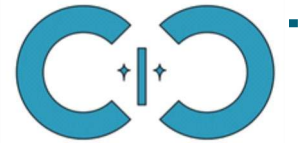


Caring in Craigmillar Issue 17



[Welcome to the latest CiC Newsletter.](#)



We have had a busy few months since the Christmas festivities. This edition captures all the fun our members have had with their friends.



Using the feedback our members give us during our Focus Group sessions, the staff have been busy making plans for the Spring/Summer so we are ready for the better weather making an appearance!



We have many Barge Trips planned, a very popular request, between May and August this year. The team are also busy planning dates with Lissa from JoyRides and after the Easter break will be bringing Betsy the Bike to CiC to take people out to enjoy a bike ride on her specially adapted bike!



DECEMBER

Our members ended the year with Christmas themed activities on offer and we certainly felt the Christmas spirit throughout CiC!

Using suggestions from our members, we made....wait for it....

- Wreaths
- Chocolate Christmas trees
- Reindeer hot chocolate cones
- Reindeer Gift Bags
- Christmas gnomes
- Marshmallow lollipops
- Christmas cards
- Christmas tree decorations
- Candy Cane lollipops
- Grinch sweetie cones
- Snowmen baubles
- And many more...



PHEW! It was busier than Santa's Workshop!





The Christmas vibe continued throughout December with a special visit from Lissa the Elf!

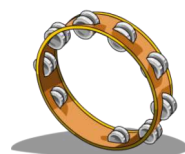
Lissa owns and operates a fantastic Edinburgh based business called Joy Rides where she uses a Trishaw (a customised electric bike) that carries passengers to experience the joy of cycling! During the winter months while Betsy the Bike is in hibernation, Lissa brought to us, The Joy Club, a dementia-friendly singing, movement and music making workshop. After some strong vocal warming up, our members were led to a group signing session covering all the favourites such as Que Sera Sera, You are My Sunshine and of course Christmas Carols!



Lissa created such a warm and fun workshop for us all, and has since joined us again for another session bringing some creative musical instruments along such as shakers, drums and even scarfs to accompany the movements. Thank you for joining us Lissa and we all hope to see you many more times throughout the year!



The Joy Club



And, it wouldn't be Christmas without ending the year with the Annual CiC Christmas Party!!!

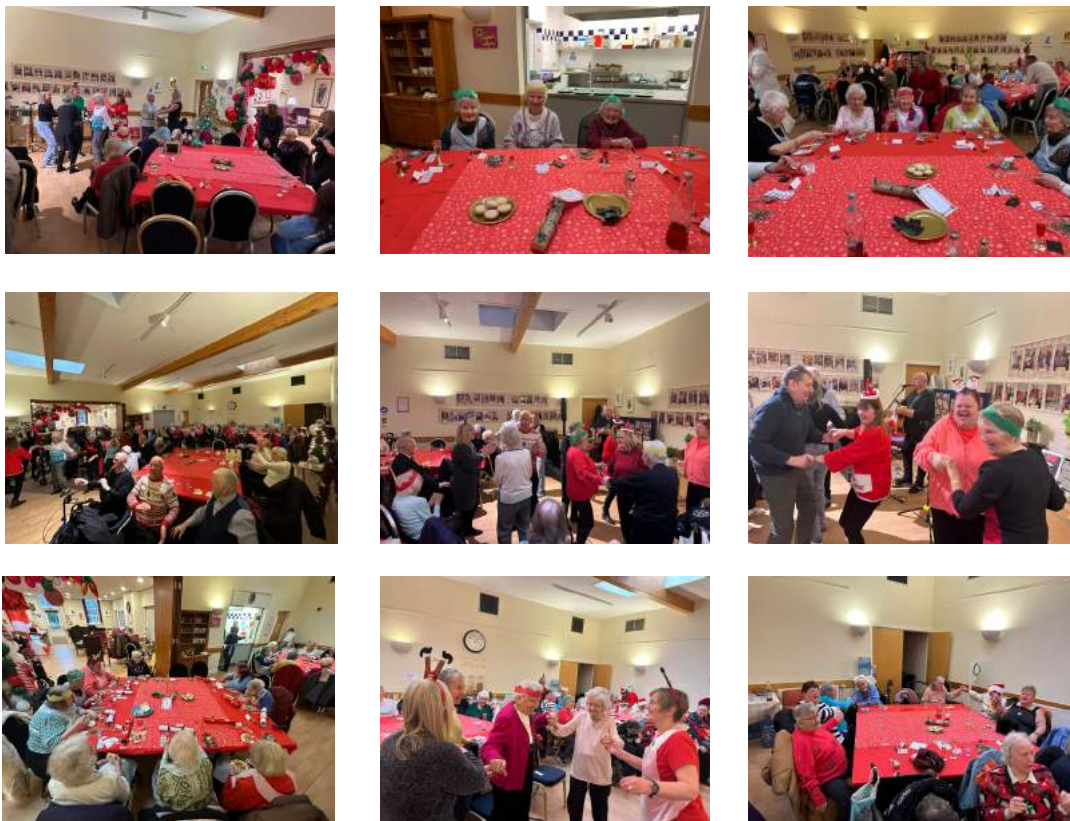
A wonderful day attended by our CiC members and everyone thoroughly enjoyed themselves!

Fraser made a beautiful 3 course Christmas Dinner and every plate was cleared. The party was then in full swing with entertainment by Dougie Smith!



Dougie has been here before and he always gets the party started with his great songs and stories in between. The day rounded off with a visit from the one and only Santa (with his trusted Elf) who drew the raffle and gave everyone their gifts!

By far, our favourite day of the year!



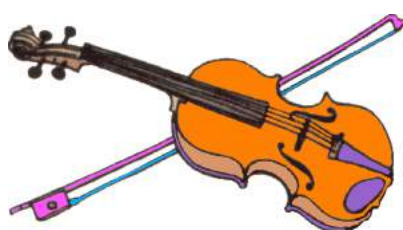
We continue the ReConnect programme in collaboration with SCO.

It's a joy to hear the music and see members engage with the group playing instruments, expressing movements with scarfs to creative colours and motions to the beautiful music.

What really stood out during this block of sessions was feedback from the musicians, they have been so impressed with our members musicality and commented on how our members encourage each other, giving them the motivation to join in!

“Listening to the music really clears my head, I could listen to it all day every day if I could.” ReConnect Participant

SCOTTISH
CHAMBER
ORCHESTRA





Our members have also enjoyed their group activities whilst spending time with their friends.

Lots of laughter and giggles along the way!



A week celebrating The Bard with flag making, poetry, shortbread and Irn Bru! And of course Haggis, Neeps and Tatties.



Valentine's day always gets the crafters busy! This year we made key rings and wind chimes which our members really enjoyed!





Baking

A small gallery of some other activities over the last few months. You can see our members enjoy keeping busy!

Planting

Pizza making



CARING IN CRAIGMILLAR

Registered Office: 63 Niddrie Mains Terrace Edinburgh EH16
4NX

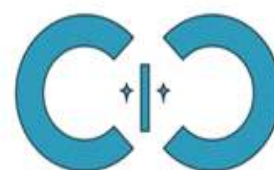
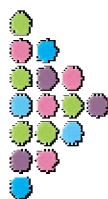
Tel: 0131 510 6930 E-mail: info@caringinraigmillar.org

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