



# Friends of Insch Hospital & Community

Newsletter

Autumn 2018

This year our Christmas Cards will be on sale at Insch Health Centre, the entrance to the hospital, Insch Podiatry, Stephens DIY in Insch and Country Frames at Leslie.

We will also be attending various Christmas Fairs in November:

Sat 3<sup>rd</sup> November  
Insch Church Hall  
10-3pm

Sat 10<sup>th</sup>  
November  
Premnay Hall  
10-12pm

Sat 24<sup>th</sup>  
November  
Insch Community  
Centre  
10-12pm

## Latest News

Autumn is here after a busy summer.

The Strawberry Fair was again a huge success thanks to the enthusiasm of our volunteers who do so much in the background and on the day, and to everyone who comes along to support the event.

Early in the summer, the Friends of Insch Hospital and Community appointed Lyn Rigby as the Community Coordinator to carry on work creating and strengthening links in our community.

In June, the Friends held an event to consider the way

forward for our ambitions to develop health facilities for Insch and the surrounding area.

The event was attended by a range of representatives of the NHS, Health and Social Care Partnership and the community. It proved an interesting day but focussed on community services as information requested about the hospital to inform our discussions did not arrive until after the event.

However, it was clear that there is a will for in-patient services to be a feature of healthcare in Insch and the Friends are continuing to

develop proposals to safeguard these.

In September, the Friends hosted a concert by Eddie Rose and friends with music by Charlie Esson. Thank you to all who came along and enjoyed the afternoon's entertainment.

With Christmas soon approaching, the Friends are planning to light up the hospital's community garden so look out for details of our switch on.

With all best wishes,

Sheena Lonchay,  
Chairman

## Dates for your diary

### Friends Lunch Club

Cooked lunch, company and a good chat with friends, old and new. Call 07543 194497 for details.

Upcoming dates: 9<sup>th</sup> October, 13<sup>th</sup> November and 10<sup>th</sup> of December.

The December one will be a Christmas lunch in the church hall with the Day Centre for Older People with entertainment by the Bennachie Singers.

### Friends Tea Dances

The Tea Dances are held on the third Friday of the month from 2-4 pm in

the Kirk Hall, Insch on Western Road. Music is by Charlie Esson. Tickets are for sale on the door at £3 and include tea and homebakes.

Upcoming dates: 19<sup>th</sup> October, 16<sup>th</sup> November and 21<sup>st</sup> of December.

### Musical Memories

Upcoming dates: 11<sup>th</sup> October, 8<sup>th</sup> November and 6<sup>th</sup> of December.

### Boogie (see overleaf)

4<sup>th</sup> of December in the Church Hall at 1-30 pm.



## Boogie in the Bar (well, Church Hall) Event

You may have seen the recent article in the P&J about the success of the Boogie in the Bar dances that began in the Foundry Pub in Aberdeen.

Boogie in the Bar is a community led afternoon disco dancing party for anyone who enjoys a proper boogie but doesn't want or is not able to stay out late.

According to the Boogie in the Bar Group,

'The initiative was originally thought up by Anne Duncan from Bridge of Don, Aberdeen. During a chat with staff at Sport Aberdeen Anne said she missed going dancing with her husband, Bill, who is living with dementia. When discovering that the staff at The Foundry on Holburn Street, Aberdeen are all dementia awareness trained and that the manager, Kieran Joseph, was keen to support an afternoon session, Boogie in the Bar took off in March 2017.

In October 2017 Boogie in the Bar won the Best Community Support Initiative at Scotland's Dementia Awards.

The Boogie events are a way for people to combat loneliness and social isolation, to get together during the day and enjoy themselves in a warm, people friendly environment where everyone is made to feel welcome and included regardless of their age, disabilities, etc.

They are a chance to get together with like minded Boogiers, listening, dancing or shuffling in your seat to hits from the 50s right up to present day. Boogies are dementia positive though not dementia exclusive and in the first year has supported hundreds of people across Aberdeen and the North East of Scotland to get out, get up and get dancing.'

If the idea appeals to you why not come and give it a try because Boogie is coming to Inch!

It will be more of a Boogie in the Hall than in the Bar but, nevertheless, we are all looking forward to brushing off our flares and strutting our stuff!

Why not come and join in the fun at the Church Hall on Western Road at 1.30 pm on Tuesday 4<sup>th</sup> December?

Everyone is welcome!

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## Remembrance Day, Sunday 11<sup>th</sup> November 2018

To mark the 100<sup>th</sup> anniversary of the end of WW1, and in recognition of those in whose name Inch War Memorial Hospital was built, we would like to invite the community to join us for the occasion.

There will be a Service of Remembrance at Inch Parish Church at 10.30 am, followed by a parade to the Hospital with the uniformed organisations for laying of wreaths and Roll Call of the men from our Parishes.




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### Keep up with the Friends!

Web: [friendsofinschhospital.org](http://friendsofinschhospital.org)

Email: [info@friendsofinschhospital.org](mailto:info@friendsofinschhospital.org)

Or, call into the Health Centre and they will put you in touch with one of the committee.

