

MERKINCH

News and Views

The Merkinch community newsletter, entirely written and produced in the Merkinch



Sunday School is felting fun day

LEFT... Sunday School was never like this before! When your Sunday School teacher happens to be a fabric artist like Ruth Black, and it's Highland Open Studios week, the obvious thing to do is make a felt picture of your favourite Bible story. This involves lots of scrubbing and soap suds in Ruth's studio in the St Michael's Rectory garden in Abban Street. The finished picture can be seen in the church hall.



LEFT... The hairdressers' stall is a regular feature at Trinity Church summer events.

RIGHT... This young lady was delighted to win a lovely china horse in exchange for a smile at the Trinity's bric-a-bracs stall!



Inside this month:

Janny's Hoose health focus
— Page 2



Pages 6 & 7

Open Day at Local Nature Reserve
— Page 8

More pix of summer's events
— Page 12

HELPLINE

Childline – 0800 1111. Free confidential advice 24 hours a day.

Samaritans – 66 Tomnahurich St, tel 713456 or 0345 909090 (local rate).

Drugline Scotland – tel 0800 776600. Free advice on drugs 24 hours a day.

Crossroads Care Attendant Scheme – 2 Queensgate Arcade, tel 242112.

Smokeline – 0800 84 84 84.

Victim Support – tel 710806.

Age Concern – 0800 731 4931.

Inverness Council on Alcohol – 34 Tomnahurich St, tel 220995.

Housing Problems – 703800.

Housing Repairs (including out-of-hours – 232675).

Trading Standards – 0845 600 4222.

Extra and bulky refuse collection – Ring 230634.

Inverness Women's Aid – Confidential support for abused women, tel 220719.

Rape & Abuse Line – 0808 800 0123 (women 7-10pm every evening; 0808 800 0122, men 7-10pm Mon & Wed).

Citizens Advice Bureau – 235345.

Inverness New Start – 715615 or 728770.

Police Confidential Line – 720367.

Crimebusters – 0800 555111.

Your local councillors – Janet Campbell 226598; Peter Corbett 238159; Donnie Kerr 225217; Bet McAllister 710558.

Community House, Craigton Avenue – 718848.

mp33 – 717639

Merkinch Community Website— www.merkinch.info

Merkinch Enterprise – 240085.

Janny's Hoose – Jean Mackay, 226348.

Community Centre – 239563.

Community Dog Warden – 703134.

Merkinch Partnership Officer –

**Got a story?
Contact News &
Views on 240085**

Getting to grips with Merkinch health issues

“HEALTHY Merkinch” was the topic of a meeting in the Community Centre on 22 May. And those present concluded that poverty, poor diet, lack of education and lack of time were high on the list of causes of poor health.

Present were representatives of Highland Council, both official and elected plus members of various community groups and individuals with a particular interest in public health. Myra and Jean from the Janny's Hoose who initiated the event were also there.

Working together in three groups those present looked at what affected our health and the health of our communities, looked at the connections and prioritised the issues. Connections, it was agreed, were money, stress and lack of time

The general consensus was that the most important issues were:

- Money
- Diet (including access to fast food, weight, erratic mealtimes)/drugs + alcohol (+ underage)/antisocial behaviour (including noisy neighbours, late night revellers and

animal noise and poo + seagulls)

- Education
- Time/employment (hours and unemployment, boss and workmates, overwork)/housing (living in run down area, lack of response)/bullying/illiteracy and innumeracy
- Domestic Abuse/stress/exercise/role models/low self-esteem/transport/lack of dentists/fuel poverty
- Lack of play areas/access to GPs (location and getting appointment, poor medical care)/loneliness/depression
- Pollution/religion/bins (refuse collection, litter, people not putting bins out)/cars (speeding and parking)/road maintenance (including pavements)/being a single parent
- Genetic illness; blood pressure; family/kids (+ roaming street at night); community/social opportunities; anxiety; bad drains and flooding; lack of response by police; lack of sleep; over-prescribing doctors; lack of parental control (+child neglect); lack of facilities (+places for youth); age; vandalism; sudden death

Action points from these were discussed.

Agencies identify further issues

A MEETING of the Healthy Merkinch Network the following week saw representatives of various health-orientated agencies working in the area hear of the latest developments at the Janny's Hoose.

The Janny's Hoose is in transitional phase, applying for Big Lottery funding and Scottish Government transitional funding. It will be branching into other areas, and there will be four themes – area networks, caseload work, group work sessions, volunteers looking at health issues in the community. Other ideas:

- Local healthy food outlets
- Mentors
- Referrals for Healthy Life Plans.

The aim of the meeting was to set up a Healthy Merkinch Network, which would meet three or four times a year to address issues and draw up action points. It is felt to be important for agencies to work together.

Among the decisions made were that Merkinch Partnership and Community Learning should draw up a new Merkinch Community Plan,

It was highlighted that the Road To Recovery project based in the Madras St Hall (alcohol and drug addiction support group) had no time limit on working with clients, adult learning is a vital part of the recovery process. Group meetings take place on Thursdays at 7.30pm and a women's group

meets on Wednesdays at 2pm.

The meeting agreed that what affects the health of people in Merkinch includes:

- Drugs, Alcohol - accessibility of alcohol, youth drunks (age 10), public drinking
- Depression, lack of education about general health, antisocial behaviour/neighbours, debt, employment, lack of transport, restricted access to health services, lack of knowledge, skills and educational qualifications
- Deprivation, lack of exercise, disempowerment, lack of opportunities, unemployment
- Housing, sense of helplessness, domestic violence, lack of confidence, unaffordable dentistry, motivation, poor diet, smoking, long term medical conditions, attitudes, sense of community, discrimination, dog poo, attitude of local authority.
- Family circumstances, mental health problems, education, stress, exercise, vandalism, crime, gambling, generation cycle of values, lack of outdoor amenities, lots of children walk to school, good community facilities, lack of transport/access to shops, gangster mentality – hard men/women don't walk, allotments, no cycle paths, more trees needed, fresh fruit and veg market – free fruit and veg, lack of local sports facilities

A wide range of action points that needed to be tackled were discussed. The next meeting is to be on 28th August.

Noisy bikes, dirty drains, fun days, films and fires

THE misconception that the West Field is Common Ground and that people are free to do what they like there is prevalent amongst those who play around on noisy motor bikes. The police have received 18 calls of complaint this year so far, Community Beat Officer Connie Sinclair told the May meeting of Merkinch Community Council.

However, all but one of the callers were anonymous, which made it very difficult for the police to pursue those involved, she said.

Although disturbances were up everywhere for the month, Merkinch area was still relatively quiet. Some children had admitted to setting fires in the Local Nature Reserve, and much to everyone's surprise it was revealed that the Fire Brigade was unaware that the area was an LNR. In future the Brigade were to report any call-outs to the area to the police immediately, PC Sinclair reported.

■ Still regarding the LNR, Ali Locke of Greenspace reported that MCC chairman Gary Wells was now on board. Inverness & Culloden Rotary Club were keen to be involved with Greenspace.

The LNR was to hold an Open Day on 7th June. The next step was to upgrade the two main paths.

The dog bins were now being well used and the cleanliness of the area was improved.

■ Still on the topic of dog faeces, members heard that the play area in Upper Kessock Street was currently "quite bad". PC Sinclair reiterated



MERKINCH Community Council members who attended the May meeting: From left, Yvonne Stewart, Colin Murchie, Dell McClurg, Helen Geddes, James Ross, Margaret Cole, Chairman Gary Wells, secretary Sandra Bowie, James Fraser, vice-chairman Ali Locke, treasurer Brian Cain.

that anyone who regularly allowed their dogs out to relieve themselves should be reported to the dog warden.

■ A plea from a disgraced policeman for a letter of support to the Chief constable from the Community Council, asking that he be allowed to continue with his police career, met with not quite unanimous agreement: James Fraser asked that his dissent be minuted.

■ A Scottish Water tanker had come to dig out the congested drains in Grant Street and Gilbert Street that had been a long-running source of complaint. A lot of syringes and needles had been found in the drains, it was reported.

■ Plans to run a regular film show for children at the

Community Centre are currently at a standstill. Dell McClurg reported that they had run a pilot showing but only half a dozen youngsters had turned up. A lot of difficulties present themselves in running such an event—licences, staffing etc. It was pointed out that Highland Council's Summer Programme of activities for young people would be out shortly.

■ Kitchens in houses on Kessock Road are currently being upgraded and windows in Glendoe Terrace are about to be replaced.

■ Three more litter-pickers were now being employed in Inverness, Cllr Janet Campbell reported

adding that glass would be removed immediately.

■ Other items included: The Community Centre needs more volunteers; members congratulated the Singing for Pleasure group for reaching the finals of "The Last Choir Standing"; South Kessock Residents are holding their Open Day on 4 July; Pam and Graham Adam were now back on SKRA and Pam was invited to join the Community Council.

Merkinch website now had a directory of local organisations and agencies and there was a blogging facility.

■ June meeting—the 19th.



Award Winning
Quality Assured

CHARLIE'S

Original Scottish Takeaway

Serving the Merkinch
since 1944



29 Grant Street
Inverness
Tel: 232498



WILLIAMS HAIR STYLIST

31 Grant Street, Inverness
Tel: (01463) 235503

Open: Tues-Frid 9am-5pm
Saturday 9am-4pm

JON H. MEMORIALS

FAMILY-RUN BUSINESS OFFERING PERSONAL & CARING
ADVICE

HOME VISITS ARRANGED

RENOVATIONS & ADDITIONAL INSCRIPTIONS CARRIED OUT
IN ANY CEMETERY

TELEPHONE FOR OUR HELPFUL BROCHURE

Proprietor Jon Hearach Macdonald

TEL/FAX 01463 711287 HOME 01463 224635
UNIT 33 CARSEGATE ROAD, CARSEGATE INDUSTRIAL ESTATE
INVERNESS IV3 6EX

BRIEFS...

A **MERKINCH** lady, now living in housebound exile elsewhere in Inverness, still manages to get her copy of *News & Views*, thanks to one of our delivery volunteers. "I get great pleasure reading it from cover to cover and feel very nostalgic," she says. "I have nothing but great admiration for the hard work carried out by the 'good old Merkinchers'," she added. The lady, who wants to remain anonymous, gave a donation for our volunteer to pass on to a deserving cause and the Sea Cadets at TS Briton are to be the recipients. Both the lady and our volunteer recall when the Cadets' HQ was Willie the Carse's farm and he was known for his fine pigs!

LUCKY winner of the £10 voucher in Nicol's Killer Quiz is Mrs A Wright, Cameron Square. Congratulations!

AN EXTENSIVE Species and Habitat Survey at the Local Nature Reserve is to take place over the next three years.

THE family of Caitlin Stewart would like to thank local businesses—Rogers, Macdonald's, Spar, Merkinch Post Office, and Charlie's Chippie who raised £300 for Ward 2 Cancer Unit at Edinburgh Sick Kids' Hospital.

LOCAL schools closed for the summer break on June 20th. They re-open on 19th August.

THE Reformed Baptist Church in Telford Road issued an open invitation to their Evening Service on 15th June when their minister Dr N Needham was preaching on the subject of Eternal Life.

THERE'S no Silver Screen films in the Community Centre in July and August. Next showing is the musical "Annie" on Monday 8th September.

MAY was a right royal month in this part of the world with Prince Andrew visiting the Sea Cadets and Prince Charles dropping in on Inverness High School to see their way with veg.

Thought for the day

I did quite enjoy the days when one went for a beer in Paris and woke up in Corsica.

One-time hell-raiser
Peter O'Toole.

Join in the summer fun at the Hoose

THE Janny's Hoose has a full programme of family activities throughout the summer holidays.

This will consist of trips out, cooking, outdoor activities and arts and crafts. Come along and find out what we're doing and book your family's places. Places are limited and must be booked in advance.

The Janny's Hoose has been so successful that we have been asked to expand our activities into other areas. We have a few events planned already for Dalneigh, and eventually we will be expanding

into Central, Hilton and Raigmore.

Funding update – A lottery bid is being put in for the Janny's Hoose as part of the Healthways network of healthy living centres throughout Highland. The bid has to be in by 1 August, but it will be several months before we hear the outcome.



Jean Mackay
Janny's Hoose Healthy Living
Centre
Merkinch Primary School
Telford Rd, Inverness IV3 8HY
01463 226348



New face at No.6

MEET Rhonda Philip, recently appointed IT trainer at Merkinch Enterprise. She has lived in Inverness most of her life and attended Inverness High School.

Rhonda started with Merkinch Enterprise on 22 May and this is new territory for her—previously she worked in facilities management, organising portering, cleaning and such vital services in schools and hospitals, most recently at New Craigs.

This work has taken her all over Scotland and Northern England, and even to London.

A keen darts player, Rhonda is one of a team based at the Portland Club, which has twice won the Scottish Cup for teams of six, among other successes.

She also loves to travel. And has been "all over"; most recently she visited Egypt.

Do you have a story
for us?
An achievement to
tell us about?
Do you want to have
your say about local
issues?

Contact News & Views at
Merkinch Enterprise on
240085

This issue's printing
and collating processes
are funded courtesy of
the Merkinch
Partnership



Church of Scotland

Inverness

Trinity

(Huntly Place)

"We aim to be a welcoming fellowship, proclaiming in worship the gospel of Jesus Christ, ready to serve with compassion the needs of the community."

Your Parish Church

Rev. Alistair Murray BD

Sunday Services
11am and 6.30pm

(Crèche available during the morning service)

Girls Brigade meets Mondays 6.30pm

Boys Brigade meets Fridays 6.15pm

All departments of the
Sunday School meet 11am

All Welcome

Reserve Open Day a flyaway success

THE highly successful Grand Opening of Merkinch Local Nature Reserve took place on Saturday 7th June with the ribbon being cut by John Farquhar Munro MSP

Merkinch Greenspace. The only blip on the day was the loss of a falcon during a display by Raptor World when it was dive-bombed by our Merkinch Gulls.

including those who helped out, the children of Merkinch Primary School, Merkinch Pipe Band who piped the parade in," said Ali Locke.

"It is worth noting that the creation of Merkinch Local Nature Reserve is a fantastic example of the community working in partnership with various agencies namely Scottish Natural Heritage, Highland Council, Highlands & Islands Enterprise, Merkinch Partnership, British Waterways, Green Inverness and of course Merkinch Greenspace.

"We are delighted to have been awarded £15,000 in funding from City Vision and this will be used to upgrade some of the paths.

"Dog owners sometimes get a hard time for not cleaning up after their pets and rightly so.

"But I have to say that since the installation of dog bins on the Reserve the majority of dog owners are now bagging it and binning it."

Ali goes on to warn: "As for the minority who don't clean up after their dog, it only takes two reports



for them to be fined."

Merkinch Greenspace has also helped pay for Hanging Baskets for Benula Road and in the near future will be looking at how the play area rear of Benula Road (Carse playing fields) can be improved.



Among the birds on display was this fine European Eagle

"The event took a lot of organising and pulling together which would not have happened without the dedication of the wonderful Anne Sutherland and Annie Marrs," said Ali Locke of

The good news is that it was found the next day at Munloch. Maybe it was seeking sanctuary at Animal Aid!

"Greenspace would like to thank everybody who took part,



The parade saw lots of creative hats made by local schoolchildren including this wonderful salmon.



There was lots to do — painting, wood-turning, Capoeira, drumming, face-painting, watching, displays, exploring with the Countryside Ranger, and queueing for hamburgers!

New Start Highland
Working towards a sustainable future
Charity No. SCO29635



Community Shops

Now Supplying Quality Electrical Goods
at Affordable Prices

Washing Machines, Dishwashers, Lamps
Ovens and Hobs, Televisions, VCR's,
All with 3 month guarantee

Factory Reconditioned Vacuum Cleaners
With 12 month guarantee

Also Available
Furniture, Household Goods, Collectables
Books, Toys, Videos, Mirrors, Pictures
Delivery available within Inverness

New Start Highland 9 Carsegate Road North Inverness IV3 8EX Tel 01463 715615	New Start Highland 22 Laurel Avenue Inverness IV3 5RP Tel 01463 729330
---	---




Got a pound in your pocket?

Come on over to Dickson's and find out how to buy a brand new Kia

Prices from £5995

Only £1 deposit required

Dickson's of Inverness
28/34 Carsegate Road, Inverness
1463712800 (ask for Kia Sales)

SUMMER ARTS FESTIVAL

FRIDAY 11TH JULY – TUESDAY 22ND JULY
BLACK BRIDGE GALLERY, GRANT STREET

Black Bridge Gallery open Mon to Fri 10^{AM} – 4^{PM} and Sat, Sun 12 – 5^{PM}
Work on show from local artists and Merkinch Primary School – many pieces for sale!

This year's festival includes workshops, performances and exhibition for all ages! Workshop space is limited, please book in advance to guarantee your space by calling 01463 240085 / 07834 608390, or popping in to Merkinch Enterprise, Grant Street.



Arts in Merkinch
14 Grant Street
Inverness, IV3 8BL

T 01463 240085 / 715450
F 01463 717977
info@merkinch.com

Registered in Scotland No. SC285573.

THE OTHER SIDE OF AIR
ARTS & SPIRITUALITY



Open Exhibition Entry Form

ENTRIES are invited for the exhibition in three categories: Paintings/Drawings; Photographs; Crafts.

Our chosen theme this year is the Local Nature Reserve, but entries on any subject will be considered.

The Inverness Courier will be sponsoring £100 in prizes in the Photographic category; the prizewinning entries will be chosen by the Editor and they will be published in the Courier. There are also prizes in the Painting and Craft categories.

Entries should be handed in to the newly refurbished Black Bridge Gallery (the former Motor Bike Shop) in Grant Street on Monday 7th July between 2pm and 7pm. Other times by arrangement—ring exhibition organiser Bette McArdle on 221027. Entry fee is £1 per entrant.

Name.....

Address.....

Phone..... **£1 entry fee paid.....**

(1) Name of work.....

Medium..... Price.....

(2) Name of work.....

Medium..... Price.....

(3) Name of work.....

Medium..... Price.....

DATE	TIME	EVENT	AGE	COST	LOCATION
Fri 11th	10.00 - 17.00	Sound Portraits, a workshop using film, sound and technology	Age 12 – 18yrs	Free	Black Bridge Gallery
	18.00 - 19.00	Opening of Black Bridge Gallery	All welcome	Free	Black Bridge Gallery
Sun 13th	10.30 - 12.30	Pottery Workshop	8yrs – 16yrs	£2 / piece	Black Bridge Gallery
	13.00 - 16.00	Papermaking Workshop	All Ages, under 12's	£3	Black Bridge Gallery
Mon 14th	14.00 - 15.30	'Pack Your Bags' craft workshop with Claire Richardson.	8yrs – 16yrs	£2	Black Bridge Gallery
	19.00 - 21.00	Belly Dance session with Tribal Misfits	Adults	£2	Merkinch Community Centre
Tues 15th	09.30 - 10.30	Ceramic Tile Painting for under 5's	Under 5's with parent.	£2 (£4)	Black Bridge Gallery
	11.30 - 12.30	Ceramic Tile Painting for under 5's	Under 5's with parent.	£2 (£4)	Black Bridge Gallery
	19.00 - 22.00	Ceramic Painting for Adults	Over 16's	£3 (£4)	Black Bridge Gallery
Wed 16th	14.00 - 15.30	Zenwing Dragon Puppet Making	Over 6yrs	£2	Black Bridge Gallery
	19.30 - 21.30	Pottery Workshop	Adults	£3 / piece	Black Bridge Gallery
Frid 18th	14.00 - 15.30	Manga Drawing Workshop	12yrs – 18yrs	£2	Black Bridge Gallery
	19.00	The Sock Monster Performance by Merkinch Theatre Group	All Ages, under 12's must be with adult.	£2.50	Merkinch Community Centre
Sat 19th	10.00 - 16.00	Wet Felting with Ruth Black	All Ages. Under 8's must be with adult.	£5	Black Bridge Gallery
Sun 20th	10.30 - 12.30	Pottery Workshop	Ages 8yrs – 16 yrs	£2 / piece	Black Bridge Gallery
	13.30	Treasure Island – outdoor family theatre. Come dressed as your favourite Character.	all ages	£2.50	Dell's Dolphin Hut, Kessock Road.
Mon 21st	10.00 - 16.00	Printmaking workshop with Highland Print Studio.	Adults	£5	Black Bridge Gallery
Tues 22nd	11.00	Tricky Ricky Magic Trick Workshop	Ages 8yrs – 12yrs	£2	Merkinch Community Centre
	14.00	Tricky Ricky Magic Show	Ages 6yrs – 12yrs	£3	Merkinch Community Centre

The Way Forward with the Partnership

MERKINCH Partnership's June meeting started with a presentation by Maria Throp, Development Officer with Merkinch Development Ventures. She gave an update on the Black Bridge Bikes Project, which works with local volunteers to refurbish bikes which would otherwise go to landfill. The project also offers six-week workshop sessions on bike maintenance. For more information on the project contact Maria on 01463 243869.

■ Also on the agenda was a consultation exercise with the Janny's Hoose Development Officer, Jean Mackay. As most people will know, the Janny's Hoose is going through a transitional period at the moment as new funding is sourced.

Jean is keen to establish a "Merkinch Healthy Network", which will look at health issues in the Merkinch community and how they should be addressed. Consultation is being carried out with local residents and agencies working in the area and the session on 10th June allowed Partnership members to have their say. (See report on page 2)

■ At the meeting the Partnership members approved additional funding of £5,700 for the Merkinch Sports Plan. The Sports steering group is keen to hear from anyone who would like to get involved in

the delivery of the Sports Plan – you could join the steering group or train as a volunteer coach, please contact Anne Sutherland on 01463 718989.

■ Funding was also approved for Partnership training events and Community Planning.

The Merkinch Local Community Plan 2005 – 2008 has been delivered and work is about to start on the new

Merkinch Plan, which will be called "Our Community – A Way Forward".

The Partnership is responsible for drawing up the Plan and the first step is a community consultation process which will look at three issues: What has been achieved; What needs improving; What's missing.

This begins on 24th June with an open all-day session at Merkinch Community Centre, which will be publicised with flyers and posters.

A series of meetings will then be held with community and agency representatives and there will be an opportunity to have your say on the new community website Merkinch.info, which now has a facility for leaving comments.

The consultation process will take place through July and August and the Plan will be circulated in September.



■ The Partnership is considering funding Citizens Advice Bureau for an additional one day's outreach in Merkinch. Currently CAB has a weekly presence in Craighton Avenue Housing Office, which is well used and members felt it was important to offer a wider service in the area.

The additional day would take place in various venues throughout Merkinch and would focus on more preventative work. CAB also offer training sessions on various issues and the Partnership is keen to access some of this training for the Merkinch area. A decision on this funding will be made at the next meeting on July 15th.

■ The Partnership held a meeting with Highland Council Corporate Manager William Gilfillan on 19th May to discuss the future role of Merkinch Partnership in the Fairer Scotland agenda. Mr. Gilfillan confirmed that the role of the Partnership would continue and that much good work had been done in the area.

■ At the meeting on 10th June the Partnership welcomed a new member on board – Dawn Beaton, Chair of Glendoe Terrace Residents Association. Dawn has a good knowledge of the local area, has a wide experience of

committee work and will be a valuable addition to the Partnership.

■ Anne Sutherland, Merkinch Partnership Officer, has had a busy few weeks, especially with preparations for the Merkinch Local Nature Reserve Grand Opening which took place on 7th June and was a great success.

Merkinch Greenspace worked closely with Merkinch School in the run-up to the event and Anne attended school assembly last week to hand out prizes for the best Nature Reserve posters.

■ Anne has been helping local charity For the Right Reasons to recruit a Drug Support Manager. The charity received funding from the Big Lottery for this post and the new person starts on 16th June.

■ The updated community website (Merkinch.info) is now up and running, although there are still some final bits and pieces to sort out. The new website has a "What's On" section, where you can find details of local events and a "Community News" section. You can leave comments, look up the Directory of local groups and organizations, read minutes and keep up to date with local news. The new website was funded by Merkinch Partnership.

■ For more info on the work of the Partnership please contact Anne Sutherland on 01463 718989.

Madras Street Hall

welcomes you to the Merkinch!

We are the local Free Church of Scotland in this community and have been working in the area for over 100 years. Come and visit us at any of the following meetings which take place regularly in the Madras Street Hall.

Sunday Services 5pm

Sunday School 5pm (ages 4-12)

(Children meet during Sunday Service)

Bible Discussion Group

'Road to Recovery' Meeting

(support work for alcoholics & drug addicts)

For meeting times or other inquires please contact:
Rev John Wagner on (01463) 223199

Jesus said: 'I am the Way and the Truth and the Life.'

NICOL'S Established 1967

We can now provide you with
the world's first patented, double-blind-cross-over-studied
Adult Stem Cell Enhancer. Adult stem cells are proven to
support the body's natural repair system. The trading name
for this new health and well-being product is

StemEnhance™

and further details can be found at
www.ntrevor.stemtechbiz.com.

OR call Trevor or Susan Nicol on Inverness 231596 with any
questions you may have regarding this remarkable product.

StemEnhance™ - for optimal health in the 21st century.

StemEnhance™ is such a fantastic NEW product, NEW entrepreneurs
(you) are invited to promote it and receive excellent commission. Watch
the movies at www.ntrevor.stemtechbiz.com

Nicol's Killer Prices, 57 Grant St

YOU AND YOUR HEALTH



Thyroid giving problems?

HYPERTHYROIDISM is also known as Thyrotoxicosis and is a condition in which the thyroid gland produces excess thyroid hormone (thyroxine) which results in effects on the whole body. The thyroid gland controls the body's metabolic rate. In thyrotoxicosis, the rate of metabolism is increased and this results in most of the following symptoms:

- Weight loss despite an increased appetite
- Rapid heart rate
- A fine tremor
- Increased nervousness and emotional instability
- Intolerance of heat
- Staring, bulging eyes
- Enlargement of the thyroid gland which is at the front of the neck

The cause is usually the body developing an immune response against itself, in particular the receptors responsible for triggering the production of thyroxine. So, antibodies attach themselves to these receptors and thus cause production of thyroxine. Your doctor will give you a blood test if you present with the symptoms above to check on the amount of thyroxine in your blood.

Your doctor is likely to prescribe medication known as a thiourea drug (Carbimazole, or Propylthiouracil) and this will reduce the production of thyroxine. Usually most people are able to come off the tablets after a year or two.

In certain cases a surgical procedure is recommended to remove part of the thyroid gland. This is known as a partial thyroidectomy and results in a drop in the amount of thyroxine being produced.

Our Advice

- If you have some of the above symptoms please consult your doctor.

Remember – people are all different. Some of the information given above may not be right for you. Ask your pharmacist when you need advice.

Gifts for all the family



Come and see our new selection — suitable for all occasions and all budgets

**Rowland's Pharmacy
54 Grant Street, Inverness
Tel: 01463 232217**

PRIZE QUIZ

This month Quiz fans once again get a shot at winning the Nicol's Killer Prices prize of a £10 voucher. When you've answered all the questions, fill in your details and send it in or deliver to Merkinch Enterprise, 14 Grant Street to reach us no later than

- | | |
|---|---|
| <p>1. What are the flat treeless plains of Argentina called?
A: Veldt
B: Pampas
C: Flow country.</p> <p>2. In the nursery rhyme how many blackbirds were baked in a pie?
A: 4
B: 24
C: 44.</p> <p>3. Which 1980s band included George Michael?
A: Slam
B: Bam
C: Wham.</p> <p>4. How many hearts does an earthworm have?
A: 100
B: 10
C: None.</p> <p>5. Who was Vice President when Ronald Reagan was President?
A: George Bush
B: Richard Nixon
C: Abraham Lincoln.</p> <p>6. In which decade did</p> | <p>Lester Piggott first win the Derby?
A: The 1930s
B: The 1950s
C: The 1970s.</p> <p>7. In the Duchess of York's children's books who is Budgie?
A: A bee
B: An elephant
C: A helicopter.</p> <p>8. Which English city has an annual Goose Fair?
A: Nottingham
B: London
C: Bristol.</p> <p>9. Where would you hurt if you were kicked on the Tarsus?
A: The nose
B: The ankle
C: The kidneys.</p> <p>10. Who was the VIP guest at the LNR Open Day last month?
A: Alex Salmond
B: George Michael
C: John Farquhar Munro.</p> |
|---|---|

Name.....

Address.....

Phone.....

Last month's quiz check

1. Stanley Matthews was the first pro footballer to be knighted.
2. Lima in radio communications, denotes the letter 'L'
3. In paper size A5, is smaller than A4 or A3
4. Legal Aid is paid by public funds.
5. The Northern Hemisphere contains the most countries.
6. *Romeo and Juliet* inspired the hit musical *West Side Story*.
7. John the Baptist was beheaded at the request of Salome.
8. The Ice-Cream Wars took place in Glasgow
- 9 The Dambusters' successful bouncing bomb attack was celebrated in May this year
10. Risible means something laughable.

SPORTING NOOZ

Soccer Sevens shine in first season

MERKINCH School Soccer Sevens played five matches since last month's issue.

The scores were as follows:

Merkinch 5, Croy 4;
Merkinch 6, Milton 9;
Cauldeen 3, Merkinch 0;
Merkinch 5, Central 4;
Crown 9, Merkinch 7.

The team performed really well in their first season in soccer sevens and were a great credit to the school.

The coaches - Liz Murray, Peter Corbett and Lee Graham - will be sad to see much of the team progress to Secondary School next year but look forward to another batch of youngsters coming through to take their place.

"We also have some ideas to reward the team for their efforts," said Peter and we hope to give a full report in next month's issue.

Merkinch gets its own gas BBQ

AN application to Moray Firth Charity for a gas BBQ for the community groups to use has been successful. It is expected that it will be stored in the Tool Club and groups can contact Liz Murray on 07988721445 if they wish to use it. It is hoped that it will arrive in time for the South Kessock Open Day.

CONSUMER ADVICE

Trading Standards needs your help in tackling scams, rogue traders and unfair practices

AS FROM the 26th May 2008, Trading Standards enforcement staff has had new powers to combat consumer problems, such as prize draw scams, rogue doorstep sellers and other unfair practices which were previously not covered by specific legislation.

The Consumer Protection from Unfair Trading Regulations 2007, (or CPRs as they have been abbreviated to), specifically bans 31 practices which have been deemed to be unfair to the consumer.

The Regulations have also amalgamated a lot of the consumer harms under previous legislation, such as Trade Descriptions Act 1968, as well as keeping pace with new scams which are continuously being evolved and developed by scamsters and rogue sellers.

Highland Trading Standards wish to encourage local consumers to contact the Service, through their partner, Consumer Direct Scotland, or directly if they feel they have been harassed, misled or duped when into entering a contract.

The new legislation will mean sweeping changes in the manner in which consumer complaints about businesses/sellers are addressed. Consumer complaints which were previously difficult to enforce in the past, may now be caught within the remit of these new Regulations.

Practices such as 'aggressive selling' by businesses or salespersons can come under

scrutiny of enforcement officers, as one of the 31 banned practices.

Rogue doorstep traders who harass consumers in their homes, into buying shoddy goods/services can also be dealt with by this legislation, more effectively.

Consumers who are unfamiliar with the work carried out by Highland Trading Standards may find the new legislation confusing and complex.

In order to explain the effects of these new rules, Highland Trading Standards, have put together a series of four case studies for consumers to absorb. The scenarios/case studies will be issued over the coming months.

It is hoped that consumers, reading these scenarios, may be encouraged to contact Highland Trading Standards and/or Consumer Direct Scotland with their own experiences and keep the Service abreast of new scams, rogue traders and unfair business practices occurring throughout the Highland area.

Consumers who feel that they may have been misled or duped into buying unwanted goods or services or have been the victim of doorstep crime, should contact:

**Highland Trading Standards,
38 Harbour Road, Inverness**
in writing or in person at these offices or telephone:

**Consumer Direct Scotland on 08454 04 05
06 for further advice/ information.**

Thornbush Stores

Thornbush Road
Inverness



**Gift Cards for Debenhams,
Argos, W.H.Smith, Homebase**
NEW - Bingo Lotto - £2 a shot - as seen on TV
Toilet rolls, all colours - 6-for-4 pack £2.99

**Groceries, news & mags, sandwiches,
E-top-ups, wines, beers and spirits**

**Open Mon-Frid 7.30am — NOW 9.30pm,
Sat 8am-8.30pm, Sun 9am-7pm**

Withdraw your
cash from our
machine for free!

**Tel: 01463
250350**

SPAR® There for you

News & Views volunteers

We need volunteers in the following areas to help us deliver your community newsletter. This takes around half an hour, once a month. It helps keep you fit... and we don't expect you to go out in the rain!

• Madras, Nelson, and/or Brown Streets.

• MacLennan Crescent
• Benula Road flats
• MacLennan Crescent, Jamaica Street/
Gardens
• Lower Kessock Street, Pumpgate Court.

**If you can help, ring
240085 or drop in at
Merkinch Enterprise,
14 Grant Street.**

MIC

Published by Merkinch Enterprise
14 Grant Street, Inverness IV3 8BL
Tel: (01463) 715450 Fax: 01463 717977
e.mail: info@merkinch.com

Merkinch News & Views always welcomes input from readers. If you have an idea for an article, any comments or questions, please get in touch with us at the above address.



Opinions expressed in this publication are not necessarily those of the editor, or of Merkinch Enterprise.

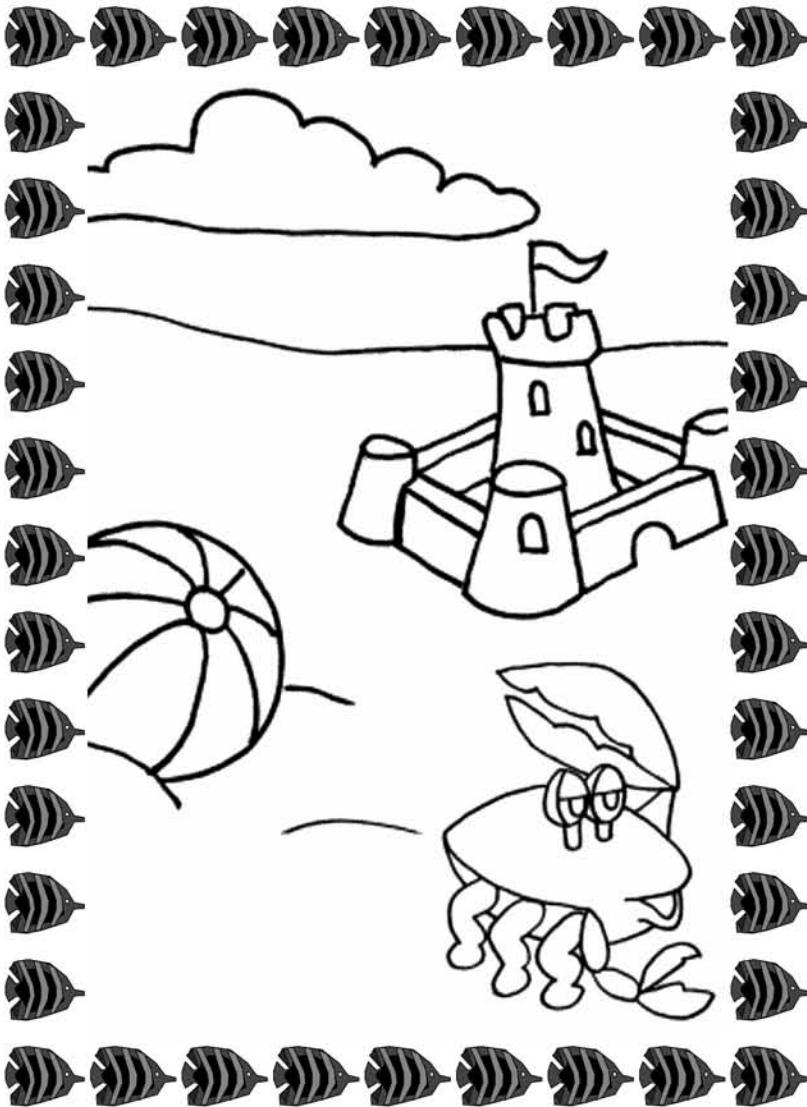
INVESTOR IN PEOPLE
DIW

The Flipperz Page



Joke Spot

The holidays are here... and let's hope the sun comes out to play every day. Will you go exploring in the woods or visit your gran, will you go on a train or go to the beach? Here are some of the things you will find on the beach. Colour them in... what colour do you think the crab should be?



Doctor, Doctor, I think I'm a bell?
Take these and if it doesn't help give me a ring!

How did the Vikings send secret messages?
By Norse Code!

Knock Knock
Who's there?
Aardvark!
Aardvark who?
Aardvark a million miles for one of your smiles!

Flipperz Daycare Enrolment

If your child will become 3 years old between 1st March and 31st August 2008, you can enrol him/her for a Funded Nursery place now. Four-year-olds can also be enrolled. When enrolling please bring your child's Birth Certificate. You may call into Flipperz and have a look round any time.

- Daycare
- Nursery Sessions
- After School Care
- Holiday Care

Contact: The Childcare Manager
Flipperz Daycare,
Simpson's Lane.
Telephone 234232.

Flipperz still has a few vacancies for the August term—contact Denise on 234232.

LNR Open Day success

THE Merkinch Local Nature Reserve was a hive of activity on the Open Day last month. And among the many popular activities were face-painting, Capoeira and the drumming sessions, pictured right.

Below right... MSP John Farquhar Munro did the honours cutting the ribbon to officially open the Reserve, and he is pictured on the left along with local councillors Peter Corbett and Janet Campbell and her pet dog.

For a full report and more pictures — and to find out what happened to the lost falcon — see page 5.

BELOW... Musical entertainers The Indians returned to Merkinch Community Centre recently, much to the delight of their many fans. Pictured is one of the group with Joan Fraser who attends the Corbett Centre.



Do you want **FREE** training and qualifications in the use of Microsoft Office Applications?

Are you unemployed or working 16 hours or less a week and living in the Merkinch area?

Merkinch Enterprise - Technology & Training Centre



If the answer is yes, contact

Merkinch Enterprise

Merkinch Enterprise
14 Grant Street
Inverness
IV3 8BL



33 Grant Street
Inverness
IV3 8BN
Tel: 01463 717639. Fax: 01463 717723

July 2008



It's been a good start to the Summer period, weatherwise, and we hope this continues, for the sake of our full and busy Inverness High School Area Summer Programme 2008, the details of which will be shortly distributed throughout the community. There's plenty on offer, from sports of almost every conceivable variety, to pottery and belly dancing, plus a host of other events. Once you've decided what you want to do or go and see, get your booking forms in, because places are limited.

GIRL'S GROUP NEWS

The Girls Group had a Dramatic experience, when local Drama Practitioner Andy Jessiman, of 'Stagelights Drama Workshops', led some taster sessions in Communication, Trust, Observation, Team Building and Debate. *"Drama is an incredibly useful tool. It's not just about Acting or Performing, it allows us to look closer at the workings of a character, and ultimately ourselves. It can give you a real insight into the human condition."* said Andy.

The Girls took leaps of faith, relying on the others in the group to catch them. They were led blindfolded on imaginary journeys through burning buildings, shared personal moments with the group, and watched them come alive as the others acted them out. All this culminated in an open debate on difficult topics such as 'Gender Equality' and 'Body Awareness'.

Andy adds, *"The skills that drama can offer are subtly absorbed into everyday life and learning, but the goal is always the same, to allow us to communicate confidently and effectively. If you can do that, then there is nothing you can't overcome."*

The two sessions proved very popular and highly enjoyable. It is hoped that more of these workshops will be conducted in the near future. For more information on Andy's work, visit JustDrama.co.uk.



The debate

AN APOLOGY

Apologies to those from Capers, both parents and children, who took part in the 'Great Wee Walk' in Bught Park on Sunday 20th May. We mistakenly printed the wrong photo in the last edition (or, rather, Gus did), which wasn't from the day of the walk. The correct photo is displayed below. Well done to all who took part.



SAD FAREWELLS

Sadly, Lorraine Cran, manager and youth development worker at mp33, will be moving on to new pastures as a children and young person's worker in the area. Lorraine has been working at mp33 for the last three and a half years, and her gentle and friendly manner will be sorely missed by everyone. We wish her all the best in her new role, and hope she will stay in touch and continue to drop in occasionally for a cuppa and a natter.

NEW ROTA

mp33 will be implementing (or will have implemented by the time this newsletter has been distributed) a new rota for the end of June - details overleaf. This rota will include numerous group sessions and workshops, with an emphasis on raising achievement. Drop-in sessions will be restricted to Friday evenings only. If anyone has any helpful suggestions for activities or workshops, please let us know.

mp33 rota June - August 2008

Day	Activity	Times	
Monday	Art Group	3:30pm - 5pm	Get creative with a wide range of arts activities
Tuesday	Bike Project	3pm-5pm	Fix up your bike and learn some new skills
	Girl's Group	4pm-6pm	Just for girls! Arts & Crafts, Cooking, Internet and more
Wednesday	Course's Group	2pm-5pm	First Aid/Food Hygiene/Interview Skills, and more
Thursday	Boy's Group	2pm-5pm	Just for boys! Arts & Crafts, Cooking, Internet and more
	Awareness Group	7pm-9:30pm	Teen Sense, Alcohol Aware, and much more
Friday	Bike Project	3pm-5pm	Fix up your bike and learn some new skills
	Drop-in	7pm-9:30pm	Computer/Internet access or just come in for a chat



Escape Group Pottery

The Escape Group had a small display of their **Creations in Clay** on the morning of Monday 9th June at mp33, including a broad assortment of pots, beakers and masks, painted and glazed. The results were both imaginative and creative, and demonstrate a high degree of talent amongst the ladies.

Despite our 'Chief Potter', Lorraine, leaving us for newer pastures, we hope to continue pottery workshops, and will have the wheels and a kiln permanently based in the bike shed, which, hopefully, will be completed in the next few weeks.