



Merkinch Community Centre



Singing really is good for your health and we do lots of it at Merkinch Community Centre! Each week we have four singing groups - Songbirds, which is an Acappella Group; Singing for Pleasure (for older people) Rainbow Singers (for adults with learning disabilities) and Singing Hearts for Parkinsons Group. The enjoyment of singing really lifts the mood, creates confidence and social connectedness, increases your lung function, improves your memory and is even a pain reliever!

Songbirds are getting established now - been running for over a year. The group have enjoyed all the lovely harmonies and fun of being challenged then creating a beautiful sound.

They are pictured here at the Inverness Botanics singing their melodies and they finished up sharing a nice lunch together.

The group are now practising some songs for the festive season in a few months and will be singing at various locations. *Well done Songbirds!*



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.



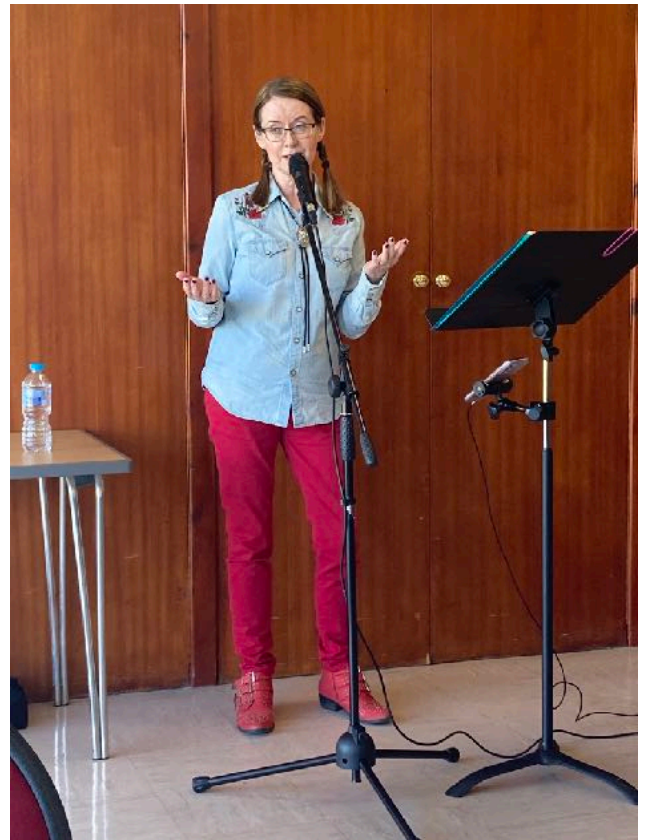
New Art Classes have started for all ages / stages on Thursdays with Tricia

Lunch Club for the older folks

The Merkinch Lunch Club is our longest running service since the centre opened. It is a high priority to care for our older people and give them a chance to meet up, share a hot meal together and also enjoy some entertainment.

Each week we provide entertainment after the lunch and have a variety of different musical styles and performances which everyone really enjoys!

We are always on the look out for new talent and was delighted to discover Margo Fraser, a retired teacher who looks like a teenager (grin) and everyone really loves her Country Singing Show. They keep asking when she is coming back! WELL DONE MARGO!



Lunch Club

Wednesday 12.30-2pm

Costs £6 Transport available



Tai chi Mondays



I have been coming to Tai Chi for eighteen months and it is brilliant. It helps me feel positive and I really look forward to my Mondays.

It's great for physical and mental health and our Teacher Jocelyn is excellent. She is patient and calm and explains every move clearly. I would recommend anyone to give it a try. It has had a positive effect on me. Joanne Walker



Big Congratulations to Emma who won a silver medal at Perth & Kinross disabled archery event

Volunteering in the Community Centre



Volunteering is a very important part of our services in Merkinch Community Centre. We could never achieve what we do without our highly valued volunteers.

There are various roles for different groups and also 'one off' events as well.

This term we want to highlight our monthly DISCO for adults with learning disabilities. It is a very happy social occasion and if you would like to come along and help out, please contact:

Elsie Normington, Development Officer

01463 239563

Elsie.merkinch@btconnect.com



Pictured above are photos from the Rainbow Singers with Isobel McLean and Moira Cooper helping as volunteers at this weekly group.

Everyone has a very happy time!

Pictured right is Volunteer Brian Moran who is our weekly minibus driver collecting the folks for our Lunch Club.

He operates the lift to enable people with mobility needs to have easy access. It is the highlight of their week!



NEW THURSDAY ART CLASSES

New classes for teenagers, adults and also people with learning disabilities.

Come along and try it out!

**Tricia is very experienced
all kinds of arts, crafts and
various textiles work**

Contact Tricia for details

077 1071 4232

Thursday afternoons and evenings

STUNT CLASS



NESSIE
Cheer Allstars

**MERKINCH
COMMUNITY CENTRE**

AGES 5-14

TUESDAYS 4.30-5.30

CONTACT AMY 07503832982

Knitting on Monday mornings

More knitters are welcome

Its a happy chatty group 😊



MCC

Mini Bus

Available for hire to
community groups

We are also looking
for volunteer drivers
on an 'ad hoc' basis to
help out occasionally

FORWARD PLANNING

At this time of the year we always start planning all our festivities for the Christmas season. Our groups have already started practising for these concerts. Here are the dates for the Christmas Concerts so you can save the date for your diary.

*** Singing for Pleasure Christmas Concert**

Thursday 14th December at 2.30pm



*** Christmas Extravaganza - adults with learning disabilities**

Rainbow Singers, Sounds Sensational and Drama Group

Monday 18th December 7.30pm



*** Lunch Club Christmas Party**

Wednesday 20th December 12.30pm

Highland Dancing Classes

**are looking for
more members**

ALL AGES

*** * ***



Sounds Sensational

Last year we started a new centre group called "Sounds Sensational". Previously, we used to have the FALCON drumming group for years but eventually that group closed and all the drums and percussion lay dormant in a cupboard.

Audrey Whyte used to be a special needs teacher and is now busy in her 'retirement' doing lots of wonderful musical activities, so she agreed to be the tutor for this group. Her network is impressive and she also brought along various volunteers to help enable people with learning disabilities to actually 'make music' and learning about timing, melody, harmony and different musical genres. It has been a great opportunity for people to learn new skills in a supported environment.

Pictured here are some of those who attend and we say to them all - well done for your achievements! *Big thanks to you Audrey for leading this group.*



Fashion Show

Friday 22nd September saw another fashion show in our Theatre. It is a few years since we had one and it was such fun. People of all ages and backgrounds taking part and we had a great audience cheering everyone on.....

The models all came from a wide network of contacts, old and young also some with disabilities, such an inclusive occasion! We enjoyed a lovely display of dancing from Elizabeth Fraser Highland Dancers. A big thanks to Tesco Superstore for providing all the clothes, food, MC the event and lots of support. Also big congratulations to Rona Matheson from Elsie Normington Foundation for all her efforts in pulling the show together, to John Aitken for doing all the sound and light engineering for us and of course to all the volunteers who helped on the night.

A final and big thanks to Merkinch Community Centre for allowing ENF to use the wonderful theatre facility for such a fun occasion.



Merkinch Community Centre Programme

Monday

- 10.00-12 Knitting Group and enjoy the tea and chat - *new members welcome*
- 10.00-12 Art Society - *new members welcome*
- 11.00-12 Tai Chi - *many get help with aches and pains!*
- 12.-1.00 Songbirds Acappella Group
- 2.00-3.00 Singing Hearts for Parkinsons - *new members welcome*
- 3.00-5.00 Step n Style dance classes for children
- 6.00-8.00 Highland Dancing - children - *new members welcome*
- 7.00-9.00 'Clear Cut' for alcohol and drug addictions
- 7.30-9.30 Archery

Tuesday

- 9.30 -11 Play and learn for parents and tots
- 10.30-12 Rainbow Singers for adults with learning disabilities
- 2.00-3.30 Singing for Pleasure
- 4.30-5.30 Stunt Class for kids and teens - *new members welcome*
- 6.00-8.00 Highland Dancing - *new members welcome*
- 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 Baking for adults with learning disabilities
- 1.30-2.30 Beginners Line Dancing - *new members welcome*
- 4.00-6.00 Highland Dancing - *new members welcome*
- 6.00-7.00 Karate for children and teenagers

Thursday

- 10.30-12 Hobbies Group - bring your own hobby / chat - *new members welcome*
- 10.30-12 'Sounds Sensational' for adults with learning disabilities
- 4.30-5.30 4.30-5.30 Stunt Class for kids and teens
- 2.30-8.30 Art and crafts classes for various age groups - *new members welcome*

Friday

- 10.00-12 Archery - all stages and beginners are welcome

Rooms of various sizes are available for hire - meetings, events conferences, sports
www.merkinchcommunitycentre.co.uk Telephone: 01463 239563