



# Mid-Lin Matters

Issue 31

December 2025



Hello everyone it has been a while since we gave you an update on how things are going and of course hoping to find you all well.

The AGM was held on Thursday last week 4<sup>th</sup> December and the board are intact, thank goodness, and it is business as usual. It is difficult to recruit volunteers and that is what the board are - all unpaid volunteers.

We are currently looking for a board secretary and if you know anyone who might be interested please make contact with the office. That also applies to anyone who has a morning or afternoon who could help out in the centre or our charity shop in the Wellgate on a Saturday afternoon 1-4 pm

News from the board of trustees. Community Asset Transfer is coming to an conclusion at long last and we should hear by the beginning of January 2026 if we have the keys to the front door here in Pitkerro Drive.

It has been a long hard battle and we cannot thank our voluntary project manager Bill Fairweather enough for sticking to the task of seeing us through the process. He deserves a medal.

However we are only half way there with nearly two million pound to find to demolish the old and build the new, making provision for committee space as well as the centre.

We have been busy meeting with MSP's, MP's and local government leaders here in Dundee. So lots of work still to do but we will keep you abreast of all that is happening .

If there is anything you wish to be raised at Midlin please approach Adrienne, our manager on 01382 506451 and I am sure she will be able to deal with any issues you may have.

A merry Christmas and Prosperous New Year to you all



Joyce McIntosh  
Chair of the Board

# STAFF PROFILE (1)

My name is Kelly Grant and I've been really interested in finding different types of training in the care sector to get a better understanding so I have joined turas training with the NHS , this site is very useful for all health care workers .

I have recently went back and found a course on living with dementia as we work with Individual's every day in the centre who lives with this illness it was a more detailed course i have gained better knowledge and understanding doing this course

Hearing impairment training course on Turas is also really good course to get a better understanding of how we can all support our individuals that attend our day centre who has a sensory need the course gives us more knowledge and how we can do better

I have also been looking and found another learning site called care-learning. At the moment I'm in the middle of doing a course on person-centred approach and planning.

This will give me more understanding of our individuals when doing care plans and to keep providing high quality care and support to everyone.

It is based on the 6Cs, which are:

- Care
- Compassion
- Competence
- Communication
- Courage
- Commitment



## Winter Wellness Tips

- Keep cosy with layers and a warm drink.
- Stay active indoors — gentle stretches or chair exercises can lift your mood.
- Call a friend or family member for a cheerful chat.

# STAFF PROFILE (2)

## OUTREACH



**M**y name is Avril Murray I began working with Mid-Lin in an outreach support worker position which I enjoyed very much.

The role of the outreach worker is to engage with the person using the service, as to what they would like to do with the time we had together.

Quite often we would go shopping or a walk in the park, play board games do jigsaws or visit the V&A, McManus Galleries or places which interested them. Lunch and coffee's were always favourites.

The people using the service and their carers appreciated the value of the service as it gave them time to themselves as carers as well as combating social isolation for those who live alone.

It is not everyone that has the desire to attend day care so outreach is a wonderful option.

# STAFF PROFILE (3)

## SUPPORT WORKER



**M**y name is Robyn Wilcox and I am a new support worker in Mid-Lin in a position which I enjoy very much. My background was working in a Residential Care Home in charge of all the night shift staff.

I felt I needed a change and a new challenge and that is when I spotted the advert for Mid-Lin Day Care support worker.

I bring my skills over the years in learning with me and will do my very best to add creativity and leadership to all volunteers working alongside me to give them the benefit of all my experience in the care sector.

# MID LIN WORDSEARCH

## MERRY CHRISTMAS

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

BOW	FAMILY	NORTH POLE	SNOW
CANDY CANE	GIVING	PRESENTS	STAR
CAROLS	JINGLE	REINDEER	STOCKINGS
CHRISTMAS	JOY	SANTA	TREES
ELF	LIGHTS	SLEIGH	

# WE HAVE A WINNER (or TWO)

The Mid-Lin Annual Raffle was drawn on Mon 8 December at 2pm by Ruby Watt.

Congratulations to the winners who are detailed below.

1. 50" Television	Helen Watson
2. Car Service	Maureen Robertson
3. Car MOT	S Barclay
4. Food Hamper	Mike McArthur
5. £50 Voucher	Ken McRonald
6. Pico Double Blanket	H. Downie
7. Moet Champagne	Alan Spalding
8. Electric Blanket	J McGregor
9. Electric Blanket	Corrie
10. Electric Blanket	Margaret Stewart
11. Bottle Jura Whisky	Duncan Cooper

Thank you for supporting Mid-Lin with your ticket purchases. The raffle made over £1000 for our funds.



# Easy Scottish Lentil Soup Recipe

Easy Scottish lentil soup is the authentic and classic healthy red lentil soup from Scotland. This simple soup is filling, comforting and perfect for cold weather days!



Prep Time 20 minutes mins



Cook Time 1 hour hr 30 minutes mins

Total Time 1 hour hr 50 minutes mins

## Ingredients

- 250 g red split lentils rinsed and drained
- 2.0 L Water
- Ham bone or 2 ham stock cubes
- 2 medium sized carrots peeled and diced
- 1 small turnip (swede) peeled and diced
- 2 medium onions diced
- 2 medium potatoes peeled and diced
- Salt and freshly ground pepper



## Instructions

1. Place the lentils, water and ham bone into a large saucepan. Or, if using ham stock cubes make up stock with the cubes and 2L boiling water and add to large saucepan.
2. Allow to simmer for 1 hour. Skim the surface of the water to remove the layer of froth if using ham bone. Remove the ham bone.
3. Add all the diced vegetables and allow to simmer for a further 30 minutes until tender.
4. Season to taste & serve



## STAFF PROFILE (4)



Friday 14<sup>th</sup> November 2025, saw our Friday group out for lunch to Kingsway Farm, organised by Jodie Williamson.

The group thoroughly enjoyed the selection of food that was offered from, Soup, cheesy garlic bread to fish and chips.

This was then followed by a bus drive and a stop for ice cream; we even had karaoke on the bus journey home.

Everyone went home with full tummy's and full of smiles 😊



## DAYS OUT WITH MID-LIN



## CHRISTMAS NIGHT LIGHT SWITCH ON

Fri 5<sup>th</sup> Dec, saw us officially switch on our festive light display and invite members of the local community to bring their kids along to see Santa and to take part in some games.

We also had musical entertainment for the adults, and Pauline laid on Burgers and Hot Dogs, along with other tasty morsels for all to enjoy.

On the following page are a few photos taken on the night.

It was great to see such a good turn out on Fri. The weather did deteriorate later in the evening for people going home, but it didn't dampen the enjoyment that people got on the night.

Well - It will soon be Christmas.....





Merry Christmas and a Happy New Year



From all at Mid-Lin Day Care

**HAVE A MERRY  
CHRISTMAS**

**&**

**A HAPPY  
NEW YEAR**



**SEE YOU ALL IN 2026**

# Centre open dates for Christmas and new year.

We will be open on:

**Monday 22<sup>nd</sup> December**  
**Tuesday 23<sup>rd</sup> December,**  
**Wednesday 24<sup>th</sup> December,**  
**Monday 29<sup>th</sup> December**  
**Tuesday 30<sup>th</sup> December.**

Service will re-open as normal on:

**Monday 5<sup>th</sup> January 2026**



## ✨ A Message from Us to You ✨



**As the year draws to a close, we want to thank you for being part of our wonderful community. This Christmas, may your days be filled with laughter, your nights with peace, and your heart with love.**

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.

## Contact :: Mid-Lin Day Care



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**Charity No. SC034269**