



Friends of Insch Hospital & Community

Newsletter

Spring 2018

Dates for your diary

March

12th March –NHS
Minor Injury
Consultation Event

13th March –
Osteoporosis Event

15th March -Musical
Memories

16th March -Tea
Dance

April

19th April -Musical
Memories

20th April -Tea Dance

May

17th May -Musical
Memories

18th May -Tea Dance

June

10th June –
Strawberry Fair

15th June -Tea Dance

**NHS Public
Consultation on
Insch Hospital Minor
Injury Unit**

12th March
3-6.30 pm

**Insch Institute on
Rannes St**

**Go along and find
out what the minor
injury unit can and
can't offer and give
your feedback**

Latest News

A message from our new
Chairman:

“Much to my surprise, I
was appointed Chairman
of the Friends of Insch
Hospital at the AGM in
October. During my years
as a local councillor, I was
always a bit intimidated by
the Friends and in awe of
how much they achieved
for the village. I certainly
have a lot to live up to and
I am delighted that my
predecessor, Alasdair
McCallum remains as a
Committee member.

As you will know, the
Friends' mission is to
improve health services in
Insch. The plan is to
develop the hospital and
look at what other facilities
would benefit the
community, that is, all of
us registered with the
Insch Health Centre. The
recent community
consultation and the

enormous generosity of
local people confirm that
the Friends' ideas reflect
the community's
aspirations.

The next step is to try and
decide exactly what it is
we want. Any plans have
to be drawn up with our
partners: NHS Grampian,
the Integrated Joint Board,
the Health and Social Care
Partnership,
Aberdeenshire Council, all
the local groups and
organisations – and you.
This is a big ask and the
first step on the road is for
the Friends and the
statutory bodies to work
with an expert in health
planning to define the
services we want to be
based in Insch.

When that evolves, we can
move on to how much it
will cost and how we can
pay for it. I firmly believe
that if you have a good

project, money can be
found. Insch is known for
being an innovative
community with local
residents who want to get
involved and offer their
time, skills and expertise –
we'll let you know when to
clear your diaries!

So, we'll be coming to you
again when we have more
defined plans, again
looking to you for your
advice and guidance. In
the meantime, the Friends
will continue to organise
activities and events
throughout the year and
work away at making the
dream of a new hospital,
wellbeing centre, hub or
whatever it turns out to be,
a reality.”

Regards,

Sheena Lonchay

Chairman

Osteoporosis Information Event



We are hosting a free
osteoporosis information
event on Tuesday 13th
March at 1.30pm in Insch
Kirk Hall on Western Road.
Tea will be available from
1pm.

There will be two
presentations during the
afternoon as well as other
information available.

The first presentation is by
Fran Keech, Osteoporosis
Specialist Nurse, entitled
'Osteoporosis and looking
after your bones'.

The second is by Jane
Glenn & Dawn Nicolson,
Occupational Therapists,
called 'Positive Steps to
Staying Steady'.

Around 1 in 2 women and
1 in 5 men over 50 will
break a bone due to poor
bone health. Come along
and learn how to protect
yourself!

Our next information event
will be about dementia and
associated issues.

Dementia Care at Insch Medical Practice

In 2010 the Scottish Government published a strategy to improve the quality of Dementia services through timely diagnosis and better care and treatment.

From April 2017, Insch Medical Practice have started to provide an in-house service to help better assess anyone with concerns about developing dementia, or give advice and guidance for any relatives or friends who are worried that someone they

know may be developing signs of dementia.

It is hoped that this will allow the majority of people to be fully assessed, diagnosed and supported without having to see a specialist, which can be distressing for some people.

With increasing understanding of the common causes of dementia, we hope to be able to diagnose dementia earlier, and perhaps

initiate treatment which may slow the progression of the condition.

This new service is led by GP Dr Paul Davies in partnership with Alzheimer's Scotland and support from Dr Alistair Lawrie, Consultant in Old Age Psychiatry and his team.

Simply speak to any GP or practice Nurse if you wish to know more.

Community Activities

Friends Activities

Insch Monthly Lunch Club

Cooked lunch, company and a good chat with friends, old and new. Meets at The Institute on Rannes St. Optional cards/dominos until 3pm. Call (01464) 820682 for details.

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.

The remaining dates for 2018 are 16th March, 20th April, 18th May, 15th June, 20th July, 17th August, 21st September, 19th October, 16th November, 21st December.

Strawberry Fair 2018

This will be on Sunday 10th June in the hospital garden as usual. More details to follow...

Other Community Activities

These are things that we are or have been involved with in some way, helping with set up costs, providing volunteers etc. but are run independently.

Musical Memories

These sessions are run by Alzheimer Scotland at Insch Day Centre but they are open to all. They take place in Insch Church Hall at 1.30pm and the next sessions are on Thursday 15th March, Thursday 19th April and Thursday 17th May 2018.

Grampian Cardiac Rehab Association Exercise Classes

Weekly exercise class for anyone with a long term health condition or who would like to improve their general wellbeing. Currently meets at BLC on Mondays, 2.30-3.30pm. Forms available on the Friends' noticeboard in the Health Centre or from class.

Highly trained and experienced instructor.



Snowdrops and winter aconites at Leith Hall

Stretch and Relax

Yoga type exercise with relaxation aimed at people over 50. Runs every Monday at Insch Community Centre 11.15 – 12.30pm, led by Alison Massie.

Sole Mates Walking Group

Weekly on Wednesdays, meet at BLC at 10 am for low level health walks in and around Insch (approx 1 hour), led by voluntary trained walk leaders. Enjoy the fresh air alongside other local folk who are keen to keep fit and active.

Insch Day Centre

Mondays and Thursdays (10am – 3pm) in the Church Hall. The Friends provide voluntary and financial support to this council led service.

Keep up with the Friends!

Web: friendsofinschhospital.org

Email: info@friendsofinschhospital.org

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

