



Merkinch

Community Centre



Autumn is here...

The clocks have changed and the leaves are falling off the trees. It feels like winter will soon be upon us and we hear so much about keeping warm during these colder months.

Merkinch Community Centre gives a very warm welcome to anyone who wants to pop in for a wee cuppa and chat. You can stay nice and warm in the centre and may find an interesting class too!

1

WARM WELCOME

All ages and stages of people are welcome in our community centre

2

HOSPITALITY

Vending machine and tuck shop with lots of goodies on sale

3

ROOM HIRE

Various rooms are available for hire daytime and evening



Archery Group are looking for some new members. Come along and give it a try.



Everyone is given a warm welcome to join any groups and get help, support or just a friendly chat and cuppa.



Art Society are looking for more members for their art groups on 0 Monday & Wed

Special Award to Anne McCreddie

AGE SCOTLAND hosted their AGM and Annual Awards Ceremony in the Raddison Blue Hotel, Glasgow on 25th October 2022

It was a great pleasure to support Anne McCreddie with three regular centre volunteers to attend this important event in Anne's life.

You may already know that Anne McCreddie has volunteered since before the community centre was even built. As a young mum, she came along to exploratory meetings and then became actively involved in the development over the years and volunteering has attained this important event in Anne's life. Throughout the last 50 years, Anne has consistently given her volunteering time freely to the life of her local community.

Anne has given so much of her time, talents and skills to such an important cause of keeping Merkinch Community Centre open as a vibrant place providing much needed socialisation and a wide range of activities for the young and old.

She is there every day at her MCC desk for several hours.....



Anne McCreddie receiving her award from Kaye Adams and Brian Sloan CEO of AGE SCOTLAND smiling behind.

The event was held in the Raddison Blue Hotel Glasgow



Joint Lunch Club Event

We decided that it would be a nice idea to have a 'Joint Lunch Club Event. The Barn Church Lunch Club were delighted to respond and on Wed 28th September we enjoyed around sixty older people coming together with our own lunch club group for a lovely afternoon. Our meal was specially requested - roast beef, Yorkshire puddings and all the trimmings, followed by trifle and teas. Thanks to all the volunteers for helping make this happen.

We then were joined by the InverRoss Ceilidh Band with their joyful Scottish reels and strathspeys intermingled with our Classical Singer Eileen Mackintosh accompanied by Robin Versteeg. Eileen sang a variety of Opera, Hymns and Music Hall songs and thrilled the audience.

Everyone left feeling very happy asking when the next one would be.....





Play & Learn Together @ Merkinch Centre

Merkinch Centre. Inverness

Every **Tuesday** 9.30am - 11am

(beginning from 8th November 2022)

A fantastic opportunity to take part in fun, interactive indoor and outdoor play experiences with other children and families, as well as share some songs, rhymes, and stories.

For further information, contact:

CARE & LEARNING ALLIANCE

01463 222569

www.careandlearningalliance.co.uk

Scan the QR code
to book your place



*Funded by: The Scottish Community Based Adult Learning

All ages and stages are welcome at Merkinch Community Centre

During the last few months some new support groups have become established within the centre in order to help people with alcohol, drugs and other addictions. These groups are peer support groups which provide an encouraging environment and offer a support mechanism to encourage folks to improve their lives and get clear of unhelpful habits.

You are welcome to drop into any of these sessions and have a look, sharing with others who have 'lived experience with these issues'. A warm welcome awaits you!

Monday 7.30pm - Clear Cut

Tuesday 1.30pm - Narcotics Anonymous

Thursday 1pm - Mikeys Line helping families with teenagers



SUPPORT GROUPS



Our centre crochet group have been really busy making a wide range of Christmas items for the HAVEN Centre and they are on sale in our centre.

The Christmas puddings are really popular.....



A few of our folks dressed up for Halloween celebrations





We had a wonderful 'Snow White' show with M&M Theatre Productions Primary 2- Primary 7 all attended the show from Merkinch Primary School. It was a great occasion!



Pictured here John Long from our Archery Group

John is wearing his actual beret when he was shot at while in the army many years ago. He is very proud of his beret and also is part of the Blind Veterans Society

John enjoys doing his archery each week and the group are looking for more members to come along and have a go!

Christmas
Singalong
with Singing for Pleasure



Monday 12th December 2022 at 2.30pm

(groups and wheelchair spaces must be booked)

Cost £8 per person Raffle and Ice cream

Merkinch Community Centre

Coronation Park, Inverness

Tel: 01463 239563

**Christmas Shows
with
Singing for
Pleasure**

**and a BIG
Christmas
Jamboree**

Get your tickets !!



**Rainbow Singers
celebrating
Autumn with
the parachute
and enjoying
the sensation
of the leaves**

**CHRISTMAS
JAMBOREE**

A showcase of centre groups

Come and join the fun with all
the wee tots to older adults

Get your ticket !

Adults £5 Children £3

Monday 19th December 6.30pm 2022



Merkinch Community Centre

Merkinch Community Centre Programme

Monday

- 10.00-12 Knitting Group and enjoy the tea and chat
- 10.00-12 Art Society - *new members welcome*
- 11.00-12 Tai Chi - *many get help with aches and pains!*
- 1.00-3.00 Crochet Group - beginners welcome
- 2.00-3.00 Singing Hearts for Parkinsons and the other lifelong medical conditions
- 6.00-8.00 Highland Dancing - children
- 7.00-9.00 'Clear Cut' for alcohol and drug addictions

Tuesday

- 9.30 -11 Play and learn for parents and tots
- 10.30-12 Rainbow Singers for adults with learning disabilities
- 1.30-3.00 Narcotics Anonymous
- 2.00-3.30 Singing for Pleasure
- 6.00-8.00 Highland Dancing
- 8.00-9.30 Swing Dancing - *new members welcome*

Wednesday

- 10.30-12 Drama for adults with learning disabilities
- 10.00-12 Art Society
- 12.30-2.00 Lunch Club for elderly with entertainment (transport available)
- 1.30-2.30 Beginners Line Dancing - *new members welcome*
- 4.00-6.00 Highland Dancing
- 6.00-7.00 Karate

Thursday

- 10.30-12 Hobbies Group - bring your own hobby with you
- 10.30-12§ 'Sounds Sensational' for adults with learning disabilities
- 1.00-2.00 Mikeys Line - support for parents of teenagers

Friday

- 10.00-12 Archery - beginners are welcome

Rooms of various sizes are available for hire - meetings, events conferences, sports

www.merkinchcommunitycentre.co.uk. Telephone: 01463 239563