

The Badenoch & Strathspey Community Transport Company

Where 2 Today?



The Newsletter of the Badenoch & Strathspey Community Transport Company

THE NEW FLEET (Silver Darlings)

..... AND NEW ROUTES!

We are delighted to announce the arrival of our new minibus, a 13 seater Peugeot Boxer, which was funded through the Scottish Government - Bus Investment Fund. This vehicle adds to the current 14 seater Fiat Ducato and the Citroen Berlingo. All 3 vehicles are now silver, easily recognised with the trademark "Where 2 Today" signage and information. All 3 vehicles are wheelchair accessible.

The minibuses require MIDAS qualification to be driven, but the Berlingo is driven on a normal car licence. We will provide free training on the usage, orientation and driving of all vehicles to anyone who wishes to join our pool of volunteer community vehicle drivers.

All 3 vehicles are available for hire, subject to availability and suitably qualified driver. The Peugeot will be used each day on our registered routes and passengers will be able to use their National Entitlement Card for Scotland (bus pass). The Fiat will be used for community group hire in the evenings and at weekends.

As from the beginning of April 2016, we will have new routes operating, to provide transport cover for wider communities:-

Mondays	Aviemore - Carrbridge - Boat of Garten - Cairngorm
Tuesdays	Aviemore - Kingussie - Newtonmore - Laggan
Wednesdays	Aviemore - Boat of Garten - Nethybridge - Grantown
Thursdays	Aviemore - Kingussie - Newtonmore - Laggan
Fridays	Aviemore - Carrbridge - Boat of Garten - Cairngorm

Operating times for the registered routes each day are 9.30am to 4.30pm.

We operate on a demand responsive, door to door service so booking is essential and will be dealt with on a first come first served basis. We envisage that these extensions to our current routes will prove very popular and will improve the links between our Badenoch & Strathspey Communities, providing increased social interaction of various groups. We have been advising current service users that demand is likely to change, so a need for more advance booking will be necessary. If you are already registered with our scheme and unable to access this service, we can offer you our community car scheme as an alternative.

Where 2 Today are trying to increase the pool of minibus drivers and drivers for the Berlingo, to help on an as and when basis, or to cover drivers' holidays. Full training, including MIDAS training will be given by our in house trainer, Keith, who will also complete vehicle orientation and loading wheelchair passengers training. Expenses are reimbursed to all volunteers and training is free.

So if you fancy trying your hand at minibus driving or joining the Berlingo squad then please call Ros on 01479 810004.

Otherwise please spread the word about the new routes and encourage people to use our services.



Spring 2016

Age Scotland Press Release:

AGE SCOTLAND VOLUNTEER OF THE YEAR AWARD

Age Scotland is delighted to announce that Lynn Benge, a volunteer with “Where 2 today?”, has been named the Volunteer of the Year at the Age Scotland 2016 Awards ceremony held at Perth Concert Hall.



Brian Sloan, Chief Executive of Age Scotland commented, “The Volunteer of the Year Award is always the hardest category to judge. There are thousands of people who are volunteering tirelessly to support older people but Lynn’s nomination shone through. She has done so much in support of her community and is an inspiration and support to so many people.”

The award, which was sponsored by Solicitors for Older People Scotland, and presented by singer-songwriter Eddi Reader, was given to the Lynn in recognition of her efforts to support older people in the area by tackling loneliness and promoting independent living.

To showcase Lynn’s amazing work, Age Scotland has interviewed her and the people that she works with in a video that was shown at the awards ceremony. You can view the video by visiting, www.youtube.com/user/AgeScotland.

BSCTC COMMENT by Ros Munro

We are delighted that we have been successful in this year's Age Scotland Awards with Lynn winning the Volunteer of the Year Award!

It has been a difficult secret to keep since being informed of the win on the day we finished up for Christmas! Representative, Will Searle, from Age Scotland visited us back in January and filmed Lynn, Maggie and Ros, as well as our Music Afternoon, and put together a short video highlighting

Lynn's commitment to BSCTC. The film was shown at the awards ceremony at the Age Scotland Conference, in Perth, on Wednesday 16 January.



Maggie and Ros accompanied Lynn to the awards, to see her receive her award from Eddi Reader. The award marks just how much all of our volunteers do for our vulnerable, isolated clients. Lynn is one of our many multi-taskers; driving for the car scheme, driving our minibuses, baking, organising and serving our Music Afternoon teas, dancing with clients at the tea dances, helping at fund raising events, being a Director on our Board, as well as her own life commitments and other volunteering roles for other organisations. As one of the people from Solicitors for Older People (sponsors of the award) said, “It makes me exhausted just thinking about all Lynn does!” Congratulations and thank you to Lynn!

Thank you to all of our wonderful volunteers too. You all do an amazing job and we could not do what we do without you! The Charity also got a Certificate of Excellence in recognition of work to combat loneliness and isolation in Scotland's older people. This is much appreciated as it recognises the work of all you volunteers.

HOME FIRE SAFETY

There is a house fire in Scotland every hour of every day - a very frightening statistic. **Every home is at risk, but there are ways to protect yourself and reduce the risk.**



- The majority of fire deaths occur where there was no smoke alarm or one that didn't work. So check your smoke alarm regularly.

- At night, close all doors - it slows the spread of fire and helps keep escape route free of smoke.

- Make an emergency escape plan.

- Any smokers should take care to stub out cigarettes properly. At night pour water over the stubs and put in outside bin.

- Never leave a lit candle unattended, and keep away from anything that could catch fire eg curtains, cards, TV's, shelves etc..
- Unplug electrical appliances when not in use.
- Do not have electrical cables running under carpets or rugs - these can be damaged.
- Never use more than one adapter in a socket, nor overload or join adapters together.
- Never repair electrical cables with insulating tape, rather replace them.
- If you have been drinking alcohol or taking drugs, do not cook.
- If you cook with oil and it catches fire, never try to move the pan and never try to throw water over it. If fire in its early stages, and only if it is safe to do so, turn off heat, get out of the kitchen, close the door then dial 999. If fire well developed, get out, stay out and dial 999.
- Try to avoid using a traditional chip pan, rather use a thermostat-controlled electric deep fat fryer.
- Remember to clean the grill pan every time you use it.
- Never dry cloth on or above the cooker.
- Never trail electrical flexes near cookers
- Do not leave a lit fire unattended without a fireguard, and do not dry clothes in front of it.
- Make sure heaters are at least 3 feet away from curtains, chairs or anything else that could catch fire.
- Have electric blankets checked regularly and have the required approval mark. Do not leave on when you are in bed (unless marked suitable for overnight use).
- Don't leave matches or candles where children can find them.

To protect yourself in the event of a fire:

- Close the door where the fire is to help protect your escape route and slow the spread of fire.
- Keep low, where the air is cleaner and cooler, near the floor.
- Never open a door if it is warm to touch.
- If your clothing catches fire, stop, drop and roll. For someone else use a blanket, rug or thick coat.
- Don't stop for valuables.
- Shout "Fire" to warn your family or passers by.
- Do not go back inside.
- Never jump out an upper window. Stand by the window and wait for the firefighters.

If you can't get out:

- Get everyone into one room.
- Pack clothes or soft furnishings around door to keep smoke out.
- Open window and shout "Fire" until someone phones the Fire and Rescue Service.
- Keep leaning out of the open window for fresh air until firefighters arrive.

Answers to Car Scheme Christmas Quiz

AVAILABLE POINTS

1. Name three distilleries in the area
Choose from: **Dalwhinnie, Tomatin, Drumguish, Balmenach, Tormore, Tromie Mills (near Kingussie)** 3
2. What are the numbers of the following bus routes?
(a) Aviemore/Grantown-on-Spey (two possible answers) **34; 34X**
(b) Aviemore/Cairngorm **31**
(c) Carrbridge/Newtonmore (three possible answers) **32; 32A; 33** 3
3. Where are the best 'roches moutonnées' to be found in the area?
Dulnain Bridge (A rock formation, by the road to Grantown-on-Spey, and easily visible) 1
4. Name two people, born and brought up in the area, who have received MBEs for services to their own sports and in what sports?
(a) **Craig Maclean** **Cycling**
(b) **Ronald Ross** **Shinty**
(c) **Donald Grant** **Shinty** 2
5. Balavil House, situated on the north side of the River Spey between Kingussie and Kincaig, was designed in the eighteenth century by the celebrated architect Robert Adam for James Macpherson. What was the latter famous for?
He was a literary scammer who purported to have found poems by Ossian 1
(As was widely covered in the 'Strathy' earlier this year, James Macpherson was an eighteenth century poet and author who was born near Kingussie. He published a collection of poems which he attributed to a supposedly long-forgotten bard called Ossian. The authenticity of the poems was later challenged and it turned out that they were a literary scam - he had written them himself. However, the poems proved popular, particularly on the continent; he became a rich man, and the memory of Macpherson's name in history was assured.)
6. The golfer Harry Vardon, who won The Open Championship a record six times, advised on the design of which local golf course?
Kingussie Golf Course 1
7. Where is the monument to the Duchess of Gordon?
Above Kinrara House 1
8. Solve the anagrams to give names of nine smaller communities in the area:
CHOTTLE THY CLAN HIT LUD WAN IN DELHI EVIDA
IT'S YOU, PHIL AND TRAVEL LENOR GEM JEST OF MARC
Lettoch Lynchat Duthil
Dalwhinnie Advie Pityoulish
Dalnavert Glenmore Croftjames 9
9. One of the following rivers is uniquely different from the others.
(a) Which is it and (b) in what way is it unique?
Feshie Avon Dulnain Truim Nethy Tromie Pattack
(a) **River Pattack, which**
(b) **flows into Loch Laggan, while all the others flow into the River Spey** 2
10. Name two 9-hole golf courses in the area which are open to the public
Carrbridge Golf Course. Abernethy (or Nethy Bridge) Golf Course 2
11. A statue was erected in Aviemore in 2007 to commemorate 17 local men and women who had, up to then, represented Great Britain in Olympic Games. Since then, though not born in Aviemore but who has close associations with the town, an eighteenth person can be added to this list.
(a) Name this person
David Smith 1
(b) What did he/she achieve? and.....
Gold Medal (at the 2012 Paralympic Games) 1
(c) in what sport?
Rowing (David Smith achieved his gold medal at the 2012 Paralympic Games, as a member of the four-man mixed coxed four in the rowing events. His name does not qualify to be a valid answer to Question 4, as he was born in Dunfermline.) 1

SPRING TRAINING - please see bottom of page for details

VISUAL IMPAIRMENT AWARENESS - The course is taken by Gillian Mitchell from Sight Action and this year she will be ably assisted by Mark Campbell, who is visually impaired. Gillian offers a very good mix of classroom based learning and practical exercises, which all give a good grounding into the difficulties of living with a visual impairment.

EMERGENCY FIRST AID - Is your First Aid certificate up to date? This is a one day, certificated course - with the certificate lasting 3 years. We strongly encourage all our volunteers to do this training - you never know when you might need the knowledge either in your volunteering or personal lives. The trainer, Alan Thomson, spent many years working for the Red Cross and is hugely experienced.

FIRE SAFETY AWARENESS - Maggie attended this training recently in Inverness and came back saying it had been a real eye opener. She felt some of the things she did in her home had real potential to cause a fire. Why not come along to check your own home safety, and perhaps you could bring a client with you or a neighbour (or more than one).

CAR MAINTENANCE - Ronnie's boys at Cairngorm Auto Repairs host and run this excellent course for us. In one hour they take us through the basic checks we should all be making on our vehicles as a matter of course. This is learning about our vehicles with lots of laughter and good fun thrown in.

MOVING AND HANDLING - There are certain things you should and should not do when assisting clients. Come along and find out the correct ways, and thus protect yourself.

SKID PAN - When we have 3 interested parties, then we can set up a date that suits all. Please note the £50 payable by each volunteer towards the cost.

MIDAS - Minibus Driver Awareness Scheme. Drivers of our minibuses need to have this qualification.

Dementia Awareness - this is different from our usual dementia awareness training as it is a one off being run by Age Scotland and this is what they have to say about it:

Age Scotland's Early Stage Dementia Project is funded by the Life Changes Trust to support the charity in developing dementia awareness training for our staff, member groups, volunteers and partners. The Project will work to improve our information and advice resources, ensuring they are suitable for people with dementia, their carers and relatives.

As part of the project, we will be running free Dementia Awareness training, including a session on 31st May in Aviemore.

Training covers the following areas, totalling around 2 hours:

- *What is dementia?*
- *What are the signs and symptoms of dementia?*
- *How common is dementia?*
- *Diagnosis and post diagnosis*
- *Communication hints and tips*

TRAINING DATES - SPRING 2016 - Telephone/email Kirsty to book your places

<u>Course</u>	<u>Venue</u>	<u>Date</u>	<u>Times</u>
Visual Impairment Awareness	St Andrews Church Hall, Aviemore	Mon 11 April	10.00-14.00 inc lunch
Emergency First Aid	St Andrews Church Hall, Aviemore	Mon 18 April	09.00-16.00 inc lunch
Telephonist Training	BSCTC Office, Aviemore	Wed 20 April	10.30-12.30 inc lunch
Fire Safety Awareness	The Hub, Aviemore	Wed 4 May	13.00-14.00
Car Maintenance	Cairngorm Auto Repairs, Aviemore	Wed 18 May	19.00-20.00
Dementia Awareness	The Hub, Aviemore	Tues 31 May	14.00-16.00 inc lunch
Moving and Handling	BSCTC Office, Aviemore	Fri 6 May	10.00-12.00 plus lunch
Skid Pan Training - Dates will be arranged when a minimum of 3 volunteers sign up - This is subsidised training and volunteers pay £50 towards the cost.			
MiDAS training - this allows you to drive the BSCTC vehicles. Date to be confirmed.			

TRIBUTES

In the last few weeks we have lost two of our longest serving drivers. Vangie MacDonald lived in the south end of the valley and for several years her monthly mileage was the amongst the highest of any of our volunteers. Susan Culliford lived at the other end of the valley and was a regular driver for almost 15 years. These ladies both volunteered in other capacities too. They will be missed not only by BSCTC but by their communities. Our condolences to both families.

GRANTOWN THURSDAY CLUB

Are you over 50?

Do you live in or around Grantown, or in the Strathspey area?

Why not go along to the Grantown Thursday Club?

They are a social group that meets weekly on Thursday afternoons, from 2pm to 4pm, in Grantown YMCA. You can enjoy a varied programme of things like crafts, activities, speakers, outings, etc.

The group is needing more members and is open to men and women, aged 50 and over.

Transport can be arranged via our Community Car Scheme, so don't let transport issues get in the way!

If you or someone you know would benefit from this social activity then please get in touch with Ros or Maggie on 01479 810004, or call the organiser, Margaret, on 01479 872874, for more details.

You will be assured of a very warm welcome!

My all time favourite cake is a red velvet and I have experimented with various recipes from the Internet - this is by far the best! Hope you enjoy it as much as my family - Kirsty

RED VELVET CAKE

2 tsp lemon juice

135g beetroot, boiled and grated (I bought ready cooked and blitzed it in the food processor)

310g plain flour

1 tsp salt

2 tsp bicarbonate of soda

400g caster sugar

50g unsweetened cocoa powder

285g unsalted butter, melted

4 eggs, beaten

2 tbsp honey

125ml milk

2 tsp vanilla extract

ICING:

100g butter

100g cream cheese

1 tsp vanilla extract

450g icing sugar

1. Grease one 23x33cm or similar sized baking dish (I used two large cake tins). Preheat oven to 180 C / Gas 4.
2. Sprinkle lemon juice over beetroot, set aside.
3. Combine flour, salt, bicarbonate of soda, caster sugar, cocoa, melted butter, eggs, honey, milk and 2 tsp vanilla in a large mixing bowl. Stir in beetroot.
4. Beat 2 minutes at medium speed of mixer. Pour into prepared dish.
5. Bake at 180 C / Gas 4 about 40 minutes. Cool.
7. To make frosting: combine butter, cream cheese and 1 tsp vanilla. Add icing sugar, beat until fluffy. Spread on cake. Add nuts if desired.



Where Today?

**MONTHLY MUSIC
AFTERNOONS 2-4PM
JOIN US ON THE FOLLOWING FRIDAYS**



**29 APRIL – AVIEMORE BRITISH LEGION
27 MAY – GRANTOWN BRITISH LEGION
24 JUNE – KINCRAIG VILLAGE HALL**

Ceilidh, Tea & Cake, Raffle

£2.00 for tea – transport can be arranged

ALL WELCOME!

Tel: 01479 810004 for information

Bakers / Sandwich Makers Wanted



The next few dates for music are as listed above.

We are always grateful for any contributions of home baking or sandwiches for the afternoon tea for the monthly event.

We can collect items from you or they can be handed into the office or the actual event, if preferred. Why not come along and see the Music Afternoons at first hand? All very welcome!



BEFRIENDING NEWS by Helen Morris

Last month saw the very first in-house 'Introduction to Befriending' training at the Hub in Aviemore. This four hour session got 10 old and new befrienders together for the first time to explore in detail how Befriending 'works'.

The day was facilitated by myself and Ros with a short break for lunch. Everyone worked really hard and we covered lots of topics relating to befriending such as: our client, outcomes and benefits, skills, concerns, boundaries, and getting help. There were lots of exercises which generated discussion and debate and we all learnt something new including Ros and me!

For example Ros educated everyone on how to 'right' a sheep that was stuck on its back. Nothing to do with Befriending but well done Ros!



As this was the first time the course has run, participants were asked for and gave honest and constructive feedback so that next time it will be even better☺. Thanks to everyone who took part. In future the course will be compulsory for all new Befrienders.

BEFRIENDING APPEAL!!!!!!!

We are seeking new volunteers in the Aviemore/Carrbridge/Boat of Garten areas to visit people who may be lonely or isolated and in need of some company either in the home or with help to get out and about. If you think you could help someone in your community, please get in touch with Helen on 01479 810004 or call into the office for a chat.

VOLUNTEER:

Value your community

01479 810004 - the number to call to hear about volunteering

Like helping people

Understand the need to reduce loneliness and isolation

Needing something to do to fill a gap

Time to give

Energetic

Empathy for others

Ros - the person to phone if you want to volunteer

We ask our volunteer drivers for little stories about their volunteering. We particularly liked this one from Nethy driver, Dougie Burns:



Coming home from the Health Centre my client, who is unable to walk any distance, requested I stop near her favourite bakers. As there was no parking nearby I volunteered to go to the bakers for her. Her order was 2 hot Highland Pasties. Well, standing in the queue admiring the steaming hot pasties. You can surely forgive me for ordering 3 pasties. The reward half an hour later was one I could not have enjoyed had I not been a volunteer driver with the BSCTC.

DRIVING LICENCE PHOTO

Do you realise that the photo on your photocard must be updated every 10 years. There is of course a cost attached to this, but failure to comply could result in a £1000 fine.

SAVE THE DATE

The Volunteer Summer Outing has been arranged for Wednesday 7th June. We will surprise you nearer the time with the destination.

REMEMBER TO USE

www.easyfundraising.org.uk before making any internet purchases so that the Transport Company benefits.

Thank you to all of you who used Easyfundraising to make your purchases over the festive period. You managed to raise a whopping £49.93 for BSCTC. Please keep on using it throughout the year as it can constantly add to our funds.

The deadline for contributions for the next newsletter is Friday 3rd June.

CONTACT DETAILS:

Maggie Lawson MBE - Community Transport Development Manager
Kirsty Riach - Car Scheme Co-ordinator
- Newsletter Editor
Roslyn Munro - Social Development and Recruitment Officer
Dorothy McIntosh - Office Manager
Helen Morris - Friendship Project Co-ordinator
Billy Boyle - CTV Driver
Keith Hunter - Bus Driver

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The Queen's Award
for Voluntary Service

OFFICE ACCESS:

Please note when visiting us, you can park in the Winking Owl Car Park for only 15 mins.



The Highland
Council
Comhairle na
Gàidhealtachd



LOTTERY FUNDED