



# Mid-Lin Matters

Issue 30

March 2025



Welcome to the latest edition of the Mid-Lin Newsletter and greetings from the board.

**New build** - We thought you would like to be kept up to date regards our progress with our New build plans. As many of you know the current building serves us fine but needs updating on so many fronts that we decided to resurrect our pre 2020 plans. We are now very close to publishing what the building could look like inside and out.

Our estimated costs are somewhere around 2.2m so if you have a wee look down the back of your sofa you know where to send it. Joking aside this will not be easy but we have an incredible team headed by our Chair and we are determined to achieve our aims over the next 3 years.

We have consulted all our people on what they think we should have and what our service users deserve. We have also looked at what we can do for the community that surrounds us. Exciting times ahead and we promise to keep everyone up to date as we progress with this amazing project.

**Good governance** - The board, whilst the new build project gathers momentum and, alongside day-to-day duties, are working on good governance training. We believe that, to truly support our wonderful people, we need to get to grips with right up to date learning that supports everyone to ensure that we not only maintain high standards but we exceed them.

It's not only us though, the board are extremely pleased to see, under good leadership from Adrienne, that many of our staff are taking on new responsibilities and are progressing with their own continuing learning and development. This is vital to maintaining standards and aiming to be the best service in a demanding sector.

We, as a board, know that we are not perfect but we strive to support Adrienne and her brilliant team that, mainly unseen, go above and beyond day to day duties.

*Kevin Phillip*  
Vice Chair

And Easter Blessings From the  
Midlin Board



## Recruitment Volunteering (Reporter: Kelly Grant)

Recently Ive taken on this role to find out different ways we can recruit volunteers. Last week attended a volunteering meeting with the Maxwell Centre, along with Kevin and Heather from the board.

This was to give us some advice on how to recruit and if we need to change things from what we do currently. This will be really helpful going forward.

We have parents night at Rowantree primary school this week so I will be attending and speaking to family's. Whilst there I will be handing out our flyers and posters, just to give people more information on what we can do for volunteers. I will also highlight what they can achieve along with details of what roles are needed within Mid-Lin

Myself and Helen have recently freshened up the posters for volunteering and are gathering ideas, so hopefully, we will have by ths Friday coming, the final poster

We have contacted a lot of places – community centres and library's, doctors surgery's, other volunteering services and the local job centre ect, from which we have had good response back

Our volunteering applications are being revamped to improve how we recruit and retain information.

We have a lot of new roles that we would like to advertise on the DVVA website, so I will do individual applications for each role hoping by this coming Friday



We are changing the way we recruit our volunteers and making it better by introducing:

- An induction day
- More training
- Understanding our policies and procedures
- Having a mentor
- Having a volunteer of the month board- making sure they feel valued and part of the team

An update will be provided in a future newsletter.

# Fun facts and games

Did you know that Rowntree's produced their first Chocolate Easter Egg in 1904

Keeping your brain active is one of the best ways to support lifelong cognitive health and reduce the risk of dementia. Just like physical exercise strengthens the body, mental challenges—like puzzles, learning new skills, and social engagement—help keep the mind engaged and resilient.

**In recognition of Brain Health Awareness Month, test your knowledge with these fun trivia questions and discover ways to train your brain for a healthier future**

1. What woman is known as the patron saint of France in honour of her heroic efforts in defending her country?
2. Who was the first woman to win a Nobel Prize and the only one to ever win it twice?
3. Who was the longest reigning monarch in British history?
4. What woman was known for not giving up her seat on a bus and was honoured as “the first lady of civil rights?”
5. In 2014 at age 17, she won a Nobel Peace prize for advocating for the education of women and children in Pakistan.
6. This Lady of Soul was the first woman to be elected to the Rock and Roll Hall of Fame.
7. She was the first African American woman to be the First Lady of the United States.
8. She is known as the founder of modern nursing.

(The answers can be found on page 9 of this newsletter!)



**WISHING ALL  
OUR SERVICE  
USERS A VERY  
HAPPY EASTER**

# MID LIN WORDSEARCH

S B W K I S U N W M K W V  
Y E K Q H X A E S K O V P  
N A D A O B D N J I N A M  
G C L C T B W M D T U C O  
N H I P L Q N T H E F A R  
I I C E C R E A M A R T M  
W D R P O P S I C L E I C  
S W I M N I E J T A M O A  
B A O E T C G U L D M N M  
R T A N E N S M H A U T P  
I H C A E I O P S V S L I  
S A Y E U C P O O L N O N  
V R S E S S A L G N U S G

|                   |           |          |            |
|-------------------|-----------|----------|------------|
| <b>WORD BANK:</b> | HOT       | PLAY     | SUN        |
| BBQ               | ICE CREAM | POOL     | SUNGLASSES |
| BEACH             | JUMP      | POPSICLE | SWIM       |
| CAMPING           | KITE      | SAND     | SWING      |
| FUN               | PICNIC    | SUMMER   | VACATION   |

Find all the words above, which are hidden somewhere in the wordsearch grid.

Good Luck with your searching.

If you have any items for the newsletter or anything you would like to see us cover in it, then please let one of the team know. We will see what we can do.

## Fundraising Update (Reporter: Avril Murray)

Fundraising over Xmas and New Year was quite eventful and now as we ease into 2025 we have had:

- Valentine Raffle which raised £107
- Quiz Night which raised £458.

Our next fundraisers are

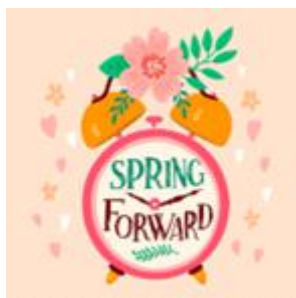
- Easter Raffle
- VE Day Variety Show 5<sup>th</sup> April
- Quiz Night 5<sup>th</sup> June.

Thanks to everyone at Mid-Lin and to Doc Ferrys for their support  
Make sure you have your tickets for the upcoming events.

## Botanical Gardens Trip



A couple of photos from our recent trip to the botanical gardens in Dundee. The gardens are beautiful all year round and well worth a visit,



We move into British Summer Time on 30<sup>th</sup> March when we put our clocks forward 1 hour. Whilst we welcome the better weather and lighter evenings, and know that Spring is here. The daffodils are in bloom and the lambs are being born.





# MIDLIN QUIZ NIGHT

Doc Ferrys Bar  
Broughty Ferry

Thu 5<sup>th</sup> June

7:30 PM FOR 8 PM

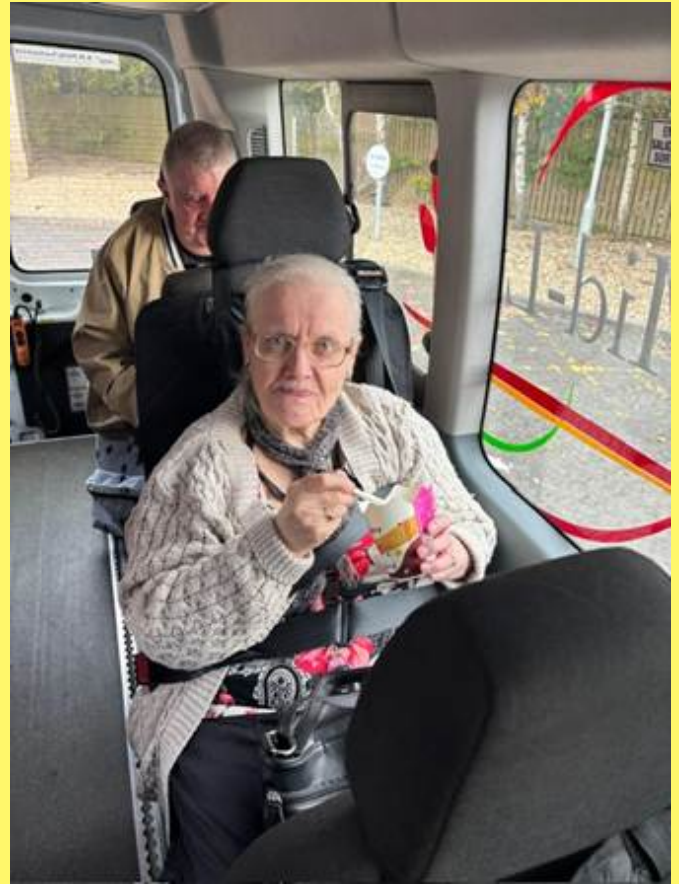
Teams of 4

£2.50/Person (£10/Team)



**Raffle on the Night**

# Day out (with Ice Cream)



Ice Cream - That treat that can be had at any time of the year, and in any weather.

There's not many people that don't like an ice cream (whether it be a cone, waver, tub or whatever). Who remembers the walls vanilla square blocks of ice cream that you could get or chocolate wafers or oysters then. Or a mister whippy ice cream with a real flake in it - the original 99.

Our service users are no different, and on a recent trip out they enjoyed an ice cream on the bus. Happiness and ice cream seem to go hand in hand. I wonder why?

**WISHING ALL OUR  
SERVICE USERS  
A HAPPY MOTHERS  
DAY ON 30 TH MARCH**



# April Events

|  |  |   |   |  |
|--|--|---|---|--|
| <p><b>Mon 31<sup>st</sup> march</b></p> <p>Tulip painting from TikTok</p> <p><b>Beetle Drive</b></p> <p><b>Pool darts</b></p> <p><b>Balloon Tennis</b></p>   | <p><b>Tues 1<sup>st</sup> April</b></p> <p>Monifieth Farm</p> <p>Weavers Mill</p>  | <p><b>Wed 2<sup>nd</sup> April</b></p> <p>Arts and crafts – paper bunnies</p> <p>Cards and dominos</p> <p>Morning quiz – all about spring</p> <p>Activity of choice</p> <p><b>Graham Leslie</b></p>   | <p><b>Thur 3<sup>rd</sup> April</b></p> <p><b>Easter Reminiscing</b></p> <p><b>Where did you roll your egg</b></p> <p><b>Hard boiled eggs – paint them</b></p> <p><b>Chair Exercise</b></p> <p>Paper plates coloured</p> <p>Paint</p> | <p><b>Fri 4<sup>th</sup> April</b></p> <p>Walks in the Garden</p> <p>Flower Arranging</p> <p>Hangman</p> <p>Guess the Sound</p> <p><b>Bingo</b></p>  |
| <p><b>Mon 7<sup>th</sup> April</b></p> <p>Decorating easter baskets</p> <p>Pamper day and prosecco for the ladies</p> <p>Chair yoga – on big screen</p> <p><b>Toni massage- 1.45-2.30</b></p> <p><b>Pie and pint for the gents</b></p> | <p><b>Tues 8<sup>th</sup> April</b></p> <p>Plant bulbs outside</p> <p><b>Scrapbook pictures from trips</b></p> <p><b>Hangman and word games</b></p> <p><b>Balloon Tennis</b></p>                                       | <p><b>Wed 9<sup>th</sup> April</b></p> <p><b>Arts and Crafts, Making Flower Pictures, best one wins a prize.</b></p> <p>Games afternoon</p> <p>Parachute</p> <p>Puzzles</p> <p>Activity of Choice</p> | <p><b>Thur 10<sup>th</sup> April</b></p> <p>Morning bingo</p> <p>Music quiz</p> <p>Reminiscing of spring</p> <p>Card games</p> <p><b>Paul O</b></p> <p>Jodie and AF to McManus pm</p>   | <p><b>Fri 11<sup>th</sup> April</b></p> <p>Kickball</p> <p>Baking corner – Krispie nests</p> <p><b>Dominoes</b></p> <p><b>Karaoke Sing Song</b></p>  |
| <p><b>Mon 14<sup>th</sup> April</b></p> <p>Easter domino comp</p> <p>Plant Pot Painting</p> <p>Easter Reminiscing</p> <p><b>Easter bingo</b></p>   | <p><b>Tues 15<sup>th</sup> April</b></p> <p><b>Easter baking - crispy cakes</b></p> <p>Charades</p> <p><b>Dominoes competition</b></p> <p>Little walk around the garden – weather permitting</p> <p>Church service</p> | <p><b>Wed 16<sup>th</sup> April</b></p> <p><b>Making easter bonnets Easter cards</b></p> <p>Hard boiled eggs – paint them</p> <p>Hoopla competition</p> <p>Balloon Tennis</p>                         | <p><b>Thur 17<sup>th</sup> April</b></p> <p><b>Easter egg hunt</b></p> <p>Easter Puzzles</p> <p>Manicures and Hair Corner</p> <p>Activity of choice</p>   | <p><b>Fri 18<sup>th</sup> April</b></p> <p>crosswords and puzzles</p> <p>reading corner</p> <p>board games</p> <p>arts and crafts</p> <p>Easter egg painting</p> <p><b>Lynn</b></p>            |
| <p><b>Mon 21<sup>st</sup> April</b></p> <p>Chair yoga</p> <p>Walkaround the hall</p> <p>Scrapbook pictures from trips</p> <p><b>Sock animals</b></p>   | <p><b>Tues 22<sup>nd</sup> April</b></p> <p>Reminiscing on Mother's Day.</p> <p>Card Games</p> <p>Bowls or Skittles</p> <p><b>Bingo</b></p> <p>Activity of choice</p>  | <p><b>Wed 23<sup>rd</sup> April</b></p> <p>Morning team music quiz</p> <p>Clay modelling</p> <p><b>Pool and darts – small hall</b></p> <p><b>Crochet and knitting</b></p>                             | <p><b>Thur 24<sup>th</sup> April</b></p> <p><b>DAY OUT</b></p>  | <p><b>Fri 25<sup>th</sup> April</b></p> <p><b>Football Afternoon</b></p> <p><b>Pamper and reminiscing afternoon</b></p> <p>Guess the lyric</p> <p>Chair Exercise</p> <p>Activity of choice</p> |



# Team updates

- 6 members of the team have undertaken Dementia and Mental health training within March.
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- The team took part in their annual first aid update.
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- Moving and handling updates continue to take place
- 
- Fire training is being carried out with the support of a fireman.

We have welcomed Michael, Skye, Aidan, Catherine and Jamie to our team.

## Here is the “fun stuff”

- Tuesday 1<sup>st</sup> April – We are all going out for Lunch
- Monday 7<sup>th</sup> April – We have a pamper day for our lovely ladies, with a pie and non alcoholic pint for our amazing gents
- Wednesday 16<sup>th</sup> April – Easter bonnet competition and parade (Best hat and Model wins a prize)
- Thursday 24<sup>th</sup> April – We are going out for lunch and a country drive.
- Friday 11<sup>th</sup> April – Karaoke afternoon (Mid-Lin’s got talent )

### Train Your Brain Answers:

1. Joan of Arc;
2. Marie Curie;
3. Queen Elizabeth II;
4. Rosa Parks;
5. Malala;
6. Aretha Franklin;
7. Michelle Obama;
8. Florence Nightingale

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**Charity No. SC034269**



Leaf by leaf,  
the spring arrives,  
Bloom by bloom  
the world grows bright  
As day by day,  
love fills the world  
With simple joys  
and heart's  
delight.