



February 2023

Black Isle Cares

CHARITY NUMBER: SCO45371



A beautiful February Black Isle sunrise

2023 has been flying by and we have lots of news to share.

**Projects Co-ordinator news:** Due to a health condition, Claire, (who was covering Megan's maternity leave) made the difficult decision to stop working with BIC. Hopefully she'll stay in touch as we loved working with her. We are delighted to welcome Lynda Smith as the new Projects Co-ordinator. Here she is beautifully modelling our Queen's Award certificate.

*I should like to introduce myself. I started working as Project Co-ordinator (covering Megan's maternity leave) in January 2023. I have lived on the Black Isle since September 2019 but have been visiting family here for over 30 years. I feel very fortunate to live in such a beautiful place with such a strong sense of community.*

*I have worked in schools as a Business Manager for most of my working life and have three grown up children and three grandchildren. I volunteer at St. Andrews charity shop in Fortrose on a Saturday morning. My favourite pastime is walking on Rosemarkie beach with my friends and Daphne, my golden retriever. I love gardening and am inspired by Monty Don and Adam Frost. I enjoy reading, going to the cinema and theatre, walking and generally being outdoors.*

*Please call into the Black Isle Cares Office at Fortrose Leisure Centre. I am there on a Monday, Wednesday and Friday from 9am – 3pm. I look forward to meeting you.*



## Black Isle Cares Annual General Meeting

7pm, Monday 27<sup>th</sup> March 2023

Fortrose Free Church, 5 Church Street, Fortrose, IV10 8TE

Please join us for the 2023 AGM. To celebrate being back in person again after the last 2 years of online AGM's we will be looking back at what we've been up to, including:

- Calman's Young Person's Meals delivery
- Fortrose Sharing Shed
- BIC Befriending, in partnership with Highland Hospice Helping Hands
- Intergenerational Games Afternoons, with Fortrose Academy, Highlife Highland Fortrose Library and Youth Development, and Eilean Dubh Care Home
- Stories from the Black Isle, with Avoch Primary pupils

Please join us after for tea, coffee and cake!

To give us an idea of numbers attending can you let Lynda know if you will be there: 07548 343375 or [admin@blackislecares.com](mailto:admin@blackislecares.com)

## Black Isle Cares Meals on Wheels – our meals at home service free offer

We are delighted to have been successful in a funding application to The Highland Council Cost of Living Fund, meaning we can offer all meals for free until the funding has been used – likely to be between March and May.

Around 30 people currently receive a meal. We know that there are many others who would appreciate a tasty meal and a friendly face. Please encourage anyone you know who might like this for themselves, or someone they care for, to get in touch.

Since we started providing our Meals on Wheels service in May 2016 over 100 people have received a high quality, wholesome, freshly made meal, made by a local food provider and delivered by one of our team of friendly volunteers.

For the last 6 months we have had a one-month free trial for all new users. After that each two course meal costs £6.00 a day, with a third course charged at an additional £2.50.

**If you or someone you know would be interested in Meals on Wheels, please get in touch on: 07548343375 or by emailing: [admin@blackislecares.com](mailto:admin@blackislecares.com)**



## Black Isle Cares seeks more Trustees



A selection of present and past trustees at the presentation of the Queens Award

Black Isle Cares has been very fortunate for the last 7 years to have had a variety of dedicated, knowledgeable, and supportive trustees. They are essential to the existence of BIC, doing all the activity necessary to keep us going; funding applications, recruiting and managing employees, accounts, designing leaflets, updating Facebook, writing newsletters...

In addition to these behind-the-scenes tasks, many of the trustees are also involved in BIC volunteering activities; as befrienders, delivering meals, supporting the Board Game afternoons. We are currently a small but mighty team of 7, all of whom have been in place throughout the Covid period, many for much longer.

We would love to welcome new trustees onboard. We meet together every two months, currently on the last Tuesday of the month at 7pm. You are very welcome to come along to a meeting and meet us all and see what is involved. Isla, who has been the secretary for the last 4 years, is stepping down at the AGM so we are particularly looking for a new secretary. Simon has been the temporary Treasurer for the last 4 years and would be delighted if there was anyone else interested in this role.

It's a great organisation to be involved in, giving as much or little time as you are able you will see the impact on the Black Isle Community. If you would like to discuss getting involved contact Anne on 07933 653313 or [anne-hscn@outlook.com](mailto:anne-hscn@outlook.com).

**Volunteer Thank-you Afternoon Tea**

Black Isle Cares Trustees would like to invite all volunteers to afternoon tea at 2.30 pm at Crofters in Rosemarkie on Tuesday, 28th February 2023.

This will be a wonderful opportunity for a get together and for the Trustees to thank you in person for your ongoing support for the local community and Black Isle Cares.

A voluntary contribution of £5.00 per person is requested, which will help towards the cost of the event.

Please let Lynda know if you are able to attend by Wednesday 15th February.

**Board Games Afternoons, Thursdays in Fortrose Library at 2pm**

Older and younger people have all equally been loving getting back together for the Thursday afternoon Board Game afternoons at Fortrose library.

It's been great to be joined by Eilean Dubh care home residents. Looking forward to many more games over the year ahead.



## December activities: Intergenerational Christmas lunch, December 15<sup>th</sup> '22

Huge thanks to Black Isle Cares volunteers, High-life Highland Youth Development team, the Music Department, ASN department, Fortrose Library, our brilliant young leaders/students and guests.

A very festive afternoon was had by all!



## BIC Queens Award Presentation, December 8<sup>th</sup> 2022

A few more photos from the very special event. Including the Queens Award logo which we will be starting to use with pride on all our materials. The framed certificate and crystal award are in the office if you are passing drop in and have a look.



## Fortrose Library and Morning Call Housebound Library Service for the Elderly

Fortrose Library are extremely excited about their new partnership with Morning Call & Visiting Service - an organisation that provides support and companionship to those who find it difficult to leave the house. Do you know someone who can no longer make the trip to the library but would love to have some books selected, delivered, and returned on a regular basis? If so, please contact Morning Call using the details below and the library will get them sorted out with a good selection of books based on their individual taste.

They also offer a morning call service; this is aimed at the elderly who live alone and are lonely or isolated. The service provides a phone call from a trained volunteer between the hours of 8am and 10am each morning, giving the client someone to have a chat with first thing, while also providing the security of having someone check in each morning .

Contact Sue Hill on [sue.hill@morningcall.org.uk](mailto:sue.hill@morningcall.org.uk) or phone 07514494053

# Housebound Library Service

Coming soon to the  
Fortrose Library



### What's on at this month at Fortrose Library? Take a look at our weekly events!

Mondays: Bookbug @ 10.00

Wednesdays: Getting to Know Your Techno @ 10.45

Thursdays: Intergenerational Games Club @ 14.00

Saturdays: Board Game Club @11.00-12.30 alternate weeks

**EVERY DAY, you are welcome to drop in for:**

**Great coffee, community jigsaws, sudoku, colouring in, free Wi-Fi, free computer access, a cosy place to sit, great company, and some excellent books!**

## Staying in touch with Black Isle Cares

**Phone** co-ordinator Lynda Smith 07548 343375 **Email:** [admin@blackislecares.com](mailto:admin@blackislecares.com)

**Website:** [www.blackislecares.com](http://www.blackislecares.com) **Follow us** on Facebook: Black Isle Cares MoW