



Winter 2022

Black Isle Cares

CHARITY NUMBER: SCO45371



Season's Greetings from all at Black Isle Cares. The trustees would like to take this opportunity to say a huge thank-you to all our volunteers for your support over the last year. You have made a difference by:

- Delivering Meals on Wheels
- Supporting the weekly Board Games afternoons in Fortrose Community Library
- Organising the Fortrose Academy & BIC Intergenerational Christmas lunch
- Writing funding applications
- Making the garden bloom
- Updating the website & Facebook pages
- Telling stories as part of 'Stories from the Black Isle', Avoch Primary School
- Putting together and delivering Christmas hampers
- Befriending clients across the Black Isle
- Co-ordinating the Meals on Meals
- Re-stocking the Sharing Shed
- Trustee meetings, writing minutes

We have also really appreciated working with partners:

- Food providers; Calman, Crofters, Dingwall Farm Shop, Harbour Fish and Chips
- Shopmobility, bringing meals from Dingwall Farm Café to Fortrose every week.
- Black Isle Youth Development Team
- Highlife Highland
- Fortrose Academy
- Black Isle Partnership
- Fortrose library
- Black Isle Leisure Centre
- Highland Council, Black Isle Ward
- Avoch Parent Council

A equally large thankyou to all who have supported us by donating at events including: The Black Isle Show, The Black Isle Gathering and the Fortrose and Rosemarkie Classic Vehicle Rally. We have also been touched to receive donations following local funeral collections.

We couldn't do what we do without this support. It's fantastic to live in a community where this is given so generously.

Activity updates:

Board Game Afternoons, 2 – 3.30pm Thursday, Fortrose Library. The weekly Game Afternoon's started back in September. We have been delighted to be joined by people living at Eilean Dubh and lots of lovely young people from Fortrose Academy. Please join in if you are free on a Thursday afternoon.



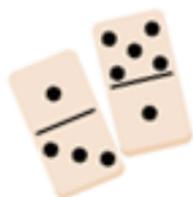
Games Afternoon

When: Every Thursday during term time starting 22nd September 2022

Time: 2:00pm - 3:30pm

Where: Fortrose Library

For: Older members of the community



Contact: Fortrose Library - 01381 622235 / fortrose.library@highlifehighland.com
Black Isle Cares - 07548 343375 / admin@blackislecares.com

Come along to play board games and socialise with pupils from Fortrose Academy and people within the community!

Refreshments available



Community garden artwork: Young people at Fortrose Academy art department have created beautiful Black Isle Cares artwork, which is now on display in the garden.



Meals on wheels: Around 40 people are currently receiving Meals on Wheels deliveries up to three times a week. We know there are many others on the Black Isle who would appreciate both the tasty food and the volunteer delivery. Please let friends, family and neighbours know about the Meals on Wheel Service. We are currently offering the first month of meals for free, before a charge of £6 for a 2-course meal.

In Culbokie and North Kessock, young people from Calman having been preparing and delivering meals on a Monday. This has been very popular, both for the food and the company. Unfortunately, due to the high travel commitment, the weekly delivery will stop at the end of December. Calman are happy to carry on preparing the meals, and could freeze them ready for delivery every two weeks. Let us know if you live in either area and would be interested in this.

The last Meals on Wheels delivery of 2022 will be the 21st December. The first meal back in the New Year will be the 9th January. If you have any enquiries, contact admin@blackislecares.com or 07548 343375



Intergenerational Workers: Niamh and Lexi, two 6th year students from Fortrose Academy, have joined the Black Isle Cares team. They are working with us to support our intergenerational activities, in particular the Board Game afternoons, Intergenerational Christmas lunch and the Stories from the Black Isle project with Avoch Primary school. Looking forward to hearing more from them in the New Year.

Sharing Shed

The Sharing Shed, next to the Black Isle Leisure Centre, is being extremely well used just now, with food and toiletries flying out. Please help yourself, much of the food inside would go to landfill if not shared in this way. There is some stock that is particularly popular. **We are very grateful for donations of jam, peanut butter, dried milk, tea, sugar, and toiletries. If you would rather give a financial donation, we can make sure to spend it on re-stocking.** If leaving a financial donation please post through the office door in the Leisure Centre marked 'For Sharing Shed, Black Isle Cares'. Donations of goods can be left in the container beside the Sharing Shed.

Queen's Award Presentation, 8th December 2022

Black Isle Cares were honoured to be presented with the Queen's Award for Voluntary Service, for Promoting wellbeing and reducing loneliness and isolation in the Black Isle. The award was presented by the Joannie Whiteford, Lord Lieutenant for Ross and Cromarty. It was lovely to be joined by previous and current trustees and volunteers for the presentation. Thanks to Fortrose Academy and Fortrose community library for your support with this event.



Previous and current trustees and volunteers with Joannie Whiteford, Lord Lieutenant

Fortrose Library Warm Welcome Fortrose Library welcome anyone to come in from the cold. As well as a huge selection of books, they have a fabulous new coffee machine and have launched a 'Big Christmas Jigsaw Challenge'; *"Pop in anytime you're passing and add a piece! It's addictive!"*



Warm wishes
for the
Festive Season
from all at Black
Isle Cares