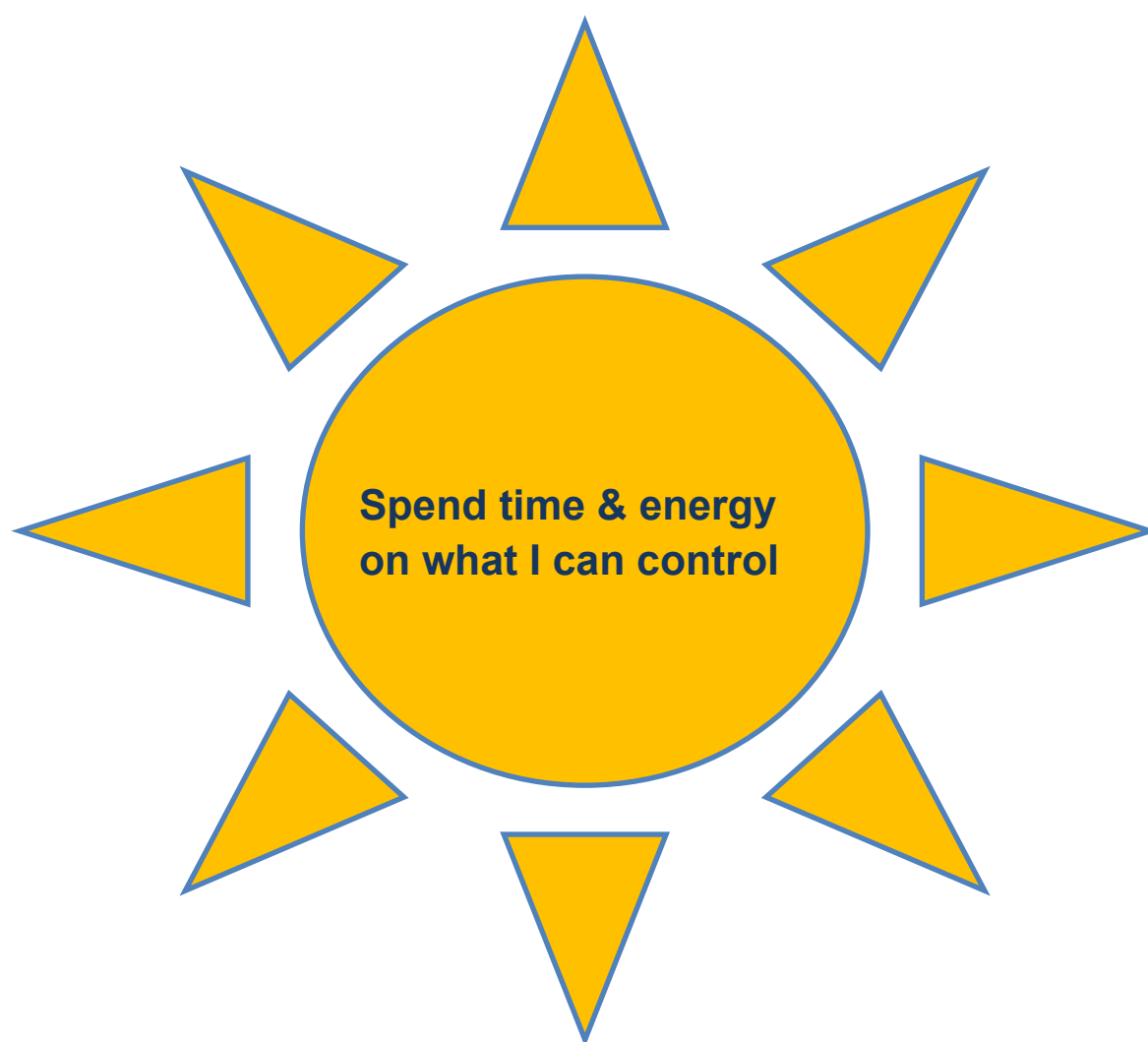




The Wee Blether

Spring 2021 Edition



Write to us at 1st Floor Academy House, 42 Academy Street, Inverness, IV1 1JT
Or Call us on 01463 712 791

Make a decision to pay someone a compliment today!



Pretend you've finally managed to get your long-awaited slot on Steve Wright's Golden Oldies!

List your six favourite songs here, in playing order:

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____



Are you humming, yet?

Write to us at 1st Floor Academy House, 42 Academy Street, Inverness, IV1 1JT
Or Call us on 01463 712 791

Message from David Stallard, Convenor



We recently marked the anniversary of the start of the Covid lockdown. What a year it has been? I am so proud of the way you have all rallied round to keep providing support to each other, even though we haven't been able to do this in exactly the same ways as we usually do. But now, at last, we are seeing some relaxations of the restrictions. Vaccinations are well under way and, before too long I'm sure, we will be able to reopen our offices in Inverness and Wick and get back to more normal ways of working.

And it's Spring! It's light for longer than it's dark and there's a bit of warmth in the sun again. I do love to get to this time of the year. February's a month "to get through," I always feel. And we have done. The social contact Befrienders Highland provides has been more important than ever, during some very testing times. I want to say a big Thank You to you all; for the extra things you have been doing to help each other and to our staff for managing all the challenges of working from home. I want to make particular mention of Susan, our Manager, who has done a wonderful job of supporting and caring for us all. It was wonderful to see her receiving an award from the Kingsmills Hotel, as one of ten Local Heroes during the pandemic. That was richly deserved.

We're entering a new financial year in great heart as a service. I can't tell you how much I'm looking forward to meeting some of you face-to-face again!

Kind regards, David



Write to us at 1st Floor Academy House, 42 Academy Street, Inverness, IV1 1JT
Or Call us on 01463 712 791

Competition Time!

Daydreamers Day Out

creative competition

Show us, through words or pictures, your plans for that wonderful first day out after lockdown ends. What, where, and how is completely up to you.

Money and time are no object - from a candlelit dinner in a five-star restaurant, to snow angels on the beach, anything is possible...the wackier the better!

Prizes

Adults

1st Place - 70cl bottle of Shetland Reel Gin

2nd Place - £25 Voucher for Po Pia Restaurant

3rd place - 20cl Glass Jar Candle from THCC Candles

Children (under 18s)

1st Place - Chocolate Hamper from The Candy Coo

Runner-up - a book from The Bookmark

How to Enter

Send your best writing or artwork to us either via our facebook page (see page 2 for details) or by email to: jodiemsandiford@outlook.com; you will then receive instructions on how to pay the entry fee. For drawings, either a scanned copy or simply a photo is acceptable. Please also include your name (or your child's name, if entering on their behalf), as well as your preferred method of contact so we can get in touch quickly if you win a prize!

Entries cost £1, open from **Monday 15th March**, and will close at 11.59pm on **Sunday 16th May**. Winners will be announced by the end of May, and all winning entries will be published on our Facebook page, as well as our website. Good luck!

One of our supporters, Jodie Sandiford, has launched the Highland Inspire Magazine, and is fundraising on behalf of Befrienders Highland.

Write to us at 1st Floor Academy House, 42 Academy Street, Inverness, IV1 1JT
Or Call us on 01463 712 791

The mag is not being physically printed and distributed - due to the pandemic - but their website for online content can be found here

<https://www.highlandinspire.live/home.html>

They also publish on their Facebook page, if anyone is interested in following them there <https://www.facebook.com/HighlandInspireMagazine>

They have a creative competition up and running, if any of our creative friends or volunteers would like to join in, including one for children.

So, get those creative juices flowing and help raise money for us at the same time.



Message from Susan White, Executive Director

"I hope everyone is enjoying the longer days and the signs of spring everywhere? I love this time of year, with all the new leaves and so many different shades of green.

As the Scottish Government are slowly lifting the lockdown restrictions, we are gradually going to be re-starting our face-to-face meetings within the permitted social distancing, beginning with outdoor activities so that you can enjoy the spring and summer days to come. If friends and volunteers both want to start meeting up for walks outdoors, or join our walk and talk group, please remember to try to keep at least 1 metre apart and wash your hands well, when you first get home.

If you are feeling anxious about resuming in person meetings, please speak to your coordinator and they will talk through a risk assessment with you; we're happy for you to continue with phone contact if you prefer, until everyone has had their vaccinations and the situation changes. I had my first injection on Easter Monday at Caley Thistle Stadium – appropriate, as it is the home of the Jags!

Our little team of staff will be changing a bit over the next month or so. We're going to be creating some Senior Coordinator roles and employing two more part-time staff, to help us to continue to deliver our services to you as we have been so busy during the pandemic. I'll tell you more about this next time. Hopefully you will join with me in congratulating our coordinators who have made over 50 new friendship matches during the pandemic! We still have a waiting list and chose not to close to referrals during the last year when the restrictions and isolation has been hard for so

**Write to us at 1st Floor Academy House, 42 Academy Street, Inverness, IV1 1JT
Or Call us on 01463 712 791**

many people. Our coordinators are busy training new volunteers, so we would like to apologise to those who continue to wait for a suitable match.



Personally, I have just finished a Mindfulness for Living course (there is more about Mindfulness later in the Wee Blether) and one of the things I started practicing in this lockdown was hand lettering, which I find very relaxing and mindful.

Being a friend really is one of the sweet simple things in life, so I thought I would share my first proper hand-lettering attempt with you. It's not perfect, but

things don't always have to be perfect, do they?

Volunteers Get-together Online:

Volunteer, Bill, and Susan have recently started an on-line Zoom meeting for volunteers, to informally get together for a chat and mutual support.

Please get in contact at susanwhite@befriendershighland.org.uk if you would like to join us. You are more than welcome!

We are meeting the first and third Wednesday of each month at 2pm, so upcoming dates are:

Wednesday, 21st April at 2pm (hosted by another team member, as Susan's moving house!)

Wednesday, 5th May at 2pm

Wednesday, 19th May at 2pm

Wednesday, 2nd June at 2pm



Write to us at 1st Floor Academy House, 42 Academy Street, Inverness, IV1 1JT
Or Call us on 01463 712 791

Mental Health Service Update

So here we are, a year after the first lockdown. No-one could have predicted that we would be pretty much in the same position as we were this time last year.

Those who were lonely and isolated prior to the pandemic have found the last year a particular challenge – many groups they were involved in, or support networks they relied on, were stopped and many found themselves with no-one to talk to. We have continued to provide our service at a distance to try and help as many people as possible and thanks to the hard work within our team and our invaluable volunteers we have managed to continue providing our lifeline service.

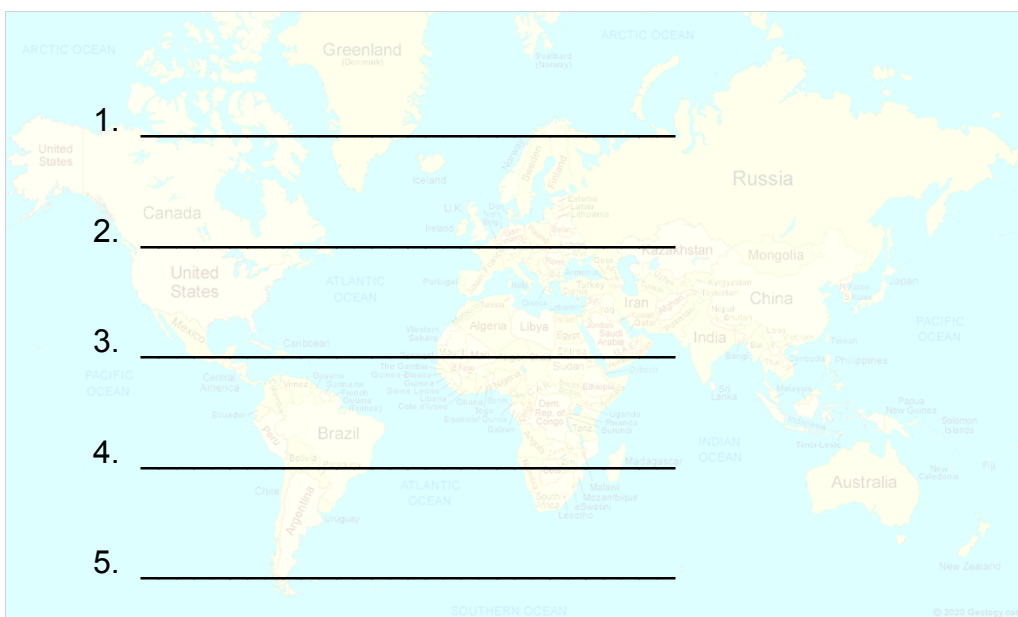
During the last year we have seen just how wonderful people can be in times of need. We have had lots of volunteering enquiries from people just wanting to reach out and chat to someone who is lonely and isolated and this has helped us to cover an increase in befriending referrals.

There is light at the end of the tunnel now and as the days get longer, and the weather improves, things do feel a bit more positive. Long may that continue and we very much look forward to seeing people face to face again as we have also missed that!

*'Through the darkest day and longest night,
We can at last see some light.
Better days will come at last
And we can all be glad of that'.*

Where in the world?

Write a list of five places you absolutely want to go to, once we can travel again, without restrictions. They can be anywhere in the world, or just around the corner!



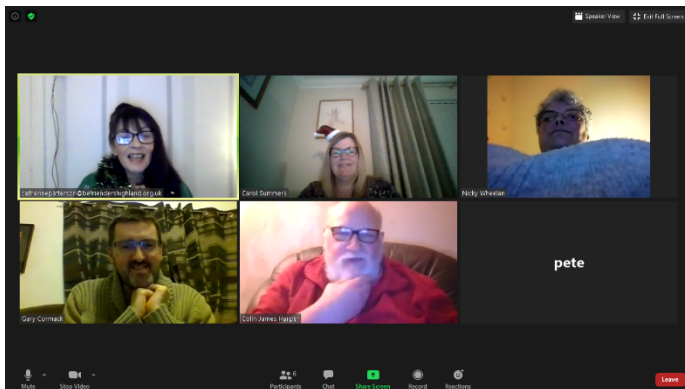
**Write to us at 1st Floor Academy House, 42 Academy Street, Inverness, IV1 1JT
Or Call us on 01463 712 791**

Catherine, our Mental Health Coordinator in Caithness, writes:



“Good news! After receiving some funding from the TESCO Community Fund, we are able to offer Art classes in Caithness. Ideally these will commence when restrictions allow, the week commencing 17th May. We are fortunate to have a dedicated volunteer, Lisa, who is happy to tutor the group. If you are interested in joining the art classes, please get in touch with me at Catherinepatterson@befriendershighland.org.uk or call me on 07738 274 437”

Social Get-togethers in Caithness, via zoom



We all know the challenges of being stuck at home without social interaction, or contact with family and friends. Therefore, Befrienders Highland has tried to address this problem by offering monthly social evenings via zoom, hosted by Catherine, the coordinator based in Caithness. This is an opportunity to meet others and participate in chat

and activities. She has organized some short quizzes which have proved popular.

If you are interested in joining in the future please contact Catherinepatterson@befriendershighland.org.uk

Date of next meeting to be confirmed but usually a Thursday or Friday evening at 6.30pm [approx. monthly].

Fundraising News

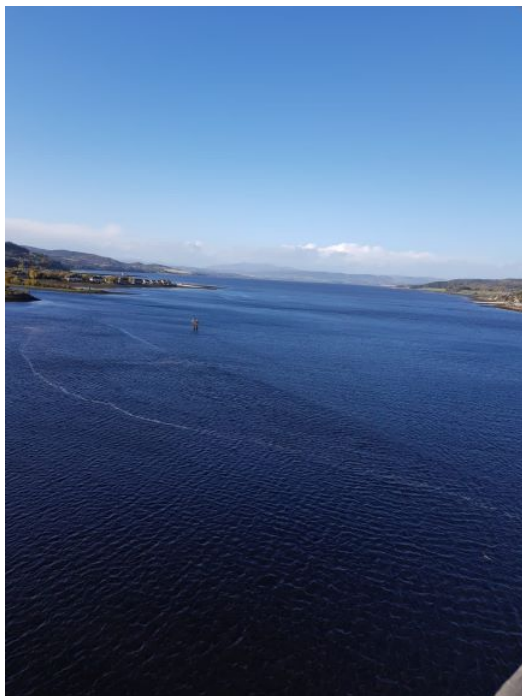
Recent donations to Befrienders Highland, include a cheque for £200 from the ladies of the **Inner Wheel Club, in Nairn**.

We appreciate all donations – big and small – to our Highland charity and extend our grateful thanks to the ladies from Nairn.

Here's our Mental Health Co-ordinator, Alan, receiving the cheque (in a socially distanced way)!



Meanwhile, **Bairds Malt** raised £455 for Befrienders Highland, by doing a walking challenge.

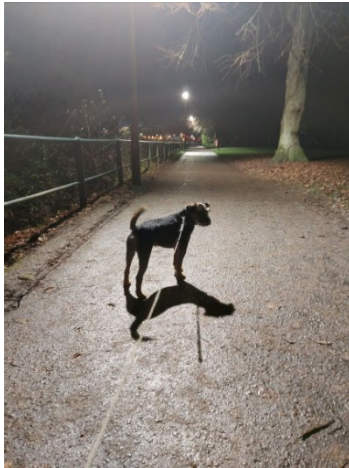


Eilidh from Bairds Malt, Inverness, writes:

“Our team The Loch Ness Stompers decided we would walk the equivalent miles between our Inverness and Pencaitland site, near Edinburgh, which is 175 miles. We completed the challenge and ended up doing 484.37 as a team, so a little over what we had planned! It was a solo effort from each team member. Due to the pandemic, we unfortunately could not get together to do group walks, but we used the Strava App to keep track of miles and see how we were all getting on.

We wanted to support Befrienders Highland as the pandemic has highlighted feelings of isolation and loneliness for so many, including those who perhaps were not accustomed to those feelings before. It highlighted how tough it is and this is unfortunately not a pandemic only situation for so many people and we recognised the great work you do all the time.”

Write to us at 1st Floor Academy House, 42 Academy Street, Inverness, IV1 1JT
Or Call us on 01463 712 791



Sadly, there's no team photo, as they are a bit spread out as a team, but Eilidh sent us a few pictures taken along their individual journeys.

(Sarah says, "Photos with dogs always make it into the Wee Blether 😊")

Our Friend Edwina Celebrates her 98th Birthday!

Edwina Fraser, one of our Memory and Carer friends from Nairn, recently turned 98 years young! Obviously, Edwina's birthday celebrations were subdued this year due to lockdown restrictions, but we felt it was a brilliant opportunity to let everyone know about this wonderful lady and, with her permission, we are able to bring you Edwina's befriending story. It also allows us all to say a big **Happy 98th Birthday to Edwina!**

Edwina was referred to our service in September 2017 by a Stroke Nurse following a stroke and was quickly matched with one of our experienced volunteers, Joan. Edwina and Joan would meet for weekly outings, often involving trips to Nairn harbour to see a local family of swans but always involving coffee and lots of chat! They quickly built up a wonderful relationship with Edwina saying that ***"Befriending makes a big difference to me. I enjoyed when Joan was able to take me out and take me for coffee. I can't speak more highly of my volunteer Joan. The best bit is on a Friday and when I could meet with her"***. Joan is also very clear about the benefit she has felt from being a befriending volunteer and is keen to point out that she gets a lot out of the friendship too ***"I enjoy seeing Edwina's face light up when she sees me coming, knowing how much it means to her to get out regularly - for our coffee and to go to the harbour, when time allows - and the fact that I am making a difference to her life by befriending her"***.

Obviously during Covid restrictions the contact between Edwina and Joan has been over the telephone and there was some anxiety as to how that would work, but thankfully they still manage to have a great chat and keep up to date with each other, which is all the more important as Edwina lives on her own. Joan mentioned that ***"Obviously during lockdown, and all the restrictions, it's been very important to keep in touch with Edwina with the regular calls with a view to looking forward to when we can get out again"***

Write to us at 1st Floor Academy House, 42 Academy Street, Inverness, IV1 1JT
Or Call us on 01463 712 791

Like everyone, Edwina is looking forward to restrictions easing and said ***“I like when Joan comes or when she can call me on the phone. I hope we can meet again soon”.***

We would like to thank Edwina and Joan for sharing their befriending story, it really does show the difference befriending contact can make to people. Also, we are sure you will agree that we would all like to wish Edwina a wonderful Happy 98th Birthday and here's to many more!



We'd like to share this lovely photo from Edwina's 97th Birthday last year before restrictions were in place. Here's hoping Edwina and Joan can enjoy some belated birthday cake with their coffee as soon as it is safe to do so.

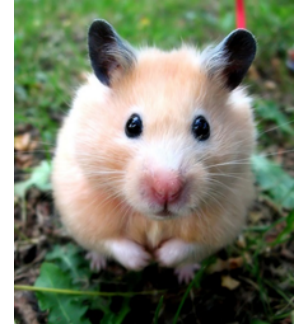
And congratulations go to our friend **Norma**, who found a whopping 83 words from the letters in **“Befrienders”**.

Norma chose the small independent shop that is Tesco for her voucher!

Due to lockdown restrictions, all her local, independent shops were all closed, so she said she would like to pick out a book from Tesco, as they have quite a selection.

Well done, Norma!

“Hi everyone,



My name is Margaret, and I joined Befrienders Highland in January, as a part-time Fundraising Coordinator. I have previously worked for Connecting Carers and Highland Council.

Since joining, I have been busy looking at different ways we can fundraise at Befrienders Highland; and I'm really keen to get everyone involved in Fundraising! - Whether you would like to be a Volunteer Fundraiser, or set a personal challenge for yourself and raise some funds at the same time.

If you're interested in an active challenge, the following challenges are coming up:

- Scottish Virtual Kiltwalk: 23rd-25th April 2021
- Virtual Inverness ½ Marathon and 5K: 16th May 2021
- Baxters Festival of Running: 3rd October 2021 including the Loch Ness Marathon, River Ness 10K and River Ness 5K.

By taking part in any fundraising for Befrienders Highland, you will receive a fundraising pack including a T-Shirt and more, with ongoing support throughout your fundraising challenge. If you are interested in signing up for one of these events, or would like to do an alternative challenge, please contact me at margaretgrant@befriendershighland.org.uk.

We are also looking at other ways we can fundraise such as Corporate Fundraising. We are interested in teaming up with local businesses to create mutually beneficial relationships through Corporate Donations, Team Building Events and Charity of the Year, to name a few ways we can support each other.

For more information, please contact me. I would be delighted to have a chat on the phone, by email or Zoom/Teams!"

(When Sarah asked Margaret for a photo to include with the article, she replied "Probably best to pop one in next time, when I can find one that I don't look like a puffy hamster in!" Not that Margaret looks like a puffy hamster normally – she's got tonsillitis 😊 Get well soon, Margaret!)

**Write to us at 1st Floor Academy House, 42 Academy Street, Inverness, IV1 1JT
Or Call us on 01463 712 791**

Loch Ness Ultra Marathon Fundraising Update, from Malcolm

"I just wanted to let you know that the 80-mile Loch Ness Ultra Marathon that I signed up for, to raise money for Befrienders Highland, has been cancelled this year due to government restrictions. It will now take place on the 21st May 2022.

My entry has been deferred until next year, so I will continue in my preparation throughout the rest of 2021 and into 2022 to be as ready as I possibly can be for this challenge.

This past winter I have had some health issues which has meant my training was probably (definitely) not up to scratch. Despite this, I know I would have attempted it anyway and given it my best shot. I am disappointed with the race postponement, but looking on the positive side, it will give me more time to prepare, so hopefully there will be less pain involved when I finally do get to participate ☺

If anyone wants to support me in raising funds for Befrienders Highland, please see the link below.

<https://www.justgiving.com/fundraising/macswenfitness-myfirstultra>

Thank you so much to those of you who have already sponsored me for this challenge. I really appreciate it."

Malcolm shares his thoughts on Health & Wellbeing

"I recently attended a Building Personal Resilience course online, which I thought was excellent.

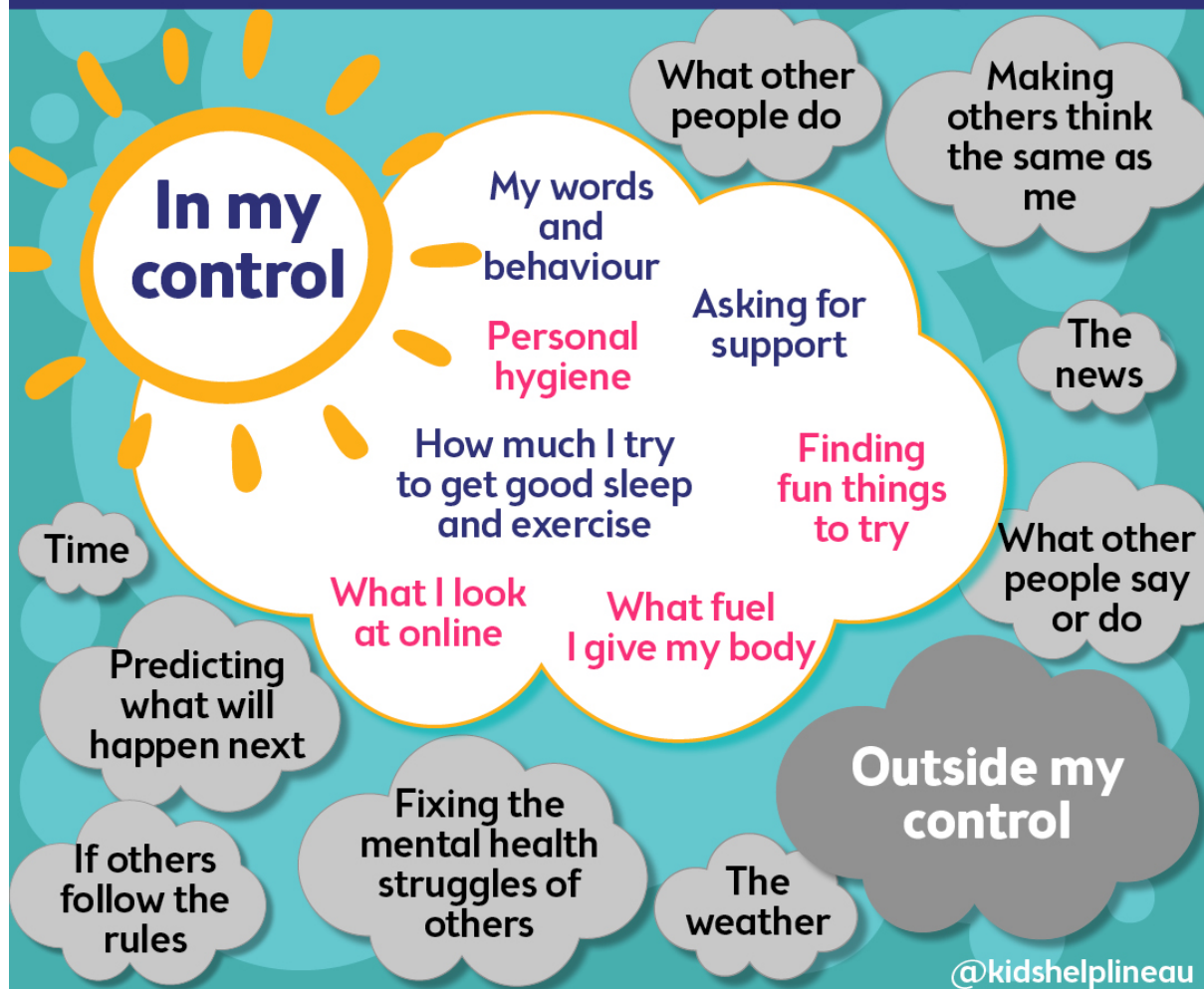
One of the exercises was to think of something we were worrying about and write down the things we could control about the situation and the things we could not.

Once we had separated these things, we were to focus on the things we could control and disregard the other things.

This idea is very strong throughout Stoicism, a philosophy I have read a fair bit about in the past and would recommend to everyone for further reading, especially those who regularly feel anxious or overwhelmed.

You can use the exercise strategy mentioned above for any issue, large or small, just break down what you can control and what you cannot, then focus your time and energy on what you can control."

Spend time and energy on what I can control

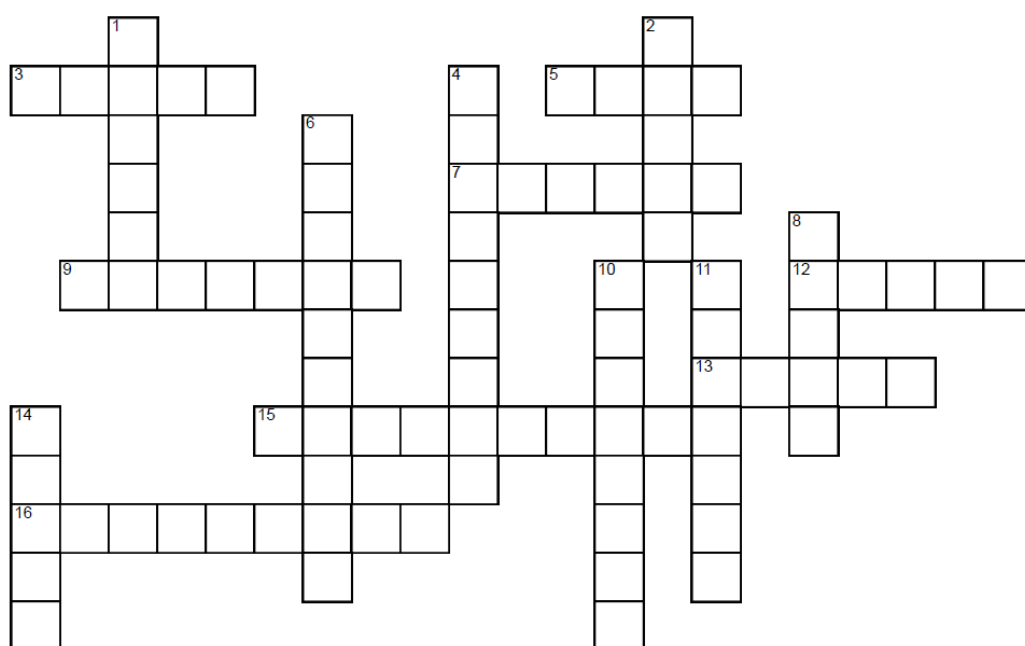


Example from Kids Helpline Australia.

Write to us at 1st Floor Academy House, 42 Academy Street, Inverness, IV1 1JT
Or Call us on 01463 712 791

Befriending Crossword

Spring Wee Blether



ACROSS

- 3 A coastal town on the Moray coast
- 5 The first name of our longest serving member of staff at BHL
- 7 Written correspondence that comes in the post
- 9 A gentle outdoor activity that helps your mental wellbeing
- 12 What we call the process of first linking a volunteer and friend, based on their common interests and hobbies
- 13 A facial expression that shows you are happy
- 15 A relationship between two people who like each other
- 16 Someone who gives their time, freely, to help another person or organisation

DOWN

- 1 The place where our film group usually meets up to watch a movie
- 2 Someone who provides unpaid support to another person
- 4 The device many of us have used to keep in touch with each other during lockdown
- 6 Like fences, these are structures that help to keep befriending relationships safe for both parties
- 8 Written correspondence that comes into your inbox on the computer
- 10 The council area within which we provide befriending services
- 11 The model we use to help our friends set recovery goals
- 14 The first name of the Convenor of our Board

Solution towards the back.

Write to us at 1st Floor Academy House, 42 Academy Street, Inverness, IV1 1JT
Or Call us on 01463 712 791

Let's talk about Mindfulness:

Mindfulness. It's a bit of a "buzz" word right now. Everyone's talking about it; but what does it actually mean

The dictionary definition is as follows:

"a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique."



However, there is a more simplistic way of looking at it:

Mindfulness is paying attention, on purpose, in the present moment, non-judgementally (John Kabat-Zin)

There are many ways we can be mindful. We don't necessarily need to allocate a time to "do it". By being more aware of ourselves, we can "be" mindful throughout our everyday life.

For example:

When you brush your teeth, try doing it with the opposite hand to the one you would normally use.



Or

When you get dressed, try putting the opposite arm to the one you would normally do first into your jumper.

Small actions like this can help us to concentrate on the here and now and help us to become more mindful.

[This Photo](#) by Unknown
Author is licensed under [CC](#)

Write to us at 1st Floor Academy House, 42 Academy Street, Inverness, IV1 1JT
Or Call us on 01463 712 791

Have you ever found yourself planning out a difficult conversation in your mind, only to find that when it actually happens, it doesn't go at all as you expected?

This is because we have no control over what the other person is going to say, so OUR plan doesn't work.

Have you ever found yourself worrying about what has gone before?

The problem with worrying about what has been or what is to come is that you miss what is actually going on in the here and now. We miss the birds in the trees, the sun (or the rain) in the sky; we miss all the things we could be grateful for.

Have you ever arrived somewhere and wondered how you got there?

This is our automatic pilot! What did you miss on the way? Did you pass a favourite view? Did you miss seeing the new lambs in the fields?

Our lack of attention to the here and now means that we miss so much.

Here are some techniques you can use to start you on your path to leading a more mindful life:

Mindfulness of sound

1. Stop what you are doing for a moment
2. Open a window
3. Close your eyes
4. What can you hear? Try and identify three different sounds.

Mindful awareness

1. Take yourself out for a walk (it doesn't have to be far)
2. When you are out, practice the following:
 - Look for 5 different things around you – ask yourself questions like, what colour is it? What texture is it? Does it look like anything else you know? What is it called?
 - Touch 4 different things around you – ask yourself questions like, what does it feel like? What texture does it have? Is it pleasant or unpleasant to touch?
 - Listen for 3 different things around you – ask yourself questions like, what can I hear? What has made that sound? Are there sounds within sounds? How loud/quiet is that sound?

- Smell 2 different things around you – ask yourself questions like, what does it smell like? Is it a pleasant or unpleasant smell? Does it remind me of anything? Where else have I smelt this?
 - Finally take a deep breath in through your nose and out through your mouth.
3. Continue on your walk using all the senses to experience what is around you.

Mindfulness of thoughts

1. Take time to settle yourself into a chair with both feet on the floor and your arms in a comfortable position.
2. Close your eyes, or just rest them gently on a focal point.
3. What are you thinking?
4. Now imagine a stream running by, it could be in a forest or down a mountain.
5. Put your thought onto a leaf and allow it to float away downstream.
6. Repeat this process for each thought that comes into your head.

If you manage to try these short exercises, please let us know how you get on. Befrienders Highland is investigating running a short course for friends and volunteers in mindfulness, so your feedback would be greatly appreciated.



Write to us at 1st Floor Academy House, 42 Academy Street, Inverness, IV1 1JT
Or Call us on 01463 712 791

It's puzzle-time!

Marilyn, one of our fabulous volunteers, sent in these anagrams to get your grey cells working!

All of them are real place-names in the Highlands. Who would have thought that “clap posers” could be made out of the letters in “Applecross”? Amazing, eh?!

How many can you work out? Answers towards the back page ... no cheating, now!

1. Ear movie
2. Angry river
3. Oh rust
4. Van nudge
5. Rare Eskimo
6. Never sins
7. All shed me
8. Hand tube
9. Bark nice
10. Taxi goes
11. Sole pig
12. By the till
13. Oar shell
14. Bake all in
15. Herb voice link
16. Leaky ink
17. A nice drink
18. One wet morn

Jotting space...

More anagrams will appear in the next edition of Wee Blether!

Write to us at 1st Floor Academy House, 42 Academy Street, Inverness, IV1 1JT
Or Call us on 01463 712 791

Introducing our new Coordinator for Ross & Cromarty:

“Hi Everyone

My name is Ruth and I joined Befrienders Highland on 1st September 2020, as a part-time Volunteer Coordinator in the new area of Ross and Cromarty. Prior to this, I had done some freelance work for Befrienders and had met most of my colleagues in my previous roles in the Highlands. How strange things have been, starting a new job whilst in lockdown; and even stranger that I haven't met any of my colleagues in person, since I started (although we have the wonders of ZOOM).

Until 2011, I worked as an Office Manager in a local authority, but after four years of training, I qualified as a Counsellor and changed my career to mental health - firstly working in general wellbeing and then in crisis mental health services, before I settled in working with Befrienders and running a private counselling practice from home.



I am married to Joe and I have one daughter (26), three step sons and two step grandchildren (seven years and six months). I enjoy practising being Mindful and I have recently started a course in Qi-gong, which is reminding of how uncoordinated I am!

My favourite past time is walking and I love to walk in new places. Although lockdown has been tough and I haven't been able to see the family, it has introduced me to new locations around the local area that I haven't visited before. How

blessed we are to live in such a beautiful place!

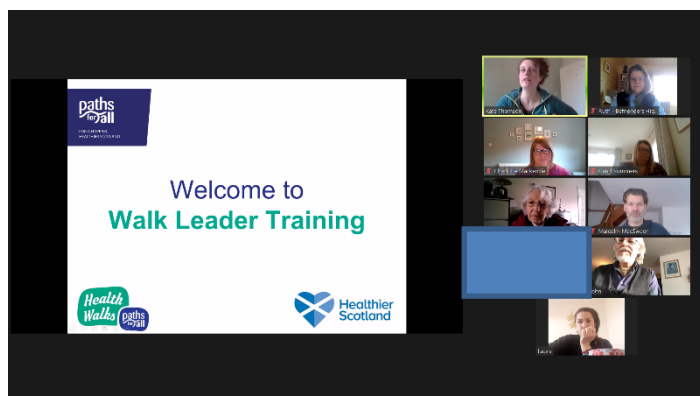
I have already met some of you on walks and in the Velocity Yoga Group; I am very much looking forward to meeting more of you in the weeks and months ahead, when we are able to venture out more.”

Groups Update

Befrienders Highland health walks have got off to a flying start!

We had nine BHL members complete their Walk Leader Training recently.
Congratulations to them all!

We are now organising walks in Inverness and Dingwall, with plans to start walks in other areas as more people go through their Walk Leader Training.



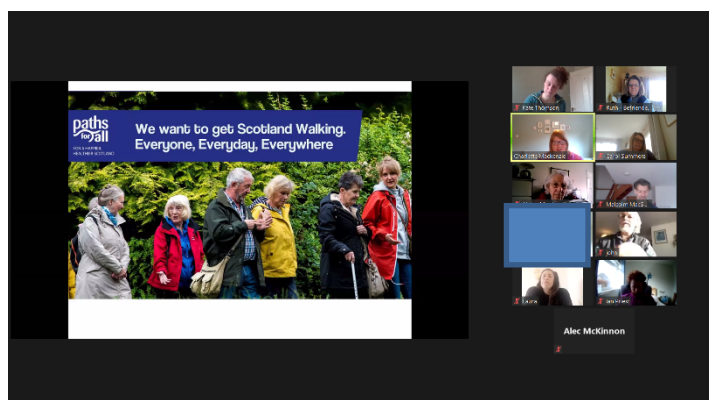
If you are interested in becoming a Walk Leader, or if you would like to come along to the walks, please let your Coordinator know.

Malcolm writes:

“Our first walk took place last week. Even with the rain, we still managed to catch up with eight people, who were keen to get out and about.

One of our friends who has attended all our walks told me she likes our walks the best; better than N4H and Clarity walks (I bet she says that to everyone) 😊”

The walks are to take place every other week, on a Wednesday, 12.30PM



Ruth is leading the walk on the **14th April**, whilst Malcolm is leading the one on **28th April**.

Please get in touch with your Coordinator, if you would like to join us – The more the merrier!

Write to us at 1st Floor Academy House, 42 Academy Street, Inverness, IV1 1JT
Or Call us on 01463 712 791

Congratulations to Ruth!

Ruth joined us last September, as a part-time coordinator in our mental health befriending service, funded by an additional six months grant from the Lottery Community Fund in response to our spike in referrals during the Covid pandemic.

Ruth has now successfully completed all nine modules in the Befriending Networks coordinator training programme, and is one of four of our staff to have achieved this amazing milestone! The programme involves a lot of hard work and regular on-line tutorials, so I'm sure you will all join us in giving her a big round of applause.



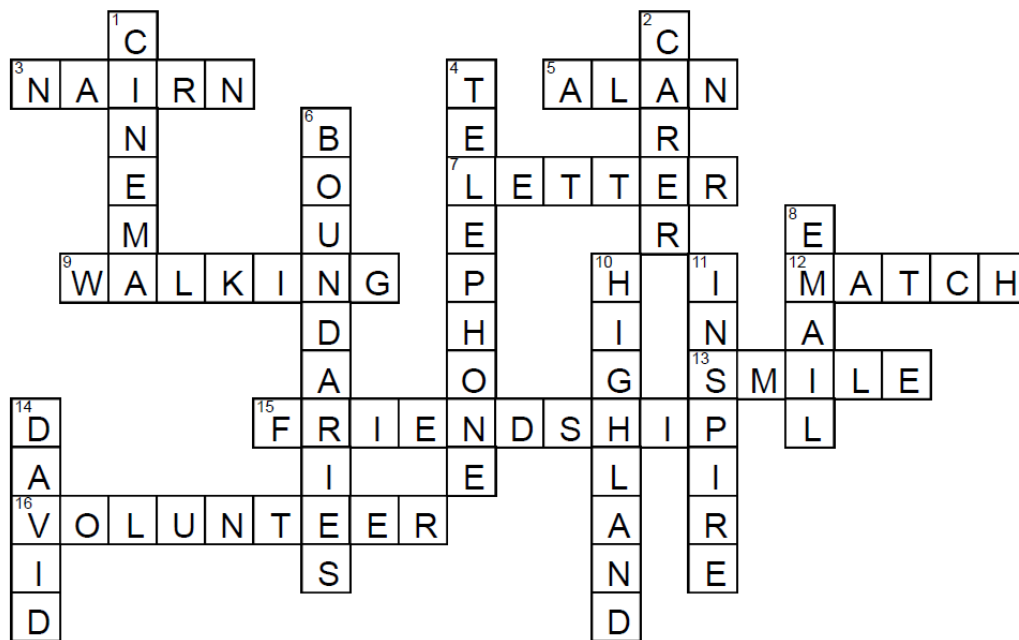
Ruth is busy training new volunteers and managing referrals in the Dingwall and Ross-shire areas, where she has already completed two matches in this new face to face area. She also recently completed her walk leader training with Paths for All, so we hope to start another walk and talk group in the Dingwall area, in the near future.

Keep your eyes and ears open for more details coming soon.

Solutions. Solutions. Solutions. Solutions. Solutions. Solutions. Solutions.

Befriending Crossword

Spring Wee Blether



1. Aviemore
2. Invergarry
3. Thurso
4. Dunvegan
5. Rosemarkie
6. Inverness
7. Helmsdale
8. Dunbeath
9. Kinbrace
10. Staxigoe
11. Golspie
12. Bettyhill
13. Rosehall
14. Balnakeil
15. Kinlochbervie
16. Kyleakin
17. Kincardine
18. Newtonmore

Write to us at 1st Floor Academy House, 42 Academy Street, Inverness, IV1 1JT
Or Call us on 01463 712 791

Sent in by a reader ...

"Three good friends went for a swim.
The one who was fat wished she was thin.
The one who was curvy wished she was clever.
The one who was clever wished she swam better.
The really great swimmer wished she was witty.
The one who was witty wished she was pretty.
All three friends thought the other two were just fine.
If only they could let their own bright light shine.
So throw on your swimsuit if you're fat or you're thin.
Enjoy fun and friendship love the skin that you're in! "



Uhoh! If you're reading this sentence, it probably means you've come to the end of your "feet-up with a cuppa". Time to get on with your day & time for me to get this bumper edition printed and on its way to you.

Until next time, stay safe and well.

Bye for now!

Write to us at 1st Floor Academy House, 42 Academy Street, Inverness, IV1 1JT
Or Call us on 01463 712 791