



# Merkinch Community Centre



## New Parent and Toddle group starts

CALA are delighted to work with Merkinch Community Centre to support a new group for parents and tots.

South Kessock Residents Association had requested at a recent meeting that there was a big need for this group to be developed in the Community Centre. We are delighted to announce that this group started on Tuesday 1st February and we hope it will grow into two sessions per week.

The group is free and run by CALA (Care and Learning Alliance) staff who will provide interesting activities and a small snack for the children.



### Little tots are welcome at MCC

A place where families are welcomed and included



### Wide Programme

There is a range of activities for all ages and stages

### Room Hire is available for groups and events



Various room sizes available for hire small to large hall

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### BE WELL

NEW ACTIVITIES ARE NOW ON OFFER

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### BE WELL

ACTIVITIES THAN ENHANCE THE MOOD

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### BE WELL

A PLACE WHERE YOU CAN GET SUPPORT

## New Project for 2022

We are delighted to announce that MCC is launching a new project in the community centre called 'BE WELL'

BE WELL is a project to encourage people to take the approach of 'being well' rather than being lonely, depressed and isolated'. Many people in our communities have been massively impacted in their mental and emotional well being due to the pandemic lock downs and social restrictions.

It has taken a large toll on most people and now many are living with the aftermath of being shut in with a loss of confidence and a fear of going out and meeting people.

Merkinch Community Centre offers the hand of friendship and a warm welcome to folks who come through the doors to try out some of the new groups which we have developed in our 'Be Well' project.

It takes courage to walk through the door of a building yourself but when you do it, you receive warmth and kindness and want to keep coming back!



## “BE WELL” - activities that will enhance your mood”

New groups which are starting this term:

- Mood Movement easy exercise to good music
- Mums and Tots group
- Beginners Line Dancing
- Feel the beat - percussion and drumming
- Family addiction support
- Family support for alcohol and drugs
- Yoga dance

## OUR EXISTING PROGRAMME

Learning together and enjoying the 'craic' with a cuppa.

MCC provide a variety of groups and classes where young and old can attend the centre to enjoy an activity of their choice. Pictured here is Vivian teaching crochet at the Monday afternoon class.

There is a range of activities on offer and we welcome new suggestions as well. If there is a small group of folks, you can hire the room and do your own activity or we can help to source a tutor for your group.





# Merkinch Community Centre "leads the way"



## Lunch Club up and running each Wednesday 12.30-2pm

MCC was the first community centre to re-open after the lockdowns and was 'leading the way'. It is great to see folks back at the Lunch Club enjoying the company, a lovely hot meal and entertainment too.

The Club is organised by the members and they plan a regular programme of entertainment.

They have folks playing music, accordion, singing, dancing, and sometimes an interesting talk as well.



On Wednesday



Lunch Club  
A hot meal and entertainment

On Wednesday



Drama Class  
Class for adults with learning disabilities

On Monday



Addiction support for alcohol and drugs: Clear Cut Inspiring messages

## MERKINCH COMMUNITY CENTRE PROGRAMME

### Monday

- 10-12pm Knitting Group and enjoy the chat
- 9.45-10.45am Mood movement - very easy exercise to good music with Nicky
- 11-12pm Tai Chi
- 1-3pm Crochet Class
- 2-3pm Singing Hearts for Parkinsons and other lifelong medical conditions - *Kate O'Donnell*
- 6-8pm Highland Dancing
- 7-9pm 'Clear Cut' for alcohol and drug addictions

### Tuesday

- 10-11am Mums and Tots Group with CALA
- 10.30-12.00pm Rainbow Singers for adults with learning disabilities (waiting list) - *Elsie Normington*
- 10.30-12.00pm Family support for family members with addictions
- 2-3.30pm Singing for Pleasure - *Elsie Normington*
- 4-4:45pm Cheerleading for children with Kerry Love
- 6-8pm Highland Dancing

### Wednesday

- 10.30-12pm Drama Group for adults with learning disabilities (waiting list)
- 12.30-2pm Lunch club for elderly with entertainment
- 1.30-3pm Baking Group for adults with learning disabilities (waiting list)
- 1.30-2.30pm Beginners Line Dancing with Nicky
- 4-6pm Highland Dancing
- 6-7pm Karate Class

### Thursday

- 10.30-12.00pm Social Circle - bring your own crafts and hobbies
- 10.30-12.00pm Sounds Sensational for adults with learning disabilities (waiting list)
- 1.30-2.30pm Feel the beat - percussion and drumming group
- 7-9pm Archery for beginners
- 7-8pm Yoga Dance

### Friday

- 10-12.00pm Archery for older people

