are really looking forward to their newly refurbished and updated complex which will be complete in November.

DECEMBER - We will hold our 1st Christmas Party in the Complex on Thursday 4th December with entertainment from Rab Clark and a Christmas Buffet will be supplied from outside caterers. We will also hold a Christmas Raffle as part of the entertainment. The tenants will also be celebrating Christmas along with Rosebank and Gordon St complexes at The Camperdown Lodge with entertainment from Lynne McTaggart.



Rosebank

This has been a very busy time for Rosebank over the past few months.

JUNE - With the help of one of our regular visitors the tenants held a joint bingo night in aid of Disabled Swimming in Dundee and the Complex.

JULY - The tenants went on a bus trip to Crieff where they visited the glass workshop. They then went to Perth for some shopping and finished the day at the Park Hotel for high tea which rounded off a fantastic day.

AUGUST - A film afternoon was held in the complex with tenants enjoying hot dogs and popcorn as they watched the film.

A number of the tenants helped out at the relay for life in Dundee. They helped on a tombola stall and raffle assisting in raising funds for this worthwhile charity.

SEPTEMBER - The tenants had a great trip to the Steps Theatre to hear the Free Voice Choir. The tenants, assisted by Jackie and Gail, held a coffee morning in the complex in aid of MacMillan Cancer where a very impressive £376.85 was raised.

OCTOBER - A Halloween party was held in the Complex with entertainment by Lynn McTaggart and fish

and chips enjoyed by all who attended. There was also a Bingo Night held at the Complex in aid of the comfort fund where £290 was raised.



Christmas Wordsearch

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- Maids a-milking
- French hens
- Gold rings
- Geese a-laying
- Drummers Drumming
- Calling birds
- Lords a-leaping
- Turtle doves
- Pipers piping
- Swans a-swimming
- Partridge in a pear tree
- Ladies dancing

Would you like to have a say?

If you would like to get involved and want to be active in Abertay's service provision you can join our Register of Interested tenants:

There are a number of ways Interested Tenants can be involved:

- | | |
|---------------------------|-----------------------|
| Customer Surveys | Walkabout Inspections |
| Local tenant/Focus Groups | Tenant Scrutiny Panel |
| Mystery Shopper | Armchair Membership |

If you feel you can get involved in any of the above please contact Sharon Clinton 01382 903545

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.

Abertay Housing Association Limited is a Registered Charity SC 013052

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