

BLACK ISLE CARES NEWSLETTER



WINTER 2023

NEW YEAR, NEW MENU!

In preparation for a busy 2024, the new Menu for our amazing “Meals at home” service is up and running. Food from our friends at Crofters, Avoch Harbour Chippy & Highland Farm Cafe has all been brought together to offer a variety of delicious meals delivered to the door of those in need across our Community.



visit:
www.blackislecares.com
our Social Media
or call us on
07548 343375
for a copy of the menu
or to discuss this
amazing service



EVENTS!

QUIZ NIGHT

On Friday 24th November, we held our quiz night.



From Councillors to Kids, a great time was had by all, raising awareness and much welcome cash for our winter work!



AVOCH PRIMARY SCHOOL CAKE SALE

The Pupils at Avoch Primary did us so proud with their cake sale on October 27th. Thanks to their hard work, they raised over £300 for Black Isle Cares. Inter-generational work is so important and at the very heart of Community. THANK YOU GUYS, AMAZING WORK!

EVENTS!

FORTROSE PRE-SCHOOL SHARING THE HARVEST



Thanks to the generosity of the Parents, Staff and Children at Fortrose Pre-School, the sharing larder was topped up beautifully at the end of this years harvest.

The Kids learned about local food production, they each brought something to donate and the next generation of Black Isle helpers are now fully trained!

The food larder is there to help: If you need anything or want to donate for others, please just pop down to the Community Centre and take a look!

CARING TOGETHER

Community is all about working together! We'd like to say a massive THANK YOU to our friends and neighbours at CROMARTY CARES for sharing and caring. By helping us to top up the food larder ahead of the cold snap, we can ensure that more families, in more villages across the Black Isle can come and get something they need during this winter period.
THANK YOU!



As we always say: "Take what you need & leave what you can!"

SURVEY



University of the
Highlands and Islands
Oilthigh na Gàidhealtachd
agus nan Eilean



The Highland
Council
Comhairle na
Gàidhealtachd

Black Isle Cares was delighted to receive Community Regeneration Funding to look at our sustainability and development. As part of this we are working with the University of the Highlands and Islands to carry out community consultation to find out what people think about current and future Black Isle Cares activities. We'd love it if you could complete this survey. There are also paper copies available – let Karin in the office know if you would like one.
admin@blackislecares.com 07548 343375.

We have confirmed the focus groups at the following times and dates:

**Monday 15th January 2pm Fortrose Free Church:
Volunteers of Black Isle Cares**

**Friday 19th January 10:30am Fortrose Free Church:
Clients of Black Isle Cares**

<https://app.onlinesurveys.jisc.ac.uk/s/uhi/bic-survey>

INFORMATION

Add us on Social Media



Instagram

@blackislecares



@blackislecares



WhatsApp

07548343375

See what we're up to, share ideas and tell people who may want to use our services so they can see for themselves!

CHRISTMAS CLOSURE DATES

CLOSED 22/12/23 - 8/1/24

**Wishing you and your families a very
Merry Christmas and a
Peaceful New Year from everyone at
Black Isle Cares**

Here's to an amazing 2024!