Merkinch Community Centre celebrated their 40 year milestone by launching a book on 12th May 2017.

The event was attended by many local people and also staff and friends who had been associated with the centre many years ago. The Centre received wonderful feedback from the audience about the event.

Elsie Normington, pictured right, opened the Launch with a stirring presentation on the past and present of the Centre. She gave a full summary of the centre and how it began with Mabel Skinner lobbying the council to have the centre built. Then Elsie brought things right up to date by showing statistics of 45,000 visits per year to the centre and thanking the many community groups, customers and volunteers who have helped make it all possible. Continued on page 2...

A new campaign is being launched in Inverness to promote responsible gambling and provide counselling support for anyone concerned about their gambling behaviour. See page 4 for more details...

Learn how to move a can using just static electricity! See page 11 for an amazing science experiment!

Inside this month:
- Merkinch Partnership news... page 5
- Arts in Merkinch Events... Pages 6 & 7
- Community Council update... page 9
- Merkinch Sports News... page 10
**Volunteers Needed to Deliver the News & Views**

*We need help on the following routes/areas. Each route takes approximately 1 to 2 hours per month to complete.*

*If you can help, please contact us.*

- Abbey Courts, (old & new)
- Abban Street
- Glendoe Terrace
- Kilmuir Road
- Maclennan Crescent
- Rosehaugh

- Cameron Square
- Cameron Road
- Grant Street
- Kilmuir Court
- Pumpgate
- Kessock Ave

- Anderson Street
- Carse Road
- Telford Court
- Lochalsh Road
- Lower Kessock St
- Mill Court

Please call in at 12 Grant Street or ring 240085 if you can help. Thank you.

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**SUNDAY SERVICES at MERKINCH COMMUNITY CENTRE**

**INVERNESS CHRISTIAN FELLOWSHIP**

10:30am  Morning Service
Every Sunday followed by Tea/Coffee
Sunday School during the service

6pm  Evening Service
1st & 3rd Sunday of the month

All Welcome

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**SUNDAY — CHURCH SERVICE — 5PM**

**SUNDAY — SUNDAY SCHOOL — 5PM, DURING CHURCH SERVICE**

**TUESDAY — BIBLE DISCUSSION GROUP — 7PM**

**THURSDAY — ROAD TO RECOVERY — 7.30PM**

**CONTACT — TEL: 01463 715809 / 01463 231981**

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**Serenity**

Serenity is a drop-in centre for females with borderline personality disorder (BPD) and runs every Monday 10.30am to 1.30pm at Merkinch Community Centre.

The drop-in is facilitated by people with experience of BPD and was set up to take people out of isolation and to start socialising.

At Serenity, we share experiences which is all confidential, have guest speakers and we do arts and crafts activities.

**Contact details**

Email: serenitydropin@gmail.com
Twitter: #serenity
Facebook: Serenity
Contact: 07523 488163
Recycling at home is a way of saving the planet. The Council has to stop using landfill soon and the cost is massive. So the more we recycle the easier it will be on planet and our Council Tax. Recycling is important because we need to save energy and recycling can mean 90% savings with some items like glass, which we recycle in banks or recycling centres. There are glass banks on Craigton Avenue and Benula Rd. Please empty glass into these before 8pm.

The baked bean tin you put in your recycling bin could be a car door in as little as 4 weeks. The plastic trays of all colours (except black!) can be made into football shirts.

Blue recycling bin

Please place all items loose in the bin - do not put them inside bags. Items must be clean, dry and loose. Please remove lids.

The Highland Council now take:

- Plastic pots, tubs and trays
- Plastic bottle lids
- Metal lids from jars and bottles
- Cardboard
- Food tins and drinks cans (rinsed)
- Paper
- Plastic bottles (please remove lids and put in blue bin separately)
- Aerosol cans (empty)
- Cardboard based food and drink cartons, for example, TetraPaks (please remove lids and put in blue bin separately)
- Envelopes (with plastic windows removed)

Do NOT put these in your blue bin

- Aluminium food trays or foil
- Bagged materials
- Black plastic tubs, pots or trays
- Bubble wrap
- Food or garden waste
- Glass - to recycle please take to a recycling bank or recycling centre
- Non-packaging plastic, for example, toys or general household items such as basins, storage boxes
- Polystyrene trays
- Plastic bags

For fizzy drinks bottles, milk bottles, water bottles and detergent bottles please remove lids and put them in the blue bin separately.

If your bin is contaminated with other materials it will result in the bin being left unemptied!

Links

Highland Council Waste services information: http://www.highland.gov.uk/info/1054/rubbish_and_recycling


Published by Merkinch Enterprise
14 Grant Street, Inverness IV3 8BL
Tel: (01463) 715450 Fax: 01463 717977
email: newsviews@merkinch.org.uk

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.
The Association of British Bookmakers in Scotland (ABB Scotland), which represents the majority of high street bookmakers, has partnered with Inverness charity For the Right Reasons and Paisley based RCA Trust to deliver a programme of responsible gambling initiatives in the Merkinch area from 19 to 23 June.

Throughout the week, Ladbrokes and William Hill betting shops in the area will display posters and carry leaflets offering advice on how to gamble responsibly and information on how to seek help.

Confidential one to one counselling sessions will also be held at Merkinch Welfare Hall on Thursday 22 and Friday 23 June for anyone concerned about their gambling behaviour. These will be held from 12.00 - 7.00pm and are open to anyone who lives in Inverness. No appointment is necessary.

Counsellors will also give a presentation to senior pupils at Inverness High School as part of a wider campaign by ABB Scotland to educate secondary school pupils about the risks associated with problem gambling.

Studies show that young people who gamble are more likely to develop problems as adults.

Donald Morrison, spokesman for ABB Scotland said: “Problem gambling in Scotland is low and in decline according to the Scottish Government’s own figures, with latest studies showing problem gambling falling in 2015 to 0.7%.

Nevertheless, ABB Scotland is determined to do more to support those who get into difficulty.

“As the trade association for high street betting shops, ABB Scotland has been at the forefront of industry initiatives to tackle problem gambling and provide counselling support for people worried about their gambling activity.

“Although we have supported nationwide campaigns for a number of years, this is the first time we have run a specific community campaign like this in Scotland. Hopefully it will serve as a model for future campaigns.

“We are pleased to be working with For the Right Reasons and RCA Trust to deliver this campaign and would encourage anyone with concerns about gambling to visit one of our free, confidential counselling sessions.”

For more information: Donald Morrison, ABB Scotland - donaldmorrison@abb.uk.com or telephone 07915 853129
The Merkinch Activity Group have been enjoying pottery this month as well as trips out. Guided by Johanne at the Clay Studio we made and decorated pots, tiles and soap dishes and are looking forward to more soon.

They also enjoyed a day trip to Loch an Eilein at Rothiemurchus Forest just south of Aviemore. The photograph shows some of the group at the beginning of a beautiful walk around Loch an Eilein on a fabulous day. Everyone thoroughly enjoyed the visit with friendships forming as well as just appreciating the stunning Cairngorms scenery.

If you’d like to join us and are free during the day on Mondays and/or Wednesdays please contact us on 01463 718989, email workclubmerkinch@gmail.com or pop into the Merkinch Partnership at 30 Grant Street and speak with Caroline.

June 2017

St Michael & All Angels
Scottish Episcopal
Church, Abban Street

Sundays in June
Family Mass 11.15am

ALL WELCOME

11.00am - 12.30pm
on Tuesdays
You are welcome to come to the hall for tea and biscuits.
6.30pm Friday 16th June, Angel Drive in the Church Hall. Fun for all ages.

Priest:
Revd Canon Dr John Cuthbert

Web site:
www.stmichaelschurchinverness.org

Tel: 01463 233797

for information on Christenings, Weddings and other ceremonies or events.

Top: The Merkinch Activity Group enjoying a pottery session with Joanne at the Clay Studio.
Left: The Merkinch Activity Group enjoying a day out at beautiful Loch an Eilein at Rothiemurchus Forest.

The Mayflower Lounge
at the
Thistle Inn, Inverness

there's no better place to party!
at prices starting from just £200 including our Disco, hiring our Mayflower Lounge would be the ideal place to celebrate your special occasion!

Disco's by Richie's Disco.

For further details please call 07836 220700 or email info@thistleinn.co.uk • www.thistleinn.co.uk

19 Celt Street, Inverness IV3 5JB

Weddings - Birthdays - Anniversaries
Children’s Party’s - Funeral Teas

Charlie’s Cafe
An Inverness tradition since 1952

Last stop before the Bus Stop
A place to meet, a place to eat

All Day Breakfast
Home Cooking
Daily Specials
Modern facilities including:
Air conditioning
Disabled facilities • Open kitchen
2 Margaret Street, Farralline Park
Bus Station, Inverness

01463 233498

www.charliesinverness.com

Open 8am-7pm Monday - Saturday; 10am-6pm Sunday
**WEEKLY EVENTS**

**MONDAYS**
10.30am - 3.30pm  
**The Crafting Crowd**  
Bring your own project and join this sociable group.

7.00pm - 9.00pm  
**Pol-UK Creative Writing Group**  
This group is always open to new members.

**TUESDAYS**
1.30pm - 3.30pm  
**Blazing Needles**  
If you are interested in knitting or crochet, then this large and welcoming group is for you.

**WEDNESDAYS**
10.00am - 12.00pm  
**The Men's Shed**  
Providing workshops in a huge range of subjects as well as getting involved in assisting local groups, these sessions are the ideal introduction to the group.

**THURSDAYS**
4.30pm - 9.00pm  
**Merkinch Theatre Group**  
Juniors 4.30pm - 5.30pm, seniors 6.00pm - 7.00pm and adults 7.30pm - 9.00pm. Whether you're interested in onstage or off there's a space for you.

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**THE ART ROOM**

2.00pm - 5.00pm  
11th June  
The Bike Shed, 23 Grant Street  
An art group not a tutor led class  
for more information email: catherine@merkinch.org.uk

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**The Clay Studio**  
33 Grant Street  
Merkinch  
INVERNESS  
IV3 8AJ  
Phone: 01463 719712  
Email: catherine@merkinch.org.uk  
Web: www.artsinmerkinch.org.uk

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**ARTS IN MERKINCH presents**  
**GIVIN' IT VERBAL 2**  
at The Bike Shed at 7pm on Saturday 17 June  
by Graeme Watson, Andrea Dunbar, Paul Shanks, Amy Williams, Tim Williams, Marty Warklum, Bats In Action with Stations by Paul Shanks

Tickets available at only £5. Limited capacity so don’t wait. Book now by emailing Catherine@merkinch.org.uk
Artsplay Highland are an arts organisation and charity based in the Highlands of Scotland who deliver arts workshops for children, their carers and teachers.

Over the 2016/17 academic session they have been visiting the nursery pupils in Merkinch Primary School. These sessions have been mainly music based with children learning songs using words, movement and instruments but they have also had special visits from storyteller lizzie MacDougall and the Bubble Man.

On Monday 22nd of May the children performed a selection of the songs and tunes they had learned to their parents at a small end of term ceilidh. The children all received certificates for their achievements and Artsplay Highland hope to be able to return to do more sessions next academic year.

Monica Neeling, who leads Artsplay Highland, is pictured right with some of the children and nursery staff.

Merkinch Theatre Group have two exciting shows on offer on Saturday 1st July

The Juniors will present “ALL ABOARD ADVENTURE” at 11am with tickets at only £3.00

Join the Washbucklers, the most daring, brave, and adventurous pirate laundry service on all of Pirate Island. When they are finally offered their first chance to go on a real pirate treasure hunt, can the gang overcome cursed swords, mythical beings, and, worst of all, sea-sickness to finally become real pirates on the high seas?

The Senior Group’s show is called “SO, THERE IS THIS HOUSE......” and they are presenting it at 4pm with tickets at £5.00

So, there's this house, a dark house, a ruined place. It sits at the end of a bleak street, in the middle of dead woodland, burned out on wasteland. Full of memories, full of stories, full of ghosts. Urban myths that are just a bit too true, nightmares that walk on two legs. A horror story that always starts the same way. So, there's this house...

Abban Street Dental Clinic - Attendance Notice

45 patients failed to attend appointments in April and time wasted was 23 hours and 15 minutes.

Fairfield Medical Practice - Attendance Notice

95 patients did not attend their appointments for the month of April at Fairfield Medical Practice.
Preheat oven to 200°C (180°C for fan assisted ovens). Next, heat the oil in a large frying pan and fry the potatoes and sausages for 5 mins.

Add the onion and pepper and cook for a further 5 mins, turning the sausages occasionally until browned.

Transfer to a casserole dish. Add the pasta sauce, rinse the jar out with a splash of water and add to the dish.

Cook in the oven for 15 mins.

The Outdoor Classroom
Celebrating Success In The Outdoors - Merkinch Primary

Beginning in March this year Merkinch Primary began a project, “The Outdoor Classroom”. This project aims to celebrate all that is wonderful about living on the doorstep of the most stunning Highland scenery.

The Project forms part of a strategy to develop Health and Wellbeing across all levels in Merkinch Primary. The Initiative represents a significant commitment from Ms Kean and the schools staff to delivering a programme of nurturing activities which allow pupils to build positive relationships with staff and pupils while experiencing the wonderful outdoor opportunities which are often only minutes away from the school. The project also encourages parents to come along and share their child’s positive experience.

The Outdoor Classroom aims to deliver a wide range of curricular activities from mountain biking to forest walks, beach walks and water activities. The curriculum would like to thank Mr Rutter, Inverness High School for the current use of its minibus and the invaluable support of Ann Sutherland and David Paulin from Merkinch Partnership.

Mr Kerr who is leading The Outdoor Classroom said "I am really excited about the new project. This is a brilliant opportunity for pupils to celebrate being successful in a different educational setting and crucially take that sense of achievement back into the classroom."

The Project is based on recent research which suggests that Outdoor Education can challenge negative mindsets when pupils face new challenges. We aim by the end of this term for every child to have been involved in a range of activities. It is about the pupils having fun, taking in loads of fresh highland air and of course the children discovering what they can achieve when they face challenges".

Contact the Elderly is a national charity that aims to soften the loneliness and isolation experienced by older people who live alone with little support from family or friends and who find it difficult to get out on their own.

One of our older guests says: “Sunshine came into my life when I was invited to join Contact. A very caring driver comes to take me to the venues on the last Sunday of each month. In my mid-eighties, how grateful I am that there are those that care.”

Would YOU like to join us one Sunday afternoon a month to help bring some friendship into your own and other people’s lives - it's fun - a small group goes to one of our volunteer hosts homes for a couple of hours - a cup of tea and a bleether! A car with a volunteer driver will come and pick you up.

Do you live on your own, don’t get out much, do not have many family or friends visiting, have nothing to do on a Sunday and find it a long lonely day? Then call the number below and join us on the outings.

Do you have an older neighbour or a member of your family who is lonely? Are you a Health Professional who works with older people? Go tell them about us. Or let us know about them. Contact the number below for details.

LOCAL CONTACT: Jillian Walker 01463 216124
Jillian.walker@contact-the-elderly.org.uk
Police Report

- Road Safety – 11 road traffic incidents reported and numerous calls regarding illegal use of quad bikes in the backfield. One drink drive offence resulting in a report to the Fiscal.
- Antisocial Behaviour – Multiple calls regarding antisocial behaviour and 6 addresses on Operation Notebook monitored by Highland Council and Police.
- Alcohol and Drug Misuse – 6 positive stop searches and 1 person charged with drinking offence.
- Crimes of Dishonesty – 9 reports involving theft recorded with one report of a stolen pushbike.

Police Scotland were asked by MCC to work with the Scottish Fire and Rescue Service to alert children to the dangers of setting fires in the reserve and at Carnarm Point as this is endangering wildlife and animals. Beggars are back in Grant Street and sightings of aggressive behaviour need to be reported.

Street Naming Request
MCC have been asked to think of and submit suggestions for a street name for the new development on Glendoe Terrace. Ideas need to be submitted to Highland Council by the middle of June.

Memorial Plaque Update
Discussions remain ongoing with members of Highland Council.

Parking Issues at Welfare Hall
Residents of Brown Street have been having problems parking outside their homes since the reopening of the Welfare Hall. MCC will approach the Boxing Club and ask them to reconsider where their patrons park during club hours and all users of the Welfare Hall are reminded that there is a free car park on the other side of Grant Street.

School Signs
Members were checking on the location of the school signs for Merkinch Primary to remind drivers of the proximity of the school.

Kessock Road Repairs needed
There are potholes on the Kessock Road under the railway bridge. It appears to be sinking between Tangle Tower and the Ticket Office and there is a large hole beside Kessock Lodge.

A Great New Space for Carers

A brand new cafe where carers can gain respite for a couple of hours opened in Inverness on the 4th of May. The More About Carers (MACs) café, based at the Mackenzie Centre on Culduthel Road, provides an ideal platform for those who care for a love one to relax, meet fellow carers and take some time to focus on themselves.

The cafe is the result of work carried out in partnership with NHS Highland, Connecting Carers, the Mackenzie Centre, and with support from Highland Third Sector Interface, MacLeod and MacCallum and Tesco.

Connecting Carers strategy co-ordinator Liz Syred said: “This is the culmination of some fantastic and generous work carried out by a range of organisations and we are very proud to open the doors of MACs cafe.

“We have worked closely with carers across Highland to identify ways we can help support them and an issue that continued to arise was that they had nowhere to socialise or put their feet up for a couple of hours.

“I want to thank everyone involved in this project for supporting us to achieve our goal of providing a relaxing, friendly environment in which carers can have a well-earned break. One of the benefits of the cafe is that if the person who is being cared for is aged over 65 they can attend day services while the carer has a break.”

Mackenzie Centre manager Kathy Martin said: “This is a big step in the right direction as we aim to become more of a resource centre for the wider community. It has been a lot of work to get to this point but I’m delighted with the finished product.

“The cafe is now an ideal place for meeting friends for a coffee or even to hold meetings when appropriate. It is bright, comfortable and spacious and I’m sure it will prove to be a huge hit with carers across Highland.”

From left to right: Roisin Connolly, Carer Centre Manager, Kathy Martin, Manager Mackenzie Centre and Liz Syred, Strategy Coordinator, Connecting Carers.
Merkinch Football Academy Report

PRIMARY 2/3 have football training on Fridays, 3.00 - 4.00pm.

PRIMARY 4/5 continue their weekly fixtures in the IDYFA Summer League where they play against other schools, home and away. Details of their matches are posted on the Football Academy Facebook page along with training times which are usually on Sunday mornings at the school.

PRIMARY 6/7 are playing in the IDYFA Summer Development League. Details of their matches and training days are to be posted on the Merkinch Football Academy Facebook page.

PRIMARY GIRLS train on Wednesdays, 3.15 - 4.15pm at the school.

INVERNESS HIGH SCHOOL LADIES - Our secondary school girls train on Fridays at the High School 3.00 - 4.00pm.

STREET LEAGUE - Both our under-15 and under-17 teams are into their league season. They play every week in the evenings at Milton Pitches. Details of their training and games will be posted on the Merkinch Football Academy Facebook page.

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Above: The victorious P4-5 team after winning the Westside Trophy!

Right: Merkinch under 15s Street League team.

Living Better
with a long term condition
Evening Group

Thursday 1st June
6.30 - 8.00pm
MS Therapy Centre
(Burnett Road, adjacent to police station)

Hyperbaric Chamber Taster
Come and try out the hyperbaric chamber and hear about how it can help alleviate many different conditions
Also tea, cake and Boccia!

All ages welcome, including carers and family support members
To find out more contact Roy
07454 946957 ligowatroy@highlandtsi.org.uk

Church of God
Pentecostal Church

Every Wednesday
Tea, Coffee & Fellowship
11.00am - 2.00pm

6 North Church Place, off Friars' Street, Inverness IV1 1PF
**In Fliperz, we have been learning about 'Under the Sea'**

This week in Fliperz, we have been talking about ‘turtles’. We made our own under the sea turtles from paper plates, old junk and lots of other messy art materials. One child made a comment about their turtle and said “My turtle is called ‘Shelly’ and she has six eyes”

**We had a nursery trip to Playzone!!!**

**Fliperz Availability**

We currently have childcare spaces available for children aged 2-5 in the Nursery and also for children aged 5-12 in our Out of School Club. If you are interested in bringing your little one along to join our Fliperz Fun then please pop in or call Stacey for more information. We have private and funded places available.

Tel 01463 234232 or email stacey@merkinch.org.uk.

**Prices are:**  
Full Day £25.00 (8.30 - 5.30), Half Day £15.00 (am or pm) & Full Week £115.00.  
Out of School Club £9.00 per session.

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**Science for Kids!**

**ROLL A CAN WITH STATIC ELECTRICITY**

**You will need**

- An empty drinks can
- A blown-up balloon
- A clean head of hair

**What to do**

- Place the can on its side on a flat smooth surface like a table or a smooth floor.
- Rub the balloon back and forth through your hair really fast.
- Now the fun part – Hold the balloon close to the can without actually touching the can. The can will start to roll towards the balloon without you even touching it!

While you have the balloon, tear up a piece of tissue paper into tiny pieces about 1/4 inch (.5 cm) big. Rub the balloon in your hair again and bring it close to the tissue pieces. They will be attracted to the balloon and then jump away.

**How does it work?**

This works a lot like the bending water experiment. When you rub the balloon through your hair, invisible electrons (with a negative charge) build up on the surface of the balloon. This is called static electricity, which means “non-moving electricity”. The electrons have the power to pull very light objects (with a positive charge) toward them – like the drinks can.

Fliperz Fun: Saturday 3rd June 2017 11.00am - 3.00pm

at

TRINITY CHURCH
Huntly Place
Inverness

We are running another FREE Family Day and Father & Toddler Group Meeting. Indoor playground with Bouncy Play (with safety flooring). Fenced soft play for toddlers.

Email: fathers.group@outlook.com

Children’s comments:

“I am so thirsty; I was running around so fast!”
"I liked the football part the best!"
"My favourite part was the big slide!"
"I like all the balls you can jump in!"
"My favourite bit was sliding down the slide!"
Living Better
with a long term condition
Merkinch Group

Monday 5th June
2.00 - 4.00pm
Trinity Church Hall

This month: Visit from Able Care
Learn about the latest aids and gadgets available to make your life easier - and take the opportunity to try some of them out!
Also tea, cake and Boccia!
To find out more contact Roy
07454 946957 lgowitroy@highlandtsi.org.uk

Opportunities at Merkinch Enterprise

Merkinch Enterprise provides free training in a wide range of IT applications in a format to suit the client that can lead to the gaining of a recognised qualification.

However, we also provide a wide range of non accredited training as we recognise that learning is not just about qualifications but gaining enough experience and confidence in IT to improve your skills and abilities.

The training will be either one to one or group sessions and will be adapted to suit your requirements and interests to make the experience more relevant and suitable to you.

In addition, we are able to offer free access to our PC suite if you wish to continue your learning and development outwith the training schedule.

Applicants must be unemployed (but not necessarily claiming benefits) or working 16 hours a week or less. There is no upper age restriction. In addition, we can provide finance towards the cost of registered childcare if necessary.

We also offer a variety of volunteering and work placements in our office on Grant Street. Hours and days are flexible to suit your needs.

Work placements are also available in our Fliperz Nursery and, where appropriate, we will fund the cost of PVG Disclosures for those wishing to pursue a career in child care and you will be fully supported by a qualified member of staff.

For further details, please call into our office at 14 Grant Street, call 01463 240085 or email info@merkinch.org.uk