

Community Centre Staff

The Staff of the Centre are all employed or contracted in different ways. Highlife Highland provide a small staff team to support the work of the Centre and a Co-ordinator oversees the staff.

- Iain MacLennan** - Caretaker
- Anna Kula** - Part time Steward
- Karen Halkett** - Clerical Receptionist

Cleaning from 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
Superart Tutor

Donna Hall
FALCON Leader

Freelance Tutors
for various classes



Merkinch Community Centre

Coronation Park

Inverness

IV3 8AD

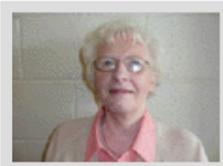
Tel: 01463 239563

www.merkinchcommunitycentre.co.uk



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

Merkinch Community Centre

The Merkinch Community Centre opened its doors 39 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 500 people attend the centre on a weekly basis to connect with others.

Grateful thanks to the People's Health Trust for their support with funding some of our projects this year.



Merkinch Community Centre is the 'place to be'



Where people matter!



Scottish Charity SC 000706
Company Limited by Guarantee 103787
www.merkinchcommunitycentre.org.uk

Merkinch Community Centre Newsletter



Planning for 40 years Celebration

Merkinch Community Centre Management Committee have started planning for a year of celebrations marking the 40th anniversary of the Centre being opened to the public.

The story began with local activist Mabel Skinner who challenged the District Council to build a centre in the Merkinch area. Initially she was laughed out of the chamber with all kinds of negative retorts, but she was persistent that her voice would be heard—a voice for the people.

It was a great triumph for the people of Merkinch when the centre was built and officially opened. There is much to celebrate over the years and we want to tell the story through many different means throughout 2017. Plans are already in draft form and our centre representatives are actively contributing to these plans.

It's going to be a great year, so watch this space.....



July 2016

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

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Loneliness and Isolation ? *Visit MCC the place to be....*

There are 80,000 older people in Scotland and one in ten say they feel lonely. There are many reasons for feeling lonely, and we at Merkinch Community Centre stretch out our hand of warmth and welcome to anyone who wants to come on in and join us at any of our groups.

Merkinch Community Centre sees approximately 500 people through their doors every week - lots of local people and also people come from across the city. The key ingredient is friendship although interest factor is also a high priority and folks also enjoy the tea and chat. If you are looking to get out the house, make some friends and do something meaningful, take a look at our programme and see what you fancy trying out.....We hope that there is something for everyone and if not, we are happy to look at developing something new that you may want!

We could also collect you by car for your first visit, if you don't feel like coming on your own then we can introduce you to other folks.



May Smith



I come along to the Community Centre and really enjoy all the chat and friendship. I was retiring from my job and was looking for new things to do with my time. My medical conditions were a priority for me, so I started going to Tai Chi which has helped me tremendously! I then decided to join the drama group with my best pal and we have met other like-minded friends and have great fun working on little dramas.

Keyboard was always an interest to me but I could only play tunes on the right hand. Since attending Alan MacDermid's class - I can now play tunes with two hands ☺ then I go into the Hobbies group afterwards where we all do crafts, have a good blether and put the world to right.

I also sit on the Management Committee and can give my opinion in our discussions around the table which is really good, as it involves local people in making decisions.

Merkinch Community Centre is the friendliest place in town and it keeps me happy!



This me on the left playing the part of an 'ugly sister' in the Christmas Panto, it was great fun!!

Louis Campbell



I really look forward to coming along to the Lunch Club, it's the only time I get out the house. Also having transport there is really helpful to me.

We get a nice hot meal and the Karen organises some lively entertainment for us every week, so we can have a good time. Sometimes we go out for trips in the mini bus and everybody enjoys that too!

The Merkinch Centre is good to us!

Pictured left is Louis and Isobel having a wee dance after lunch.

The Club meets every Wednesday for a hot meal and entertainment. New places are available if you want to come along. Phone Karen Halkett 01463 239563

Centre Programme

Monday

- 10-12 Art Society - membership group
- 10-12 Knitting for Charity
- 10.30-1.30 Serenity for women with BPD
- 11-12 Tap Dancing
- 12-1pm Tai Chi
- 12.30-2pm Drama Group
- 4-5pm Guitar for children
- 3-5.30 pm After School Club

Tuesday

- 10-2pm Citizens Advice Bureau
- 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
- 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
- 6-8pm Karate
- 7.30-9.30 Pipe Band

Thursday

- 10.30-12.30 Hobbies Group
- 10-1pm UR CIRCLE - laptops & tablets
- 3-5.30 After School Club
- 4-7pm Highland Dancing
- 5.30-6.30 Pop Choir
- 7-9pm FALCON Club for adults with LD

Friday

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

Saturday

Only opened by special arrangement

Sunday 10.30-1.30

Inverness Christian Fellowship

Rooms of varying sizes area available for hire



SERENITY

MONDAY mornings sees women who have Borderline Personality Disorder come for some social support.

The group is run by Viv and Carlie and supported by HUG. Over the last nine months, the group has become established and brought much help to women who are coping with this disorder. Several members would not have previously ventured out of their house and now come confidently into our community centre.

Viv and Carlie both feel that it has been a great experience for them learning to run a support group. They have grown in their own personal confidence and have also delivered talks to various other groups such as the Community Police Team.

They are now working on a *mentoring pack* as there has been several enquiries about others who want to start up their own groups.

Well done ladies for all your hard work and strong commitment to the vision, it has paid off!!

Keyboard Class

This weekly class is run by Allan McDermid on Thursday mornings. He teaches how to read music and there are eight keyboards in the group. People say that Allan is a fun teacher and they all have progressed in their ability.



Archery Class

This weekly class has now been running for four years and the archers enjoy the sport, the banter and also a bit of competition too!!

They have all become good friends and enjoy sharing a cuppa together at the break.



Social Circle coming soon....

During the past four years we have the Hobbies group on Thursday and also UR Circle the same morning, where people learn about laptops and tablets. We now plan to merge the group into a 'Social Circle' where men and women can enjoy a pleasant morning together, doing a variety of activities and also enjoying a social time of chat over a cup of tea.
Thursdays 10-12.30 Cost: £1 entry Tea/Bisc £1

Curtain Fund

We need new curtains, so we invited all the community groups to contribute towards the curtains and to date they have raised £1,500

Well done to all groups for a fantastic effort..... 😊

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
- ◆ Delivering mailings



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 throughout the year.
YOU CAN HIRE IT !!

Volunteering Dinner



Volunteering is a 'Win Win' situation.

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.



Merkinch Community Centre achieves Volunteer Friendly Award



We are delighted to report that Merkinch Community Centre have been awarded the VOLUNTEER FRIENDLY award status for their support to Centre Volunteers.

Thanks to Elsie Normington for all her hard work in getting all the systems finalised and submitting the portfolio to SIGNPOST for accreditation.

Picture left to right: Isobel McLean (Volunteer) Anne McCreddie (Chair) Gail Duff (Signpost) Elsie Normington (Devel Officer)



Superart

made some amazing flowers from spoons!!!!

The Centre have been doing a Spring Clean and found hundreds of plastic spoons.

Karen Halkett, our 'Queen of Creativity' came up with the ingenious idea of making some big flowers with the spoons. They are all proudly displayed in the foyer. Thanks to all the members of superart for their work. The group is for adults with learning disabilities and meet every Tuesday afternoon making lots of models and arty stuff.



Karen Halkett—Superart Tutor



Our Pipe Band proudly wear their new ties



Our Merkinch Community Centre Pipe Band recently had ties specially made with the MCC logo embroidered on them.

They were proudly worn at our 'June Jamboree' where the pipe band opened the concert with a set of rousing tunes. The band also closed the concert with 'Scotland the Brave' and everyone enjoyed a great celebration.

Hobbies Group Outing

The Hobbies Group meet every Thursday morning for a cuppa, chat and bring their own hobbies.

They also share ideas with each other, so there is significant peer learning each week, developing new skills - regardless of age and stage of life!

Elsie took the group to Munro's Garden Centre for a trip out and everyone really enjoyed the social occasion. *Most folks also bought the delicious strawberries which were on sale too.....*



Two exciting shows in McCreadie Suite

The **WIZARD of OZ** was performed on Friday 10th June 2016 by the Golden Drama Group, our Children's Pop Choir and also the Highland Youth Theatre dancers. It was a very entertaining show and a great example of inter-generational work.

The McCreadie Suite was packed out with family, friends and locals who had come along to see the amusing show and they received a great applause.

Well done to all of them!



June Jamboree

Our annual event 'June Jamboree' is one of the highlights of the year as it brings together many of the community groups to take part in an extravaganza showcase.

This year there were SIXTEEN groups who participated in the show. Several groups performed singing and dancing, while others were interviewed and also had stalls to display their work and also sell items.

