

The Forum News

Article One

By Donalda Morrison Sheltered Housing Manager,
Dirleton Court, North Berwick

Picture



GRAND OPENING CELEBRATION

Mrs Anne Bolam aged 97 opened the new lift on Monday 20th April. The lift was named Lisa which stands for Lift In Service Always. Tenants met in the library area to celebrate the event –thank you to Mr George Forsyth who very generously supplied the champagne. A big thank you to all tenants who took time to visit neighbours who were unable to get downstairs for the seven weeks while the work was being carried out. Everyone agrees that “Lisa” was worth the upheaval-our new lift is state of the art perfection!



Article 2

By Joe Ormiston, Tenant at Salisbury View, Mayfield

. JUST TO SAY THANKS TO ALL WHO HELPED WITH THE PLANTS, & WATERING-

NO MATTER WHAT YOU DO IN LIFE
NO MATTER WHAT YOU PLAN
YOU'LL FIND TO GET MOST THINGS DONE
YOU NEED YOUR FELLOW MAN.

WHEN YOU LOOK AT ALL THE FLOWERS
AND SEE THEIR LOVELY HUE
BE PROUD, BE PROUD MY FRIENDS
IT' S ALL BECAUSE OF YOU.

WHEN I WAS FEELING NOT SO GOOD
JEAN APPEARED FOR HELP WITH PLANTS
AS DAY BY DAY THEY GREW AND GREW
MY HEART WAS FILLED WITH THANKS.

WITH STAFF AT THE HELM IN SALISBURY VIEW
THE BEST COMPLEX IN THE LAND
IT'S GOOD TO KNOW WHEN YOU NEED SUPPORT
THERE'S ALWAYS AN OUTSTRETCHED HAND.

GO FORTH WITH PRIDE IN ALL YOUR HEARTS
AND GOD BLESS YOU MY SPECIAL FRIENDS.

Joe came to Salisbury View 4 years ago. He redesigned the front garden and kept it looking so good that we won a prize in the Mayfield Best Community gardens this last year.



Article 3

By Mark Ryan Sheltered Housing Manager, Crystalmount, Dalkeith

CRYSTMOUNT GETS A NEW LIFT



Well it has happened, 6 painstaking weeks passed in a blink of an eye. Crystalmount was officially handed over their new lift on the 25th March 2009. Pictured below at the opening and naming ceremony are some of the residents and staff who worked tirelessly to ensure everything that was required for the residents was provided. Mr Pryde was our first official passenger and Mrs Curran who very kindly donated the name plate for the lift.



A big thanks go to June, Helen, Anita, Donald, Joe, and Mark. They were always willing to help no matter what the task was! Shopping, collecting papers, carrying laundry up and down the stairs. They collected rubbish morning and night and even library books. You name it- they did it- including keeping the building nice and clean.

We have named the lift **VERA** which stands for Very Effortless Return Achieved or maybe it was named after Vera Lynn who sang "We'll meet again."

Everyone is very happy this day has arrived, life will return to normal and we can now get on with our gardening work! Castle Rock Edinvar through The Community Grant Fund has very kindly donated £150 towards getting our gardening club up and running. See next issue for full info and regular updates.

Dates for your diary

Please call the Sheltered Housing Team on 0131-657 0640/0654/0659 if you would like to include an event.

Date 09/06/2009	Sheltered & Amenity Tenant Forum
Date 18/09/2009	Public Holiday
Date 21/09/2009	Public holiday

Article 4

By R Glasgow/ Norman Cunningham Letham Gardens, Dunbar

HELP FOR HEROES

Letham Gardens Sheltered Housing Development in Dunbar held a charity fundraising event for the Help For Heroes Charity. The event was organised by Bob Glasgow and Meta Bunting on the 23rd of April, support was given from all the tenants and staff. A Quiz night and a Raffle raised the sum of **£120.**

This is a new charity which is largely run by volunteers and overheads are covered by sponsorship, this ensures that the money raised goes towards the cause. Work has commenced on a swimming pool/ gym complex in Surrey to aid with rehabilitation and money raised will also be going towards a Pathfinder Project for an Army Convalescent Centre in Edinburgh. Working with the Army and Service Charity Erskine, they will be building a house for 12 Soldiers to live while they begin to launch back into their lives after sustaining injuries. If this proves successful, there will be up to 7 other such houses established around the country.

A letter was sent to the tenants from the charity thanking them for their generosity.

Tenants were also thanked by the East Lothian Council Recycling team for their efforts and organisation of their recycling bins. The staff said that Letham Gardens was the best organized property and wished that more properties were as good as them. **Well Done to all the tenants and staff.**

Recipe Corner:**Onion and Poached Egg**

2 Good size onions (cut in circles)

2 Large Eggs

Oil and a knob of butter

Method.

Put oil & knob of butter in pan & fry onions until soft. Crack two eggs on top of onions, put lid on pan and keep

Until eggs are poached. Approximately 3 minutes.

By Janet Millar, Tenant at Norton Park Sheltered Housing.

Article 5

By Mark Ryan Sheltered Housing Manager, Crystalmount, Dalkeith

Crystalmount's New resident.

Mrs Anita Allan of Crystalmount welcomed a new flat mate this week.

Jamie is a Hearing Dog specially trained for the hearing impaired.

Anita was referred to the Hearing Dogs for the Deaf by the Audiology Department where she has attended for many years.

Anita spent some time in York this year to first meet Jamie and get to know him; they also had to make sure Jamie was the right dog for Anita.

Jamie has been trained to respond to the following, Door bell, Fire Alarm, Telephone, Timer on Cooker, Microwave all the sounds that we take for granted.

When out and about, Jamie keeps Anita safe from traffic when crossing the road and even navigates round other pavement users and obstacles.

Jamie has been well received in the community; local people are very impressed with what his talents. It is fair to say Jamie is somewhat spoiled; he even has his own seat in the Hairdressers and the church on Sundays, where he assists Anita to attend the service.

Article 6

By Bob Crichton tenant at Salisbury View , Mayfield

Memories.

There were many sad occasions that happened in my life
But the saddest day I'll remember ,was when I lost my wife
For I was there beside her when she sadly passed away
& I felt really helpless for there was nothing I could dae.

Easy she was to live with for she didn't want much you see
Just an odd game of bingo, & a nice cup of tea.
And guid brother Rob he helped me put away his sister Jan
& I needed all the help he gave for I was a broken man.

Now I thought my life was finished after she had gone
But she's been dead for 6 years noo & I'm still struggling on
But every day she's with me I still see her smiling face
& I know that no other woman could ever take her place.

For the happy times I had with her for fifty years & five
& all those happy memories that have helped keep me alive.
Now I am glad when God took her, that she was taken first
For if she had been left behind her problems would be worse
For she was in a wheelchair & never did complain
Of all the other ills she had that caused her so much pain
For all alone she would have been as we had no family
For she never needed anyone as long as she had me.

Now I know that some day God will take me
When my earthly span is spent
But if he grants me one more wish
Then I will die content
Now I ask God very humbly at the end of my long life
To grant the wish I made to him to unite me with my wife

Sadly for the staff and tenants at Salisbury View, God granted Bob's wish.

Article 7

By Margaret Paton Manager at Norton Park Sheltered Housing

Golden wedding Congratulations

Mr and Mrs J Ross at Norton Park Sheltered Housing Development celebrated their Golden wedding on 15th of March. Mr and Mrs Ross joined their family for a meal and on return to Norton Park they were greeted by Family, Friends and Tenants at a surprise party organised by their family.

Tenants at Norton Park Sheltered Housing development also enjoyed a Burns Supper on the 25th of January. The event was held at London Road Church. Margaret Paton, Sheltered Housing Manager works closely with Caroline McPherson and the Calton Welfare Group to ensure that all tenants can participate with events in their local neighbourhood.

CURRENT FORUM REPRESENTATIVES

Balfour Court	Mrs Moir, Mrs McBride, Mrs Mitchell
Craigmount View	Mr Sands
Crystalmount	Mrs Law, Mrs Allan, Mrs Kenny
Dirleton Court	Mrs Warren
Drum Court	Miss Barbour
Dundee Terrace	Mrs Hitchings
Forth Street	No representative at present
Fountain Court	Mrs Downie
Heinsberg House	Mr Bain, Mrs McBeath
Lauriston Park	Mr Anderson
Letham Gardens	Mr Wilson
Market Court	Mrs Affleck, Miss Troy
Muirpark Gardens	Mr Dearie
Norton Park	Mr Ross, Mrs MacDonald
Regal Lodge	Mrs Brown
Roman Camp Way	Mr Watson

Ross Glen Court	No representative at present
Salisbury view	Mr Sweeney, Mrs Weighand, Mrs Wylie
Shore Road	Mrs Houston, Mrs Watson
St Anne's	Mr Leitch, Mrs Smail, Mrs Scherrer
St Stephen's Court	Mrs Forsyth, Mrs Gibb, Mr Davies

Sheltered & Amenity Tenant Forum Meeting Proposed Agenda

Tuesday 9th June 10.00am – 1.00pm at Balfour Court, North Bughtlin Place, Edinburgh

Time	Item	Agenda Item	Timings
10.00am	1	Welcome and introductions	10 minutes
10.10am	2	Surgery – Reps opportunity to raise own development issues with Sheltered Housing Team	35 minutes
10.45am	3	Feedback from Inspection	10 minutes
10.55am	4	Gardeners Competition	10 minutes
11.05am	5	Discussion Groups – Tenant Events- Estate management standards and rent setting	40 minutes
11.45am	6	Feedback from discussion groups and any other business	30 minutes
12.15pm	7	Lunch	45 minutes
1.00pm	8	Meeting ends	

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