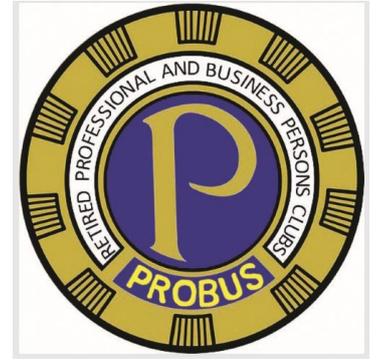


Autumn 2021

Lochaber Probus Club



Volume 2, Issue 1

Lochaber Probus Club resumes



**Our club now meets at An Clachan in the
Rural Education Centre at Torlundy, Fort William**

Clare Reynolds–17th September 2021

Clare Reynolds gave an extremely interesting and informative talk on her twenty-five years of work as a music therapist. She told us that music involves the whole brain and discussed the concept of each human being an innate musical being. Music therapy can have great uses for both the young and the elderly with particular effect in people with memory loss.

The chairman thanked Clare and presented her with a Probus mug.



Programme for 2022

Thursday 6th January 2022 – Planning meeting

Thursday 20th January – Lorna Steele of Lochaber Archive.

Thursday 3rd February – Carrie Hallam of Prostate Scotland.

Thursday 17th February – Hannah Newton of Lochaber Hope

Thursday 3rd March –

Thursday 17th March – St. Patrick's Day – Irish theme?

Thursday 7th April – (During the school holidays – maybe no meeting?)

Thursday 21st April –

Thursday 5th May – (School in service day – could affect some grandparents who childmind)

Thursday 19th May –

Thursday 2nd June – The Queen's Jubilee Holiday – Royal Theme?

Thursday 16th June – Annual General Meeting. End of session lunch at the Alex?

Thursday 1st September – First meeting of 2022 / 23 session

Young at Heart—4th November 2021



(Above— picture taken at the inaugural meeting)

Joan Kennedy, the Chair, and Gavin Reid the Secretary, of Lochaber Young at Heart walking club, gave a most interesting and informative talk on the history and aims of the club.

The club was formed in Summer 1994 by the late John Hogg. His daughter, Sheena Wynne, is now the club's treasurer. There are over fifty members drawn from all over Lochaber including Duror and Spean Bridge.

There is only one requirement for membership – that you are aged over fifty. During walks, the club splits into groups of various strengths and abilities. The 'slow' walkers often go in search of the nearest café but the 'fast walkers' can complete

three or four miles. There are a variety of walks including Glencoe, Invergarry, Kinlochleven and many more.

The group is picked up by bus at Banavie car park at 10.00 am each Wednesday returning around 1.00 pm. The cost is £7.00 per day.

In addition to the weekly walks, for some years the club has had a week long holiday in May. This year the club went to Harrogate, but other locations have been the Lake District, Kelso, Arran and Perth.

The chairman thanked them both and presented each with a Probus mug.



Left—a New Year's Day walk date unknown.

Jo Cowan—18th November 2021



Jo Cowan gave an excellent presentation of her work with Age Scotland to the meeting of Lochaber Probus Club on 18th November 2021.

Jo moved to Lochaber in 1985 initially working as manager of the Citizens Advice Bureau in Fort William. In 1996 she changed to become the Community Development Officer for Age Scotland. At the moment, she has responsibility

for the west seaboard of Argyll & Bute, and Lochaber, Badenoch & Strathspey, Skye & Lochalsh areas in Highland.

Age Scotland works to improve wellbeing in the over fifties in Scotland so that all can love their later life. Their activities include: supporting member groups of, for, and benefitting, older people; providing a helpline offering information, friendship and advice (0800 12 44 222); supporting older veterans; offering training and support for people living with dementia, their carers and family; and raising older people's issues with the government and the press.

She outlined the various resources that are available for support and forwarded internet links to help members access these.

Loneliness is one of the major issues facing older people which has been exacerbated by the necessity for isolation during the covid crisis. She talked about ways that loneliness can be helped. As we emerge from this epidemic, society is moving on to a 'next normal'.

Jo concluded by stating that she loved her job and her enthusiasm was clear for all to see. Jo also works 3 days a week for Highland Senior Citizens Network.

The chairman thanked her for an inspirational talk and presented her with a Probus mug.

H o n o r a r y membership of the club was conferred in recognition for her work with older people over many years.



About Probus

Probus Clubs are associations of retired and semi-retired professional and business people which exist to provide regular opportunities for members to meet others in similar circumstances, with similar levels of interest, make new friends, and maintain and expand their interests. It is not a fund-raising organisation.

Where and when do we meet?

At Lochaber Rural Centre, Torlundy Fort William, on the first and third Thursdays of each month. We meet at 11.30 am for coffee and chat followed by that day's speaker at 12.00 noon. Lunch follows the speaker ending at 2.00 pm approx.

How to contact us

Contact can be made through our Facebook page "Lochaber Probus Club" or by letter and email to the

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