



Merkinch

Community Centre



The Monday Morning Art Group has been part of the Art Society of Inverness for many years.

There are currently 16 members, many of whom have previously attended classes and workshops, others who have done no art since leaving school, and some with special needs. The attraction of this group is being able to do your own work in the company of like - minded people. It's an untutored group, but we all help each other out if required. There's a variety of work being produced and we all enjoy the company and the blether. For many of us the group provides the spur and opportunity to focus on our art work without other distractions. (For me it's all too easy to spend every spare minute outside on my smallholding, so going out to the group ensures I get some art work done!).

The following is a review from one of the members:- 'Attending the art group has been a very beneficial experience. The peer group is invaluable as we have art discussions around each other's work. Facilities are great and the Community Centre an ideal setting. We enjoy our sessions very much'.

Times: Mondays and Wednesdays, from 10.00am - 12.30pm. Some people do one day, others two days. The fee is currently £5 per day, charged £60 per block. There's good parking at the Centre, and a coffee machine. A great part of the morning is cuppa time and a wander around to chat and see what others are doing. A new block has just started - if anybody would like to join us it would be great to see new faces. Come for a taster day or two to try it out.

Contact Sandra Dingwall Tel: 01463 731715 Email:- s.dingwall237@gmail.com



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.



Lunch Club

Christmas Party

The Lunch Club meet every week throughout the year (apart from two weeks at Christmas) and is a lifeline to many.

One of the highlights of the year is the Christmas Party where there is much joy, fun and celebration.

Elsie Normington provided all the fun entertainment with singing, 'name that tune' and of course a bit of Christmas dancing as well. We had our usual visit from 'Santa' and they all received their customised gifts specially researched and wrapped for them.



Lunch Club

Wednesday 12.30-2pm



Tai Chi Monday Mornings 11am - 12.00

Jocelyn MacDonald is Tutor for Tai Chi and has been delivering the class for several years

- Improved balance.
- Decreased risk of high blood pressure.
- Improved physical strength.
- Improved hand-eye coordination.
- Increased blood circulation.
- Improved sleep quality.



Congratulations

Scottish indoor disabled championship which was held in Perth.
Ian won gold in the recurve bow
Emma won silver in the open section
John won bronze in the seeing and partial seeing

Volunteering in the Community Centre

2925 hours are volunteered each year in our community centre

Various ages of people from 24yrs - 78 years

Overall economic value to the life of our centre is £34,778

**Thank you to all our
Volunteers for their time**

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.

Elsie Normington, Development Officer

01463 239563

Elsie.merkinch@btconnect.com

Pictured right are two of our knitters Pam Watson and Kay Mackenzie.

They come along each week to the knitting group and enjoy the social time shared together, with cuppa and chat.

They knitted 34 pairs of mittens for the Merkinch local wee ones in their own time.

They are pictured here with Janice Wilson from the Family Centre. She was delighted with the contribution.

**Thank you so very much
ladies for your kindness**



BURLESQUE DANCING

new class starting

On Monday mornings 12-2pm



STUNT CLASS

READY! LET'S GO!

MESSIE
Just After

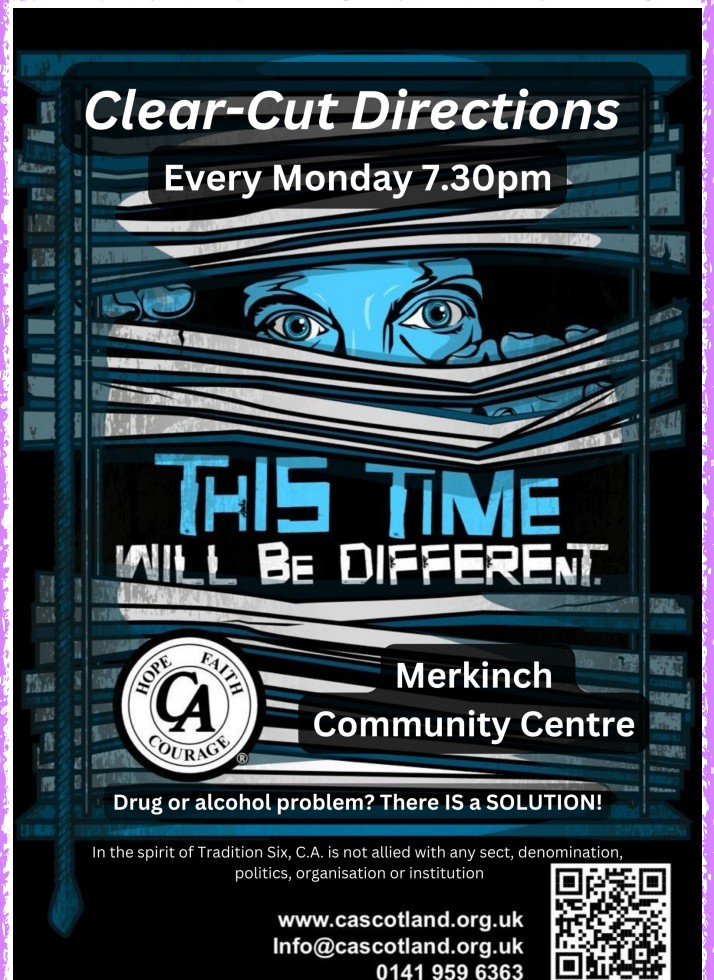
MERKINCH COMMUNITY CENTRE

AGES 5-14

TUESDAYS 4.30-5.30

CONTACT AMY 07503832982

welcome



Clear-Cut Directions

Every Monday 7.30pm


THIS TIME WILL BE DIFFERENT.

Merkinch Community Centre

Drug or alcohol problem? There IS a SOLUTION!

In the spirit of Tradition Six, C.A. is not allied with any sect, denomination, politics, organisation or institution

www.cascotland.org.uk
Info@cascotland.org.uk
0141 959 6363



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



SPOTLIGHT

The Success of any organisation is having the right people doing the right job. In this edition, we are delighted to spotlight Mhairi Mackintosh who is our Administrator and runs all of our office organisation.

If you ring up the centre, it is likely you will speak to Mhairi with an enquiry about booking a room or asking a question about a community centre group. She previously worked for many years in a Solicitors Office and decided it was time to move into a more 'part time' role as the years were creeping up <ha ha> however, she has merged well into the team and knows all the ins and outs of bookings, invoicing, banking and all the other endless general enquiries which are received on the phone or email.



Not only does she do here admin job but also volunteers with the monthly Disco and other special occasions.

Mhairi is a great Team Player and we are really honoured to have her as part of the MCC Team!

Highland Dancing Classes

*are looking for
more members*

ALL AGES

* * *



**Highland
Dancing
Christmas Ceilidh**



Clear Cut Testimonials



"I have turned my life around completely since entering recovery and finding the rooms of CA, I couldn't ever stop and stay stopped and ruined so many relationships and hurt so many people, now I get to live a life beyond my wildest dreams by clean and sober one day at a time" – Anonymous (36), CA Member

"I came into the rooms of Cocaine Anonymous in March 2022, to battle my alcohol and drug addictions. Since then, my life has changed considerably. For me it's a safe place to come on a Monday night to connect with other fellows that suffer with the same illness as I have. Thank you Merkinch Community Centre for opening your doors to us and I will look forward to being back in there in 2024." – Graeme (40), CA Member

"I wasted years of my life desperately trying to stop using drugs and alcohol. I had given up all hope and had reached a point where I wished for the end. I was lost and alone. No matter how hard I tried, I couldn't stop and stay stopped for any length of time. Cocaine Anonymous, their meetings at Merkinch and the solution that's on offer within has not only saved my life but given me a life I never thought would be possible for a person like me. Today I don't drink or use drugs and I haven't thought about these things for a long time. Thank you CA and Merkinch Community Centre." – Rob (44), CA Member

"To anyone who is out there struggling – using against your own will and suffering with problems related alcohol and/or drug use. There IS a SOLUTION in the rooms of Cocaine Anonymous. CA really does work!" – Jen (32), CA Member

"I'm so glad I found C.A. when I did. I was out of options but knew I needed help. The meetings showed me that I wasn't the only one who had faced the problems I was facing, and there was a room full of people who had been just like me but they were now recovered and leading stable lives. I was also grateful for the fact that despite its name, Cocaine Anonymous is not drug-specific. It doesn't matter what drink or drugs you used, if you have a desire to stop, you're welcome here. I was primarily using cannabis and alcohol during the last months of my using, but I quickly learned in the meetings that I suffered from a disease of addiction, and C.A. has allowed me to stop use of all drugs for over 5 years now. And my life is full of great and exciting hobbies and passions, I just don't need a substance to change how I feel anymore." John (28), CA Member

Christmas Concerts

Singing for Pleasure has been performing concerts for over fourteen years in the centre. Each year there is a theme and this occasion, "A trip down memory lane".

Sometimes it is good to reflect on the journey of life and enjoy the many happy memories which have been shared. This year we remembered what Christmas was like as a child and the many happy times shared as families. Singing for Pleasure have members 60 years to 94 years which is really impressive and very well done to everyone who performed to a packed audience!



Rainbow Singers Party

Christmas Extravaganza

Our Groups for learning disabled adults also had a great performance of singing, drama and music making.

Thanks to all who took part and also to the tutors.



Merkinch Community Centre Programme

Monday

10.00-12.00	Knitting Group - enjoy tea and chat. New members welcome
10.00-12.30	Art Society
11.00-12.00	Tai Chi - get help with aches and pains!
12.00-1.00	Songbirds Acapella Group
2.00-3.00	Singing Hearts for Parkinsons. New members welcome
3.00-5.00	Step n Style, children's dance group
6.00-8.00	Highland Dancing. New members welcome
7.00-9.00	Clear Cut - support for all addictions
7.30-9.30	Archery

Tuesday

9.30-11.00	Play and Learn for parents and tots
10.30-12.00	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

Wednesday

10.30-12.00	Drama for adults with learning disabilities
10.00-12.30	Art Society
12.30-2.00	Lunch Club with entertainment for elderly (transport available)
1.30-2.30	Baking group for adults with learning disability
4.00-6.00	Highland Dancing. New members welcome
6.00-8.00	Karate for children and teenagers

Thursday

10.30-12.00	Hobbies group - bring your own hobby. Tea and chat
10.30-12.00	'Sounds Sensational' for adults with learning disabilities
4.30-5.30	STUNT class for kids and teens
6.00-8.00	Karate for children and teenagers

Friday

10.00-12.00	Archery. All stages and beginners are welcome
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Rooms of various sizes are available for hire
for meetings, events, conferences, sports

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