



Caladh Chronicle

June 2008

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The Caladh Centre

The Caladh Centre over the last years, this year has had a makeover! Outside and inside!! We are waiting for odd jobs to be done, and then we can get the pictures put up on the wall.

Outside the building has been painted a brown colour. It looks very fresh. It is supposed to blend in with the buildings around and in the street.

Inside, over the years, the building has changed a lot. There is a large office. Counselling rooms, the main hall is used for social activity. Currently ongoing is the Creative Writing class, Newsletter, Cooking, Recreation Group, Complementary therapies are held on the last Thurs-

day every month. Art groups also.

There are two doors connecting the hall and way out to the garden. Christine, one of the staff, painted the PAMH logo onto the glass on the two doors of the hall.

The garden was landscaped. The Princes Trust designed our garden. They put a rockery at the bottom of the garden. When you go down the stairs to the garden it is all chipped, then they dug up bricks and layered them in to a half moon, where at present, we have got plants around the half moon. They layered wood chips on either side of the path leading round to the back of the garden. They also made a border

around the rockery.

We had a pottery class in which we made ornaments and hung them on the garden wall with string. Also on the wall, are masks we made and Alastair – one of the staff – made a yellow painted Mr Happy which he made out of clay and hung on the wall in the Garden.

There are two pictures of the Caladh Centre, One is in the Counselling room and one is in the main hall hanging on the wall. The present picture hanging up in the activity hall has been drawn to incorporate the double-glazing windows.

My Holiday

I went on holiday to Malaga in the Costa Del Sol for one week. The weather was great and I even managed to get a bit of a suntan. The holiday was all-inclusive and there was lots of food done in a buffet

style. This was available from breakfast time to midnight. I also had a few drinks after lunch and in the evening, but I did not get drunk. I was very careful.

I also visited Gibraltar for the day to do some shopping and sight-

by Vickie

seeing . The shopping was very cheap. The one thing I did notice was security checks were done a lot more now than since my last holiday about five years ago.

VISOR GROUP
MEMBERSHIP £12
IF YOU ARE INTERESTED
PLEASE CONTACT
MR. D. MILLER
TEL:- 07745 421 437
OR
MISS M. THOMSON
TEL:- 01738 563498.

Interview with James Donald

1. What made you decide to do Physiotherapy?

I got information about Physiotherapy after finishing a sports science degree at Aberdeen University.

2. What is a Physiotherapies role in mental health?

Hydrotherapy can be used for stress, circuit classes includes various exercise. Relaxation helps breathing control and

also includes one to one sessions.

3. What do you most enjoy?

Getting to meet different people and building up relationships.

4. Do you have to do any other disciplines?

Anatomy, and the different effects on the body to do with physiotherapy, gait pattern

(how people walk) and assess balance.

5. What area would you like to specialise in, in the future?

First of all I would like to sample everything before making a choice.

By Alastair Traini

Craft from Christine:



For more details contact **Christine Melville at PAMH**

Janet's Page:

Walking: What to take with you

Walking is very good to help lift your spirits. It helps to be out in the fresh air. However, the weather can change in the hills so it is important to have the right clothes and boots and sufficient food and drink.

Do try and wear good fitting boots. I have a pair of fabric boots that are my favourite because I can walk for miles in them. My feet always feel comfortable. Also I wear thick socks so that my feet aren't rubbed.

The weather can change quickly while walking in the hills so I carry a rucksack with things I might need.

I have waterproof trousers and a good waterproof jacket at the bottom of my rucksack. Next I carry a good windproof jacket. It is impor-

tant to bring warm gloves and a warm hat.

If I start walking wearing just a T-shirt and trousers I also carry two other tops to put on if it turns cold.. One of these tops is a fleece. I know this might sound a lot but I have walked with four layers of tops on to keep warm.

Take a torch just in case something happens and you have to find your way down in the dark. A map and a compass are necessary if you are walking for a long time amongst several hills. Take a small first aid kit.

If it is winter take a pair of goggles or sunglasses. If it starts to snow and it comes down like sleet it can make your eyes sting, so protect your eyes.

Work out how long you are going

to be walking and make more sandwiches than you need. This is just in case you lose your way. Also take things like small pork pies, buttered scones and mars bars. I make cheese straws to take for a bit of fun. Drinks can be a flask of tea or coffee and cold sports drinks. Take plenty to drink. If you can, take a mobile phone with you. You might not get reception in the hills but once you come down you will. Always tell someone where you are going and what time you expect to be back. I think I have covered everything so if you do a long walk I hope you enjoy it.

The Amersham Horses

Rescued horses, ponies and donkeys from Spindles farm, Buckinghamshire.

I have been following the case of the animals rescued from Spindles farm in Buckinghamshire in early January 2008. 111 animals were removed from the farm. Many agencies became involved in taking the animals to safety and to restore them to good health. 31 dead animals were found on the farm. Tests on these animals showed they had died from starvation. 3 other animals had to be put to sleep immediately because, I'm sorry to say, they were beyond help. This is an outline of the case. The RSPCA prosecution case against the owners of the farm is for 12 counts of cruelty in not providing for the welfare and causing unnecessary suffering to animals that were in their care.

On the 4th April the judge decided to return 29 of the animals to the farm and ordered the remaining 82 animals to be sold at auction. The

proceeds of the auction less legal expenses were to go to the family from whom the animals had been rescued. The prosecution case hadn't even been heard!

There was outrage and disbelief from the agencies caring for these animals, from the RSPCA, the various horse trusts and the public. Then everyone pulled together. The public wrote letters to their local MP's with a copy sent to the MP for Amersham, (it is her constituency that the farm is in). She was inundated with letters and emails. People wrote letters to their local newspapers. Letters were written to the judge concerned at the court. Other letters were sent to the Department of Environment, Food and Rural Affairs.

An online petition was set up to stop any movement of the animals until the prosecution case has been heard. In five days over 19,500 people signed the petition. It was rushed to Jack Straw MP, Minister of Justice. A 'stay' has

been put on the judge's original decision until the case has been heard. We all sighed with relief. The next court hearing will be 13th May 2008.

To finish on a lighter note you can now buy a "Save the Amersham horses" T-shirt.



Hector's Page:

12th May 2008

This weekend I shall be going to the Monklands half marathon on Sunday 18th May 2008 for the charity called Farm Africa as runner number 357 and I will be only staying in a guest house or bed and breakfast for one night then I will do my race for Farm Africa then come home to Perth after I have finished the half marathon in Lanarkshire at the town of Coatbridge to either watch some TV or have an afternoon snack and think about how I did when I was at the half marathon at Coatbridge in Scotland . I am glad to be able to be going to the Monklands half marathon on the 18th May 2008 because on the 11th May 2008 I wasn't able to go to the Dunfermline half marathon because of the charity called the British Wheelchair Sports Foundation not sending me what I needed to help me get donations for that charity before the Saturday

morning when I would have been going off to stay in Dunfermline on the Saturday night then do the Dunfermline half marathon for that charity then go home to Perth like I will be doing this coming weekend for Farm Africa at the half marathon in Coatbridge as number 357 in Monklands Lanarkshire in Scotland. Since I have had word back from this weekend's charity that I am going to be helping I will be able to collect donations for Farm Africa on the 18th of May 2008.

I have done this race before, so I should be able to finish all the half marathon which is 13.192 miles or 21km in length of the distance you have to do to finish.

It has been a while since I have done this race in Coatbridge so I don't know whether or not how much time you are allowed to take to finish the Monklands half marathon in, be-

cause some runs have a time limit of two hours thirty minutes maximum. I hope that I can do as many miles as I possibly can before I am told that I have to be picked up because of my slowness of speed. If I can get past the half way mark or more, I should get something for trying to run.

From tomorrow morning I shall be collecting donations for the Farm Africa charity until I come home from the Monklands half marathon after I have finished the race and collected lots of money in my collecting bucket and received a medal or tee shirt at the end of my race.

Today I will phone for a place to stay in Coatbridge for the Saturday night 18/5/08 to make sure that I will have a place to stay when I go to my half marathon.

19th May 2008

My race at Coatbridge in North Lanarkshire on Sunday 18th May 2008.

On Saturday morning at 11.12 I got the train to the Glasgow Queen Street Station. Then I got a lower level train to the Coatbridge Sunny-side station. Then I got a taxi to my bed and breakfast, The Georgian Hotel at 26 Lefroy Street in Coatbridge. After I had put my things in my room and paid for my one night's stay at the hotel I went to the bar and lounge to have a pint of Pepsi Cola then after I had watched some of the Motherwell v Rangers match which ended in a one all draw, I had something to eat as a late lunch about two thirty pm . Afterwards I had a few pints of Pepsi Cola while I watched other football matches then when it started to get crowded and busy I went outside for some fresh air and less noise. When I went back inside I had a couple of Colas while I tried to watch the news and one or two programmes which wasn't easy since the volume had been put off for music to be played for quite a while. I talked to a few people in the bar having a drink, who very kindly

gave me a few donations for the charity called Farm Africa who I am doing the Monklands half marathon for on Sunday 18th May 2008 starting in Drumpellier country park at ten thirty am which was a nice sunny day with wind and a few clouds but dry.

After I had only got to the seven miles mark at the other side of the park and I was hoping to do the last lap of six miles so that I could finish the whole thirteen miles, I was picked up by a marshal who said that their time limit didn't let them wait long enough for me to get round the last lap of the race in time before they packed up to leave the Drumpellier park and wanted to make sure that the things that I had left in their care were returned safely to my keeping.

I got a medal and a tee shirt plus a hard plastic or glass shape for trying to do the entire race. After the race I phoned for a taxi to take me to Coatbridge train station but instead he dropped me off at the Blair Hill station which was much nearer than I had thought it was so gave him a pound for telling me instead of tak-

ing me to the Coatbridge station which was further away than Blair Hill was.

I got the train to the Queen Street lower level station then I got the two forty train to Elgin arriving at Perth station at three forty pm then I had something to eat in the station café before I went home to watch some of Songs Of Praise on BBC One then the BBC One evening news at six fifteen pm.





Paranormal Corner: Ripples in Time.....

It was a cold day in autumn many moons ago; I was twenty years of age and had encountered a number of paranormal and unexplained encounters already. The trouble is when you encounter something unusual there is no one there to explain what's just happened. Sometimes when something happens, if I were with someone they would experience it also, so you were able to discuss it. I decided to go for a walk along one of the old railway lines; it had turned a little milder just ideal for walking. I told my parents the area I was heading for, so I set off unaware that uncanny and frightening events were about to happen. The air was crisp and the sun was out with a number of clouds about, you could hear the odd chirp of the robin with loud screeches from the ravens and crows also there was little or no breeze. As I walked on the vegetation on both sides became denser making it appear darker. It was deathly quiet as I walked on and it started to get colder. A mist started to descend and the sun was being shaded until I could see it no more. This fog was freezing with only a few yards visibility, as I walked on I wondered should I turn back but as I pondered I came across a bridge. I stepped off the railway lines and walked along the edge, it was quite long and seemed intact. I walked along the bridge to the end of it and I occasionally looked into the dark prem-

ise at its edge, suddenly I heard the hoot of a train I kept to the side of the rails and headed towards the sound of the train. It was deathly cold and dark but I ventured forward when I saw in front of me "light".

I almost immediately came out of the fog into daylight. It was warm and very bright and there to my right - high in the sky - was the sun. I looked back and saw the fog wall, which I can only describe as a huge grey wall. As I turned round there was a flash from the track a few yards in front of me, I went forward and looked down and to my amazement it was a coin. It was a brand new penny and it said nineteen hundred with Queen Victoria on it, suddenly I heard what sounded like steam escaping I hastily went forward and round a bend passing the neatly trimmed hedges on both sides when I came across a train. It was green with red trim around it from the back and sides and it seemed to be ticking over with steam coming out. It had one large funnel and a smaller one at the back of it and there was a coal tender attached. As I tried to see the name of it suddenly a man appeared he wore a black cap and grey shirt and brown waistcoat with dark trousers. All of his clothes seemed dirty, as was his face because there was no colour to it. He said nothing and went back into the train. I touched the train with my hand and to my shock it stuck to it, it was icy cold and I could not free my hand. I tugged really hard and it came off but was sore as if it had been burned. I turned tail and retreated back towards the fog wall, I looked round and to my horror the train driver was following me. Fear

started to take over and panic turned to terror, the icy cold fog seemed a welcome friend. I kept looking round but could see nothing when I lost my footing and fell hard onto the tracks. My ankle and knee felt very sore and as I looked round a dark shimmering shape was coming towards me in the fog. I closed my eyes and put my head down fearing the worst, it seemed minutes and as I was about to look up a voice said "what are you doing down there?" It was my dad. He helped me up and luckily nothing was sprained or broken. He told me it's been over seven hours and they were worried about me and by chance he picked this set of rails to look for me.

On reaching home, which was now dark, I explained what had happened and that only a couple of hours had passed, he said he would go back the next day and look. I said I had a coin but when we looked at it was old and weathered, not like how I had found it. We searched the next day but could find no trace of anything; this was an experience, which was very unusual. Was this strange occurrence easily explained? Or was it something else, or was it some sort of ripple in time? We may never know, or will we?

Until the next time

Ghost writer (anon)

Moira's Recipes

Lemon Squares

8ozs. Plain Flour.
 2ozs. Icing Sugar.
 ¼ teaspoon salt.
 6 ozs cold butter or margarine.
 1 teaspoon cold water.
 4 eggs.
 1lb. Caster Sugar.
 1oz. Plain Flour.
 1/2 teaspoon baking powder.
 1 teaspoon grated lemon rind.
 2 fl.ozs. fresh lemon juice.
 Icing sugar for sprinkling.

Sift flour, icing sugar and salt into a bowl and using your finger tips, rub the butter until mix is like coarse breadcrumbs. Add the water and stir lightly with a fork until mix forms balls. Press into an ungreased baking dish and bake for 15-20 minutes. Leave to cool. Beat together the eggs, caster sugar, flour and baking powder along with the lemon rind and

juice.
 Pour the mixture over the baked base and bake for a further 25 minutes. Cut when cool.



Cherry and Coconut Bake

2oz. S.R. Flour.
 Pinch of salt
 6ozs. Margarine.
 8ozs. Glace cherries quartered.
 2ozs. Desiccated coconut.
 6ozs. Caster Sugar.
 ¼ pt. Milk.
 2 eggs lightly beaten.

Sieve flour and salt then rub in the margarine.
 Toss the cherries in the coconut and add to the mixture along with the sugar. Add the milk to the eggs and stir into the mixture.
 Spoon into a lined 8-inch diameter

cake tin. If desired, sprinkle extra coconut on top. Bake for 1 to 1 ½ hours. Gas Mark 4. This amount will give you twenty squares.

Bryan's bit.....

I like to go to the Foundry Bar in Perth. I got beat at Pool by my friend. I went to the Cinema first, and then I went to the Foundry to have a couple of drinks. I like to drink Bacardi and Coke.

Sometimes I go to Wetherspoon down in Tay Street – have a few drinks there. Sometimes I drink Cider, and then get a taxi home Gordon and me are going to the

Concert Hall for Nazareth. That's in August. We'll go to Wetherspoon after the concert.

Brian Whyte



Nazareth

The Day I Met Elvis!

I am going to write about something that happened to me in 1973. It was a birthday surprise, which I have never forgotten. It happened like this.

I was 8 years old and my aunty who lives in the U.S.A invited me and my mum and dad and brother to go and have a holiday for 2 weeks with her. I did not know that she had a surprise for me. We left to fly to U.S.A on the 16th march 1973 and we arrived on the 17th march my aunty came and picked us up at the airport and took us to her house. I was tired and went to sleep when I woke up she told me that she had arranged for me to

meet Elvis Presley.

I was excited about meeting Elvis and my aunty put on love me tender. I went to bed very excited. The next day my aunty took me up to Graceland we had to stop at the gates to allow the guard to open the gate for us. We drove up the drive to where my aunty worked. I was very excited we went in I was introduced to Elvis cousin. Vernon Presley came in and spoke to my aunty and said that Elvis would be down soon. He spoke to me and took me to get something to eat I had a coke and a hamburger. It was about 3 when Elvis came down from upstairs' he was very tall and very shy. He introduced

him self to me and shook my hand. I was over the moon Elvis then took me to the den and introduced me to his friends Joe Esposito Charlie hoge Ricky Billy and David Stanley his stepbrothers, Red west and Lamar fike. It was very strange to be with Elvis and his friends. I then went and had a ride on one of the go-carts that Elvis has. I had a grate time I did not meet his wife as they had separated. It was the best holiday I have ever had.

By Andy

A Lot Of Nonsense

By Christine Gorrie

When we look at the clock, we can see a face or some say, a dial. It also has 2 hands, or is it 3.

When you count the second hand which is really the third hand.

To enable us to see we use our eyes - does that mean potatoes are looking around with their eyes?

Those who cannot see clearly will wear glasses- that is when they are not drinking out of them.

The legs of spectacles fit round our ears yet our legs are used for walking and chairs use their legs for standing. I certainly couldn't fit my legs round my ears which I use to hear.

Does that mean the ears of corn are listening?

My arms do many things and are connected to my hands. Soldiers in battle use a different kind of arms. My hands don't move around the clock dial but I can use my fingers to dial a number on my old phone. My arms I would not like to be without, but my favourite chair gets on fine without arms, unlike my easy chair where I sit at night.

When I am proud I feel like the bees knees, but I have looked at bees knees and wonder why?

Adam ate an apple so all men have an apple just like Adam.

We all have chests but where is the treasure?

Naval relates to sea faring people but my naval seldom goes in the sea and my belly cannot be sewn on a shirt.

Hair on dogs must be groomed, yet sometimes the groom needs the hair of the dog the morning after.

I use a comb to comb my hair, yet the comb has teeth but cannot chew like me.

My nails protect my finger tips until I try to hammer in a nail.

My tongue would not be in a shoe

Arthritis:

I have over the past 10 –11 years suffered from Osteoarthritis. Although at first the pain wasn't too bad as the years have gone on the pain has gradually increased. After having confirmed that I had Arthritis from an X-ray, the physiotherapist at Murray Royal Hospital started to treat me. I was given some Ultra – Sound and different forms of exercise. I was also given very strong anti-in-

flammatory tablets and some pain killers.

The anti inflammatory tablets are very strong and I have to be very careful not to upset my stomach.

I have very recently been offered my operation, but unfortunately I don't feel strong enough to have it. In the meantime I am still continuing with my physiotherapy and Linda has also intro-

duced me to Hydrotherapy. Hydrotherapy is done in a warm pool with gentle exercises. This helps to strengthen your muscles. Maybe I will pluck up enough courage someday to be able to go through with my operation.

Illness:

They came to get me one sunny day
I didn't know why they took me away
They said I'd been acting weird and strange
They made me feel as though I was deranged
Your friends are worried – worried they say
So now we have to take you away

The hospital ward so clean and bright
15 min checks day and night
Sedatives so heavy can't get out of bed

Lying there wishing I were dead
Counselling, Pills and ECT
After 6 months worked for me.

Released in to Community Care
But just until the next scare
In and out for 10 years
A life full of worst fears

Voices that wont go away
The TV talks to me each day
People reading thoughts from my brain
Then putting more in there again

After 8 years they call me
schizoaffective

They say my brain is a bit defective
They gave me a pill I hadn't had before
And I get a taste of life once more
I hope for people just like me
They find a way to set them free.

Vickie's Quiz:

Questions:

- | | | |
|--|--|------------------------------------|
| 1) "Around the World" was a nineteen ninety-seven hit for which act? | 5) In Nineteen Ninety Three Billy Joel was going to the River of what? | on the group which sang Rag-dolls? |
| 2) What follows "No Woman" on the Bob Marley classic? | 6) What did the "E" stand for in ELO? | |
| 3) What sort of house was a hit for Blur? | 7) Which club did Boy George lead? | For answers, see back page. |
| 4) "Stupid Girl" was a hit for which group? | 8) Suggs sang with which nutty sounding group? | |
| | 9) Who sang with the Pappas? | |
| | 10) How many Seasons were | |

Moira's Quiz:

- | | | |
|---|---|--|
| 1) What was the once popular sport featuring Big Daddy and Giant haystacks? | 5) Can you give a word which links all three words: Cherry, Butter, Snap. | edy featuring Ronnie Barker and David Jason? |
| 2) What Flower is worn on remembrance day? | 6) What is the more common name for a paper hanky? | 9) Who was Queen Victoria's consort? |
| 3) Another word for Midday | 7) What do you call a person who shoes horses? | 10) Forrest ?what? Is a film starring Tom Hanks? |
| 4) What is the name given to the art of paper folding? | 8) ?what? All hours was a com- | Answers on back page.... |

The Visor Group

by Ronnie

What is the VISOR group?

A community based charity. Helps different people with different problems.

Encourages people to be sociable. We have a whole range of activities such as theatre, meals out, concerts, even holidays. We go to Scarborough in July.

Who can join the VISOR group?

Anybody. No matter what the disability, or even no disability. It's quite casual. It started with 3, but

now has c. 40 members. Disabilities are confidential and only a few members of the committee know peoples disabilities,

Can you give a few examples of activities you have undertaken?

Out for a meal. Been to the Theatre to see Little Voice. Outing to Glenfarg. Out for Sunday Lunch. Sponsor walk. Next month to Scarborough (see pic below).

What do I do if I want to join the Group?

Speak to Moira or Ronnie and they will arrange an appointment with David who runs the group.

He comes to your home for a social visit.



A View of Scarborough Harbour



Quiz Answers

Vickie's

- | | |
|--------------|------------|
| 1) Daft Punk | 7) Culture |
| 2) No Cry | 8) Madness |
| 3) Country | 9) Mamas |
| 4) Garbage | 10) Four |
| 5) Dreams | |
| 6) Electric | |

Moira's

- | | | |
|--------------|------------|------------------|
| 1) Wrestling | 5) Brandy | 8) Open |
| 2) Poppy | 6) Tissue | 9) Prince Albert |
| 3) Noon | 7) Farrier | 10) Gump |
| 4) Origami | | |