



## **INCHGARTH COMMUNITY CENTRE**

### ***Opportunities for adults with learning or physical disabilities***

#### **FREE ART CLASS BY MANDY CLUBB.**

Inchgarth has run a FREE ART CLASS for many years for adults with learning or physical disabilities. This class runs every Monday from 10am to 12 noon. As numbers are limited we hope that people will commit to attending weekly while if people have support workers they must also attend. You must call us on 01224 325191 in order to have a place, please don't just arrive as spaces are limited. We hope to hear from you.

#### **FRIDAY ENTERTAINMENT 1.30pm-3pm**

Every Friday at Inchgarth we employ the services of entertainers to come along to the centre in order to perform for service users at NO COST to those attending. Inchgarth covers this! Pop along for a dance, a sing-a-long, have your lunch before, or coffee after and meet lots of new friends and have a great time. We hope to see you soon . PS...Peggy's café open too!

#### **POOL DROP IN**

Did you know that when you join Inchgarth community centre as a member for £5.00 per year that you get to play FREE POOL every day (Mon-Fri) from 10am-5pm Yes that's right, FREE pool every day! What a bargain!

#### **PEGGY'S CAFÉ**

At Inchgarth our Peggy's café offers a wide selection of quality bean to cup coffees, various refreshing infusion teas, tasty fine pieces, lunches and snacks Monday to Friday from 10am-5pm. All profit made allows us to provide services for people with disabilities, children and the elderly. Very competitive prices. Free access to iPad too!

#### **CREATE ABERDEEN**

Create run numerous music, dance, learning, singing, therapy, and social groups at Inchgarth supported by fully qualified and experienced support workers. Contact create Aberdeen directly to learn more about their amazing opportunities. Dance, choirs, workshops, drama, media group and so much more.

#### **FUTURE CHOICES**

Future choices have been supported by Inchgarth for the last two years through free accommodation. This charity is an excellent example of volunteers making a huge difference for people with disabilities. Google them and make direct contact to see what they can offer. You won't be disappointed!

## **THE PHOENIX CLUB**

The Phoenix club is a long standing social group which exists to give adults with disabilities a place to meet, socialise, make friends and enjoy the excellent facilities our centre has to offer. The Phoenix club is now run by Inchgarth community centre. In order to learn more or to take part you must speak to us directly on 01224 325191. Mondays 7-9pm.

## **A CHANCE TO DANCE**

Inchgarth employs the wonderful skills and services of Create Aberdeen to deliver our amazing chance to dance which takes place every Wednesday from 1pm-3pm. This sessions costs £4.00 per person, support worker goes free!

Come along, learn lots of fun and exciting new dances to great tunes, lots of fun to be had- never a dull moment.

## **SENSORY ROOM**

Create Aberdeen runs supported sensory room sessions at Inchgarth through a partnership project between create and Inchgarth. Contact create directly to book your supported sessions. Inchgarth also has sessions which we run, however, we expect people to be supported and to know how to use the equipment- perhaps an initial session with Create. Get in touch, it's a great facility.

## **BINGO**

As part of our open bingo sessions every Thursday 11am we very much open the doors to adults with learning and Physical disabilities. Indeed the sessions are a great mix of local pensioners and adults with disabilities- creating a great fun atmosphere. 10.45am to be seated for 11am start.

## **MUSIC ROOM**

Inchgarth has an excellent music room which we encourage people to access as centre members. We support your usage through providing free access to members. Yet another Inchgarth initiative to create opportunities for people with disabilities. People must have support to access this facility.

## **CARD MAKING CLASS**

Another class in our general programme which is very much suitable for people with disabilities. Every Tuesday from 2pm-4pm Gill Bonnamy our tutor ensures a great sessions of chat, fun and learning. Costs £4.00 per class.

## **INDOOR CARPET BOWLS**

Our bowling groups very much welcome people to participate so long as support is given. It's simple, fun and low cost!

***The full inchgarth programme*** can be viewed online at [www.inchgarth.org](http://www.inchgarth.org) which has around 170 sessions of activity weekly. Follow us on facebook and add us to twitter. Call on 01224 325191