

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

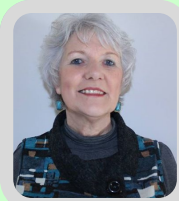
Trustees run the MCC Charity

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



*Where
people
matter!*



Scottish Charity SCIO 000706
www.merkinchcommunitycentre.org.uk



Merkinch Community Centre Newsletter



New Table Tennis Group

Highland Table Tennis Club meets every Tuesday from 5.30pm – 7.30pm at the Merkinch Community Centre. The Club has about 40 members ranging in age from 11-82 and from beginners to more experienced players. About 15 people play each week.

The Club is fortunate in having Scotland National Coach Stephen Gertsen fully involved. Stephen Gertsen normally leads the first hour which is exercises to improve our game, and the second hour is informal matches.

Every few weeks there is a friendly tournament and there have been a couple of matches played against other clubs. It is hoped to encourage more junior members in the Autumn and if more volunteers come forward, to develop a 50+ and dementia friendly session next year. Table tennis is great for health, fun and fitness and to improve your skills – new members are welcome..

Julia Brook

July 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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Merkinch Community Centre

The Merkinch Community Centre opened its doors 42 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'



Singing for Pleasure is a long established group which meets on a Tuesday Night. The group began in May 2002 and has flourished every since it began. It is a very happy environment - singing old favourites as well as learning new songs and also trying out a bit of harmony too. However, the good news is that You do not need to have an 'audition' as its about participation first and performance after that !! Each month there is a 'theme night' where members are invited to dress up according to the theme - it could be simply a coloured scarf or a hat of some kind. A few of the members do a 'turn' - which may be a song, poem or a funny sketch with a little costume. These pieces cause lots of laughs and enjoyment to all and everyone goes home happy!

The Group regularly go out on 'gigs' to various nursing homes and other community groups such as WRI, church guilds and community groups for the elderly. Earlier in the year, they performed at the BIG SPRING SING which was a large fundraiser for the HAVEN APPEAL held in Smithton Church and 400 people attended the event which raised £4038 for this worthy cause. *Thanks also to the Rainbow Singers, Military Wives Choir and the Crown Church Band.*

This year, the group will be working towards a big Christmas Variety Show, so be sure to get your tickets as the two shows are always sold out. Pictured below is Singing for Pleasure performing at Kingsmills Nursing Home. *The group are looking for more male members.*

Elsie Normington, Musical Director



Some benefits of singing

- **Singing** strengthens the immune system. ...
- **Singing** is a workout. ...
- **Singing** improves your posture. ...
- **Singing** helps with sleep. ...
- **Singing** is a natural anti-depressant. ...
- **Singing** lowers stress levels. ...
- **Singing** improves mental alertness. ...
- **Singing** can widen your circle of friends



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
- 6.30-8.30 Highland Dancing

**NEW CLASS
STARTING SOON!
Learn to crochet**



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
- 5.30-7.30pm Table Tennis
- 7-9pm Singing for Pleasure
- 7-9pm Inverness Christian Fellowship

Wednesday

- 10-12 Art Society - membership group
- 12-2pm Lunch 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/Digital Gadgets
- 4-7pm Highland Dancing
- 6-7 Pop Choir
- 7-9pm FALCON Club for adults with LD

Friday

- 10-12 Archery

Saturday

Opened by special arrangement

Sunday 10.30-1.30

Inverness Christian Fellowship

Rooms of varying sizes are available

**SUNDAY
SERVICES**

@ MERKINCH COMMUNITY CENTRE



INVERNESS CHRISTIAN FELLOWSHIP

10:30am Morning Service

Every Sunday followed by Tea/Coffee

Sunday School during the service

Contemporary Worship & Bible Teaching

6pm Evening Service

1st & 3rd Sunday of the month

All Welcome



A Fantastic time was had by the 45 children who attended SuperHeroes 2019. The children were divided into 6 SuperHero teams and worked together going round six different stations gaining points for their teamwork, answering the questions about the weeks bible stories, behaviour etc. There were 2 craft stations, a puppet station, a game station, a snack station and a story activity station. On Friday we had a visit from Drew Hendry MP who joined the puppet station. Thank you to the 32 volunteers from ICF made it such a great success.



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.



This is our Mercedes accessible mini bus which has a low floor entrance. It is a 16 seater bus and is available for the community use. YOU CAN HIRE IT !!

The Knitting group going on a trip to Munro’s Garden Centre



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

If you are 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.

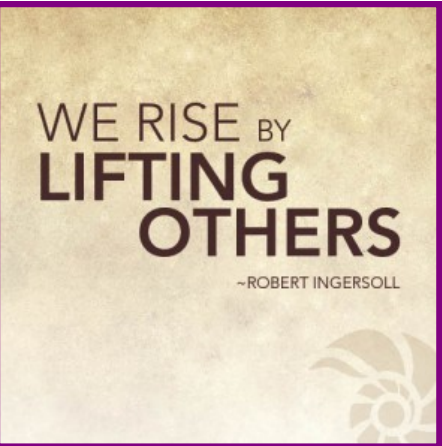
You can try things out to see where you best fit!



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



Merkinch Community Centre has a Volunteer Friendly Award



Bruce Campbell was feeling a bit downhearted in life. He had a chat with his doctor who suggested that he come along to the Friendship Club and meet some new folks. He came along and enjoyed a hot meal and lovely entertainment every week. Now Bruce has lots of new friends and feeling much happier.

Recently he said
“Coming to Merkinch Community Centre has changed my life”
Pictured on the right is Elsie Normington interviewing Bruce at the June Jamboree.



Sonya Kenlin

I like the centre being nearby my house and I come in when I want to!

I enjoy the Friendship Club because I get to talk to people a lot. I live on my own with all my animals but its not the same as chatting to other folks!!

The staff are ever so friendly and its very welcoming to me. Having friends at the centre helps me feel connected with everyone. If I have questions, I come in and ask them to help me.

I like to give Elsie's dog Daisy, a wee cuddle and she lets me hold her - she is a wee darling dog. Elsie gives me tips about my dog.

I am glad the centre is across the road from my house and I don't know what I would do without it.



Isobel McGregor

I have been coming to the Merkinch Community Centre for 20 years. I like the company and the staff and volunteers are very attentive to us at the Lunch Club.

The music and dancing is great fun and I like to join in as it keeps me fit.

The company too is very good and cheerful and that makes me feel happy.

“It's the best day of the week when I get out on my own....”



LUNCH CLUB

Wednesdays 12.30
Merkinch Community Centre



June Jamboree was our latest show in the theatre.

There were 19 different acts and 165 performers who took part. Also there were five stalls in the foyer displaying Superart, painting and knitting work, also demonstration of table tennis.

Well done to all who took part, it was an amazing night!

The CEO of NHS Ian Stewart said “It was inspiring”