Welcome to the last newsletter of 2015! What another busy year as you can see from the stories and pictures.

I hope you enjoy reading about the various things that have been taking place, and please speak to your Sheltered Housing Officer if there is anything you would like to be involved in,

I wish you a Merry Christmas and a Happy New Year!

Serena Murray
Manager

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What is Vitamin D and why do we need it?

Vitamin D helps the body absorb calcium keeping our bones and teeth healthy, helps fight infection by keeping our immune system healthy and reduces our risk of developing some types of cancer.

We can boost our Vitamin D levels by eating a varied diet which includes foods rich in Vitamin D such as eggs, milk, cod liver oil and oily fish.

Most of our Vitamin D, however, is made under our skin when it is exposed to sunlight. To reach recommended levels you need to get outside in the middle of the day during the spring and summer for at least 15 minutes 2 times a week. - Not good news for people living in Scotland this year!

What if we don’t get enough Vitamin D?

A lack of Vitamin D can cause the bones to become softer and break more easily, can increase our risk of infection and the risk of developing some types of cancer.

People who don’t spend much time outside or are housebound and those aged 65 and over (as the skin is not as good at making vitamin D) may be at risk of low Vitamin D levels. The Department of Health recommends that people aged 65 and over who do not go outside often take a daily supplement containing 10 micrograms (0.01mg) of Vitamin D.

If you are concerned that you are not getting enough vitamin D speak to your GP.

Renfrewshire Health and Social Care Partnership

Renfrewshire
Council
Greater Glasgow and Clyde
Singing Through The Ages

For the third year in a row, our choir were invited to sing in the Speigletent in Paisley’s music, arts and comedy festival—The Spree. Again it was standing room only as the event was sold out.

Singing through the Ages is one of Paisley’s three most prominent choirs and joined up with both Rockus and Rockus Junior for the ‘Sing Yourself Happy’ event. All choirs are organised by Charlene Gordon.

It was a singing extravaganza with Singing through the Ages getting the whole Spiegletent singing along merrily. From ‘Have You Ever Been Lonely’ to ‘The Black Hills of Dakota’ to ‘Rivers of Babylon’ and even ‘Que Sera Sera’ clapping and cheers filled the air.

The event finished with a rendition of ‘I Can’t Help Falling in Love with You’ with over 100 people from the 3 choirs singing. This was so good it was filmed by STV Glasgow and was shown on The Riverside Show.

Speed Boats—Castle Semple

During July and August this year, the Cotton Club from Barrhead Road Amenity Housing received funding to work in partnership with staff at Castle Semple to offer water sports sessions at the centre at Lochwinnoch.

The sessions were funded by the Local Area Committee. The funding provided the opportunity for over 80 tenants to experience the thrills of a speedboat.

The thrill factor was thoroughly enjoyed by all and we are hoping to take part in this again next Summer.

We would like to continue to promote outdoor sports and all suggestions are welcome.
In September 2015, our Sheltered Housing Officer Carol Kelly was amongst a team of 30 Council employees who travelled to Malawi. The team successfully built a school in the remote Williams Village.

The project was run in partnership with the charity Classrooms for Malawi.

Williams village had approximately 600 children with no education provisions at all. The Project built a three-classroom school as well as a toilet block, a Mary's Meals kitchen and a teachers house.

Carol said ‘It was an absolute honour to be part of this project which has helped the people and the children of the remote William Village.

We have given them a chance of education which is the key route out of poverty. I feel very blessed to have been part of this amazing team and what we have achieved within a short space of time. This was really a life changing experience which couldn’t have been possible without the support of my family, friends, works colleagues and the support of tenants. My thanks to each and everyone of you who helped me with the fundraising.

I am so grateful to everyone for their kindness and generosity and for donating and supporting the Classrooms for Malawi charity shop that we have in Johnstone.

I will continue to be an ambassador for Classrooms for Malawi Charity and support them anyway I can.’

Carol would also like to express her gratitude to the tenants of Rowan Gardens who raised funds for Carol and donated £90 to her cause. (See picture).

Well Done Carol !!!
Breast Cancer Awareness

In Scotland 1 in 9 women will be diagnosed with breast cancer in their lifetime. The earlier we find cancer the easier it is to treat. Following the breast awareness code, gives us the best chance of finding it early.

- Look and feel all parts of your breasts, underarm and up to your collar bone so that you know what is normal for you.

Know what changes to look for, these include:
- a change in size or shape
- a lump or thickening
- dimpling or puckering of the skin
- redness or a rash
- nipple becoming inverted (pulled in)
- discharge (liquid) from the nipple
- swelling
- constant pain

- Report any changes to your GP as soon as possible

- Go for breast screening when invited. Women are invited for breast screening every 3 years between the ages of 50-70 years old. Women over the age of 70 are entitled to screening, but will need to call the West of Scotland screening centre to make an appointment on 0141 800 8800.

SO BE BREAST AWARE and DON’T GET SCARED, GET CHECKED!

Staff Changes

The sheltered housing service said goodbye to 3 of our sheltered housing officers who retired on 31 July 2015.

We said goodbye to Barbara McLaughlin, Lorna Bell and Jean Buchan. Between the three of them, they achieved a staggering 80 years of service to Renfrewshire Council.

We would like to once again thank them for their hard work, commitment and professionalism.

We wish them all a long, healthy and happy retirement! Their caring and cheery disposition will be sorely missed by both tenants and their colleagues.
Summer Outings

We have had a busy time over the Summer this year with various outings.

We had an excellent trip to New Lanark with Singing through the Ages and Newmains Primary School.

There was an outing organised to Inverary with tenants from Glencairn Court and tenants from Sheltered complexes where we had lunch in the Arrochar Hotel—it was a great day !!

There were also several trips organised for all our sheltered and amenity tenants to enjoy on the Marjory Seagull Canal boats at Kirkintilloch. Over 60 tenants enjoyed these outings and were so successful, there have been Santa Cruises organised for December.

We have pulled together some of the photographs for you to enjoy !
A quality circle is a small group of tenants who undertake inspections within the sheltered housing complexes in Renfrewshire to ensure a quality standard is being achieved.

Volunteers do not need any specific qualifications or training. All that we ask is that each volunteer inspector is a resident within a Renfrewshire Council sheltered complex. The Sheltered Quality Circle conducts inspections in all of the council’s sheltered housing complexes.

The Quality Circle is made up of a group of volunteer tenants who carry out inspections of our sheltered complexes to help identify any problems which need addressed. The inspectors score on each category, such as cleanliness, security and maintenance.

There are 4 inspections each year. A round of initial inspections followed by the re-inspection of the same complex the following quarter to ensure that any issues highlighted have been actioned. The group meet 4 times per year to discuss actions from the inspections and to set dates for the next inspection. In all volunteers are asked to commit to 8 days per year (normally only a few hours each time).

During recent months the volunteer inspectors have conducted inspections of several sheltered housing complexes, giving positive feedback and scoring each complex highly; in addition to noting any issues requiring to be rectified.

We are very interested in attracting residents from sheltered housing complexes to take part in the Quality Circles:

- Altpatrick Gardens
- Darkwood Court
- Fulbar Court
- Gallacher Court
- Houstoun Court
- Monkdyke House
- Rowan Court
- Spiersfield Gardens
- Sprinkbank
- The Oaks

If you live in a sheltered housing complex and you would like to volunteer to become an inspector or would like more information, please contact Alasdair Miller, Tenant Consultation Officer on 0141 618 6260 or tp.hps@renfrewshire.gov.uk
**Young Volunteers**

We would like to extend a huge welcome to Gemma, Caitlan, Erin and Connie who are pupils at Castlehead High School.

The girls have joined us as volunteers at our Keep Young@Heart activities in the Lagoon on a Thursday afternoon.

Over the next couple of months they will assist with the activities and are looking forward to socialising with our participants.

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**Big Lunch—Cairn heights**

As part of the Big Lunch Initiative from the Big Lottery, Cairn Heights were awarded some funding to have a social lunch within their new social area at Glencairn Court. There was a great turn out and it was a successful day!

It was so successful that there has been a Big Tea organised so please speak to your Concierge for more details.

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**Myra Spiers—MBE**

Our Dear Friend Myra Speirs was awarded an MBE from the Queen in June. We were lucky to have been part of her celebration.

Myra Speirs has been a pillar to the community within Renfrewshire and was awarded the MBE for her voluntary work.

Her sheer passion and courage are inspiring to us all.

Myra currently volunteers for our Keep Young @ Heart Group.

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**Forever Young**

We would like to give thanks to George McGrattan who for the past 18 months has been our treasurer.

However, Isa Harrigan who was our Secretary kindly swapped roles and is now our Treasurer. Margaret Craig stepped in as our new Secretary. Thank you to both Isa and Margaret, it is much appreciated by all.

Our Forever Young Group is a constituted group who discuss ideas and apply for grants to help to fund social activities around our complex. If you interested in joining our group, please speak to your sheltered housing officer.
### Forthcoming Events

**Outings**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
<th>Location</th>
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<tbody>
<tr>
<td>Friday 27 November at 1pm</td>
<td>Intergenerational Quiz Final</td>
<td>Vikingar, Largs</td>
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<tr>
<td>Friday 4 December at 7:30pm</td>
<td>Pantomine - ‘Cinderella’</td>
<td>Johnstone Town Hall</td>
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<tr>
<td>Wed 9 December at 1:15pm</td>
<td>Pantomine - ‘Santa Claus is coming to town’</td>
<td>The Pavillon Theatre, Glasgow</td>
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<td>Monday 7 December at 12:15</td>
<td>Santa Cruise</td>
<td>Kirkintilloch Canal</td>
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<tr>
<td>Friday 11 December at 12:15</td>
<td>Santa Cruise</td>
<td>Kirkintilloch Canal</td>
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<tr>
<td>Tuesday 22 December at 7pm</td>
<td>Variety Christmas Show</td>
<td>Castlehead High School</td>
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Take part in our Christmas Quiz for a chance to win a £10 Marks and Spencers Vouchers.

Please write your answers on a piece of paper, remember to write your name and complex and pop it into your suggestion box...

1. What date is St Stephens Day ?
2. The Song White Christmas was first performed in which 1942 film ?
3. London’s Trafalgar Square Christmas tree is traditionally given by which country ?
4. What is the name of the Christmas cake traditionally eaten in Italy ?
5. How many points does a snowflake have ?
6. What Christmas item was invented by London baker Tom Smith in 1847 ?
7. In the 1945 film, Its a Wonderful Life, what was the name of George Bailey’s guardian angel ?
8. Who is credited as the author of Auld Lang Syne ?