

BLACK ISLE CARES

APRIL 2025 NEWSLETTER

MEALS AT HOME

Meals at Home is a very popular service! Meals are delivered by our team of wonderful volunteers, and homemade by local restaurants.

Monday, Wednesday and Friday's:
Delivery to areas around Eathie, Rosemarkie, Fortrose and Avoch

Weekly on a Wednesday:
Delivery to areas around Munlochy, North Kessock and Culbokie

Please get in touch if you know anyone who may benefit from this service!

Soup- £2.50
Main- £4.00
Dessert- £3.00

Please contact Karin via
E: admin@blackislecares.com
T: 07548 343375



**BLACK ISLE
CARES**

EXAMPLE OF ONE
OF OUR
DELICIOUS MEALS



**CAN YOU SPOT 8
EASTER CHICKS
HIDDEN THROUGHOUT
OUR NEWSLETTER?**



AFTERNOON TEA AND VOLUNTEERS!

Black Isle Cares received some funding from Age Scotland to reward our volunteers with an afternoon tea. We went to Munro's Nurseries and had a lovely time and delicious food!

Volunteering is rewarding as well as sweet!
Thank you again to all our hard working volunteers!



BLACK ISLE CARES - EXCITING UPDATE!

Last year, we started to explore the possibility of taking on the café on Fortrose High Street as a community facility. It was great to see how much community support there was for the idea, with well over 400 responses to our survey, but unfortunately it is now not possible to move forward with this option.

But, we do have other great news! As well as being a base for the BIC staff, we're developing our offices at Fortrose Leisure Centre into a small community space and information hub. With a comfortable seating area, room for private discussion and free tea and coffee available, anyone is welcome to pop in and pick up information about a range of issues and organisations who can help - we're open Monday, Wednesday and Friday mornings.

We are also running **monthly drop-in information sessions** with partner organisations to help you with any questions and concerns you may have. Last month Changeworks joined us to give advice about home energy issues and on March 28th, Alzheimer Scotland were here to provide information and support about dementia. We have planned visits from a dentist and oral hygienist, community police, home fire safety team, Citizens Advice, local Highland councillors, and more. Stay tuned - dates of these visits to follow!

Keep your eyes peeled for more exciting updates and we look forward to seeing you at our new community space!



KILLEARNAN CHURCH'S SPRING FUNDRAISING COFFEE MORNING



It is wonderful that they are supporting our valuable support services to older adults and vulnerable people in the Black Isle community.

We are sure the home baking will be delicious, and it's always nice to see people coming together to support a good cause! Saturday 5th April at 10am - put in the diary!



NEW NHS FUNDING!

We were incredibly lucky to be granted 3 years funding from the NHS Highland for our Meals at Home and Befriending services. In March the Black Isle Cares trustees and staff met for a productive and engaging development session.

Together we explored the organisation's rich history, its current initiatives and exciting plans that lie ahead. There are many promising opportunities on the horizon for BIC and we can't wait to continue making a difference in our community.



COMMUNITY CAFÉ CONNECT

AT FORTROSE LIBRARY

The fabulous students and staff from Fortrose Academy hold regular café sessions throughout the year. This event offered a range of hot breakfast rolls, poached egg and smashed avocado on toast, a range of delicious baking and hot drinks.

These events are open to everyone, and are a fantastic way to connect with others in a wonderful community space. You can also get information about BIC services and events. Stay tuned for the next Café Connect which will be held in May! More details to follow.



COMMUNITY GARDEN

We hope to have an open garden session soon to tidy up, improve and promote our lovely garden space at the leisure centre that is open to everyone and free to use.

If you would be interested in helping out, please do get in touch with us!



OUR 10TH ANNIVERSARY!

Black Isle Cares has been supporting the community for **10 Years!** We will be celebrating later in the year.

Keep in touch for updates on events and projects by becoming a **'Friend of Black Isle Cares'** - head over to our website or contact us for more information.

**SCAN WITH YOUR PHONE
CAMERA TO VISIT OUR WEBSITE**



WE NEED... YOU!

We are looking for more volunteers to help with our meals at home deliveries, intergenerational mix and mingle, befriending, larder stocking, events and fundraising. Volunteering with us is very flexible, and you can enjoy great perks!

If you could spare at least one hour a week and would like to get involved, we would love to hear from you!



Please contact Karin at admin@blackislecares.com for more information or to sign up.



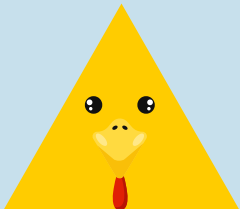
UPCOMING EVENTS



Killearnan Coffee Morning
Killearnan Church Hall
Saturday 5th April 10-12 noon



Quiz Night
Masonic Lodge
Fortrose
Friday 2nd May 7pm



“JCB Jaunt”*
Black Isle Cares is one of the 3
charities being supported!

Saturday 24th May
Route details to follow

****A road run of 40 miles for JCB
vehicles, starting in Inverness, around
the Black Isle and finishing at Muir of
Ord, Black Isle Show Field for an
afternoon of entertainment.***

AGE SCOTLAND NATIONAL HOUSING SURVEY 2025

HAVE YOUR SAY!

Our national housing and energy survey asks people over the age of 50 living in Scotland about their current housing situation and energy usage. This survey will give you a chance to tell us about your current housing situation, future housing needs and desires, how you feel about energy costs and your supplier, your local community, and more.

We regularly ask older people for their insight and experiences on important issues. It offers government, the media, decision makers, and companies unique and powerful evidence to help inform their future policies and ensure that the needs of Scotland's older population are heard.

As a thank you, you'll be entered into a prize draw where ten winners will each win £50 cash.

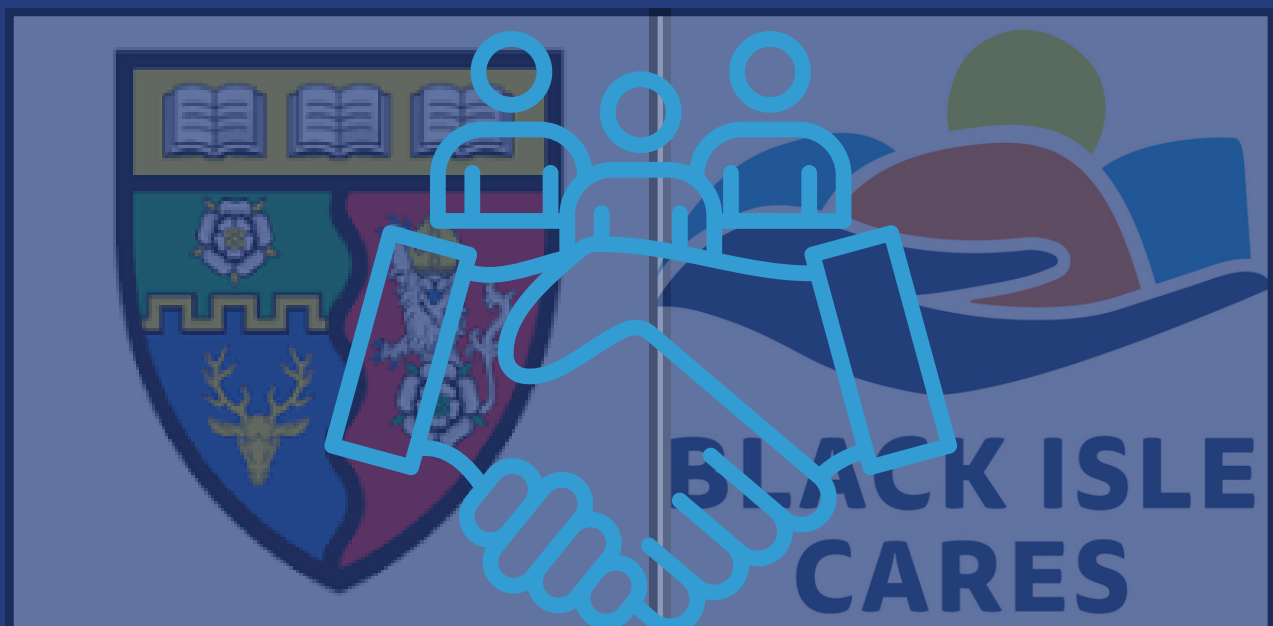
Scan the QR Code below or enter the link into your browser to complete the survey – it should take around 20 to 30 minutes (so remember to have your cuppa ready!)



<https://online1.snapsurveys.com/agescotlandhousingenergy>



**THIS NEWSLETTER WAS
DESIGNED
AND PRODUCED BY
BUSINESS & IT PUPILS AT
FORTROSE ACADEMY, AS PART OF
OUR ONGOING
INTERGENERATIONAL
PARTNERSHIP**



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Open

Monday, Wednesday and
Friday 9am -3pm (may vary)

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