

The Inchy

The latest news from Inchgarth community centre

AUGUST 2019 ISSUE

What's new at

Beginner English classes

Classes to run every **Wednesday 7pm-8pm** from 11th September-30th October (at least). Designed for those with a low level of English, with classes to cover basics **from greetings to conversations.**

Art classes returning

Art classes are back on Wednesday 3rd of September at **1.30pm**

Card making classes

Card making classes to run **Tuesdays 2pm-4pm** starting 3rd September. Each class shall be **£4**

Kids drawing classes

Inchgarth are interested in running a kids drawing class starting in September and are looking for more people to get involved - **Wed 4-5pm**

Note: **Only Inchgarth members** are eligible to participate in classes. Membership can be **purchased onsite** at a rate of **£10 per year**

Retro fire comes to Inchgarth

We are delighted to announce this years big fundraiser Shall be a joint venture in aid of the wonderful work done by Create Aberdeen and Inchgarth's vital youth club for 360 children. On Saturday 28th September, at Inchgarth community centre, the wonderful, fantastic, and vibrant band called **RETRO FIRE** will be performing tune

from the various decades, supported by Dance machine discos, to keep you dancing the night away. There can be no better cause than these two, where hundreds of children and adults with disabilities can gain great opportunities with your support. Tickets are just **£20** including your

complimentary Stovies or macaroni and can only be purchased in advance directly from Inchgarth of Create Aberdeen. There will be a licensed bar with a range of alcoholic and soft drinks on sale. There will be a raffle on the night with an opportunity to win lots of great prizes, and raffle donations are welcome in advance or on the night. Come along and help two of the most worthy causes.



Volunteer of the month: Drumming Tutor, Demi

Demi is volunteering since October with us, teaching drumming to several kids from Garthdee. She wanted to volunteer at Inchgarth to make the same opportunity available to everyone and believes its amazing to volunteer at any community you can. She says that volunteering allows her to bring something back to the community and do what she loves at the same time. When asked why people should volunteer at Inchgarth she said **“If you have a passion you would love to pass on to our youths of the new generation, here’s your chance!”** And says as well as good facilities Inchgarth has given her a step in the right direction.

RGU Mental Health Movie



Join us for this month’s free screening of **‘Moon’**, R:15

Location: N242 Sir Ian wood Building at RGU, Garthdee campus

Time: 5pm-8:30 pm

Date: Monday 26th August

Supporting Sheltered Housing Complexes Garthdee

While a lot is done to support the community within Inchgarth, we also run a program in the wider community.

Throughout the year, we are providing entertainment to the four Sheltered Housing Complexes present in Garthdee. It is important to promote social inclusion elsewhere in the community. Thanks to the financial support we get, we are able to provide 4 shows per year for each Sheltered Housing Complexes. Each donation we get goes towards supporting the community, at Inchgarth or in Garthdee.



Introducing our Monthly Newsletter Draw!

Every Month, business from Aberdeen are kindly donating prizes for our Monthly Draw. To participate, all you have to do is emailing us your email address at volunteerinchgarth@gmail.com

This Month, prizes are:

First Prize: a complimentary membership for two for a month at 7 Health and Fitness Gym.

Second Prize: a Kid’s Birthday Party booking at Inchgarth with full package (worth £150)

Third Place: a £5 Voucher at Food Story

foodstory
share. simple. good. food



7 HEALTH & FITNESS

NO JOINING FEE

WIN 2 NIGHTS IN BERLIN!

Visit our website for all the details on how to enter

www.7healthandfitness.co.uk