

# HD CD NEWS



autumn 2008

## KIND DONATIONS

On behalf of all the HD CD committee, we would like to say a very big **Thank You** to the Scottish and Southern Energy Health and Safety Team who are based in Inverness, for their wonderful, generous donation of £250 to the HD CD group.

Many thanks also to Vince and Gail Shiach who kindly recommended HD CD to them.

**Keep up the good work guys!**

Also a big **Thank You** to The Inverness Singers. They staged a concert at Culloden Academy, and the money collected was given to HD CD as their chosen Charity. Again a wonderful amount of £250 was raised. Thank you all very much.

Arlene's daughter Sophie and Arlene went along to see the concert, and they had a lovely night. They would recommend going along and hearing this wonderful

Choir at their next concert which is on 3<sup>rd</sup> December at 7.30pm at the Crown Church.

Thanks again for the kind donations.

HD CD relies on fundraising & donations to help the group keep going, as we do not receive funding on a regular basis.

HD CD is an independent charity.

## NEW PACKS

In an earlier Newsletter, we spoke about a 'Pack' that HD CD was putting together along with Highland Council and NHS Highland. These Packs have now gone out to all schools in the Highland Area. The Packs have also been put forward for a COSLA Award, and we will know on the 6<sup>th</sup> November if our nomination is successful or not. If we have been nominated, it will be March 2009 before we hear any news of the Award winners. The Packs have also been put forward on The Highland Council Quality Awards 2008, so we are keeping our toes and fingers crossed that we will be lucky to be nominated.

We feel it is always good publicity to raise awareness of DCD and the work of the HD CD group.

**Pictured here is Arlene receiving the cheque from the Scottish and Southern Energy Health and Safety Team**



## LANDMARK DAY OUT

A group of families and children from the **HDCD** group met up on September 20<sup>th</sup> for a day out at Landmark Visitor Centre in Carrbridge. They all had a wonderful day out and the weather actually stayed dry for them.

It was so good to see how well all of the children have come on over that past year, and not being afraid to try the Sky Dive and the Ropes Course.

The following day some of them met up at Fairburn Activity Centre for the afternoon, and again great fun was had by everyone.

If you have anything you would like to share with other readers of our Newsletter, please contact Arlene – the contact details are at the bottom of this page.

The Editor really needs some more stories, or pieces of information to use in the ongoing Newsletters!

Thanks Very Much!

## DATES FOR YOUR DIARY

- 👉 November 22<sup>nd</sup> at 2pm Sharp, there are 6 lanes booked for 1 game of Rollerball. This activity will allow up to 30 children to participate.
- 👉 March 22<sup>nd</sup> 2009 - Trampolining - More details nearer the time.
- 👉 December – No Activities in December

## FAB CONFERENCE

On 26<sup>th</sup> September, Arlene attended a **FAB** Research Conference in Nairn. **FAB** stands for **Food And Behaviour**, a charity that was founded by Dr Alex Richardson. Dr Richardson is one of the world's leading experts on the role of fatty acids in behaviour, learning and mood. Dr Richardson carried out the first controlled treatment trials of Omega 3 in Developmental Disorders. Dr Richardson reminded Arlene of how important a healthy sensible diet is for our children and '**they are what we feed them**', which is the title of Dr Richardson's book.

Dr Paul Claydon also spoke at the conference, and his presentation was called '**What can we learn for the Victorians?**' - and the answer is plenty!

Sadly as we know how often unnecessarily, Heart Disease, Stroke, Cancers, Diabetes and Alzheimer's will rob most people of their health - and therefore a full quality of life years before their time. Yet evidence from healthy centenarians and from certain populations show that the risk of each of these diseases can be cut automatically through simple nutritional means, thus offering not just a long life, but a **longer life with a better quality of life.**

### Mid Victorian Diet

Tobacco  
Spirits  
10 portions Fresh fruit and veg  
Home cooking, eating fish

### How Victorians Worked

10hrs daily/6 days weekly  
  
Walking to and from work  
  
Manual hard work  
60-70 hrs physical activity per week. All undertaken outside like walking, cycling, children having freedom to go out and play and to use their imaginations for play.

### Today's Diet

Tobacco  
Spirits, stronger beers  
5 portions fruit/veg at a push  
Processed foods, salty food, BBQ food

### How we work Today

8hrs daily/5 day/ weekly  
Cars to work Not a lot of walking  
Less manual work  
Physical activities less and they include electronic games, Computers and Play Stations.

We can see a huge difference in our lifestyles over the past 100 years. It also brought home that there were **NO** disorders like **Developmental Co-ordination Disorder/ Dyspraxia, Dyslexia, ADHD or Autism.** It may be worthwhile looking at your child's diet to see if there is anything that could be changed that might help them.



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