



## Welcome to our Festive newsletter



(Wilma Paterson - CEO)

Welcome to our festive newsletter 2022. At this time it is natural for all of us to reflect on what has been some of the highs and lows of the past year. CACE like all organisations have spent the year continuing to recover from the last 2 years of restrictions. It has been about being slow and steady, giving you all reassurance that it was time to start having fun, meeting friends and trying some old and familiar activities again, and some new ones as well.

This year we celebrated our CACE 32nd Birthday and it was a great way for me to meet many of you on my first week as your CEO. Some of you also joined up as members that day, if you haven't yet and you or your loved ones want to become members, please don't hesitate to contact me at the office.

We have been busy asking you what is going well in CACE, "What do you want more of and what do you want to see done differently" and we hope you would agree that we have acted on your feedback. For example: You wanted to be out and about again so we provided more outings to a wider range of venues. You wanted the groups to be busier and on for longer, so we increased the numbers and have offered some full afternoon activities where possible. You also asked for more tea dances and events, we held and attended tea dances, a family open day and also took you to other venues that were hosting fun filled opportunities. Rest assured we will continue to work on your suggestions for 2023, including some early evening supper clubs and more evening outings like the fiddlers rally that was enjoyed so much!

CACE would achieve nothing without our amazing volunteers - A huge, big "THANKS" needs to be said to each and every one. Thank you for the support, practical help and warm heart. Same can be said for everyone who supported or participated in our fundraising efforts.

Now, we're aware that winter can be a very isolating time for people even if you are surrounded by loved ones. If you feel that you would like to talk over the festive period then let us know, some staff are providing calls during the holidays as they don't want anyone to feel left alone, or unable to reach out...

Wishing You and Yours a very Happy Christmas and healthy Happy New Year for 2023 when it comes. - Wilma x





# Services Update



- **Activities & Groups** - This year we've taken part in sports, games, music, exercise, crafts, art and reminiscence. Highlights have included projects such as Summerlea Museum, Cumbernauld Radio, Creative Breaks, and new activities trialled like Wii gaming, Therapets and Silent Discos. Our Day Support services have been participating in seasonal events including their recent Halloween parties and St. Andrews Day event. We've also had various organisations and speakers come along to give talks and keep us informed about our local community. Watch out in 2023 as we bring you more tea dances, news about the allotment, renovation of our shed activities, more group outings, longer time slots and so much more!!!
- **Staffing** - Change can be very unsettling and you will have seen some familiar faces of staff and volunteers leave us throughout the year. We wished them well in whatever their new chapters have been. Then over the autumn and winter months we have seen some friendly new faces arrive, both staff and volunteers, all of which are keen to ensure that CACE continues to thrive, continues to be people focused, continues to listen to you and deliver the services you want.



For more info: Tel - 01236 451393 or Email - [info@careatcace.com](mailto:info@careatcace.com)

## Transport Update

We are delighted to have been of service to our Community Transport partners this year including the Craighalbert Centre, Community Learning Development, Social Work, Sheltered housing, lunch clubs and local groups. Roll on 2023 for more days out!

George and the drivers team have worked tirelessly this year; providing transportation and trips. We welcomed two new drivers this year, Davie and Jim, and got our newest wheelchair friendly bus. Outings continue to be one of our most popular activities, if you are interested in being a volunteer driver or passenger assistance then let us know:

Call- 01236 451393 or Email- [info@careatcace.com](mailto:info@careatcace.com)





# Information



## Christmas Closure



## PLEASE TAKE NOTE OF CACE HOLIDAYS

Our office and activities will be on holiday over the festive period, Please be aware that we will be off from Wednesday the 21st of December 2022 until Wednesday the 3rd of January 2023. Support and wellbeing calls to service users will continue during this time.



## North Lanarkshire Council Winter Information

If you need information on grit bins, bad weather, house repairs, power cuts, fuel and heating bills, or travel advice for the winter then the council have it all on one webpage: [www.northlanarkshire.gov.uk/winter-services](http://www.northlanarkshire.gov.uk/winter-services)  
Or you can also call their Customer Service Hub to be transferred to a team member on 0345 143 0015



## WE NEED VOLUNTEERS

CACE are looking for Volunteers to support our activities. We are in particular need of Befrienders, Passenger Assistance and Drivers, so if you're interested contact us :  
Tel: 01236 451393 Email: [bronwyn@careatcace.com](mailto:bronwyn@careatcace.com)

# Feeling Thankful

As ever, we'd like to thank our recent partners and funders including the Community Lottery Fund for the uplift grant, the Co-op local causes who raised £3097.73, William Grants Distillery who donated £2000 and some festive hampers, ASDA Green token scheme for £300, Sky Cares who donated £250 of Vouchers and the local Rotary Club who donated 40 Winter coats as part of the 'Wrap up Lanarkshire' project.

We are continually proud of our fundraisers and supporters. Thank you to everyone who has fundraised, sponsored a fundraiser or made a donation to CACE this year. Our recent Zipslide and our Firewalk event were both great fun and wonderful examples of how people can support the work we do at CACE. If you'd like to get involved in fundraising during 2023 then please let us know.





# Consortium Update



'The Locality Activity Fund continues to be administered by the North Locality Consortium, which is hosted by CACE. If you have an idea for a community group or an established group that would like to trial a new offering, please get in touch to chat about how the Consortium could support you with contacts, resources and funding.

Call Susan on **07876 763 732** or email **susan@careatcace.com** to find out more.

'Cost of living crisis' is something facing us all so here is a helpful link for warm spaces near you, these are local places where everyone is welcome to enjoy a free cuppa, some warmth and company. All the North Lanarkshire Council operated places will offer free tea and coffee, whilst other places may be able to offer warm food as well, usually free.



All the details can be found on the following website and map:  
<https://www.northlanarkshire.gov.uk/benefits-and-money/cost-living/community-drop-points>

## Support Us

### SHOP ONLINE

We know that many people have to spread the cost of Christmas shopping so you might still be buying now or even waiting for January sales, don't forget that if you shop online that you could support us by donating to CACE at no extra cost to you

Try thousands of retailers at 'Give As You Live' by using this link

<https://www.giveasyoulive.com/charity/cace>

Or if you are an Amazon shopper then use this link

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







# 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, why not enjoy then whilst having a nice hot drink to keep you warm this Winter?

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

O	I	A	W	A	S	N	E	O	I	S	R	E	I
I	E	E	R	T	S	A	M	T	S	I	R	H	C
T	N	E	E	M	I	S	T	L	E	T	O	E	O
S	S	A	O	W	P	R	E	S	N	T	R	S	C
A	N	C	E	F	M	E	F	M	A	N	E	T	H
I	O	A	S	E	I	K	O	O	C	N	E	R	T
T	W	N	G	I	S	A	R	P	F	L	D	N	S
T	F	D	A	L	L	T	H	F	M	S	N	T	N
E	L	Y	M	A	E	N	S	F	W	T	I	E	E
C	A	C	S	K	I	A	G	A	W	T	E	I	C
N	K	A	N	F	G	S	E	T	F	A	R	E	N
I	E	N	S	N	H	T	W	C	S	L	L	E	E
O	H	E	S	N	O	W	M	A	N	L	E	G	I
P	P	R	E	S	E	N	T	S	T	R	S	T	E

- COOKIES
- SANTA
- SNOWFLAKE
- SNOWMAN
- REINDEER
- MISTLETOE
- PRESENTS
- SLEIGH
- POINCETTIA
- ELF
- CHRISTMAS TREE
- CANDY CANE



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

1. \_\_\_\_\_ are usually made of glass and hung on the Christmas tree.
2. Santa lives in the \_\_\_\_\_.
3. If Children are naughty at Christmas, then Santa may give them \_\_\_\_\_.
4. \_\_\_\_\_ was the name of the red nose Reindeer.
5. According to the song, there are \_\_\_\_\_ days of Christmas.
6. Baby Jesus was born in the town of \_\_\_\_\_.

