



cace

Welcome to our Summer newsletter



(Wilma Paterson - CEO)

Hello Everyone,

Welcome all to our summer newsletter of 2022.

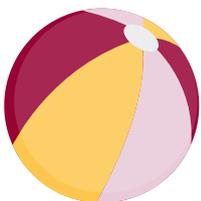
I joined CACE on the 25th of April this year as your CEO. I have worked in the charity sector for over 36 years in all shapes and sizes of organisation. I have to say this is one of the warmest welcomes I have had to a new job.

The team have been great at introducing me to CACE and allowing me to ask loads of questions. The warmth, commitment and passion the team display in their desire to serve the community and you all is just so evident and real, and that's a great place for a new CEO to start with. Many thanks also need to go to Bronwyn for holding the reigns before me and supporting my induction.

Our CACE 32nd anniversary happened late May, when we held the return of our tea dance events. This was well attended with over 130 people on the day, having a great time, and being pleased to see "life returning to some form of normality after the last 2 years". This gave me a chance to meet some of you, to introduce myself, and most importantly for me to listen to what you think works in CACE. What you think we need to do more of or less of? We want to hear more of your views, welcoming any and all opinions... so please keep them coming.

Additional thanks must be attributed to all the team, our staff and volunteers who worked so hard, not just on the day to make sure it went off smoothly, but all the work in the run up to the event. Equally as notable is the role of our community and advocates, who came out in their support for us with amazing raffle prizes and tombola gifts, lifting the event to another level. Our entertainment helped us get up and dance, and the jokes often resulted in many a chuckling moment.

As CACE recovers from the pandemic you will see more events, groups, outings and services restarting. Over the summer months I hope you all have the time to enjoy the weather (it will be sunny somewhere in Scotland). CACE will continue to develop a full programme of activities and we would love to see you all over this time.





Services Update



Our team have been trialling a range of new activities and groups this year, including musical activities, silent discos, therapeut sessions, exercise and dance, upcycling furniture, bike maintenance, and even making use of gaming consoles and digital technology like the Wii! We've received valuable feedback from those who attended, helping us to shape our summer programme of events. Some groups may have waiting lists, but please be assured that we are aiming to get everyone along as soon as possible.

Over summer you may also join us at Gala days, Info stands, outings and events, to find out whats on or register your interest then follow our social media, or contact our staff team: Tel - 01236 451393 or Email - info@careatcace.com

The Daycare room in Cumbernauld has been redecorated, creating a more dementia friendly space, a 'home from home' environment, and we hope you enjoy it as much as we do. Cath, our Daycare Coordinator has been carrying out home visits and assessments for new starts. Daycare referrals can contact Cath: Tel - 01236 451393 or Email - Cath@careatcace.com

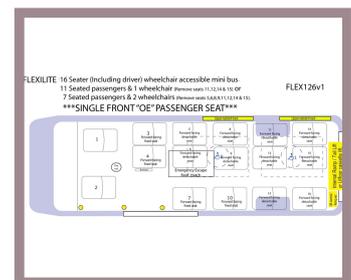


There are more changes coming to CACE - we are undertaking a charity rebrand project. Don't worry - we'll still be the CACE you know and love, but our logo and our literature will be updated over the coming weeks. We have selected a circular logo, representative of links/elements of our community that come together to form CACE.



Transport Update

We offer weekly outings, partnership working and door to door transport for CACE activities. Can you believe we've had our electric buses for a year already?! But we didnt stop there, we've now replaced one of our old diesel buses with a brand new wheelchair friendly bus - give us a wave if you see us passing!



George is working on free outings for carers and the cared for, this is our 'Creative Breaks' project, delivering mutually beneficial outings to people living with dementia. Do let us know if you'd like to register interest, contact our office: Call- 01236 451393 or Email- info@careatcace.com



We love supporting our community transport needs - here we have some children from Craighalbert centre who used our buses to visit the Riverside Museum in Glasgow.





Summer Information



CACE GREENSPACE - ALLOTMENT

CACE are getting excited about the progress being made on our Airdriehead Community Allotment site. We are still looking for partners and volunteers to join our Green Space Group, if interested then contact Bronwyn:
Call - 01236 451 393 Email - bronwyn@careatcace.com



CHOOSE CACE AS YOUR LOCAL CAUSE

CACE are half way through our year of being a Co-op local causes. You can help raise funds at no extra cost - all you need to do to get involved is become a Co-op member and select us as your cause, then shop as you would normally. You can join for just £1 and select us as your cause:
<https://www.coop.co.uk/membership>



JOIN US

CACE are looking for Volunteers to support activities, admin and driving - contact Ann, our Volunteer lead: Call - 01236 451393 Email - Ann.d@careatcace.com
We also have a couple of paid vacancies in Services Team so if you know anyone looking for work ask them to contact us.

Feeling Thankful



As ever, we'd like to thank everyone who has supported us: Our recent partners and funders that we'd like to shout out to are NHS Scotland for supporting our Tea Dance, Co-op local causes, North Lanarkshire Council and VANL. A special mention to Age Scotland, Alzheimer Scotland and Sky Cares for their contributions to our renovated Day-care room at Cumbernauld.



We are continually proud of our community, and the support they give us. There have been recent donations from funeral collections, individuals, and everyone who voted for us to receive the £1000 donation from Cornerstone. Thank you all! A special mention to our Fundraising Volunteer Group who have been supporting activities since restrictions lifted. If you'd like to know more about their events then contact Leanne: Email - Leanne@careatcace.com





Consortium Update



It is an exciting time at the North Locality Consortium as our communities are getting back out there with Gala Days, Cookery Classes, Project Café and other Events. As a Consortium we can not only help with expertise and connections but also have a limited budget that can help support communities with their plans. So, if you have an idea or an event that could help your community get together, revive a community group that has dwindled during Covid or start a group that you think your local people need - please get in touch with **Susan Drummond, North Locality Consortium Development Lead.**
Tel: 01236 451 393 Mobile: 07876 763 732 Email: susan@careatcace.com

'Croy Community Hub' are active members of the Consortium. They have a well used facility that host a local pantry and space for many groups, including: **Never Alone Depression Support Group** every Tuesday 7pm-9pm. They aim to reduce the isolation caused by depression and prevent suicide by providing an environment where talking is the first step to realising that there are other options.

Croy Community Hub are always interested in hearing about potential clubs and groups in need of premises. Further details of hire and pantry opening hours are available via their Facebook page by visiting:
www.croycommunityhub.co.uk



Support Us

Become a Member

We want to use this year to strengthen our membership, develop the membership and encourage ownership of CACE. We're off to a great start with 50 people having signed up already. **For only a £1 a year, membership enables you to:**

- Attend to our AGM, and have a right to Vote.
- Elect board members, who will then be responsible to work with CEO, Depute and team to take forward all aspects of governance such as financial, professional contact, risk management and safety of the services delivered within the CACE portfolio.
- Be kept up to date on developments of the service and encouraged to share your views of what you think we should be considering regarding improvements.

If you'd like to become a member, or nominate someone to be a member, then contact us on 01236 451 393 or email us on info@careatcace.com





Activities



At CACE we like to send out some home activities to tide you over until you next pop along to one of our groups, services or events - here we have some fun puzzles below.

Wordsearch - Can you find the 20 hidden words?

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

- | | |
|-----------|------------|
| BARBEQUE | PARASOL |
| BEACH | PARKS |
| CARAVAN | PICNICS |
| DAYTRIPS | POOL |
| FLIPFLOPS | SALADS |
| GARDENING | SANDCASTLE |
| HOLIDAY | SUMMER |
| ICECREAM | SUNCREAM |
| LEMONADE | SUNFLOWER |
| LOLLIES | TENNIS |



Missing Words - Can you fill in the missing words to complete the sentences? (Use the pictures below as clues)

1. In the Summertime you will often see yellow flowers called _____ growing, did you know that giant varieties can grow to 20 feet tall?
2. Remember to apply some _____ before going for a lie out in your _____, you wouldn't want sunburn!
3. If you order a 'Ninety -nine' as a nice cool treat, then you'll get an _____ with a flake in it, and you can ask for sauce on top - Did you know that they have been called 'ninety nine' since 1930s?
4. Did you know that an estimated 2 million people across the UK take their holidays in a _____ or motorhome?
5. Scotland has hundreds of _____ locations to enjoy a summer day trip to the seaside, but just remember that the water might be a bit too cold to go for a _____.



CACE, Suite 4, Arca Business Centre, Dunnswood House, Dunnswood Road, Wardpark South, Cumbernauld, G67 3EN

E: info@careatcace.com T: 01236 451 393 W: www.cace.info

Cumbernauld Action on Care of the Elderly are a charitable limited company, registered with Companies House in Scotland No. 164189 Scottish Charity No SC022277