

The Staff of Merkinch Community Centre are employed or contracted in various ways.

Highlife Highland provide a small staff team to support the work of the Centre and a Facilities Manager oversees the staff.

Ian MacLennan - Caretaker  
Karen Halkett - Clerical Receptionist

Highland Contract Services - Cleaning

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

◆ **Elsie Normington**  
Development Officer



◆ **Karen Halkett**  
Lunch Club  
Co-ordinator &  
Superart Tutor



◆ Several Freelance  
Tutors for classes

## Merkinch Community Centre

Coronation Park

Inverness

IV3 8AD

Tel: 01463 239563

[www.merkinchcommunitycentre.co.uk](http://www.merkinchcommunitycentre.co.uk)



## Merkinch Community Centre

The Merkinch Community Centre opened its doors 40 years ago and has been providing a very valuable service to the community over these decades. Society changes and evolves down through the years but the principle has remained the same; we give a warm welcome to all people from all backgrounds and seek to provide the services and resources which are asked for by the people.

The centre has seen many changes in the physical environment and also in the groups and classes, however we are proud to say that over 62,000 visits are recorded during the year - that's a lot of people!

Grateful thanks to the various funders who have supported our centre.

Also a big thank you to the Trustees who govern our charity.

***Merkinch Community Centre is the 'place to be'***



*Where  
people  
matter!*



Scottish Charity SCIO 000706  
[www.merkinchcommunitycentre.org.uk](http://www.merkinchcommunitycentre.org.uk)



# Merkinch Community Centre Newsletter



## New Centre Developments

The Centre is an old building (built in 1978) but we seek to keep it as modern as possible, so we decided to upgrade the Corbett Room. This room used to be known as the 'Disco Room' away back in the 1980s but things change and evolve over the years. The room is well used for various community group events and is also in high demand as a training room.

We purchased some classy leather chairs and painted the old brown wood in a nice bright cream colour and installed new window blinds. Local Photographer Alison Whyte took some lovely local photos for us and we now have them proudly framed showing our local heritage and scenery.

People really appreciate a nice environment and a community centre should be just that - warm, friendly and comfortable. Keeping things up to date gives a nice contemporary feel but is also very welcoming too!

We also purchased new chairs for the theatre and donated the old chairs to other charities. Thanks to the Common Good Fund, Inverness Christian Fellowship and also an individual donation which helped to make this large purchase possible.

***Thanks to everyone who contributes to our centre in so many ways!***



Feb 2019

Providing services for all ages and stages of people

- > Children
- > Adult Learning
- > Older People
- > People with Learning Disabilities
- > Other vulnerable adults
- > Meeting Place for community groups
- > Conference Centre
- > Mini Bus hire
- > Functions

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## Knitting for Charity

Merkinch Community Centre started a 'Knitting for Charity' group as part of the 'Golden Times' project in 2013. People wanted to knit and natter, but also do something useful for the community. Carr Gomm charity has a shop in the Victorian Market and said they would sell baby clothes if the knitters would like to knit the garments. Lots of wool is donated (although the knitters themselves buy wool too.....) and they get together every Monday morning to knit and show off their latest creations.

To date they have raised **£10,047** for the charity and pictured below receiving an award certificate for all their efforts. The knitting group have also knitted for Special Care Baby Unit and also 'Rescue Teddies' for Police.

*If you are interested, you would be most welcome to join in with the group*

**Monday 10-12  
Merkinch Community Centre**



The organisation [Knit for Peace](#) carried out a widespread literature review looking at the health benefits of the traditional craft after receiving testimonials from their 15,000 volunteers about how the hobby had improved their lives. They discovered that knitting is as relaxing as yoga, distracts from chronic pain, such as arthritis, boosts wellbeing, brings down blood pressure and keeps the mind sharp.

*It also reduces loneliness and isolation and allows people to feel as if they are still useful to society.*



## Monday

- 10-12.30 Art Society - membership group
- 10-12 Knitting for Charity
- 10-11 Ballet for adults
- 11-12 Tap Dancing for adults
- 12-1pm Tai Chi for adults
- 12.30-2pm Drama Group for adults
- 3-5.30pm After School Club
- 6.30-8.30 Highland Dancing

## Tuesday

- 10.30-12 Rainbow Singers for adults with LD
- 12.45-1.45 Superart for adults with LD
- 3.30-5pm Step n Style dance class - children
- 3-5.30 After School Club - children
- 7-9pm Singing for Pleasure
- 7-9pm Inverness Christian Fellowship

## Wednesday

- 10-12 Art Society - membership group
- 12-2pm Lunch Club
- 3-5.30 After School Club
- 6-7.30pm Karate
- 7.30-8.30 Highland Dancing
- 7.30-9.30 Pipe Band
- 7-9pm Art Society - membership group

## Thursday

- 10.30-12.30 Social Circle - Hobbies and Digital Gadgets
- 3-5.30 After School Club
- 4-7pm Highland Dancing
- 6-7 Pop Choir
- 7-9pm FALCON Club for adults with LD

## Friday

- 10-12 Archery
- 3-5.30 After School Club

## Saturday

Opened by special arrangement

## Sunday 10.30-1.30

Inverness Christian Fellowship

*Something for Everyone at MCC*



*If you have an idea for a new activity please come and speak to us*

*Rooms of varying sizes are available for hire*

# Social Groups

## Social Circle

Sharing Activities and Learning



Hobbies - Laptops - Tablets - Gadgets - Board Games - Friendship - Learning - Tea - Coffee - Fun - Laughter - Activities

**Thursday Mornings**  
10am-12:30pm - Cost £2  
Merkinch Community Centre  
Tel: 01463 239563  
Email: enquiries.merkinch@btconnect.com



[www.merkinchcommunitycentre.co.uk](http://www.merkinchcommunitycentre.co.uk)

Table tennis starting soon



**Would you like to Volunteer at the FALCON Club?**

Adults with learning disabilities have a great social time enjoying taking part in a variety of activities.



## ADULT BALLET

NEW CLASS

**Mondays 10am-11am**  
**£4 per session**

*\*please bring soft flexible shoes\**

**No Experience Necessary!**



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# Volunteering in the Community Centre

The community centre achieves a high output of activity with a very small staff team. However, all of this activity would not be possible without a large team of volunteers helping with various tasks.

- ◆ Driving the minibus
- ◆ Escort on minibus
- ◆ Helping at the lunch club with the elderly
- ◆ Stewarding at large events
- ◆ Sound and light technicians
- ◆ Supporting people with learning disabilities
- ◆ Hospitality in the kitchen doing catering
- ◆ Cleaning and helping with maintenance

*If you are interested in volunteering please speak to us and we will give you any support required.*



**We are the proud owners of a 'low floor' minibus — our main funder being the Highland Cross; also Crerar Trust, Robertson Trust and Awards for All. YOU CAN HIRE IT !!**

## Singing for Pleasure going out on a 'gig' to Urray House Nursing Home



We need lots of helpers to achieve all that we do, while lots of people are looking for things to do!

If you may be interested in doing some volunteering, please pop in and have a chat with us as there are various opportunities to serve in the Centre.

We look to match your interests with the tasks and you will receive an induction and support to fulfil your role.

You can try things out to see where you best fit!

Inverness Volunteer Transport hire our minibus twice a week to take elderly people to appointments and day care services.

They provide a wonderful service and it is manned by volunteer drivers and escorts.

Tel: 01463 226662

Email: [transport@pfw.org.uk](mailto:transport@pfw.org.uk)

# DOING GOOD TOGETHER™



**Merkinch Community Centre has a Volunteer Friendly Award**



## Meet Volunteers of the Merkinch Community Centre

**Jane Grzesinski** *I have been volunteering in the community centre for four years or so, I had retired and wanted to give something back.*

*I mainly am involved in the kitchen serving food for the Friendship Club. I come in early and set up the tables, prepare the teas and biscuits then we socialise with a cuppa for a wee while with the other volunteers which is a good part of the morning as well. We are a great team and we really enjoy it. The food arrives in from the school kitchen and the folks arrive off the bus. I always enjoy a wee blether with them which is important.*

*I also volunteer with the FALCON club—adults with learning disabilities. They all enjoy coming along and I have learned so much working with them.*

*What do you get back? I get a lot of love and friendship, meeting a variety of people and as I get older, I see the importance of helping, because one day it could be me!! I certainly will be continuing to volunteer, I love it.*

**What would you say to anyone who is thinking of volunteering?**

*I would encourage them to come along and join in.*



### Isobel McLean

*I started volunteering in the community centre in 2010 when I saw an advert for helpers at the Rainbow Singers, adults with learning disabilities. I had never done this before but thought I would give it a go....I enjoyed it very much and I started getting connected with other groups in the centre too. I help at Superart and also do lots of hospitality in the kitchen, do the shopping for the training event lunches and I really enjoy 'my volunteering job'.*

*It gives me something to look forward to and I have made lots of friends. When the Community Centre has a big community show on, I help out with the backstage and it's all very exciting and great fun.*

***I am so glad I started volunteering at MCC as it has given me a new lease of life!!***



### Mary Bissett

*I have been volunteering at the centre for four and a half years. I was looking for something to do and thought it was a way of getting out and meeting people and I thoroughly enjoy it !! I am the escort on the bus for the lunch club, so we go and collect them and 'get them buckled up' and get all the craic and that...I get them 'wound up' then deliver them to the centre. I help serving up the meals and having a wee blether with them. They have some entertainment afterwards and I can't dance very well so it gives them a laugh watching me!!*

*What do you get back? Well it's my best day of the week! I love the people and the staff are really nice, there is a good atmosphere in the place and so much going on in the centre it is unbelievable. I would like to get to more events.*

***It's the best day of my week.....***



## Shows in our Theatre



**'Babes in the Wood'** was our latest panto which was performed in February 2019. The drama group continue to be very committed to the group and work hard at rehearsing all their lines and learning the characters.

Shayne Cameron is our Tutor for this group (and does various other classes for us as well....). She also runs the Highland Youth Theatre and brings along a number of her actors / dancers to take part in the show.

This year, we held the show on the FALCON CLUB evening which went really well as all the FALCON members loved watching the show.

***Well done to all the actors and dancers for performing a lovely community pantomime!***

