



# cace

## Welcome to our festive newsletter



(Ann Innes - CEO)

Hello again to all, from all of us at CACE

I can hardly believe that 2021 is almost over. It has been a challenging and busy year for CACE and having had over a year of not being able to meet our service users face to face it has been wonderful to see group activity return over the last few months. We know how much you are all enjoying being back at CACE and we are equally glad to see you.

Groups are looking and feeling slightly different at the moment. We still have some restrictions on how we operate and we have some new staff since groups were last operating in 2020. We have started to redesign some of our group's activities and names, and your feedback in the new year will be important in helping us shape them further. But the consistent thing is the friendships, enjoyment and support that our activities offer and we want to extend that to even more people so please do spread the word about CACE to anyone who may be interested in attending our activities or volunteering for us.

One of the initiatives that we did develop last Winter was our Activity Packs which we deliver to service users. We have another one for you which we hope will be something for you to enjoy over the 2 week break when our activities do not run and our staff and volunteers get to enjoy a very well earned break!

Stay safe everyone, have a lovely Christmas and New Year, and we look forward to welcoming everyone back (and any new group members and volunteer too!) in 2022.



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# Services Update

We have been enjoying our Christmas festivities this year, taking the form of lunch for our groups at the Castle Cary Hotel. They always provide fantastic support and service whenever we visit and our festive lunches have been a nice treat, especially as we were not able to be together last year.

Remember, that we will be closed from **Saturday 18th December and re-opening on Wednesday 5th January**

Everyone is looking forward to returning in 2022 and seeing what new activities our groups will enjoy, what new faces might choose to join us, and the return of our popular services. Keep an eye out for next years timetable as we'll be reintroducing our group activities held at the Shed at Lenziemill, the venue was recently repainted and refreshed by our partners at Sky Cares - and we can't wait to get back into the creative work space. You'll also see more of the intergenerational work we have planned.

## Transport & Deliveries

Our Drivers have been as busy as always, they have loved welcoming you back onboard for 2021 outings and transport for groups. Our Electric buses have proven to be a hit, we have had some initial challenges but they have been fantastic for comfort and accessibility, and it is good to know that we are doing our bit for the environment.

CACE continue partnership working; supporting the food provision delivery for local pantries/hubs, working alongside the local Rotary on a winter coat project, and we recently used our transport to bring 20 attendees from sheltered housing along to a befriending coffee morning in collaboration with Sky Cares.

We are delighted to have been awarded some funding from 'Creative Breaks', this will enable us to plan monthly outings aimed at being mutually beneficial for the carer and the cared for. Do let us know if you'd like to register interest.

Recent outings have included trips to Broadwood Stadium, Garden Centres, the Kelpies, Summerlea, Museums and of course our 'Mystery Tours'! Here are just a couple of photos of some happy service users.





# Winter Information



## FOOD PROVISION

CACE partner with local pantries, please contact us if you need details or help

Phone: 01236 451 393 Email: [Info@careatcace.com](mailto:Info@careatcace.com)

Contact Facebook or Twitter



## COUNCIL SERVICES

If you need information on grit bins, bad weather, house repairs, fuel and heating bills, or travel advice then the council have everything on one page.

Visit: <https://www.northlanarkshire.gov.uk/winter-services>



## NHS SERVICES

Visit: <https://www.nhsinform.scot/self-help-guides>

Phone NHS 24 Call: 111

Phone A&E (Ambulance or Emergency Services) Call: 999

## Feeling Thankful



As ever, we'd like to thank everyone who supported our fundraising and partnered with us to achieve the services we provided; Sky Cares, Rotary Club, Clyde FC, Cumbernauld FM, Carbrain & Hillcrest Community Council, Cumbernauld & Croy Food Pantries, Befriending networks, Age Scotland, Communiyt Learning Development, and Cumbernauld Theatre.



A special mention to everyone who has been taking part in event fundraising for CACE. Our Fundraising Volunteer Group ran a Halloween walk that raised £530, and then it was followed up in November by a Firewalk that raised over £1200. Thank you to everyone involved, participant, spectator or sponsor - we couldn't do it without you! There are plenty of events for 2022 so do get involved.



We are continually proud of our community, and the support they give us. In the last few weeks we have received donations from funeral collections, and individual donations, we were nominated as Co-Op local Community Cause, and our Forget Me Not Group with 'CLD' won the 'Community Learning & Development Award' at the Daily Record 'Learning for Sustainability Awards'.





# Consortium Update

As more groups and organisations are planning to re-start or begin sessions, the Consortium are being kept busy with helping ideas get off the ground. As a group of 19 representatives from voluntary and statutory partners, we always love to hear what our community groups are doing. Often we can promote projects through our contacts, or offer expertise, or a new perspective on concepts too. Please get in touch with [susan@careatcace.com](mailto:susan@careatcace.com) or 07876 76 3732 to chat about potential ideas or if you want to share something with the Consortium.

In the meantime, have you heard of North Lanarkshire Community Boards? There are 9 Boards within North Lanarkshire: Cumbernauld, Kilsyth, Northern Corridor, Airdrie, Bellshill, Coatbridge, Motherwell, Shotts and Wishaw. The idea of these Boards is to allow local communities to lead in decision making, have their voices heard, debate issues of local needs and share information. Currently they are held online, in the evenings (6.30pm-8.30pm) and happen every three months. If you would like to attend a meeting for any area, please contact [communitymatters@northlan.gov.uk](mailto:communitymatters@northlan.gov.uk) Previous meetings can also be viewed on North Lanarkshire Councils YouTube channel on North Lanarkshire Council Youtube Channel - YouTube

## Support Us



**Did you know that you can donate to CACE as you shop at thousands of online retailers, all at no extra cost to you? IF you are doing your Christmas shop online then use these links below:**

For Give As You Live use <https://www.giveasyoulive.com/join/188898>

For Amazon use <https://smile.amazon.co.uk/ch/SC022277>



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# Activities



As a CACE contact you should receive our winter activity pack this month but just to tide you over here we have even more festive fun below.

## Wordsearch - Can you find the 12 hidden words?



Candle  
Candycane  
Card  
Celebration  
Cider  
Eggnog  
Joy  
Mittens  
Ornaments  
Rudolph  
Star  
Stockings



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

We put \_\_\_\_\_ on the Christmas Tree.

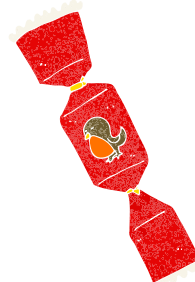
\_\_\_\_\_ pull Santa's sleigh.

We give \_\_\_\_\_ to each other on Christmas day.

People hang \_\_\_\_\_ on their doors.

Children hang up \_\_\_\_\_.

At Christmas dinner, we pull \_\_\_\_\_!



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