



Welcome to our Spring newsletter



(Bronwyn O'Riordan - Interim CEO)

Hello Everyone,

Welcome to our first CACE newsletter of 2022, it is our Spring edition as Springtime will officially be here on March 20th and clocks spring forwards on the 27th.

I hope that as you read this the sun is doing it's best to brighten your day, but remember "Ne'er cast a clout till May be out", we are in Scotland after all.

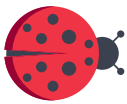
I must say that I am delighted to be addressing you directly; Although I've been the face behind CACE communications and fundraising since 2020 this is the first time I get to directly say "Hello" to many of you. As most of you may be aware, Ann Innes our previous CEO stepped down after Christmas and I have stepped up to Interim CEO until our new appointee joins us later this Spring. I have thoroughly enjoyed the opportunity, it has been wonderful to work across all of our services, and I look forward to getting to know our service users, volunteers and supporters better over the coming year.

Groups have been gradually increasing their capacity as restrictions have been easing, we have six regular groups, each appealing to a variety of interests, including creativity, reminiscence, health, music, sports, games and socialisation. We have been trialling new groups like our 'Energetic Elderly', participating in outdoor activities, dance, mindfulness and other wellbeing exercises. We're getting back into our Lenziemill Shed and we have a fantastic Allotment project due to start in April.

Our Daycare at Cumbernauld and Chryston have some new attendees, which is lovely to see. Befriending continues to go well with many of our matches now able to meet face to face. Our Volunteering team have been busy working on recruitment and some exciting intergenerational work. Last, but not least, our Community Transport has been as busy as ever!

I'm so proud of everyone at CACE at all the amazing work being done, looking forward to seeing what the year ahead brings. Onwards and upwards! - Bronwyn





Services Update



A new year brings new things to our services - we have increased our group capacity and activities, and as such we are increasing our staff team to help deliver these things. You'll notice some new faces joining us (do say "Hello") and you may have noticed the return of a familiar face? Norma Burns, our retired Services Manager has joined us once again, Norma is now our 'Activities & Groups Worker' - Welcome back Norma!

The Daycare room in Cumbernauld is being redecorated this month, we are creating a more dementia friendly space, a 'home from home' environment. 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

The Shed at Lenziemill is now reopening; we will have the Men's Group, the Women's Workstation and a series of pilot workshops where you can trial activities. If you are interested in woodwork, crafting, upcycling or repairs then do contact Ryan, Services Support Worker: Tel - 01236 451393 or Email - Ryan@careatcace.com



We are still on the look out for anyone able to knit Ravens as gifts for the new Primary 1 pupils at Ravenswood Primary School. CACE supply the pattern, and potentially some materials. If you are interested, please contact Linda, Befriending Coordinator: Tel - 01236 451393 or Email - Linda@careatcace.com



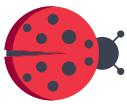
Transport & Deliveries

Our Drivers have been as busy as always, they have loved welcoming you back onboard for 2022, you may have noticed that we had staff absences at the start of the year - but fear not! George, our Transport Coordinator, is busy working behind the scenes, planning outings and supporting drivers. He is currently organising monthly outings for carers and their 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

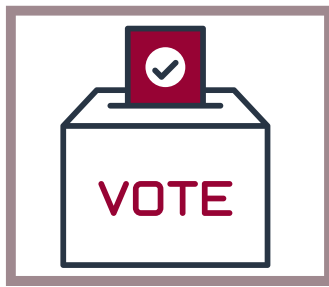
Alistair and Peter have been covering our usual transport runs, and you may even have seen one of our Board Members, Ian Wells, out and about on the buses as he's been helping as a Volunteer Driver - Thanks Ian! We should have two new drivers joining the team shortly.

Community Transport partnerships have been continuing with CLD Forget Me Not Intergenerational Gardening Group, and Gartcosh Lunch Club.





Spring Information



VOTE FOR CACE TO HELP US RECEIVE FUNDING

People of Greater Cumbernauld, we need your vote to raise monies to support the upcoming allotment project.

This funding comes down entirely to a free public vote so please vote before noon on the 18th of March.

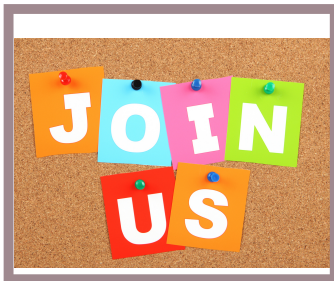
<http://ow.ly/F7Xx50l08jr>



CHOOSE CACE AS YOUR LOCAL CAUSE

CACE are thrilled to be one of this years 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>

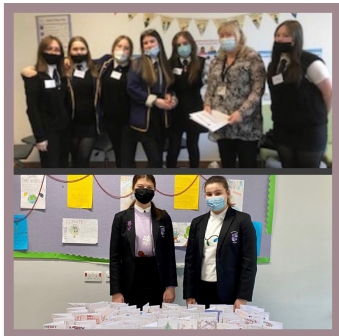


JOIN US

CACE are looking for Volunteers, for Befriending and our Fundraising Group. We are also looking for individuals or groups interested in supporting our allotment project. For information contact Ann, our Volunteer lead: Call - 01236 451393 Email - Ann.d@careatcace.com

Feeling Thankful

As ever, we'd like to thank everyone who has supported us.



Our recent partners and funders have included Sky Cares, Clyde FC, Summerlee Museum, Cumbernauld FM, Befriending Networks, Age Scotland, Community Learning Development, Co-Op, NLC, VANL, McCarthy Stone Foundation, Lloyds Banking Group, Aviva, Community Lottery, Life Changes Trust and Creative Breaks Scotland.

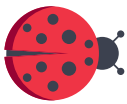
We are continually proud of our community, and the support they give us. There have been recent donations from funeral collections, individuals, and Moodiesburn Senior Citizens Club.

A special mention to NLC Home Support Workers who donated £120 from their Xmas Jumper Day, and to our friends at Cumbernauld Academy and Greenfaulds HighSchool who donated cards and are continuing to volunteer with us in 2022.



Thank you





Consortium Update



The North Locality Consortium are being kept busy with helping ideas get off the ground for 2022. They always love to hear what local community groups are doing, and they can often promote projects through their contacts, offer expertise, funding, or a new perspective on concepts.

If you want to share something with the Consortium then please get in touch with Susan, Consortium Lead: Email - susan@careatcace.com or call - 07876 76 3732

An exciting development worth sharing is:

The North Lanarkshire Community Lottery, promoted by Voluntary Action North Lanarkshire is a Small Society Lottery licensed by North Lanarkshire Council for constituted voluntary groups or registered charities, with income under £100k who provide services for the benefit of residents in North Lanarkshire. Further details for organisations and charities are covered in the Terms & Conditions page on the official website:
www.nlcommunitylottery.co.uk



Support Us

Fundraising Ideas



Take part in a 'Give it Up Challenge' for Lent, or as part of a keep fit or weightloss challenge this Spring



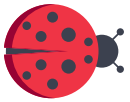
Host an Easter event, or sign up for step challenge like Glasgow Kiltwalk this April - for support and information contact Bronwyn:
bronwyn@careatcace.com

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 Spring Cleaning or DIY Gardening projects, then shop online using 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>





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 puzzle fun below.

Wordsearch - Can you find the 24 hidden words?

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

April
Baseball
Bloom
Bunny
Butterfly
Chick
Easter
Eggs
Flowers
Green
Grow
Hatch

June
March
May
Nest
Passover
Puddle
Rainbow
Raincoat
Seeds
Showers
Spring
Umbrella

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

In the Springtime you will often see fields of yellow _____ across the land.
A _____ is a small round beetle with spots and wings, usually red or yellow in colour.
At Easter the _____ delivers us chocolatey treats!
There are more than 20,000 types of _____ in the world, but not all make honey.
Healthy chickens can lay eggs all year round but most _____ are born in spring when the mothers are at at their healthiest.
The two most common species of _____ in Scotland are the Ringlet and Meadow Brown.
From March to May, it is the season for lots of baby _____ to be born.



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