

# CACE NEWSLETTER



Welcome to the Winter Edition of the CACE Newsletter!

December, 2023



Wilma Paterson  
CEO, CACE

"I wish to take a moment this Christmas season to extend my warmest greetings to each and every one of you. On behalf of myself and the team, I want to express our gratitude for your continued support and involvement with CACE. As we bid farewell to 2023, a year filled with bustling activities, memorable outings, and heartwarming gatherings, we hope you have had some incredible moments to share. We wish you all a very Merry Christmas and hope your 2024 is happy and healthy. We are looking forward to seeing you all in the year to come."

## CACE: A Year In Review

2023 has been a busy year for CACE with lots of activities, outings, and fun events. We also welcomed some new team members. Paul as our Volunteer and Befriending Lead, Alanna to oversee our data administration and our new bus drivers Dougie, David, and Jim.

We have strived this year to remain open for most days, and in fact have completed more days without cancellations than we did last year. We have also put on events during the additional public holidays to make sure that our service users felt supported during these times. Some of our groups merged on occasions, with positive feedback on the opportunity to meet others that come to CACE.



Our groups continue to be a success, thanks to our dedicated support staff and volunteers who work tirelessly to provide fun and engaging activities for everyone. As winter arrives, all our groups have been working hard to give the activity rooms a festive feel. Despite the challenges of winter weather, Transport Coordinator George and our dedicated drivers ensure there is a varied schedule of community outings available. Thanks to Paul and our incredible volunteers, their dedication has made a positive impact on our waiting lists for befriending services, ensuring more accessibility for those in need.



Back in July, our Open Day was a resounding success, drawing interest from the extended CACE family, local community, and friends. This year, we also embarked on an ambitious allotment project, and with the help of our volunteers and SKY partners we proudly harvested our first crops. These homegrown tatties and radishes were shared with our service users in our group services and added to the festive feast at our Harvest Lunch. Speaking of which, the Harvest Lunch was another great success this year, with overwhelmingly positive feedback. It gave us an opportunity to provide our community with an afternoon of good food, entertainment, and fun.



CACE Plot at Airdriehead Community Allotment



Harvest Lunch at Castlecary Hotel

## Fundraising

A heartfelt thank you to everyone who has supported CACE in our fundraising endeavours this year. Every penny we receive goes back into the essential services we provide to support our elderly community.

Zip Slide the Clyde was a highlight for us in 2023, as five brave fundraisers took on the 100ft high, 1000ft long zipline across the River Clyde. It was an exhilarating adventure that left our fundraisers in awe, but they faced the challenge and raised a remarkable £1,232!



Our Brave 2023 Zip Slide Fundraisers



If you have an idea for fundraising or would like to get involved, please don't hesitate to get in touch with us, or keep an eye out for upcoming fundraising opportunities in the new year on our social media channels. We currently have 5 available slots for Zip Slide the Clyde September 2024.

**Find out more about our allotment, upcoming events, or fundraising:**

📞 01236-451-393  
✉️ [info@careatcace.com](mailto:info@careatcace.com)



## Lights, Camera, Action!

Thank you to Cumbernauld Community Cinema who have been working with us to offer our service users the joy of big screen film showings. So far, our service users have enjoyed classics such as "Easter Parade", "South Pacific" "Blazing Saddles" and reminiscence footage of old Glasgow. This winter, we're excited to host a cozy afternoon with festive snacks and a sing along movie of "Young at Heart". If you are interested in joining any future screenings give us a call on 01236-451-393 to register your interest.



Service Users Enjoying a Showing of Easter Parade



### Helpful contact numbers:

- **Emergency Services:** 999
- **NHS 24:** 111
- **Loss of Power:** 105
- **Scottish Water:** 0800 077 8778
- **Non-Emergency:** 101
- **Floodline Scotland:** 0345 988 1188
- **Gas Emergencies:** 0800 111 999

## Get Involved

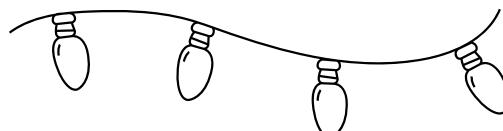
You can make a difference by donating, volunteering, or actively engaging in our projects and programs. Your involvement is crucial in ensuring that we continue to provide essential services and support to our cherished elderly community.

As we wrap up the year and prepare to welcome the magic of Christmas, we wish you all the merriest of holidays.



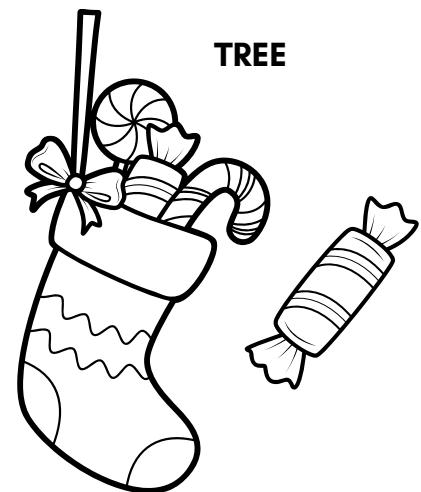


# Christmas Activities

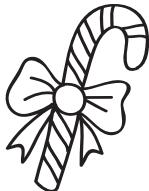


C	A	N	D	Y	C	A	N	E	R	D	C
H	X	L	P	N	H	F	H	O	S	T	S
J	P	I	C	A	R	O	L	S	I	R	T
I	O	U	N	T	I	L	O	T	C	I	O
N	M	Y	M	G	S	A	N	T	A	C	C
G	S	J	U	M	T	O	H	K	I	K	K
L	T	B	G	S	M	E	R	R	Y	O	I
E	L	F	B	O	A	N	D	K	R	T	N
R	R	P	R	E	S	E	N	T	S	E	G
P	T	R	A	E	I	C	T	T	R	I	S
D	F	C	O	N	F	H	S	A	A	E	N
R	E	I	N	D	E	E	R	X	Y	E	E

CANDY CANE	MERRY
CHRISTMAS	CAROLS
STOCKINGS	REINDEER
JINGLE	PRESENTS
SANTA	JOY
ELF	TREE



- What do you call an old snowman?
- When does Christmas come before Thanksgiving?
- What does December have that no other month does?
- What Christmas carol is a favorite of parents?
- Where do snowmen go to dance?
- What kind of candle burns longer, a red candle or a green candle?



Help Frosty get through the maze and to his gift!

