

# Winter Warmer

2022/23

For our BALL groups and wider community members



Information & activities  
booklet





## Contents

Meet the team	3
Keep safe, warm and well	4
Keep active	9
Eat well	12
Keep connected	13
Just for fun	18
Coming soon	20
Useful numbers	20

# Meet the team



## OUR STORY...



The Community Wellbeing and Development Team (Tracey, Ann and Karen) are dedicated to supporting older people to live an active, healthy life they choose in Moray.

We want to inspire and enable people to engage in social activities within their own community and reach their own goals in life.

We achieve this through the power of our community member's providing their time to offer social group activities both in person and online that improve health and wellbeing, building confidence, re-establishing community connections and aiding resilience.



EARLY INTERVENTION · CONVERSATION · PERSON CENTRED · OUTCOME FOCUSED

PREVENTION · CHOICE AND CONTROL · COLLABORATIVE WORKING

Offering **DIGITAL TRAINING** to keep members **CONNECTED**



Distributed over **1000** INFORMATION AND ACTIVITY BOOKLETS with a reach of over **2500** community members



Organised & Distributed **200** **TEA 4 TWO** HAMPERS helping isolated community members to reconnect



Supported our **WIDER COMMUNITY GROUPS** with advice and guidance to

**BUILD RESILIENCE** after the Pandemic



**2022**

Community Wellbeing & Development Team

**IMPACT!**  
AT A GLANCE

Launched a **NEW FRIDAY GROUP** to support with

**STRENGTH BALANCE AND CONFIDENCE** after consultations with our community members



Awarded **81** **iPADS**



to our participants and wider community members as part of the **CONNECTING SCOTLAND INITIATIVE**

Set in motion a summer programme of **GREEN SPACE ACTIVITIES**

**86** participants took part



**MULTIPLE PARTNERSHIPS** working with **COMMUNITY PROVIDERS**

Introduced a **WINTER DIGITAL PLATFORM** offering over



**FREE** **PHYSICAL ACTIVITY CLASSES**

Supported **20+** **BALL & SET COMMUNITY GROUPS** to remobilise successfully



ENGAGEMENT · SELF-MANAGE · PREVENTATIVE APPROACH · CONFIDENCE BUILDING · WELLBEING



## Keep safe, warm and well

### HANDY TIPS – Preparing for the cold snap...

Follow these tips to keep you and your family warm and well at home:

- If you're not very mobile, are 65 or over, or have a health condition, such as heart or lung disease, heat your home to at least 18C.
- Keep your bedroom at 18C all night if you can – and keep your bedroom windows closed.
- If you're under 65, healthy and active, you can safely have your home cooler than 18C, as long as you're comfortable.
- Use a hot water bottle or electric blanket to keep warm in bed – but do not use both at the same time.
- Have at least 1 hot meal a day – eating regularly helps keep you warm.
- Have hot drinks regularly.
- Draw curtains at dusk and keep doors closed to block out draughts.
- Get your heating system checked regularly by a qualified professional.



Full advice found on [www.nhs.uk](http://www.nhs.uk)



### DRESS FOR THE WEATHER

- Make sure you have supplies of essential items in case the weather takes a turn for the worse.
- Keep simple cold, flu and sore throat remedies in the house. Your pharmacist can make suggestions and also advise you on how to manage minor illnesses.
- Order repeat prescriptions in plenty of time, particularly if bad weather is forecast. Your pharmacy may offer a prescription pick-up and delivery service.
- Keep basic food items in the cupboard or freezer in case it is too cold to go shopping.
- Keep a radio and torch handy in case of a power cut.
- Keep your mobile phone, laptop or tablet fully charged, so you can use the battery power if there is no electricity.
- Get your vaccinations even if you are fighting fit.

Other information and tips can be found here:

[www.ageuk.org.uk/information-advice/health-wellbeing/keep-well-this-winter/](http://www.ageuk.org.uk/information-advice/health-wellbeing/keep-well-this-winter/)  
[www.firescotland.gov.uk/media/1136343/sfrs\\_winter\\_safety\\_leaflet.pdf](http://www.firescotland.gov.uk/media/1136343/sfrs_winter_safety_leaflet.pdf)

# GET THE RIGHT CARE IN THE RIGHT PLACE

	<p>NHS inform includes self-help guides for a range of common conditions: <a href="https://www.nhs.uk/infomedia/self-help-guides">NHSinform.scot/self-help-guides</a></p> <p>If you think you need A&amp;E, but it's not life threatening, call NHS 24 on 111. If you need same day medical attention that cannot wait for your GP Practice to reopen, call NHS 24 on 111.</p>	<p><b>NHS 24</b></p>
	<ul style="list-style-type: none"> <li>• Colds</li> <li>• Cold sores</li> <li>• Sore throat</li> <li>• Diarrhoea or constipation</li> <li>• Indigestion</li> <li>• Aches and pains</li> <li>• Help if you run out of your repeat prescription</li> </ul>	<p><b>Pharmacist</b></p>
	<p>Contact your GP Practice</p> <p>Call NHS 24 on 111, 24/7, 365 days a year</p> <p><b>Breathing Space:</b> 0800 83 85 87</p> <p>Weekdays: Monday - Thursday 6pm to 2am</p> <p>Weekend: Friday 6pm - Monday 6am</p>	<p><b>Mental Well-being</b></p>
	<ul style="list-style-type: none"> <li>• Tooth pain</li> <li>• Swelling to your mouth</li> <li>• Injury to your mouth</li> <li>• Painful or bleeding gums</li> <li>• Advice on oral hygiene</li> </ul>	<p><b>Dentist</b></p>
	<ul style="list-style-type: none"> <li>• Red or sticky eye</li> <li>• Pain in or around your eye</li> <li>• Blurred or reduced vision</li> <li>• Flashes and floaters</li> </ul>	<p><b>Optometrist</b></p>
	<p>A range of clinicians, including doctors, nurses and sometimes pharmacists and physiotherapists to help you with both mental and physical health issues.</p>	<p><b>GP Practice</b></p>
	<ul style="list-style-type: none"> <li>• Cuts and minor burns</li> <li>• Sprains and strains</li> <li>• Suspected broken bones and fractures</li> </ul>	<p><b>Minor Injuries Unit</b></p>
	<ul style="list-style-type: none"> <li>• Suspected heart attack or stroke</li> <li>• Breathing difficulties</li> <li>• Severe bleeding</li> </ul>	<p><b>A&amp;E or 999</b></p>

If you are unsure about where to go or who to see, find out at:  
**[NHSinform.scot/right-care](https://www.nhs.uk/infomedia/right-care)**





## HOSPITAL HOMECOMING



**Are you or a loved one anxious about coming home from hospital?**

There is a new project offering neighbourly support in the pilot areas of **Forres, Lossiemouth and Dufftown.**

Local volunteers can help with things like putting the bins out, picking up prescriptions or dropping in for a chat.

Contact our Hospital Homecoming Coordinator Gill Bird on **07935754637** or **[gill@tsimoray.org.uk](mailto:gill@tsimoray.org.uk)** to find out more.

## Become a Member of Age Scotland



Age Scotland members make up a fantastic network of groups, organisations, and individuals across the country, all working to ensure everyone can love later life.

By joining Age Scotland, you will become part of a movement that is dedicated to making Scotland the best place in the world to grow older.

Age Scotland membership is free and open to all groups, organisations and individuals who support our vision and aims.

### Membership Types:

**Community Group** – for local, non-statutory and not for profit community groups and organisations providing

activities, services, and support for older people.

**Associate** – for larger charities, public sector organisations and social enterprises working to benefit the lives of older people

**Individual** – for people who personally or professionally support the work of Age Scotland

If you'd like to know more about membership, please email **[kay.wood@agescotland.org.uk](mailto:kay.wood@agescotland.org.uk)** or telephone **0131 668 0373** for details.

Age Scotland, Causewayside House, 160 Causewayside, Edinburgh EH9 1PR. Registered number 153343. Charity number SC010100. © Age UK Group and/or its National Partners (Age NI, Age Scotland and Age Cymru) 2020. All Rights Reserved



Age Scotland’s “Check In, Cash Out” campaign is seeking to raise awareness of the financial support available to older people in Scotland and help more people claim what they are entitled to.

The charity is encouraging older people to check in to see if they could be entitled to cash out by contacting its free helpline on **0800 12 44 222** or using its free information and advice guidelines.

Whilst there are a range of social security payments available to help older people, millions of pounds worth of support is not being claimed every year in Scotland. Consequently, many older people are missing out on money which could make a big difference to their quality of life, health, and well-being.

Age Scotland’s campaign aims to tackle some of the barriers preventing people from claiming – which include lack of awareness, stigma, digital exclusion and not knowing where to find advice.

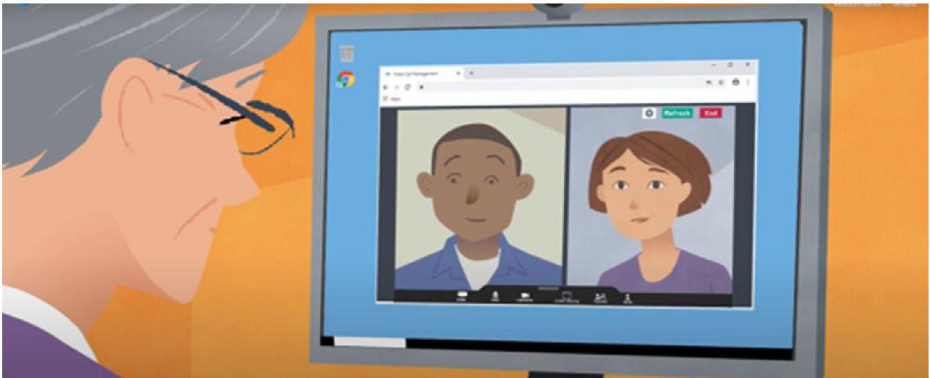
The campaign is encouraging older people to contact the Age Scotland Helpline for a free entitlement check to find out what support is available for them and to get help claiming it. The charity is also urging people to use its free information and advice guides to find out more about social security.

Check in to see if you or a family member could be entitled to cash out by calling Age Scotland’s Helpline on **0800 12 44 222** (Monday – Friday, 9.00am to 5pm) or visit [www.age.scot](http://www.age.scot) to read Age Scotland’s free information and advice guides.



# What is Near Me?

- Unable to get to a healthcare or public services appointment in person?
- Don't have WiFi, technology or privacy at home?
- Your library can help!
- **Near Me** is a way to access appointments remotely.
- Come to a private, dedicated room at the library.
- Use our equipment and internet access for free, with staff who can help.
- Ask your healthcare provider for a **Near Me** appointment, and contact the library to book in!



01343 562600

[nearme@moray.gov.uk](mailto:nearme@moray.gov.uk)



### LET'S TALK BALL

Throughout this year, the profile of Ball (Be active life long) has grown and valuable partnerships have been re-established. All our groups are back up and running with the same enthusiasm as ever.

**What is BALL???** An active ageing group for older people, which provides an activity to keep you active and healthy later in life, improving mobility and lessening the risk of falls.

Through fostering friendships and encouraging connections to their community this helps to reduce social isolation and loneliness. Everyone has a choice, with a wide and varied programme of activities, catering for every taste and ability. And most importantly **HAVING FUN!**



**To find out what spaces we have available at our groups contact the team NOW!**



## WALK MORAY HEALTH WALKS

<b>Monday -</b>	Fochabers Health Walk	10.00am
	Forres Stepping Out Health Walk	13:15pm
	Lossiemouth Health Walk	13:30pm
<b>Tuesday -</b>	Dufftown Health Walk	10:00am
	Keith Health Walk	10:00am
<b>Wednesday -</b>	Elgin Library Health Walk	12:15pm
	Elgin Library Health Walk	13:30pm
<b>Thursday -</b>	Elgin (Moray Leisure Centre) Health Walk	10:00am
	Hopeman Health Walk	10:00am
	Roths Health Walk	10:00am
<b>Friday -</b>	New Elgin Linkwood Practice Health Walk	10:00am
	Keith Health Walk (short 20 minute walk)	10:00am
	Cullen Health Walk	13:30pm

## HEALTH WALKS BENEFITS

Health walks are short, safe, social, fun and accessible low level walks, which are led by trained volunteers. There are many benefits of walking, including physical, social and mental benefits.

If you are interested in health walks, please come along and try one of our existing walks as listed above!

Any questions or queries please do not hesitate to contact the Walk Moray Health Walk Coordinator Morgan McKay:

**Morgan.mckay3@nhs.scot - 07976472156**

**Low Impact Exercise Class**

**Fridays @ 10am**

Starting points:  
seated/wheelchair,  
supported  
or  
freestanding

**MOVE IT OR LOSE IT!**®

Lhanbryde Community Centre

Go to Positive Ageing Institute on fb to book your space,  
or call /text 07593 830880

Fully qualified FAB8 Instructor

Turn back the clock with our Fun and Friendly exercise classes -

Find your Moray class today contact:

**[www.moveitorloseit.co.uk](http://www.moveitorloseit.co.uk)**



## Positive Ageing Institute

37 likes • 39 followers

Join Rachel for some fun low impact exercises  
Wednesdays and Fridays at the **Fochabers institute - 12:00pm**  
& Fridays at the **Lhanbryde Community Center - 10:00am**  
**Find Rachel on FB at Positive Ageing Institute**

### MORAG'S NEW CLASSES



# Steady Steps

## Over 50's Exercise Group

Monday's 1.30 - 3pm  
J Fusion Dance Studio  
Marchmont Business Park, Buckie  
£4.00, including refreshments  
Tel 07779 999261 to book

With Morag Hammond  
Level 4 qualified instructor



Ideal exercise referral class for many conditions including cardiac rehab and falls prevention



**Morag Hammond** has a fitness career that spans three decades.

Having recently moved back to the Buckie area Morag has started a new Over 50's exercise group in the purpose built JFusion Dance Studio, Marchmont Business Park, Buckie.

Full details above, plenty parking space at the venue and that all important cuppa afterwards.



### Confidence 2 Cook encourages the use of practical cooking sessions to:

- Raise awareness of healthy eating messages
- Improve practical food skills
- Provide experience of using a range of easy-to-cook, nutritionally analysed recipes
- Increase understanding of food labels
- Promote healthy lifestyle messages
- Find quick easy recipes on the webpage along with their nutritional value

### WARM THE SOUL WITH THIS RECIPE - Leek & Potato Spanish Omelette



#### Ingredients (serves 1)

- 1 Teasp Olive Oil
- 1 Small Leek (washed and chopped)
- 2 Eggs
- Pinch of Black pepper
- 2 Tabbsp Semi Skimmed Milk
- 1 Medium Potatoes (peeled, cubed and boiled)

#### Method

Pre-heat the grill

1. Heat half the oil in a small frying pan and cook leek till soft, remove from pan.
2. In a bowl beat the eggs, black pepper and milk together.
3. Heat the remaining oil in a small frying pan, add the potatoes and leek. Pour over the egg mixture and cook over a medium heat till egg starts to set.
4. Place the pan under the grill till the egg is cooked.
5. Tip onto a warm plate and serve

- Serve with a mixed salad or seasonal vegetables

A 300g serving contains:

Energy 790kJ 189kcal 9%	Fat <b>5.9g</b> Low 8%	Saturates <b>1.1g</b> Low 5%	Sugar <b>3.3g</b> Low 4%	Salt <b>0.56g</b> Low 9%
----------------------------------	---------------------------------	---------------------------------------	-----------------------------------	-----------------------------------

of an adults reference intake.

Typical values per 100g: 263kJ/63kcal



## Keep connected



Anyone can struggle from feelings of loneliness and isolation especially over the winter period. Follow our top tips to stay in touch with family and friends:

- Continue to go to social events with family and friends.
- Reach out to family/friends with a phone conversation, make their day and yours!
- Learn new technology. All sorts of options exist to connect with friends and family, such as Facebook, Messenger, WhatsApp and email - ask someone to help you set it up.
- Look out for local community events you can attend and be connected to.
- Keep positive. Look after your mental health and wellbeing.

### *At midday on the year's midnight*

by Liz Lockhead

into my mind came  
I saw the new moon late yestreen  
wi the auld moon in her airms  
though, no,  
there is no moon of course –  
there's nothing very much of anything to speak of  
in the sky except a gey dreich greyness  
rain-laden over Glasgow and today  
there is the very least of even this for us to get  
but  
the light comes back  
the light always comes back  
and this begins tomorrow with  
however many minutes more of sun and serotonin.

Meanwhile  
there will be the winter moon for us to love the longest,  
fat in the frosty sky among the sharpest stars,  
and lines of old songs we can't remember  
why we know  
or when first we heard them  
will aye come back  
once in a blue moon to us  
unbidden  
and bless us with their long-travelled light.

A close-up photograph of a dark-colored metal cup filled with a thick, orange-brown soup. A silver spoon is partially submerged in the soup. Wisps of white steam are rising from the surface of the soup. The background is softly blurred, showing what appears to be a plaid fabric.

*To find out about pop up  
warm spaces in your area  
please get in touch*



## MEN'S SHED

Men's Sheds are community spaces where men can enjoy practical hobbies.

They're about making friends, learning and sharing skills. Many guys come just for the tea and banter, everyone's welcome.

To find out more contact Karen:

**CWDevelopmentTeam@moray.gov.uk • 07966 120585**



### FOCHABERS MEN'S SHED

*"There are no strangers here just friends you haven't met yet."*

The Fochabers Men's Shed is situated in the Fochabers Public Institute and meets there every Tuesday and Wednesday between 10.00am and 2.00pm.

The shed is open to all and a warm welcome always awaits you when you come along to see us.

Cullen Men's Shed - Shed behind the main building of the Cullen Community Centre  
Cullen Community & Residential Centre  
Seafield Road, Cullen AB56 4AF

---

Finechty Men's Shed  
New Street, Findochty,  
Buckie AB56 4PS

---

Forres & District Men's Shed  
Greenbank Workshop,  
Forres IV36 2SG

---

Elgin & District Men's Shed  
Unit E, Pinefield Industrial Estate  
Elgin

---

Keith & District Men's Shed  
Loft Project Hall  
Mid Street, Keith (West Langstane Lane)



## Elgin and District u3a

- Retired from full time work?
- Would like to pursue an interest or develop new ones?
- Would welcome a friendly and informal social scene?



**A Warm Welcome Awaits You!**

**[secretary@u3a-elgin.org.uk](mailto:secretary@u3a-elgin.org.uk)  
[www.u3asites.org.uk/elgin](http://www.u3asites.org.uk/elgin)**



University of the  
Highlands and Islands  
Moray College

**Moray College UHI are running leisure courses -** If you are looking for an opportunity to learn and have a bit of fun at the same time then please explore these short course such as First Aid, Art, French and photography to name a few. More information please contact on **01343 576000** or email **[mc.registry.moray@uhi.ac.uk](mailto:mc.registry.moray@uhi.ac.uk)**

# WELLNESS COLLEGE GYM FOR THE MIND



*Learn Inspire Connect*

*We believe in ensuring inclusion,  
empowerment and equality  
throughout all our work.*



Visit our Wellness College Calendar  
by using the QR Code or following the link:  
[www.bit.ly/WellnessCollegeCalendar](http://www.bit.ly/WellnessCollegeCalendar)

**Community Courses, Groups and Events**



MORAY  
UNIVERSITY  
HUB

**BOOK NOW!**

- Mental Health Awareness and Skills
- Suicide Prevention
- Self Management Tools
- Parenting
- Nature Connection
- Creative Connection

In Partnership with  
**recovery**

Do you need help with

## USING A COMPUTER OR SMARTPHONE?



I am a local Digital Champion who can provide you with  
FREE in person, telephone, email or video support to:

- set up email
- do your online shopping
- understand security issues
- set up video calling to stay in touch with family

**MARTIN SKINNER**

PHONE

07976 879957

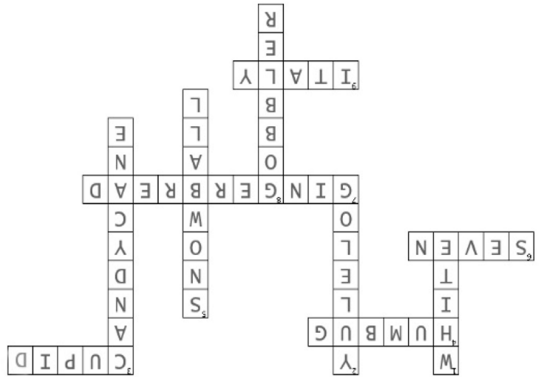
EMAIL

[martin.skinner@moray.gov.uk](mailto:martin.skinner@moray.gov.uk)



## Virtual Village Hall Notice Board

[RVS Virtual Village Hall link](#)  
[Online Activity Classes](#) | [Virtual Village Hall](#) | [Royal Voluntary Service](#)



- ANSWERS:**
1. Fawly Towers
  2. One Foot In The Grave
  3. Dad's Army
  4. Porridge
  5. Butterflies
  6. Only Fools And Horses
  7. Steptoe And Son
  8. Ever Decreasing Circles
  9. Are You Being Served
  10. The Good Life



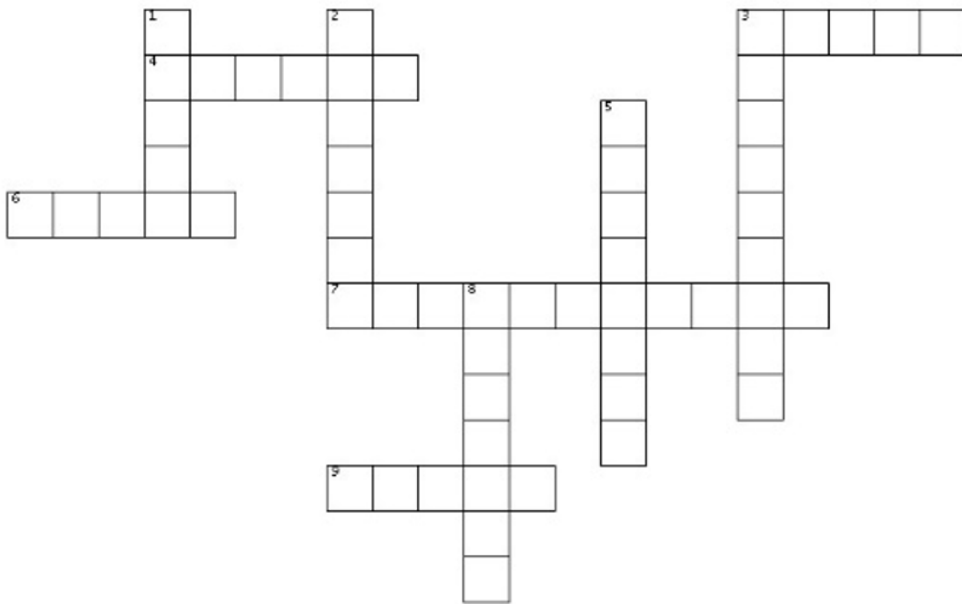
## Just for fun

Give the brain a workout! - Classic BBC Sitcoms

1. Flowery Twats
2. Negative On The Roof
3. Mad Yards
4. Dire Prog
5. Stifle Brutes
6. O So Flashy Londoners
7. Poetess And Not
8. Cleverer, Nice Disgraces
9. Ignore Evade Buyers
10. God I Feel Hot

### Christmas Crossword Puzzle -

Instructions: Complete the crossword puzzle by filling in the Christmas words that fit the clues.



#### Across

3. Santa's Reindeer and the God of Love
4. Scrooge's favourite sweet
6. Swans a swimming
7. Spicy loaf
9. Panettone country of origin

#### Down

1. Colour of mistletoe berries
2. Ole ugly
3. Edible walking aid
5. A ball that can't bounce
8. Male turkey



## Winter word search

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

**BLANKET**

**COCOA**

**FROST**

**ICE**

**MISTLETOE**

**WINDY**

**CHRISTMAS**

**FREEZE**

**GLOVES**

**IGLOO**

**SLEIGH**

**SNOWMAN**

**BLIZZARD**

**GALE**

**REINDEER**

**SCARVES**

**SNOWFLAKE**

**EGGNOGG**

**ICICLE**

**SNOWBALL**

## Coming soon...

- **Wild things** – Green Space get together
- **Spring ball** – Returns 2023
- **Return of the Day time Boogie**

*Wild things!*

'Environmental education  
in action'



## Useful numbers

Your GP	NHS COVID Advice <b>111</b> • Testing <b>119</b>
Emergency Contact	RVS Moray (Assisted Shopping) <b>01224 552923</b>
Local Pharmacy	Silver Line Scotland <b>0800 470 80 90</b>
Neighbour	Moray Handy Man Service <b>01343 559739</b>
NHS contact <b>111</b>	Moray Food Plus <b>01343 208293</b>
Samaritans <b>0330 094 5717</b>	Citizens Advice <b>01343 550088</b>
TSI moray <b>01343 541713</b>	Age Scotland <b>0800 12 44 222</b>
Fuel poverty <b>0191 261 5677</b>	Scottish Power Cut <b>105</b>
Non-emergency services <b>101</b>	CWDevelopmentTeam@moray.gov.uk <b>01343 563510</b>

### *Message from the team*

*Merry Christmas to each and every one, and a happy New Year!*

*Looking forward to spending time with you all in 2023*

*Keep safe and well.*

