

Newsletter

**Dunbeath &
District Centre**



Musical Entertainment

We're sneaking in a few events not happening in August but we would hate you to miss out, on Wednesday the 30th of July at 2pm, we have along the spectacular Steven Sinclair to play us some tunes and have us dancing the day away, we just cannot wait to hear him play.

RSBP Reserve Talk

For a real interesting afternoon, come along and join us to learn about the work being done up at Forsinard Flows, the precious peatland is home to many common and rare creatures. The RSPB has been caring for 21,000 hectares of it for over 20 years.

So on Wednesday the 6th of August stop by at 2pm to listen to a presentation on the work they do!

Mindfulness Thank You

I just wanted to put in a small thank you to Vitality with Donna Booth for our Mindfulness sessions, the final one is happening on Wednesday the 30th of August at 4pm, we have thoroughly enjoyed our peaceful afternoons with her!



August

Music, nature, art, or needing help as a Highland Council tenant, we have quite a month



We have our usual monthly events:

- Bingo 6th of August at 7pm
- Whist 21st of August at 7pm

Both at £2 entry, anyone welcome.

Tea/Coffee, Bakes and a Raffle

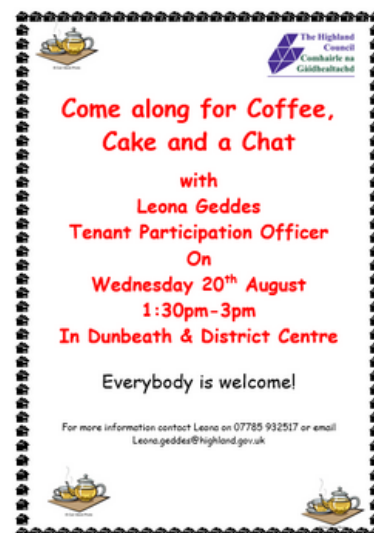
We have strollers group every Thursday meeting in the centre car park at 10:30am.

Singing group in the centre every Thursday at 2pm.

Highland Tenant Participation

We are welcoming back Leona Geddes, tenant participation officer, who will be holding a drop in session for anyone who is a tenant to ask questions about support, problems they might be having or general advice.

She is with us on the 20th of August 1:30pm while 3pm, everyone is welcome!



Continuing Art Workshop

Ongoing we have our art and mindfulness workshop with Lisa from Haven House Healing, 3 sessions are left in our 8 week block, Tuesdays, the 5th of August, 12th of August, and the 19th of August, 3pm-4:30pm.

If anyone is still interested in coming along to our sessions pop us an email to activities@dunbeathanddistrictcentre.org or pop in on the day, we have a handful of spots and all the sessions are open to dip in and out of!



Look Back Website Post

A quick note at the end of our newsletter, for those of you online and tech savvy, I recommend taking a look on our website! We have spent the past few weeks on social media looking back at our past events and activities.

Coming soon there will be a big reminder post of everything we've been up to since April, on dunbeathanddistrictcentre.org So keep your eyes peeled!

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