

Abertay

Sheltered News



Winter
2016

Total Time: 40 mins
Serves: Makes 1 kg pudding

Ingredients:

38g fresh Wholemeal Breadcrumbs
75g Plain Flour
1 tsp Mixed Spice
75g Suet or Butter
100g Soft Brown Sugar
175g Mixed Dried Fruit
125g Raisins
25g Glace Cherries, if liked
25g Almonds, chopped, (optional)
1 medium Apple, grated
Grated rind and juice of half Orange and Lemon
3 tbsp Brandy
2 small Eggs Beaten
2 tbsp Milk
1 tbsp Black treacle

Microwave Christmas Pudding

Method:

1. Line 2pt pudding basin with cling film
2. Mix all ingredients and add all juices and liquids, put into basin
3. Cover with cling film and pierce
4. Cook medium power for 6 mins
5. Rest 3 mins
6. Cook medium power 5 mins
7. Rest 20 mins. Serve
8. You can add extra brandy to the pud after cooking if wished

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 Friday 16th
December at 1pm.

Re-open Monday 19th
December at 8.30am.

Close Friday 23rd
December at 2pm.

Re-open Thursday 29th
December at 10am.

Close Friday 30th
December at 2pm.

Re-open Thursday 5th
January 2017 at 10am.

Sheltered Consultation

Abertay have been consulting with sheltered tenants on the future of sheltered services and how these can be provided.

A move from Sheltered Housing to Retirement Housing is being proposed, this will give tenants choice

and a more tailored service to meet the needs of the individual. We would like to thank all tenants who attended our roadshows and completed the survey. Results of the survey will be fed back to tenants in January.

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

This has been another busy 6 months in Dryburgh Gardens with lots of outings and activities taking place.

JUNE – We held a number of VE day celebrations including an Afternoon Tea and Lunch which were both really well attended and enjoyed by everyone involved. There was also a trip to Callander followed by High Tea at the Red House Hotel.

JULY – As July was International Friendship month we held a Friendship Lunch and Afternoon Tea in the Complex. As was expected friends gathered for both events and thoroughly enjoyed themselves. There was also a coach trip during the month which was enjoyed by those who attended.

AUGUST – The tenants had fun at the Tattoo lunch held this month. The Indoor Garden Party was a great success and was helped by the glorious weather which meant we brought the outside into the Complex. All who attended enjoyed the entertainment and fabulous food on offer.

SEPTEMBER – It was an extremely busy month for Dryburgh Gardens. We held a prize bingo fundraising night for a local Taekwondo team who are heading to Malta to represent Great Britain. It was hugely successful evening raising an impressive £202.40. The fundraising continued with our Complex being selected as one of Ally Bally's Bakers Dozen for the Great Bake Off in aid of Radio Tay Cash For Kids. There was also a microwave dumpling demonstration and a superb £200 was raised for this wonderful cause.

The three contestants who took part were Maureen Bisset, Vic Ross and Margaret Hunter. Margaret was also presented with the Bake Off Cooks Hat as her cake was judged in first place. We finished off the month by holding a Paralympics lunch in the Complex to celebrate GBs success.

OCTOBER – Following such a busy month October was much quieter; however, the tenants enjoyed a Halloween lunch in the Complex.

NOVEMBER – This was another busy month in the Complex which included a hand crafted jewellery sale, Fish Supper night with entertainment by the Happy Ukes, a Christmas Fayre and finally a St Andrews Day Lunch. There was also a Christmas shopping trip to Edinburgh which was followed by Afternoon Tea in the Georgian Tearoom.

DECEMBER – In December we have a number of events planned including a Christmas Bingo Party, Christmas Lunch, Carol Singing with the Dundee Instrumental Brass Band where mince pies and coffee will be served and there will also be a Christmas Party taking place in the Queens Hotel. Dryburgh Gardens have also received a 'Guid New Year Grant' from Dundee City Council of £900 and this will be used to host a fantastic New Year Celebration Party in the Park Hotel for all tenants and friends of Dryburgh Gardens.

Caldrum Street

MAY – The tenants enjoyed the Bingo, Beauty Therapy, Line Dancing, Zumba and Arts & Crafts sessions which took place during the month. There was also a Quiz night in the Complex which was enjoyed by all who took part.

JUNE – There were the usual monthly activities and tenants also had a movie afternoon. There was also a joint bus trip to Arbroath which was thoroughly enjoyed by all who attended.

JULY – This was a busy month with a clothing sale, movie afternoon and Summer Party in the Complex.

AUGUST – The tenants really enjoyed the bus trip to Peel Farm followed by Afternoon Tea.

SEPTEMBER – This was a quiet month however tenants still enjoyed the daily activities.

OCTOBER – A Halloween party was held in the complex with a buffet provided, followed with entertainment provided by Lynne McTaggart. A good night was had by all tenants and guests who were in good 'spirit' dressed in Halloween costumes

NOVEMBER – A joint bus trip with Rosebank complex to Livingston was enjoyed by approx. 25 tenants and guests and after a day at the shops they all enjoyed a high tea at the Inchturre Hotel on the return journey home.

DECEMBER – A Christmas party and raffle is planned to take place in the Complex with a festive 3-course meal being provide by Jacques caterer followed by refreshments which will be served by the committee. Santa and his elves will also be dropping in to deliver presents to all tenants before the entertainment which will be provided by Just Alex.

There will be the annual visit by the local nursery children who will perform songs much to the great delight of the tenants who really look forward to this visit each year. They will also present each child with a Christmas selection box and a bag of goodies will be sent to the nursery for the other children unable to attend.





Dura Street

MAY – This was a relatively quiet month however tenants still enjoyed their bingo and aromatherapy sessions.

JUNE – The tenants enjoyed an afternoon out at Glendoick Garden Centre where they went shopping and had a break for coffee and something to eat. There was also a Berry Up lunch in the complex which was enjoyed by those who attended.

JULY – During the month we held a summer lunch in the complex as well as a bus trip to Arbroath followed by High Tea at the Bell Rock. We also had some refurbishment done in the Complex with new windows being installed along with new blinds.

AUGUST – We held a Spiritualist night in the complex with a really lovely buffet prepared by the tenants. There was a great turnout with friends and family coming along to enjoy the evening. Tenants also enjoyed a lunch in the Complex to celebrate the Edinburgh Tattoo.

SEPTEMBER – The tenants hosted a Macmillan coffee morning with yummy cakes and held a raffle raising a very

impressive £225.67. The tenants also enjoyed lunch in the complex. Tenants in Dykehead Place and Brougham Gardens have had some work carried out to their properties including roof upgrades, new windows and the exterior walls have been harrled. There has also been new fencing erected around the cottages and all of the tenants are delighted with the outcome.

OCTOBER – During the month tenants enjoyed a Halloween lunch in the complex.

NOVEMBER – There were a few new events which the Complex will be hosting from now on including a gentle exercise class and bacon rolls which will be served on a Friday morning.

DECEMBER – Tenants will be celebrating Christmas along with other Complexes at the Logie Club with a 3 course lunch and entertainment. There will also be hosting an afternoon Christmas Party in the Complex along with a Christmas Raffle.



Staff Changes

We said farewell and best wishes to **Caroline Forster** and **Rozanne McMillan** and were delighted to welcome **Loren McMillan (below)**.



Fintry Mains

MAY – The tenants enjoyed a bus trip to Perth and after shopping for a few hours they headed to The Salutation Hotel for High Tea.

JUNE – A joint trip with other Complexes took place to the Arbroath British Legion. The trip included High tea and entertainment and was thoroughly enjoyed by all who attended.

JULY – We held a Bingo evening with a buffet and drinks at the Complex and as always this is a favourite with our tenants and friends. This was also a special month for one of our tenants Harry Anderson as he celebrated his 85th birthday. He can be seen pictured with his birthday cake.

AUGUST – A shopping trip to Ikea took place where everyone had a great time. As you can see from the photograph showing tenants leaving the Complex the sun was shining and that certainly added to the day making it a great success.

SEPTEMBER – One of our tenants Nan Traynor was presented with a birthday cake to celebrate her 82nd birthday and as you can see from the photograph she had a lovely day. There was also a shopping trip to Aberdeen this month followed by Tea at The Bervie Chipper and all who attended said they had a really enjoyable day with their friends. Tenants also enjoyed Tea at The Park Hotel followed by a trip to see Sunshine on Leith at The Whitehall Theatre. This event was a roaring success with a great show made for a great night out.

OCTOBER – Tenants enjoyed a Halloween party this month.

NOVEMBER – A Bingo and Fish supper night was held in the complex and as always this is a really popular event enjoyed by all who attended.



Gordon Street

MAY – The Gordon Street tenants had a fantastic day when they went to see the Falkirk Wheel and the Kelpies followed by High Tea at The Park Hotel. The photos show highlights of the day.

JUNE – A joint trip with Rosebank and Caldrum Street Complexes was arranged to visit the Arbroath Legion for Tea and Entertainment where all who attended had a great time.

JULY – The tenants and their friends enjoyed an evening of Spiritualism in the lounge with two mediums from Arbroath and Perth including light refreshments.

AUGUST – We held our Annual Barbecue in the complex Gardens and after a wet start a great time was had by all. The tenants also had a day trip to The Poppies Display in Perth at the Black Watch Museum; a very poignant reminder of the many lives lost in WW1.

SEPTEMBER – There was lots of laughter and fun when the tenants held a Beetle Drive in the lounge followed by a delicious buffet from Nicholls.

OCTOBER – Several of our tenants attended Rolling Back the Years which was being performed at The Whitehall Theatre. All who attended had a great time. The tenants enjoyed celebrating the retirement party their neighbour and friend Christine had organised for family and friends at Camperdown Lodge. There was also a Halloween Party held in the Complex with the usual mix of ghosties and zombies and entertainment provided by Jay Henderson as well as a really lovely buffet.

DECEMBER – There are a number of events scheduled including a trip to McArthur Glen for Christmas shopping, a Christmas Party Night at the Logie Club with three other complexes and the annual Christmas Raffle in the lounge.

Patons Lane

MAY – The tenants enjoyed a lovely tea afternoon in the complex, with a home made buffet and lots of cakes. They also had a party night with a buffet from Nichols including karaoke and entertainment from Joe and Lee.

JUNE – The tenants had a great time when they held a clothes party in the complex, where they all bought some new tops and jackets.

JULY – A great time was had by all who enjoyed a lovely bus trip to the Scottish deer centre through in Fife which was then followed by Tea in The Riverside Inn.

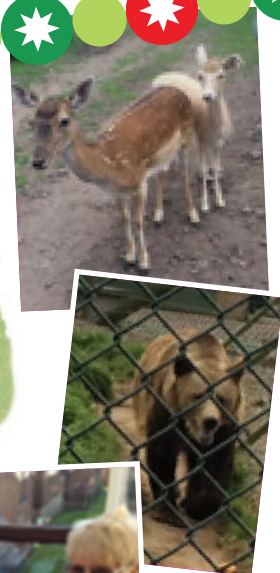
AUGUST – We held a Pie and Bean night followed by entertainment from Rab Clark this month which was thoroughly enjoyed by everyone who attended.

SEPTEMBER – The tenants really enjoyed the Strawberry Tea Afternoon with buffet which was followed by a raffle and bingo.

OCTOBER – We held an interesting spiritual evening in the complex from the Arbroath Spiritual Church. Tenants also enjoyed a Halloween party in the complex with games and some delicious homemade soup.

NOVEMBER – The tenants enjoyed a Fish and Chip night from Vics Chipper, followed by entertainment.

DECEMBER – A combined Christmas party with Gordon Street, Rosebank and Dura Street is to be held at the Logie Clubbie.



Rosebank

MAY – The tenants enjoyed their weekly Bingo and Exercise classes. There were also a number of Beauty Therapy sessions.

JUNE – This month the tenants enjoyed a bus trip to Arbroath followed by High Tea.

JULY – This was a quiet month however the tenants did have a clothing sale which was a great success

AUGUST – Another quiet month for the tenants however they still took part and enjoyed the daily activities.

SEPTEMBER – The Complex was closed for refurbishment during the entire month and therefore the activities were limited.

OCTOBER – The tenants were extremely happy with the refurbishment when the Complex reopened in October. They are enjoying the updated surroundings.

NOVEMBER – There was a trip to Livingstone for shopping which was enjoyed by all who attended.

DECEMBER – There is a joint Christmas Party organised with other Complexes at the Logie Club.



Christmas Word Maze

Starting top left, follow a continuous path to find the words. The trail passes through each letter once and can turn up, down or sideways, but not diagonally.

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

- snow
- star
- toys
- tree
- Mary
- ivy
- Bethlehem
- Christmas
- shepherds
- chestnuts
- mistletoe
- reindeer
- lights
- Santa Claus
- presents
- icing
- stocking
- children
- crackers
- chimney
- Rudolph
- Joseph
- infant
- bells
- fairy
- holly
- Jesus
- party

- angels
- manger
- sleigh

- tinsel
- turkey
- candle

- carol singers
- three wise men
- Nativity play

- decorations
- cards
- cake

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
- Local tenant/Focus Groups
- Walkabout Inspections
- Armchair Membership

If you feel you can get involved in any of the above please contact the Customer Services Team on 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.

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