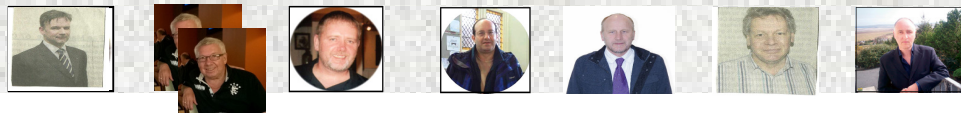




MANOR & CASTLE NEWSLETTER

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Manor & Castle Newsletter

Special points of interest:

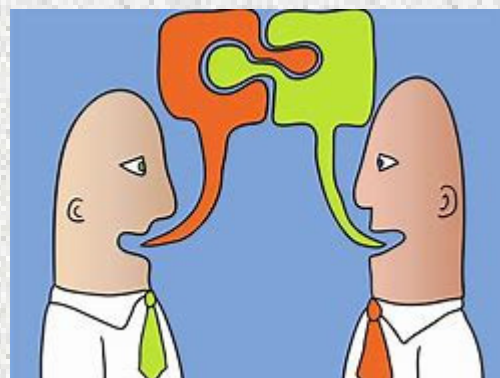
- Chairperson's Comments
- Councillor's Comment's

recipe

Chairman's Comments

Welcome to the November meeting and Newsletter. Welcome back to all after a very changeable start to winter which seems more like an Indian summer than winter weather. Winter has of course its dangers especially to the Young, old and infirm with several bugs doing the rounds just now, hopefully all our residents are unaffected and in good health.

It is that time of year again where we are starting to organize the various activities taking part over Christmas Including children's xmas, party, Santa run and Senior citizens dinner all these functions of course need funding which is helped massively by the annual bag packing in the Coop and I would ask again that everyone possible to volunteer for this task whether themselves or a younger member of the family as the more people available the less time individuals have to spend on their feet.



There is a meeting set up this month (community conversations) with members of the council and various groups throughout the Island primarily to discuss the redesign of various services that the council provide in a bid to save money after all the cuts from central government. If anyone has any points to bring up about the services the council provide (good or Bad) please let Gordon or myself know ASAP as the meeting is not far away.

Look forward to seeing you all at the meeting.

Inside this issue:

- Hebridean dance and Wellbeing **2**
- Obituary **3**
- Cooks Corner **4**

Councillor's forum

As the dark night are upon us , we look forward to quite a packed diary in terms of Santa / backpacking and Senior Citizens dinner. We hope that we can continue to support these events that are so important to our area.

As advertised in the newsletter, there are “Community Conversations” taking place throughout the Western Isles and these involve the Comhairle talking to communities regarding the future of services.

Our next set of Comhairle meetings are at the beginning of December where issues such as Stornoway Primary, Community Conversations and Assaye Place will be discussed and I will be able to update you with the results of these discussions.

Best wishes

Councillor Gordon Murray

Hebridean Dance and Wellbeing

We are introducing 2 chair based movement classes as part of our gentle movement programme at the studio subsidised by NHS Health Improvement fund. You can pay for 4 classes in advance (a great way to encourage people to come very week and to book your pace), or if we have space you can pay drop in rate at door. Please let us know in advance so we can have the correct amount of seating available.

These classes are aimed at those who are less mobile and feel more comfortable exercising in a seated position for any reason.

Mondays 3-3:30pm—Chair dance with Claire starts back 5th November. Using traditional Scottish music as well as tunes from around the world, old and new, Claire will call on her vast and varied dance experience to lead this gentle movement class. With a strong Scottish flavour this class will have you tapping your toes and smiling your way to movement . It is suitable for all abilities—just do what you can, move what you can and most importantly have fun.



Thursdays 10:30am—11am—Chair Yoga with Kirstie starts 1st November. Gentle seated stretches to increase mobility in the body, relaxation and breathing. Trying to create more mobility and strength in the body. All abilities welcome, do it at your own pace.

We do have wheelchair access but please let us know in advance and our instructor can

Potential after-school club for Manor kids

A group where young people have the opportunities to engage in different activities they may not get the opportunity to do with families etc.

We need parents feedback on a proposal so send an email to Sharon Reid CLD officer on Sharon.reid@cne-siar.gov.uk



Community Conversations Stornoway North ward Laxdale Primary School 27th November 7-9pm

“The Comhairle is committed to engaging with community group representatives and the Third Sector to investigate and consider how services could be redesigned to provide a more efficient delivery model through effective partnerships or service agreement”

Obituary—Sandra Finlayson , 22 Portrona Drive

The Association were saddened to hear of the recent passing of Sandra Finlayson nee Mair of 22 Portrona Drive.

Sandra was a stalwart of the Manor and Castle Residents Association until recent ill health prevented her from involvement. She was one who had the community at heart and was always keen to get involved in the backpacking , the Manor Trip and all the other events in the Association diary.

Our condolences to her son Neil and the rest of the family at this difficult time.

Sandra will be sorely missed.

COOKS CORNER

Frozen Fruity Yoghurt

Ingredients

- 1 ripe banana
- 400 g ripe seasonal fruit, such as mangos, plums, pears, blueberries
- runny honey , to taste
- 500 g natural yoghurt
- 150 g raspberries

Method

1. Discard any stalks from all the fruit, and peel, if necessary, then cut into bite-sized chunks.
2. Place the chopped fruit onto a tray in one even layer, then pop into the freezer for 2 hours, or until frozen.
3. If serving in glasses, rather than ice cream cones, place 6 small glasses in the freezer to get extra cold.
4. When you're ready to go, place the honey and yoghurt into a food processor and blitz to combine.
5. Add the frozen fruit to the processor, then blitz again until smooth.
6. Remove the glasses from the freezer (if using). Divide the raspberries between the glasses or ice cream cones, then spoon the frozen yoghurt over the top. Serve straight away – keep any leftovers in an airtight container and freeze for another day.



FRIDAY MUSIC

6-9PM

LEWIS RETIREMENT CENTRE