

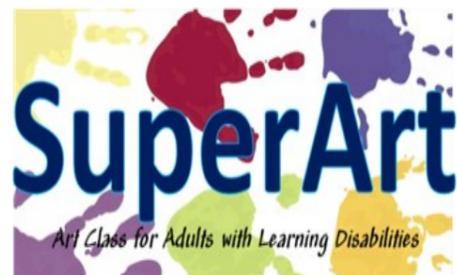
# Rainbow Singers

Neil: I like being the leader when we march and I play the big drum (bodhran)

Katie likes the parachute time

Margaret likes helping her friends in wheelchairs

## Adults with Learning Disabilities



## Falcon Club

This is a leisure club which meets on Thursday evenings and provides a range of activities for the members such as:

- Drumming
- Art
- Drama
- Baking

Volunteers are welcome to come along and support the members, also to bring any ideas and skills they have too!



# Merkinch Community Centre



*The Centre which provides what people want*

Merkinch Community Centre is a thriving place where people come for quite a wide variety of reasons. Many say "It is such a welcoming and warm environment" as soon as you walk through the front door.

Over the years, we have carefully listened to what people want, then sought to provide it and meet the requests of all our customers.

Every day there is something on offer for all ages and stages.

Some people visit the centre three times per week and love meeting others, while doing meaningful activities.

### Changing with the Times

The Centre was built back in 1976 and has seen many changes over the past 38 years, but still stands proudly in the heart of Merkinch and looking good!

This mural shows the wide range of people and activities which happen every week throughout the year.



\*

**FUN**

**AND**

**FRIENDSHIP**

\*

**At Merkinch  
Community  
Centre**

Each year, the centre boasts of over 44,000 visits per year which covers all kinds of classes, activities, celebrations and conference events.

A large team of volunteers help to make all of this possible, giving their time in a variety of ways bringing their skills to the Centre.

These three key ingredients which enable people to keep coming back and back for more!

**44,000**

*visits per year*

**2015**

Providing services for all ages and stages of people

- > Young Parents with babies and toddlers
- > Children and Teens
- > Adult Learning
- > Older People
- > People with Learning Disabilities
- > Meeting Place for community groups
- > Conference Centre
- > Mini Bus hire
- > Functions

### Inside this issue:

Community Singing	2
Volunteering	3
Children	4
Theatre	5
Adults with Learning Disability	6
Centre Groups	7
Staff and Management	8

Make you feel ten years younger!  
Graham

Great fellowship  
Music and laughter  
Better than medicine  
Jackie and Letitia

Enjoy the company and  
look forward to Tuesday  
Margaret

SFP spin off produces a new community theatre after successful community concerts

Sing

“He who sings frightens away his ills”  
Gervantes

### Singing for Pleasure



Singing for Pleasure began in May 2002 when one lady came into the Centre and

asked for a singing group. Since that day it has grown from strength to strength and has had

an ongoing waiting list for several years. They even boast of appearing on national TV.

### Spin offs from Singing

As a result of the successful concerts, £122K funding was secured to install a stage, bleacher seating, lighting and sound. The theatre is well used with many ‘home grown shows’ celebrations, and conference events using the equipment on a regular basis. **This is money very well spent!**



### Singing goes across the city and beyond

Singing for Pleasure has had a major effect on the overall work of the centre and beyond.

The group often participate in other events and promotes the Centre across the city. They perform at a home grown concert each year which has sold

in excess of 600 tickets for the show. This has brought people from near and far across the city to Merkinch Community Centre

They also visit many Nursing Homes and Older people’s groups to entertain and encourage others to sing along as

well, promoting health and well being to others.

Singing for Pleasure won a National Award with Age Scotland as being the **Best Member Group of the Year in 2014**

“Older people entertaining older people”



Our theatre facility has been a wonderful addition to all we provide in the Centre. The facilities were installed in June 2007 and have been used on a weekly basis since then.

We use the equipment a few times per week for our Centre groups and also host our own home grown shows.

Many other Community groups and Organisations hire it for a wide range of Training, Conference, Ceilidhs, Award Ceremonies, Fashion Shows and Celebrations throughout the year.

The space is very flexible and can be set up to requirements.

\* Packed out audiences in our theatre at all kinds of events \*

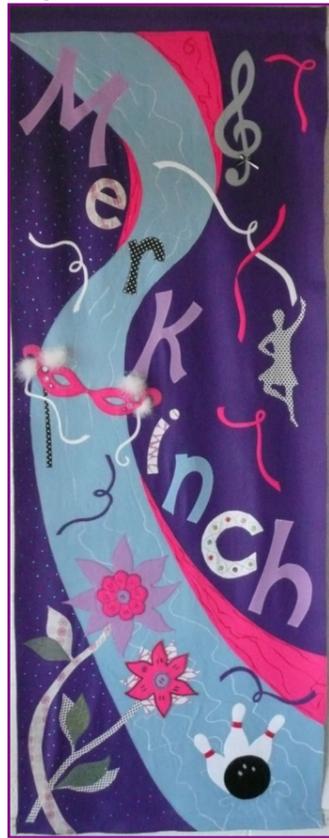


Our own pipe band



Old and Young involved in our Community Mosaic Project

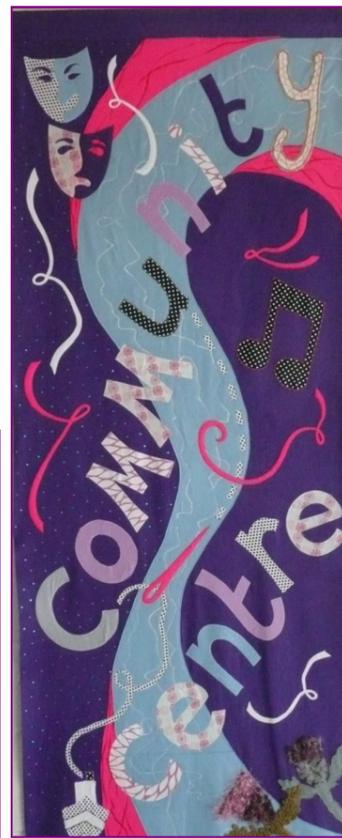




These are our banners which are proudly hung in the entrance foyer, welcoming people as they arrive. The bright colours demonstrate our vibrancy and the various images show our diversity of activities.

Providing opportunities for intergenerational work is really important to us and these banners were made by local people of all different ages, where each had a contribution to make them and subsequently they are hung proudly in a public area where people can feel a sense of ownership.

We appreciate all ages and stages of people and welcome them into the Merkinch Community Centre.



*Merkinch Primary School Choir singing for the Lunch Club*



Nicki - Step n Style Tutor produces



Karate, Youth Clubs and Highland Dancing for Kids



### Centre Groups

#### Tai Chi

Monday 12.00

One lady cured her long term back pain through attending the class

#### Knitting for Charity

Raised £4,000 for a local charity Carr Gomm  
Monday morning

#### POP CHOIR

Drumming & Guitar  
Children's classes after school on Monday

#### DRAMA

for Adults  
Monday afternoon

#### Golden Gadgets

Young people teach adults how to use their laptops and phones  
Wednesday afternoon

#### Youth Clubs

Juniors and Seniors  
Monday evenings

#### Hobbies/Crafts

Bring your own crafts and learn tips from each other.  
Thursday mornings

#### Learn Computer and Internet

for Beginners

#### Tap Dancing

Monday Mornings  
Great Fun!!!

#### Archery

Enjoy the 'craic' and a relaxed session  
Friday morning

#### Lunch Club

Friendship Club with lunch and entertainment  
Wednesdays

#### Flower Arranging, Sewing & Digital Photography

Taking names for these groups



Ashley Moore transforms the Lomond Room into a Massage Therapy Room—real luxury!!



Tuesdays



Health Checks  
Wednesdays

## Community Centre Staff

The Staff of the Centre are all employed or contracted in different ways. Highlife Highland provide the basic foundation of staff in the Centre which is overseen by Wendy Jack, who co-ordinates three Community Centres in the City.

**Iain MacLennan** - Caretaker  
**Anna Kula** - Part time Steward  
**Lyndsey Bannon** - Clerical Receptionist  
**Janet** - Cleaner, Highland Contract Services

The Directors of the Charity also contract with Staff to provide various services:

**Elsie Normington**  
 Development Officer

**Karen Halkett**  
 Lunch Club Co-ordinator

**Donna Hall**  
 FALCON Leader  
 Freelance Tutors  
 for various classes



# Merkinch Community Centre

Coronation Park

Inverness

IV3 8AD

Tel: 01463 239563

## Directors of the Charity

The Charity has three Directors who are responsible for the governance of charity and day to day running of the business



Anne McCreddie  
 Director



Dell McClurg  
 Director



Irene Pearson  
 Director

## And more Volunteers.....

Throughout the year we hold many different events and require a range of volunteers for various tasks.

There are six Volunteers who help with our Friendship Club which is a lunch club for the elderly.

We have another bank of people who we can call on for stewarding at our special events, such as Talent Shows and Community Concerts. They help with

stewarding at the event, selling ice cream, serving teas, selling raffles and moving tables and chairs. (Also hoovering and brushing up at the end of the night!)

Other Volunteers help out at our various groups of adults who have learning disabilities and we are always looking for folks who can bring their talents to these groups. If you are interested to help, we would love to hear from you. Pop in or phone!

**Volunteers say:**

*It's FUN*

*Find new Friends*

*Learn new skills*

*Gives me a social life*

*Makes me feel needed*

*Provides me with something meaningful to do with my time*

*I give something back*

# Where people matter!



Scottish Charity SC 000706  
 Company Limited by Guarantee 103787  
[www.merkinchcommunitycentre.org.uk](http://www.merkinchcommunitycentre.org.uk)

## Volunteering at Lunch Club

The Centre boasts of over 36 volunteers associated with the work and life of the operational services.

People with a variety of skills are required to help and we could not deliver our services at this level without their valuable input.

*Thanks for all that they bring to MCC!*



It's a long day - but it's worth it! **Brian Moran**

I've been volunteering at the Friendship Club for over 2 years. I pick up all the members in the minibus. I have two runs to do around the whole area of Merkinch and Volunteers Jane or Mary comes along as Escort which is a big help.

We have our lunch together, and then a bit of entertainment then I take them home again.

## Volunteering at MCC



**Merkinch Community Centre Mini Bus which is used by 40 community groups in Inverness and is out on the road most days or the week. Thanks to the Highland Cross who donated our bus**

## Hospitality Volunteering

Funding was secured in 2007 to install a theatre facility in the Centre and this has opened the door to many more activities for local people and for social enterprise.

Our Centre is regularly used for Training Events and Conferences, providing hospitality as part of the package.

Thanks to Ingrid and Cath (and others) who help with all these occasions and provide first class taste and presentation which keeps our customers coming back and back!!

They also help out at functions, parties and dinners—we really know how to enjoy ourselves!!



## Superart Volunteering



The Centre is very active in promoting inclusion and we provide four groups per week for adults who have learning disabilities.

I have been volunteering since Feb 2013 and whilst getting to know the members we have taken a creative journey from painting with hands to create a

rainbow, through to felted soaps for Christmas presents. Each week we encourage everyone to participate as much or as little as they can, depending on their abilities, the sense of family and fun is evident in the laughter and singing that comes from the room.

**Anna Williams**

