

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.

Lawrence Attwell - Caretaker
Karen Halkett - Clerical Receptionist
Highland Contract Services - Cleaning

Trustees who run the MCC Charity:

Anne McCreadie. Irene Pearson.
Dell McClurg and Martin Pieraccini

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

♦ **Elsie Normington**
Development Officer

♦ **Gillian Haston**
FALCON Club and
Lunch Club Leader

♦ Several Freelance
Tutors for various
classes



Merkinch Community Centre

Coronation Park

Inverness

IV3 8AD

Tel: 01463 239563

www.merkinchcommunitycentre.co.uk

"Unity is strength...
when there is
teamwork and collaboration,
wonderful things
can be achieved."
- Mattie J.T. Stepanek

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'

Where
people
matter!

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Scottish Charity SCIO 000706
www.merkinchcommunitycentre.org.uk



Merkinch Community Centre Newsletter



New Crochet Class raises £375

Vivien Moir started a crochet class for anyone who wants to learn to crochet. Some people can do basic treble stitches and squares which make into a blanket, but that's all they can achieve. Since attending the class this is what people say:

*I can't believe
how much I
have learned!*

*I love doing this
crochet, being able
to follow a pattern*

*Vivien is a
great teacher.
She makes it so
easy ☺*



During the Christmas period, we had a table at the Trinity Church Coffee Morning and also a table in the community centre.

*We raised £375 from all our
crochet work.*

Absolutely delighted!!!

Jan 2020

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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OUR Centre provides a range of dance classes for all ages and stages.

On a Monday Morning we provide adult Tap dance and Ballet classes, which are both good for fitness but also for the mind in processing all the moves to music. Anyone is welcome to join in and there is no expectation of being an experienced dancer before coming along. Shayne Cameron is our Tutor and really makes the class fun and enjoyable with all the appropriate music tracks ready for each little dance.

There are also two classes for children’s dance—**Step n Style** on Tuesday after school and **Highland Dancing** on Thursday after school. Both classes are very popular and all children are welcome to come along. Both classes also enter children for competitions if they want to, but there is no pressure to do that, you can just come and enjoy learning and dancing with others.

Big thanks to all our Tutors who do a great job and bring much joy to the community centre.



Health benefits of dancing

Dancing can be a way to stay fit for people of all ages, shapes and sizes. It has a wide range of physical and mental benefits including:

- improved condition of your heart and lungs
- increased muscular strength, endurance and motor fitness
- increased aerobic fitness
- improved muscle tone and strength
- weight management
- stronger bones and reduced risk of osteoporosis
- better coordination, agility and flexibility
- improved balance and spatial awareness
- increased physical confidence
- improved mental functioning
- improved general and psychological wellbeing
- greater self-confidence and self-esteem
- better social skills.



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
- 1pm-3pm Crochet Class
- 6.30-8.30 Highland Dancing

Crochet Class Monday



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

Any other ideas?

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

Thursday

- 10.30-1230 Social Circle - Hobbies/Digital Gadgets
- 4-7pm Highland Dancing
- 6-7 Pop Choir
- 7-9pm FALCON Club for adults with LD

Table Tennis - Tuesdays



Friday

- 10-12 Archery

Saturday

Opened by special arrangement

Sunday 10.30-1.30

Inverness Christian Fellowship

Rooms of varying sizes are available for hire



Anne McCreadie

Pictured below with Council Graham Ross and Provost Helen Carmichael.

A medal was presented to Anne McCreadie for all her work in the community over a period of 43 years.

This was very unexpected for Anne herself, but she was delighted to receive it at the Town House Community Dinner.

**WELL DONE ANNE!!
WE ARE VERY PROUD OF YOU**



Poem by Irene Grant

The Merkinch Community Centre

If you have never been to the Merkinch Centre, why not give it a go
There is something for everyone it will surprise you to know
You can walk in anytime you don't have to phone
A welcome awaits you and at once you feel at home

If you like a chat and at the same time sit and knit
Or maybe you are into the keep fit
You may even have a talent of another kind and you never knew
The over 60s ballet class maybe for you
You never know Covent Garden might well
be looking for talent that's new

Why not join the Singing for Pleasure if you like singing
And when they put on a show in the care homes
You see the joy that it is bringing
They are so dedicated and very professional
And at the concerts that dedication shines through
Every concert, they always do something new

Then there is the class for all kinds of crafts
They have a good time and of course together they have a laugh
There is so much more to the Merkinch Centre
It's a place you can be yourself and there is no airs and graces
And you are bound to see a lot of familiar faces

Now the Lunch Club is a lovely bunch
And together we all have a really nice lunch
There is music, singing and laughter galore
Some are up dancing as they take the floor
And lots of new friendships are made that you didn't have before

If you go to the Service on Sunday you will come out uplifted I know
And the Centre is a life line, for so many that go
Now about the centre I could mention so much more
But I just wanted to say it doesn't matter who you are
There's always a welcome at the door
OF THE MERKINCH COMMUNITY CENTRE
Composed by Irene Grant

"Every successful individual knows that his or her achievement depends on a community of persons working together."

— Paul Ryan



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 !!**

Singing for Pleasure Going out on a 'gig' in the minibus



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!

**"THE BEST WAY
TO FIND YOURSELF
IS TO LOOSE
YOURSELF IN THE
SERVICE OF
OTHERS."**

~ Mahatma Gandhi

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



The **FALCON CLUB** is a long-established group having been in operation for 19 years and based at Merkinch Community Centre for the past 12 years. It runs from 7-9pm on Thursday evenings excluding the school holidays.

The Club is run by our Co-Ordinator Gillian Haston and is supported by a number of volunteers. It provides a valuable social opportunity for adults who have learning disabilities.

Every Thursday night, the 50 members arrive full of excitement and anticipation as they decide what group they want to be part of for the evening. There is a range of activities: Art, Drama, Baking, Drumming and Model Railway. Sometimes we provide Hand Massage as well if there are funds to pay for this service.

If you are interested in volunteering at the club, we would love to see you there. Just come for a look!!

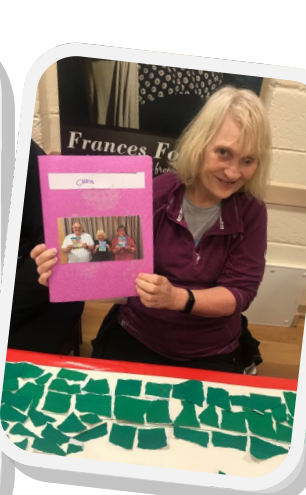


FALCON CLUB Information

Gillian collects the fees every six weeks from all the members and this guarantees their place, as there is a waiting list for the Club. It costs £4 per evening and people also bring some money to spend at the tuck shop



The Drama Group love to dress up with props and make up stories using their imagination.....



Art Group—enjoying colouring in, making their own folders and also doing a large piece together



Drumming Group on left, Model Railway Group on right



Baking Group - really enjoy eating it afterwards!!