



# The Inchy



**The Queen's Award  
for Voluntary Service**  
The MBE for volunteer groups  
Providing services and opportunities  
for people of all ages, making  
a lasting difference

No. 5

## CHARITY FUN-DAY

Join us at Inchgarth on the **14th of April, from 12pm to 2pm** - we will be raising money for Aberdeen SANDS, in memory of Angel Hauzaree. £2.00 fee for adults, including raffle ticket

£3-00 fee for children, including access to bouncy castle and balloon model.

Prepare for:

face painting, chocolate tombola stalls, vintage ice creams, bella's clips and bows, bottle stall & much more!!

## NEW IT ROOM

Fully equipped with 10 new Dell laptops and 10 Samsung tablets ready to be used for free soon.

The new lottery-funded computer room here at Inchgarth will host our brand new beginners I.T. classes.

### Drop in times:

MONDAY 10AM-3PM / 5PM-9PM

TUESDAY 10AM-3PM / 4PM-9PM

WEDNESDAY 4:30PM-9PM

THURSDAY 10AM-2PM / 4PM-9PM

FRIDAY 10AM-9PM

SUNDAY 10AM-9PM

## This month's free RGU Mental Health Movie screening

*Side Effects* (2013), rated 15.

The film follows a young woman as her world unravels when a drug prescribed by her psychiatrist has unexpected side effects.



The screening will take place on the **15th of April from 5pm to 8.30pm** at Inchgarth Community Centre.

Anyone is welcome to join and enjoy some refreshments, then engage in a discussion afterwards.

## CREATE 'Active Lives, Creative Minds' Campaign Shortlisted

CREATE Aberdeen's campaign for the set up of a Makaton choir for adults with learning disabilities has been shortlisted by the *People's Project* to win up to £5,000. The organization is calling out for people to support and vote for this project to win which will allow for the sessions use signs and symbols in place of speech to bring



people together to enjoy music, singing, dancing and performing. The voting closes on April 15th and anyone over the age of 13 can vote for 'Active Lives, Creative Minds' by visiting their Facebook page, website, Twitter page or through the People's Project page and looking through the STV North Section.

## VOULUNTEER CATCH-UP

**MAGGIE!**

### What do you do at Inchgarth?

I am a 3rd Year PR student at RGU and I'm currently on work placement helping here since January. I've been organizing the upcoming Garthdee Liason Group Meeting and creating promotional material for the ce activities.



### What do you like about Inchgarth then?

The best part of it is the amount of help it provides for everyone in the community, it is truly an inclusive place. I love meeting all the different people from different backgrounds and stages of life. It's very wonderful!

### What do you live by in life?

I believe that a person never stops learning and growing and you should never be too proud to admit your mistakes.

### What are your future plans?

I would like to continue finding ways to help those around me after I graduate and enjoying life. I really love art in all its varieties and want to spend more time exploring that too.

## SUPPORT OUR MOST VITAL PROJECTS!

We are proud to introduce our new GoFundMe page where anyone can place a donation and help support the work Inchgarth Community Centre provides.

The Inchgarth management committee needs to raise vital funds that allow us to deliver opportunities for adults with disabilities and health problems, local elderly, and children. The money would allow to start new activities, ensure existing vital services continue.

Contributions are welcome at:

<https://www.gofundme.com/support-our-most-vital-projects>

## NEW CLASSES AND GROUPS

We constantly have new clubs and classes at Inchgarth, here are some that have started up this month.

### English for Adults

Free English classes every Wednesday from 7pm to 8pm for 8 weeks starting on the 24th of April.

### Beginner Computer

Free Class every Thursday from 2pm to 4pm for 8 weeks starting on the 25th of April.

### Beginner Tablet

Free classes every Monday from 3.15pm o 4.45pm starting on the 15th of April

### Baking

Every Tuesday from 3pm to 5pm for 8 weeks starting on the 16th of April. Only £40 or £5 per class.

### Boccia

Every Tuesday from 1pm to 3pm, targeted to adults with special needs. Only £1 per visit

### Heritage group

Launch night is on the 23rd of April. Refreshments available.

**GYM**



JUST £29.99 FOR  
THE WHOLE YEAR  
OPEN DAILY

### £3 KIDS MENU!

Tomato pasta with  
meatballs & garlic  
bread

OR

Sausage with chips  
& beans

OR

Chicken fillets with  
chips and beans

+ a carton of juice

### Garthdee Heritage Group Launch Night

With the aim of exploring and preserving the local history, the Garthdee Heritage Group are happy to announce their community launch night on the **23rd of April** at Inchgarth Community Centre where interested people can join and enjoy some free refreshments.



## Charlie Dog Mascot Auditions

Sunday 21st April 2019  
Inchgarth Community Centre

If you're interested in volunteering as Charlie Dog please contact  
volunteer@incharthcommunitycentre.org.uk or tel: 01224 310303

Mascots ideally to be accompanied by a guide



Life is precious