



October Newsletter

Hi there,

Hope you are having a great October so far. We just wanted to be in touch to keep you updated with our latest news at PHEW. There has been a lot happening and some great things to look forward to in the coming months.



TRIP TO LOCH LOMOND

Last month was a fun month at PHEW with our annual trip to Loch Lomond. Although it was a rainy week, it did not stop the group from having a great time. Here are some of the things they enjoyed: a boat trip around Loch Lomond, a trip to the Transport Museum, the Sea Life centre, Kelvingrove Museum and time spent shopping at Loch Lomond shores, eating fresh donuts and enjoying taking in the beautiful views (see photo).

BACK AT HOME

We have had another great month with all our regular activities at PHEW including our monthly visit from Bunny and Co, our weekly Music sessions with our Music Therapist and regular times in our relaxing Health and Wellbeing Zone with our Aromatherapist each week.

COFFEE MORNINGS

We are loving having our coffee mornings back up and running again! We had our first one in September there and the people that came along said that they loved it, 'it was so relaxed' and 'what an amazing spread of home baking'. 'It is just so good to have this time together'. There were raffle prizes and you could buy cakes to take home.

Dates of the next 2 coffee morning for your diaries:

Tuesday the 24th October 10am-12

Tuesday the 21st of November 10am-12

It costs £2 per person for tea/coffee and cake.



PHEW HALLOWEEN PARTY

Saturday 28th October

6.30-8.30pm

Come along for some spooky fun!

All are welcome



NEW Development Officer

In July of this year Jenny, our Health and Wellbeing Officer, changed her role and is now working as the PHEW Development Officer. Jenny still provides Aromatherapy sessions for the guests during their stay and for PHEW Carers and staff as well. Alongside this Jenny's role now is to help develop our service here at PHEW by listening to the views and ideas of our guests, carers and to connect in with our partner agencies in the local area.



2 ways you can help us:

1. Fill in our Carers' feedback forms. These are located at our Reception Area.
2. Come along and be part of a **PHEW Carers' Focus group** which Jenny is starting up. This next meeting will be on:

Thursday 9th November at 7pm at PHEW.

RSVP if you are able to come.

If you need to contact Jenny about any of the above, please call her on 01698 404051 or email jennydewar@pnewrespite.co.uk

PHEW Christmas Fayre

Saturday 2nd December

10am-2pm

£2 per person

Come along for a special festive time together.



We look forward to seeing you and your families over this next season.

With love and kindest regards, from all at PHEW ❤️

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PHEW (Scotland) is a registered charity (Charity No: SCO15276)