

For more information on any events or if you would like this emailed to you each month please email enquiries@ramh.org or call Agnes on 0141 847 8900
For ACUMEN event enquiries contact: jade@acumennetwork.org or call Jade on 0141 847 8900

Please note that all info is correct at time of printing. You can access the most recent copy on the website: <http://ramh.org/our-services/> (in the downloads section. Staff can access on the RAMH Staff Intranet (in the Newsletters and forthcoming event information)

Colour Coded Key	Renfrewshire	East Renfrewshire	No colour - FOR ALL
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RAMH Christmas Fair
Saturday 7 December
11.30am – 3.30pm
Holy Trinity & St Barnabas Church



Join us on **Saturday 7 December 2019 (11.30am-3.30pm)** for our Christmas Fair at **Holy Trinity & St Barnabas Church** (St James Street, Paisley, PA3 2AF)
We have a wide range of stall holders booked, selling everything from ladies accessories and childrens books, to jewellery, personalised gifts and candles!
(Photos can be found on the RAMH Facebook's events section)
There will also be entertainment courtesy of the Diane Mitchell Music School, as well as refreshments, festive bake sale and raffle!
This event is **FREE** to attend and **FAMILY FRIENDLY**, so we welcome staff, family, friends, service users and the general public to join us in bringing the community together over this festive period, whilst raising funds for RAMH!

STV Appeal: RAMH can support Christmas treats and events for people who use our services, who have children under 18. Your support worker would need to agree and make an application through our STV appeal money. **Email stephen@ramh.org or shirley@ramh.org with your request.**

We have been successful again in getting money from this fund to support families with children to have a "treat". So please get in touch if there are any families who have not taken advantage of this, and who might benefit from a trip to the Panto or Cinema. Examples of ways we have used this fund is to fund: Decorating a child's bedroom; Purchasing a washing machine for a family; Days out and special treats for Christmas. Staff who have accessed the fund on behalf of service users should send Stephen or Shirley an email with an update on how this benefitted the family, as this is what enables us to apply for more money!

DATE FOR YOUR DIARY
Saturday
14 December 2019
7.30pm till late
Venue: Old Plane Tree – Darnley, 1 Leggaston Avenue, Glasgow, G53 7PW.

Causeway Housing are planning a Christmas night for Service Users.
A great chance to enjoy the festivities and to dance the night away. The tribute band is ABBA and Neil Diamond, costing £30pp - some spaces available.
For more information contact: Maureen Logan on 0141 638 7060

Wednesday
18 December 2019
12.30pm
Fountain Gardens, Love Street, Paisley

Walk a Mile: Christmas Style
RASA (Renfrewshire Anti Stigma Alliance)'s annual Walk a Mile 'Christmas Style' event will leave from Fountain Gardens in Paisley at 12.30pm – all welcome!



RAMH Reuse Superstore
Houston Square
Johnstone
PA5 8DT

Opening Hours
Tuesday, Wednesday &
Thursday
11am- 12noon & 2pm-3pm

The new RAMH Store
Houston Square
Johnstone
PA5 8DT
will be open Tues, Wed &
Thurs from
10am till 4pm

RAMH Reuse Superstore

The RAMH Reuse Store is delighted to announce that we are currently getting ready to open a secondary store in Johnstone.

Our volunteers have been working very hard to get it open on time for Christmas. Due to open on Tuesday 3rd December 2019. We look forward to you visiting us.

If you would like to get involved in volunteering with us, or would like to know more about the benefits of volunteering with us, feel free to contact Kate on 0141 237 7600 or 07958 702 290 who would be happy to answer any questions for you

Remember, RAMH clients receive a 30% discount on furniture items

We continue to be well supported within the local communities who donate to us. With the valued support of our volunteers, this enables us to offer quality goods at affordable prices to our customers

Lifeskills would like to give our thanks to our team of volunteers who support our service day to day, enabling us to deliver services to our clients and serve the community by donating their time in activities within the RAMH Reuse Superstore



Monday

16 December 2019

1-3pm

Venue: Trinity Church Hall,
13 Paisley Road, Renfrew
PA4 8JH

The Singing Group and Renfrew Social Hub Invite You To... Renfrewshire Community Service Stakeholders Event

Come and join us for some soup and a few songs! Take some time to let us know what you think of the service and enjoy the company of others during the festive period.

For further information contact Fiona McCrae or Margaret-Rose on: 0141 404 7788

Every Monday

Time:2-4pm

Venue: Trinity Church Hall,
13 Paisley Road, Renfrew
PA4 8JH



THE VOICE: Sing for Wellbeing

Do you know singing is good for your physical and mental health? You don't have to be able to sing, or you could be a singer, the group is open to everyone.

If you are interested, please contact Margaret Rose on 0141 404 7788

Come on, why not give it a go.

Every Monday

10am-12 noon

Please drop in – ALL WELCOME

Venue: Charleston Centre,
49 Neilston Road, Paisley
PA2 1LU

Smoking Cessation group


This group is run by the NHS – It is open without referral to anyone from RAMH or the general public. The purpose of this group is to provide practical information, guidance on methods on quitting as well as some moral support on offer from the staff who facilitate the group.

For further information contact: 0141 404 7788

<p>Every Monday Meet 10.30am at Renfrew Victory Baths 10.45am-11.45 Venue: Renfrew Victory Baths, Inchinnan Rd, Renfrew PA4 8ND ALL WELCOME</p>	<p>Renfrewshire Swimming Group Suitable for people who would like to enjoy a gentle swim within a group setting, whilst offering a chance to meet others who are interested in swimming as a way to improve fitness and wellbeing. Self-Referral/ Referral Required Costs: £2.45 Contact: Graham Cossar on 0141 404 7788 graham.cossar@ramh.org to let us know you are coming along.</p>
<p>Every second Monday 9 December 2019 11am – 1pm Venue: Arc - Auchenback Resource Centre 64 Aurs Drive, Barrhead, East Renfrewshire, G78 2LW ALL WELCOME</p>	<p>Time 2 Talk Recovery focused peer support discussion based group. To improve and expand coping skills as well as exploring and sourcing new information on recovery and increasing self-management skills and resilience. Time to Talk will return on the 6 January 2020. Self-referral/Referral required Contact: lee.millar@ramh.org or on 0141 881 8811</p>
<p>Every second Monday 2, 16 December 2019 10am-12 noon Venue: Dunterlie Community Centre, Stewart Street, BARRHEAD, G78 1AL ALL WELCOME</p>	<p>Men Do Talk A fortnightly men's group offers support to talk about issues that affect men in a safe and relaxing environment. Men Do Talk will return on 13 January 2020 For more information contact: lee.millar@ramh.org or on 0141 881 8811</p>
<p>Monday 2 December 2019 2pm Venue: RAMH Community Garden, 21 Carlibar Road, Barrhead</p>	<p>Time to Grow (Third of five educational workshops) The benefits of green space to your mental health have been well documented but would you like to know more about the Greenspace you are in. The countryside rangers will educate and engage you with their knowledge of everything that lives and grows in For more info contact: graham.cossar@ramh.org or call 0141 881 8811</p>
<p>Monday 2, 9, 16 December 2019 Venue: Mearns Kirk, 404 Mearns Road, Newton Mearns, G77 5BU</p>	<p>Mind Kind Are you looking to better your own wellbeing? Or are you interested in learning various mindfulness, relaxation & meditation techniques? Contact: Zoe Nisbet on 0141 881 8811 or zoe.nisbet@ramh.org</p>

<p>Drop In Session times:</p> <p>Monday 5pm-6pm</p> <p>Thursday 10am-12noon</p> <p>Venue: UWS Robertson, Sports Centre at Thornly Park Campus, Caplehill Rd, Paisley PA2 7TR</p>	<p>Supported Gym Sessions Suitable for people looking for a quiet gym facility to exercise and improve general fitness. Physical activity worker will complete an induction and ParQ (Health Questionnaire) on first visit then use of the gym if open. Supported drop in session times are for those who want to work out or get advice direct from Physical activity worker who will be present in the gym at these set times.</p> <p>Venue: UWS Robertson Sports Centre</p> <p>Costs: cost £2.50 pay as you go</p>
<p>Tuesday</p> <p>17 December 2019</p> <p>6-8pm</p> <p>Venue: Unit 55/Embroidery Mill/Abbey Mill Business Centre, Paisley PA1</p>	<p>Carers Group – The group is a joint peer support group between RAMH and the Carers centre.</p> <p>Self-referral/referral required</p> <p>For more information contact: Paul Henderson at pbh@ramh.org 0141 404 7788</p>
<p>Every Tuesday</p> <p>3, 10, 17 December 2019</p> <p>1pm-3pm</p> <p>ALL WELCOME</p> <p>Venue: Dalmeny Centre, Barnes St, Barrhead, G78 1EH</p>	<p>LINK Club</p> <p>Weekly social connections group for people living in East Renfrewshire. Provides support and wellbeing activities for people who are isolated with limited social support networks</p> <p>Self-referral/Referral required</p> <p>Contact: Zoe Nisbet on 0141 881 8811 or zoe.nisbet@ramh.org</p>
<p>Every Tuesday Evening</p> <p>3, 10, 17 December 2019</p> <p>Meet 4pm at Barrhead Foundry</p> <p>4.15pm-5.15pm</p> <p>Venue: Barrhead Foundry, Main Street, Barrhead G78 1SW</p> <p>ALL WELCOME</p>	<p>East Renfrewshire Swimming Group (Barrhead) Suitable for people who would like to enjoy a gentle swim within a group setting, whilst offering a chance to meet others who are interested in swimming as a way to improve fitness and wellbeing.</p> <p>Costs: £3.90 without an access card; £3.30 with an access card and £2.30 concession.</p> <p>Contact: Graham Cossar on 0141 881 8811 or graham.cossar@ramh.org to let us know you are coming along.</p>
<p>Wednesdays</p> <p>2pm-3pm</p> <p>Mearns Kirk Helping Hands</p> <p>Starts 6th Nov (for 5 weeks)</p> <p>404 Mearns Rd, Newton Mearns, Glasgow G77 5BU</p>	<p>Fit4Sport</p> <p>The Fit4Sport group will be a gentle introduction for older adults looking to get more physically active focusing on low level sports and activities in a safe setting. The group will look to engage people back into more physical activity who may have felt that they are now not in a position to participate. So come join us for some friendly competitive sport and activity that fits your needs!</p> <p>For more info contact Graham Cossar</p> <p>Email: graham.cossar@ramh.org</p> <p>Phone: 01418818811</p>

<p>Wednesday</p> <p>4, 11, 18 December 2019</p> <p>1pm-3pm</p> <p>Venue: Arthurlie House , Springhill Road Barrhead G78 2SE</p>	<p>Women in Recovery East Renfrewshire (WIRE)</p> <p>A self-managed Women’s group, which focuses on utilising craft skills which are sold to raise funds for charities. The group also invite guest speakers to give information which allows members of the group to be better informed and more connected to their local community.</p> <p>Self-referral/Referral required</p> <p>Contact: Christine on 0141 881 8811 or christine@ramh.org</p>
<p>Wednesday</p> <p>4, 11, 18 December 2019</p> <p>10-10.45am</p> <p>Venue: Eastwood Leisure Centre, Rouken Glen Rd, Giffnock, Glasgow G46 6UG ALL WELCOME</p>	<p>Wellbeing Group</p> <p>The group will meet prior to the swimming group, and focus on a variety of mild physical activities (walks), mindful activities and ways to de-stress and improve their mental and physical wellbeing. The group will look to take advantage of being outside and its effects on mental wellbeing (weather dependent).</p> <p>Contact: Graham Cossar on 0141 881 8811 or graham.cossar@ramh.org to let us know you are coming along.</p>
<p>Wednesday</p> <p>4, 11, 18 December 2019</p> <p>Meet 10.45am at Eastwood Leisure Centre</p> <p>11am-12noon</p> <p>Venue: Eastwood Leisure Centre, Rouken Glen Rd, Giffnock, Glasgow G46 6UG ALL WELCOME</p>	<p>East Renfrewshire Swimming Group</p> <p>Suitable for people who would like to enjoy a gentle swim within a group setting, whilst offering a chance to meet others who are interested in swimming as a way to improve fitness and wellbeing.</p> <p>Costs: £3.90 without an access card; £3.30 with an access card and £1.95 concession.</p> <p>Contact: Graham Cossar on 0141 881 8811 or graham.cossar@ramh.org to let us know you are coming along.</p>
<p>Wednesday</p> <p>4, 11, 18 December 2019</p> <p>2pm – 3pm</p> <p>Venue: Rouken Glen Park</p> <p>All Welcome</p>	<p>Couch 2 5K</p> <p>Induction to running. Starting from beginner with the goal to progress to running set distances of 3 and 5k. Using running as a positive way to increase exercise and benefit mental and physical health and wellbeing in a group setting.</p> <p>Contact: Graham Cossar on 0141 881 8811 or graham.cossar@ramh.org</p>
<p>Wednesday</p> <p>30 October 2019 for 6 sessions</p> <p>1.30-2.30pm</p> <p>Venue: 14 St James Street, Paisley</p>	<p>Stress Hub</p> <p>Manage your stress using the practical approaches.</p> <p>Contact: margaretrose@ramh.org or on 0141 404 7788.</p> <p>1;1 anxiety management also available contact; fiona.mccrae@ramh.org for further details.</p>

<p>Thursday</p> <p>8 week walking programme 31 October – 19 December 2019</p> <p>Various locations in Renfrewshire, contact Graham for meeting place</p>	<p>Walking Group Suitable for people looking at mild to moderate walking as part of their physical activity and an opportunity to meet others and talk while seeing various areas across Renfrewshire and improving their health and wellbeing</p> <p>Self-Referral/Referral Required For further information contact: Graham Cossar on 0141 404 7788 or graham.cossar@ramh.org</p>
<p>Thursday</p> <p>5, 12, 19 December 2019</p> <p>5-7pm</p> <p>Venue: Causeway, 8 Carlibar Road, Barrhead G78 1AA</p> <p>ALL WELCOME</p>	<p>Singing for Wellbeing A group of people with a lived experience who do or would like to try singing as part of the Mental Health Recovery. The group are asked at times to put on performances at mental health events. Songs are sung along with musical tracks. There is no audition or need to read music, you don't need a great voice, just enjoy singing and want to improve your confidence as part of a group.</p>  <p>Self-referral/Referral required</p> <p>For more information contact: Christine Murray 0141 881 8811 or christine@ramh.org</p>
<p>Thursdays (last Thursday of the month)</p> <p>Carers' group will return in January 2020</p> <p>6.30pm – 8pm</p> <p>Venue: Sandlers Cottage, Eastwood Park Rouken Glen Road Giffnock, Glasgow G46 6UG</p>	<p>Carers' Group – Monthly Carers support for individuals living in East Renfrewshire HSCP. This group supports members through Peer discussion support and to engage in ER consultation and advocacy, from a carers' prospective.</p> <p>Contact: Jacqui Heron on 0141 881 8811 or jacqui@ramh.org</p>
<p>Thursday, Friday, Monday</p> <p>5, 6, 9 December 2019</p> <p>9.30am – 12 noon</p> <p>Venue: Eastwood Health and Care Centre, Drumby Crescent, Glasgow G76 7HN</p> <p>Thursday, Friday, Tuesday</p> <p>28, 29 November and 2 December</p> <p>1pm-4pm</p> <p>Venue: Auchenback Resource Centre (The ARC), 64 Aurs Drive, Barrhead G78 2LW</p>	<p>Stress Management Hubs Suitable for people who would like to learn tools and techniques to address and reduce their stress and anxiety.</p> <p>Self-referral/referral required</p> <p>For more information contact: Christine Murray or David Cowie on 0141 881 8811/ christine.murray@ramh.org – david.cowie@ramh.org</p>

<p>Every Thursday</p> <p>5, 12, 19 December 2019</p> <p>1.30pm – 3.30pm</p> <p>ALL WELCOME (Please be advised our programme can take us out of the halls, so inform Lee if you are coming along)</p>	<p>Social Support Group A social support drop-in to help to increase your social connections Self-referral/Referral required Venue: Clarkston Halls, Clarkston Road, Glasgow, G76 8NE For more information contact: Christine Murray christine@ramh.org or on 0141 881 8811</p> 
<p>Every Friday</p> <p>1.30pm-3.30pm</p> <p>Venue: Walks will meet and leave from the 'Café on the Corner' Barrhead, with weekly walks at various points across Barrhead and East Renfrewshire</p>	<p>East Renfrewshire Walking Group Suitable for people looking at mild to moderate walking as part of their physical activity and an opportunity to meet others and talk while seeing various areas across East Renfrewshire and improving their health and wellbeing Self-Referral/Referral Required Cost: Free Contact: Graham Cossar on 0141 881 8811 or email: graham.cossar@ramh.org to let us know you are coming along.</p>
<p>Friday</p> <p>12pm-3pm</p> <p>Venue: YES Project, Rouken Glen Park</p>	<p>'DIG IN' (Self Managing Gardening Group) Self-managed gardening group giving opportunity to share, exchange and further develop existing knowledge and skills around gardening and wellbeing self-management. Self-referral/Referral required Contact: Lee Millar, lee.millar@ramh.org or on 0141 881 8811</p>
<p>Every Friday</p> <p>6, 13, 20 December 2019 November 2019</p> <p>10am-12 noon</p> <p>Venue: 21 Carlibar Road, Barrhead G78 1AA</p> <p>ALL WELCOME</p>	<p>The SHED Do you have an interest in working creatively with your hands? The group works on designing and creating items primarily with wood. The Shed is a place for skills, sharing and informal learning. Based on the Men's Shed model. Contact: Christine Murray on 0141 881 881 Christine@ramh.org</p>
<p>5-a-side Every Saturday</p> <p>11-a-side match every quarter</p> <p>10.15am for changing / catch up Game: 10.30 – 11.30am</p> <p>We are encouraging members and spectators to come along and watch the game & meet new people. If you wish to then play simple referral process follows. Open to men and women!</p>	<p>Saturday Football (Renfrewshire RAMhs) Football is a great way to keep fit, meet others and have fun or just get out to spectate. Venue: UWS Robertson Sports Centre at Thornly Park Campus, Caplethill Rd, Paisley PA2 7TR Costs: cost for pitch hire is £2 per head Contact: You can also keep up to date or communicate with the team leaders by email</p> <ul style="list-style-type: none"> • steven.mcadam@ramh.org or physical activity worker • graham.cossar@ramh.org or phone 0141 404 7788.. 

<p>Every 1st Sunday of the Month</p> <p>1pm – 4pm</p> <p>Venue: Café on the Corner/Catherine Rose 196 Cross Arthurlie Street Carlubar Road BARRHEAD G78 2QX</p>	<p>Lean On Me Wellbeing Café Hosted by Café on The Corner this is a drop in café that will focus on people’s wellbeing with RAMH presence at the event, to help talk things through with people who are struggling with wellbeing.</p> <p>ALL WELCOME!</p> <p>For further information contact: lee.millar@ramh.org or phone: 0141 881 8811</p>
<p>GP Practices Renfrewshire</p> <p>Open to all patients in the Renfrewshire practices</p>	<p>Community Link - Renfrewshire Community Link Workers are based in all GP practices and please make an appointment through your GP practice.</p> <p>Contact: 0141 847 8900 for more details or email IreneB@ramh.org</p>
<p>GP Practices East Renfrewshire</p> <p>Open to all patients in the East Renfrewshire practices</p>	<p>Community Link – East Renfrewshire Community Link Workers are now based in all GP practices Please make an appointment through your GP practice.</p> <p>Contact: 0141 847 8900 for more details or email IreneB@ramh.org</p>
<p>Every 4th Monday</p> <p>6-8pm</p> <p>Venue: Bianco e Nero (formerly Saporitos in the back room) 27 Gauze St, Paisley PA1 1ES</p>	<p>PAISLEY BIPOLAR GROUP If you live with Bipolar Disorder and you’d like to share information, advice and insights with other people who live with Bipolar, please come along to the Paisley Bipolar Self-Help Group. We meet on the 4th Monday of every month at Bianco e Nero (formerly Saporitos in the back room) 27 Gauze Street, Paisley PA1 1ES and you’re very welcome to join – no referral needed! We’re a friendly bunch and we’re also open to friends, family, carers and partners of people with a bipolar diagnosis – anyone whose life has been affected by bipolar. This is your chance to share advice and insights in a friendly non-clinical setting and to meet new people. Our group also has occasional guest speakers who can talk about bipolar disorder from a range of angles (e.g. pharmacists, psychiatrists, mindfulness, getting back into work, staying fit etc). We’re affiliated to Bipolar Scotland and you can learn more about the national organisation at www.bipolarscotland.org.uk. It costs nothing to attend our group and we hope to see you there.</p> <p>Contact Bipolar Scotland on 0141 560 2050 for more info www.bipolarscotland.org.uk</p>
<p>Throughout 2019</p> <p>Check the list and contact Meal Makers on 387 6390</p>	<p>Meal Makers Do you know an older person who could really benefit from a freshly prepared meal and a friendly chat? Meal Makers have a number of volunteer cooks looking to share with an older person in their neighbourhood, so if you know of an older person in any of the below areas who you think would benefit from a home cooked meal and some company please contact Meal Makers. Volunteers are usually happy to travel approx. 1km (10 – 15 min walk). If you would like to volunteer or refer an older person please contact Meal Makers direct on 0141 387 6390 and they will take all the details over the phone or email hello@mealmakers.org.uk</p>

ACUMEN

Colour Coded Key	Argyll & Bute	Inverclyde	West Dumbarton	East Renfrewshire	Renfrewshire
<p>Every Monday</p> <p>1pm-3pm</p> <p>Venue: Dunterlie Community Centre, Stewart Street, Barrhead G78 1AL</p> <p>ALL WELCOME</p>	<p>Acumen Drama Group</p> <p>Come along and brighten your day through fun, drama and movement activities and let your creative side shine. The sessions are free for all adults, to promote positive mental and physical wellbeing.</p> <p>This is a Self-Managed Group.</p> <p>If you would like to join this group or for further details, please contact michael.charles@acumennetwork.org</p>				
<p>Monday</p> <p>9 December 2019</p> <p>2.00pm – 4.30pm</p> <p>Venue TBC (Dunoon)</p>	<p>Peer to Peer Planning Session</p> <p>Please contact Rachel for more info:</p> <p>Rachel@acumennetwork.org</p>				
<p>Every Tuesday</p> <p>1.30-3pm</p> <p>Venue: Kintyre Link Club, Campbeltown Community Education Centre, Stewart Road, Campbelltown, PA28 6AT</p>	<p>Photo Editing with Diane and Sarah</p> <p>Everyone welcome to come along and join in.</p> <p>For more information call Tracy Chambers 07535036953</p>				
<p>Every Tuesday</p> <p>1.00pm at Jean's Bothy, Helensburgh</p>	<p>Branching Out</p> <p>Branching Out has started again at Jean's Bothy, Helensburgh's new mental health hub on Tuesdays at 1pm if you are interested in woodworking.</p> <p>For more info about the hub visit their facebook page!</p>				
<p>Every Wednesday</p> <p>12.30-3pm</p> <p>Venue: Kintyre Link Club, Campbeltown Community Education Centre, Stewart Road, Campbelltown, PA28 6AT.</p>	<p>Crafts Workshop</p> <p>Come along and try your hand at craft making.</p> <p>For more information call Tracy Chambers 07535036953</p>				
<p>Wednesday</p> <p>4 December 2019</p> <p>1.00pm – 3.00pm</p> <p>The Bridge, Helensburgh Parish Church</p>	<p>Helensburgh & Lomond Health & Wellbeing Network Meeting</p> <p>Find out more at http://healthyargyllandbute.co.uk/health-and-wellbeing-networks/network-helensburgh/ or email audrey.baird@acumennetwork.org</p>				

<p>Wednesday</p> <p>18 December 2019</p> <p>10.30am – 12.00pm</p> <p>Broomhill Gardens Community Hub, Mearns Street, Greenock</p>	<p>Mental Health Reference Group</p> <p>All welcome to this reference group bringing people with lived experience, third sector partners and the HSCP together to promote recovery in Inverclyde.</p> <p>All welcome, for more information please contact: Rachel on 0141 847 8900</p>
<p>Every Wednesday</p> <p>3-4pm</p> <p>Listen on 98.4FM or at www.pulseonair.co.uk</p>	<p>'Mental Health on Air'</p> <p>Every Wednesday (3-4pm) Pulse Radio, Barrhead, shares information with the community and provides talks about various aspects of Mental Health and music.</p> <p>Any suggestions for topics for discussion are always welcome from anyone who has experienced mental health issues.</p> <p>6 November - Outside the Box 13 November - The arts and mental health 20 November - Community and mental health 27 November - Neighbourhood Network 4 December - Money Matters (?) 11 December - Christmas Special Show 18 December - Yearly Recap Show</p> <p>For more information please contact: michael.charles@acumennetwork.org</p>
<p>Every Thursday</p> <p>From 11am</p> <p>Venue: Kintyre Link Club, Campbeltown Community Education Centre, Campbelltown, PA28 6AT</p>	<p>Bingo and lunch</p> <p>Eyes down come and join the fun.</p> <p>For more information call Tracy Chambers 07535036953</p>
<p>Thursday</p> <p>5 December 2019</p> <p>Time & Venue: TBC</p>	<p>ERDA Big Breakfast Event</p> <p>A meet up of lots of charities, groups and people in the community for breakfast.</p> <p>For more information please contact michael.charles@acumennetwork.org</p>
<p>Friday</p> <p>20 December 2019</p> <p>Contact Katrina for time and venue</p>	<p>Christmas Lunch @ The Bothy!</p> <p>Lots of members have already added their name to the list, but if you haven't and want to come along for a three course meal (courtesy of the Buffet Shop and free to members) let the team know by contacting Katrina.sayer@enable.org.uk</p>