

Community Signposting Directory

June 2018





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Please note that this information is subject to change and will date relatively quickly. This is a guide for the activities available at the time of publication and to the best of our knowledge was accurate at the time.



Ross & Cromarty A-Z

3 O'clock Club

The Hut, Tulloch Castle Dr, Dingwall, Ross-Shire, IV15 9ND
<http://www.childcarelocations.co.uk/childcare-service/682769/the-3'o-clock-club>
01349 867709
ttocc@ecosse.net
After School childcare in Dingwall, Part of CALA

Children & Young People

Ablecare

Seafield Road Inverness
www.ablecare.co.uk
01463 233 900
inverness@ablecare.co.uk
Mon- Fri 0900 - 1700; Saturday 0900-1300
Supplier of daily living aids, mobility equipment, specialist furniture and stairlifts.

Support & Information

Advocacy Highland

2 Seafield Road, Inverness, IV1 1SG
<http://www.advocacy-highland.org.uk/>
01463 233 460
info@advocacy-highland.org.uk

Support & Information

Age Scotland

Causeway House, 160 Causewayside, Edinburgh
www.ageuk.org.uk/scotland
General Enquiries: 0333 32 32 400 Age Scotland Helpline: 0800 12 44 222
info@agescotland.org.uk
Helpline: Monday - Friday 0900-1700
Age Scotland website has a number of resources and support for older people with a well informed helpline.

Support & Information

Alcohol Anonymous

<https://www.alcoholics-anonymous.org.uk/AA-Meetings/Find-a-Meeting>
National Helpline 0800 9177 650

Support & Information

Golspie, Lawson Memorial, Sunday 8.00pm
Tain, St Andrew Episcopal Church, Friday 7.30pm
Ardgay, Church of Scotland Hall, Wednesday 8.00pm
Strathpeffer, Church of Scotland Hall, Thursday 8.00pm

Alcohol Counselling Service Ross & Sutherland

St Duthus House, St Duthus St. Tain
www.acsrs.org.uk
01862 894 097
info@acsr.org.uk

Support & Information

Various but accessible on the website

ACSRS is a Scottish Charitable Incorporated Organisation registered with the Charity regulator that believes that people have the capacity to change. We are passionate about providing accessible high quality support services to individuals, their families and carers affected by alcohol and/or drug use. They will offer one to one counselling session for people with an addiction problem.

Alness and Invergordon contact the elderly groups.

Social

<http://www.contact-the-elderly.org.uk/scotland/>

0141 812 1555

Caroline.McGinlay@contact-the-elderly.org.uk

Alness Angling Club

Sport & Outdoor Activity

<http://www.alnessanglingclub.com/index.asp>

Day tickets are purchasable from 'Kardz' in Alness High Street. Membership forms are downloadable from the 'download' section of their website and the form has membership costs and contact details on the form.

Alness Area Jog Scotland

Sport & Outdoor Activity

Alness Academy Carpark

<https://jogscotland.org.uk/joggers/find-your-nearest-jog-group/>

07795342 762

Every Monday and Wednesday at 7pm

Alness JogScotland group meeting twice a week on a Monday and Wednesday at 7pm in Alness Academy car park, just near the foot bridge. The group is for everyone of all running abilities. For people new to running we run 3 couch to 5k groups a year starting in January.

Alness Batist Church - Lunch Club

Social

Firhill, Alness, IV17 0RX

<http://www.alnessbc.org.uk/>

01349 880067

info@alnessbc.org.uk

last Tuesday of each months except July and November, at 1230 in the Church Hall

The lunch club exists to provide fellowship and friendship, over a warm bowl of soup and sandwich. There is also a cuppa and home baking. After there is time for songs and reflection from guest speakers or one of the team. Everyone is welcome.

Alness Blythswood Shop

Community

50-52 High Street, Alness

<http://www.blythswoodshops.org/shops/>

01349 883 621

alness@blythswood.org

Alness Curling Club

Sport & Outdoor Activity

Stanegarth, Springfield Terrace, Alness

<http://www.alness.com/alness-curling-club>

01349 883590

Please contact Bob Baxter for more information

Alness Hillwalkers Club

Sport & Outdoor Activity

<http://www.spanglefish.com/HighlandHillwalkingClub/>

highlandhillwalkers@gmail.com

The club meets for day and weekend meets. A day meet can involve climbing one or more hills over 1000m (3000 feet) in height and walking 12 or more miles. So a reasonable level of fitness is important and whilst the summits of most hills are attainable via walking routes, some can require some scrambling and a head for heights. We do organise events to improve skills – winter skills training, navigation evenings, climbing and abseiling sessions and all club members are encouraged to update and improve their skills. APPLICATIONS TO THE CLUB SHOULD BE MADE IN ADVANCE OF JOINING ANY MEET. Forms are downloadable from the website.

Alness Horticultural Society

Community

Facebook: [@AlnessHorticulturalSociety](https://www.facebook.com/AlnessHorticulturalSociety)

01349 882356

seaforth33@btinternet.com

Alness Horticultural Society is small local club that runs a number of horticultural based events throughout the year including a spring and autumn show.

<p>Alness Judo Club Averon Leisure Centre, High Street, Alness, IV17 0QB & Evanton Sports Hall, Evanton 01349 884057 Alness: Tuesday (Kai) 1800 - 1845, (Mon) 1900 - 2000 and (seniors) 2000 - 2100 Evanton: Monday (Kai) 1800 - 1845, (Mon) 1900 - 2000 and (seniors) 2000 - 2100</p>	<p>Sport & Outdoor Activity</p>
<p>Alness Ki-Aikido Club Kendal Crescent, Alness 01349 852367</p>	<p>Social & Active</p>
<p>Alness Prize Bingo West End Community Centre, Firhill, Alness http://www.westendcommunitycentre.org.uk/activities.html 01349 884896 info@wedtendcommunitycentre.org.uk</p>	<p>Interest</p>
<p>Alness Scrabble Club 82 Obsdale Road, Alness 01349 882016</p>	<p>Social</p>
<p>Alness Senior Citizens' Friendship Club The Perrins Centre, Alness 01349 882402</p>	<p>Social</p>
<p>Alness Tang Soo Do (BKMAS) Alness Academy 01349 880856 or mob: 07899 804 517</p>	<p>Sport & Outdoor Activity</p>
<p>Alzheimer Scotland Dementia Resource Centre Dementia Resource Centre, Unit 2 Strother's Lane, Inverness www.alzscot.org 01463 711707 Highlanddrc@alzscot.org</p>	<p>Support & Information</p>
<p>amaSing Park House Studio, The Square, , STRATHPEFFER www.amasing.co.uk 0752 7979 128 info@amaSing.co.uk Have you ever heard someone from a rural area say "there's nothing to do!" living in the highlands you hear it every day - but this shouldn't be the case. we want to provide rural communities with opportunities for musical and social activities - it's all about accessibility.</p>	<p>Interest</p>
<p>Ardross Alness Bowling Club Station Road, Alness, IV17 0UE 01349 883280 Open generally Tuesday - Friday 1900 - 2230, Saturday 1100 - 0000 and Sunday 1400 - 2230 Lawn Bowling Club</p>	<p>Sport & Outdoor Activity</p>
<p>Ardross hall – luncheon club Ardoss Hall http://www.ardrosshall.org/Regular_Activities.html 01349 882797 margaretblackardross@gmail.com On the first Wednesday of every month and starts 12 noon. If you can help in any way with providing soup or baking, contact Joan Scott on 01349 882797. All are welcome, and anyone requiring transport contact Margaret Black on 01349 882495 A nominal £2.50 charge per person is made for the soup and pudding.</p>	<p>Social</p>

<p>Averon Lesiure Centre Alness https://www.highlifehighland.com/averon-leisure-centre/all-classes/ 01349 882287 Various and subject to change, Please see website Membership to Highlife Highland is £30 per month for a family or £20 per month for an individual Or those with a qualifying benefit can pay 50p per activity. Activities Include:Body Pump, Body balance, Pilates, Active Life Plus, Otago, Abs Blast, Spin, Gamefit, Body Combat, Work Out plus etc.</p>	<p>Sport & Outdoor Activity</p>
<p>Avoch Community Centre Avoch Community Centre, Old Mill Road, Avoch, IV9 8PS https://avochcommunitycentre.wordpress.com/ 07974081937 bookings@avochseascouts.org.uk Local activities include: Cubs, Sea Scouts, Toddlers Group, Football, Slimmers World, Men's Shed. Contact directly for more information</p>	<p>Sport & Outdoor Activity</p>
<p>Avoch CommunityRowing Club (Skifties) http://theskifties.com/ Tel: 07917 525798 blackisleskiff@gmail.com The Skifties - a community rowing club with a variety of opportunities to engage with anyone interested in life on the sea, including but not restricted to competition.</p>	<p>Sport & Outdoor Activity</p>
<p>Avoch Football Club Coronation Park, Avoch https://www.westsidefootballclub.co.uk/ emailed though website</p>	<p>Sport & Outdoor Activity</p>
<p>Avoch Heritage Association Wester Brig, Henrietta Street, , Avoch http://www.avoch.org/ jamiann@sagainternet.co.uk</p>	<p>Interest</p>
<p>Avoch Indoor Bowling Club 7 Margaret Street, Avoch http://www.spanglefish.com/blackisleanddistrictindoorbowlingleague/index.asp?pageid=86853 01349 883950</p>	<p>Sport & Outdoor Activity</p>
<p>Avoch Lawn Bowling Club Burnside Cottage, Avoch http://bowlsclub.org/club/2235/ Tel: 01381 620603</p>	<p>Sport & Outdoor Activity</p>
<p>Bass Korean Martial Art School Alness Academy, Dalmore Road, Alness, IV17 OUY https://dojos.co.uk/BassKoreanMartialArt/ 01349 344444 Monday: Juniors (8 - 15) 1830-1930 Seniors (16+) 1930-2030 Thursday: Little Nijas (4-7) 1830-1930, Juniors 1830-1930, Seniors 1930-1830 Any man, woman or child can learn Tang Soo Do. Our students can begin their journey as young as eight and can continue well past retirement age. It is never too late to begin training; all that's required is the desire to learn. Tang Soo Do does not require you to be a super athlete or to be in great shape to begin training. The training you receive learning Tang Soo Do will develop your athletic abilities. However, since no two people are alike, each student is patiently encouraged to learn at his or her own pace. Each student is inspired to achieve their own potential. We welcome all persons, regardless of their physical prowess to enroll in our school.</p>	<p>Sport & Outdoor Activity</p>

<p>Befrienders Highland www.befriendershighland.org.uk 01463 712 791 Service is for people over 18 who are lonely, isolated and have experience of mental ill-health, memory difficulties or dementia and for carers of people living with dementia. Face to face befriending involves regular meetings between you and a volunteer and can involve activities that you both enjoy. This is available Inverness, Nairn and Ardersier. Alternatively a phone service can also be available. For carers may be befriended by phone, letter, email or to give you 'me time; to socialise.</p>	Support & Information
<p>Birchwood Highland 59 Tomnahurich Street, Inverness www.birchwoodhighland.org.uk 01463 236 507 Contact through the website 9am - 5pm Offer a range of services for mental health recovery including: Recovery centre - residential unit, care at home, housing support, self directed support, dementia and services for young people.</p>	Support & Information
<p>Black Isle Antiques Society Bogallan Cottage, North Kessock http://www.black-isle.info/black-isle-antiques-society 01463 731242 annemary.paterson@gmail.com The Black Isle Antiques Society usually meets on the last Tuesdays of October, November, February, March and April. There is a varied programme of talks on various subjects and then an outing in May. Meetings are held in Seaforth Lodge, Fortrose at 7.30pm. Members and non-members welcome.</p>	Interest
<p>Black Isle Community Centre Deans Road, , , Fortrose http://highlifehighland.com/leisure-facilities/black-isle-leisure-centre 01381 621252 blackisle.leisurecentre@highland.gov.uk</p>	Sport & Outdoor Activity
<p>Black Isle Country Music Club https://www.facebook.com/Black-Isle-Country-Music-Club-126935977359288/ 07521 904 436 nhe@mail.com</p>	Interest
<p>Black Isle Lapidary Club 1 Castle Street, Fortrose Tel: 07983255105 sandy.wallace@global-resources.co.uk</p>	Interest
<p>Black Isle Leisure Centre https://www.highlifehighland.com/black-isle-leisure-centre/ 01381 621252 Membership to Highlife Highland is £30 per month for a family or £20 per month for an individual Or those with a qualifying benefit can pay 50p per activity. Activities Include:Body Pump, Body balance, Kettlebells, Spinning, Body Attack Hit Workout, Yoga etc.</p>	Sport & Outdoor Activity
<p>Black Isle Mountain Bike club http://www.bc-clubs.co.uk/blackislemtbclub/ Tel: 01381 610334 or 07798718812 blackislemtbclub@gmail.com We have a youth team where the main focus is getting youngsters out on their bikes as well as coaching them for racing in all mtb race types. As a family we club we encourage parents and kids to get out on their bikes. We offer coaching and trail riding experience on a weekly basis all through the year. We mainly ride at Learnie Red Rock in the Black Isle but often organise club social and training rides to other venues across the north of Scotland. Please contact us to learn more or to join.</p>	Sport & Outdoor Activity

Black Isle Need To Play

Children & Young People

<http://www.spanglefish.com/BlackIsleNeedtoPlay/>
blackisleneedtoplay@gmail.com

Black Isle Need to Play Association is a charity which provides financial assistance for children and young people (aged between 0 and 19 years), with extra needs. The charity is here for the advancement of education and for the relief of poverty for those children who live on the Black Isle in Ross and Cromarty.

Black Isle Singers

Interest

www.spanglefish.com/blackislesingers
 01381 600558
blackislesingers@btinternet.com

We are a friendly choir based in the Highlands of Scotland, on the Black Isle just north of Inverness. We meet weekly at Fortrose Academy. The Black Isle Singers extend a warm invitation to anyone that likes to sing to come and join us.

Black Isle Writers group

Interest

Fortrose Library
<http://www.blackislewriters.org/index.asp>
 contact via website

Include workshops on the craft of writing in various genres including plays, poetry, and the short story. Some of these workshops will be led by outside speakers, others by members of the group. The workshops will be complemented by sessions where we can share samples of our own work with other members and ask for constructive feedback. Meets twice a month 2-4pm, please contact the group directly to confirm dates.

Caledonia Riding Group

Sport & Outdoor Activity

Dalriada, Wester Templand, , Fortrose
www.caledonianridingclub.co.uk
 01381 620027
caledonianrc@aol.com
 Horse Riding lessons (Paid For)

Calman Trust

Support & Information

<http://www.calman.org>
 Housing Support - 01349 883388 Housing Support - doreen@calman.org
 Training - 01349 855200 Training - training@calman.org
 H-Eatwell and Cookwell - 07730 141512 H-Eatwell and Cookwell - food@calman.org

Housing Support is available to young people aged 16-25 who are homeless, at risk of homelessness or who just need practical support with the responsibilities involved in running a household.
 Calman training is for young people aged 14-25 who are about to leave school or have left school and are unemployed. Here, young people can learn the skills needed to find and keep a job. We offer a range of accredited training for young people at all levels.

Our various Cooking services are an opportunity for young people in the wider Highland area to learn the basics of good, healthy and affordable cooking. Young people can join a group in Inverness, Invergordon, Dingwall, Golspie, Aviemore, Fort William or Portree to learn how to prepare great food, get a free recipe book and enjoy sharing a meal in a relaxed setting with our team. Our H-eatwell project, delivered in partnership with Changeworks, also offers advice on getting the most from your heating bills.

Cameron's School of Martial Arts

Sport & Outdoor Activity

Maryburgh Amenities Hall, Maryburgh, Dingwall, IV7 8DS
<https://dojos.co.uk/CameronsmartialartsMaryburgh/>
 07810000946
 Thursdays 1900-2100
 From age six upwards, kempo jujitsu and Tang soo do

<p>Canine Concerns Dog Training Club Killen Smithy, Killen, Avoch http://www.canineconcerns.co.uk/ julie@canineconcern anine Concerns is a well established Dog Training Club based on the Black Isle just outside the Inverness area. We run Life Skills Classes, Kennel Club Good Citizen Awards and fun classes & workshops such as Flyball, Agility, Trick Training, Keen K9's and Scentwork. Clicker training is also supported. Canine Concerns also offers a reliable, friendly & professional DOG WALKING & PET CARE SERVICE in & around the Inverness area.</p>	<p>Interest</p>
<p>Capstone Foodbank Capstone, Alness http://www.rosskeenfreechurch.co.uk/events 01348 852406 Tuesday and Friday 11am - 1pm</p>	<p>Support & Information</p>
<p>Capstone Lunch Club Capstone, Alness http://www.rosskeenfreechurch.co.uk/events 01349 852406 Wednesdays 12noon - 2pm</p>	<p>Social</p>
<p>Care & Learning Alliance Unit 3, Bridgend business Park, , Dingwall https://www.careandlearningalliance.co.uk/ 01463 222569 info@calachildcare.co.uk We offer a one-door approach to a broad range of Childhood Practice and Family Support services. We are the largest childcare and family membership organisation offering universal services in the Highland and Moray areas. We also have members in other parts of Scotland.</p>	<p>Children & Young People</p>
<p>Carefree Club (Senior Citizens) North Kessock Hall, North Kessock 01463 731513</p>	<p>Social</p>
<p>Carr Gorm, Inverness www.carrgomm.org 01463 242 112 Working in partnership with Highland Council and NHS Highland we support both children and adults with a spectrum of support needs. Specific services include: Caithness, East Ross, Inverness East, Inverness West, Lochaber, Mid and West Ross, Nairn, Ardersier, Badenoch & Strathspey and Skye & Lochalsh providing respite care in people's own homes. All our services are all able to support people from any client group within their geographical area. We welcome opportunities to support new individuals and are happy to take referrals, or for people who are self-directing their support, our Self-Directed Support Manager is happy to discuss this.</p>	<p>Support & Information</p>
<p>CCAST Highland 27 Lamington Street, TAIN www.ccast-highland.co.uk 01862 328006 / 07708 583 962 office@ccast-highland.co.uk About CCAST Highland A social enterprise company with charitable status A recognised and registered service provider with the care commission A Christian community housing support service that recognises the potential value of each client referred to the service respecting and acknowledging the needs of all faiths and of none A charitable organisation, please see the help us page for more information or to make a donation</p>	<p>Support & Information</p>

Chanonry Sailing Club

Sport & Outdoor Activity

www.chanonry.org.uk

Tel: 01463 811080

info@chanonry.org.uk

CHANONRY SAILING CLUB PROVIDES: Great sailing experience in the idyllic area, Moray Firth between Fortrose and Rosemarkie on the Black Isle, Scotland, where is one of the best spots in the UK to view Bottlenose dolphin and other wildlife, including porpoises and grey seals. Friendly, diverse and active membership with a lively social scene. Come along and join us whenever a club activity is on. Club dinghies and private boats space available for active members. "Taster" sailing for potential new members. "Social Sailing on Friday Evening" will be on Fridays from 19.00 during the summer. This is an ideal opportunity for members to sail with safety cover but without the pressures of racing. A comfortable club house with facilities to high standard and a gallery and waterside balcony. Competitive mixed fleet and class dinghy racing (Lasers/ Musto Skiffs/ Streakers/ RS Teras etc.) throughout the season.

Chapelton Equestrian Centre

Sport & Outdoor Activity

Chapelton Equestrian Centre, , , Muir of Ord

<http://www.chapeltonequestriancentre.co.uk/>

01463 871061

info@chapeltonequestriancentre.co.uk

At Chapelton we provide tuition for all abilities ranging from beginners to advanced. We cater for riders from the age of four and upwards as well as disabled riders. We have a 14 stone weight limit which is strictly adhered to.

Riding hats and boots are provided free of charge, you are welcome to wear your own hat but current British Safety Standards apply.

Chatterbox Community Newsgroup

Community

Chatterbox, Burnside Cottage, Newhall, Balblair, Dingwall

<http://www.chatterboxnews.co.uk/>

01381 610315

editor.chatterbox@gmail.com

Chatterbox started life in 1997 as a photocopied newsletter covering Avoch. Now we're a full-colour magazine, covering the whole Black Isle, published four times a year. Your news and photos are always welcome. Email text and jpps to the editor or send by post to The Editor, Chatterbox, Burnside Cottage, Newhall, Balblair, Dingwall, IV7 8LT. If you wish to talk first, phone the editor, Russell Turner, on 01381 610315. Publication is on the 1st of March, June, September and December. Our deadline is one month earlier.

Citizens Advice Bureau

Support & Information

Suie House, Market Square, Alness and units 1 & 2 Market Street Tain and 2 Achany Road, Dingwall

<https://www.rossandcromartycab.org.uk>

01349 864850

Alness

Monday: 10am-2pm (Appointments only)

Tuesday: 10am-2pm (Appointments and Drop-in)

Wednesday: 4pm-7pm (Appointments only)

Thursday: 10am-2pm (Drop-in)

Friday: 10am-2pm (Drop-in)

Dingwall

Tuesday: 10am-2pm (Drop-in)

Thursday: 10am-2pm (Appointment)

Companas Cottage - Support in Mind

Support & Information

83 High Street, Alness

<https://www.supportinmindscotland.org.uk/ross-shire-service-alness>

01349 884566

companas@supportinmindscotland.org.uk

Monday – Friday: 11:00am – 1:00pm and 1:30pm - 3:30pm

The Ross-shire Service is based at Companas Cottage, Alness. The Cottage is a resource centre offering support to people affected by mental ill health.

We offer a variety of different activity and skills development groups, self-management and recovery focused groups and peer support along with a social hub for chatting and making friends. We also offer a range of outings along with social events and informational talks. Voluntary work opportunities are provided too within the Cottage.

Our Outreach Service is also based at Companas Cottage but reaches out to people across Easter Ross. This service offers intensive 1-1 support, using community venues or meeting people in their own homes.

<p>Connecting Carers www.connectingcarers.org 01463 723 561 gmacleod@connectingcarers.org.uk Generally Office Hours There are various support groups for carers in Aviemore, Dingwall, Dornoch, Fort William, Inverness, Nairn, Thurso and a new group in Mallaig and Arisaig. The groups meet at different frequency so its an idea to check the next meeting date directly with Connecting Carers.</p>	<p>Support & Information</p>
<p>Contact The Elderly Various https://www.contact-the-elderly.org.uk/about-us/locations 01542 285010 denise.robson@contact-the-elderly.org.uk Groups are available at various locations, it is best to check the website and search for the group closes to you but examples of locations include: Muir of Ord, Alness, Fortrose, Inverness, Invergordon etc.</p>	<p>Social</p>
<p>Cornerstone (Highland) Balconie Street, Evanton 01349830558 Shirley@cafecornerstone.plus.com Opening times: Tuesday to Thursday, 10am-2:30pm Saturdays June-September 10am to 2pm. ADDITIONALLY: Monday is Lunch Club day providing lunch for the over sixties for a minimal donation. Contact for more info. The Evanton Walkers Group meet on Wednesdays,the Art and Craft groups on Tuesdays.</p>	<p>Social</p>
<p>Craighill Gaelic Nursery Craighill Primary School, , , Tain http://www.netmums.com/highlands/local/view/education/playgroups-pre-schools-and-nursery-schools/craighill-gaelic-nursery 01862 892663</p>	<p>Children & Young People</p>
<p>Creativity in Care Suite 333, number 24, Station Square, Inverness http://creativityincare.org/ karrie@creativityincare.org Our aim is to improve quality of life, inclusion and joyfulness by listening to people’s experiences of mental health, dementia, long-term conditions, family-life, care services, community engagement etc, We respond through community led arts initiatives and creative learning programmes. These support identity and meaningful interactions; increase a sense of hopefulness, and inspire better care and communication.</p>	<p>Interest</p>
<p>Cromarty – Urquhart Snooker Club Meets in Bank Stree http://www.cromartylive.co.uk/organisations.asp 01381 600362 kenneth@kmacfarlanr.wanadoo.co.uk</p>	<p>Interest</p>
<p>Cromarty Allotments & Gardens Society 4 Barkly Street, Cromarty http://www.cromartygardening.com/ Email through Website support and encourage gardening of all kinds, especially the growing of food. promote and provide allotments in Cromarty and its surrounding district. support gardeners by obtaining funding, acquiring and sharing tools, seeds, plants, land, or other resources promote and represent members’ interests and to encourage good relations with neighbours, relevant organisations (including the Highland Council) and the wider community. provide opportunities for the public to learn about allotments and gardens and their cultivation. £5 membership fee</p>	<p>Sport & Outdoor Activity</p>

Cromarty and Resolis film society and film festival

Interest

www.cromartyandresolisfilmsociety.org

info@cromartyandresolisfilmsociety.org

Each year the CRFS shows films under a subject banner. We have had a comedy year, political year, drama year, documentary year and so on, for many years. Please come and support us and realise the immense pleasure of watching films amongst a group of friends, neighbours, colleagues.

Cromarty and Resolis Lifeboat Guild

Community

<http://www.cromartylive.co.uk/organisations.asp>

01381 600718

Cromarty Art Trust

Interest

Ardyne, Bank Street, Cromarty

www.cromartyartstrust.org.uk

01381 600354

info@cromartyartstrust.org.uk

Various community based activities including events, workshops etc. Please check out the website for more information.

Cromarty Boat Club

Sport & Outdoor Activity

www.cromartyboatclub.org

07720046107

info@cromartyboatclub.org

If you have never sailed and feel that you do not want to commit to joining in case you don't like it, why not take an opportunity to try sailing (Free!). Many of our experienced skippers are sailing short handed on occasion and would welcome an extra pair of hands on board.

This is an ideal opportunity to get some experience and/or find out if sailing is indeed for you.

Cromarty Bowling Club

Sport & Outdoor Activity

Cromarty Bowling Club, The Causeway, Cromarty

www.cromartybowling.co.uk

01349 877497

rita.storr@btconnect.com

Cromarty Camera Club

Interest

Victoria Hall, Comarty

www.cromartycameraclub.com

01349 877820

contact via website

Thursdays 7.30pm

We are the only Camera Club on the Black Isle and our members are drawn from as far afield as Inverness, Dingwall and Muir of Ord, as well as Fortrose, Avoch, Munlochy and Culbokie.

Our Syllabus includes monthly training sessions, competitions, members' presentations, and guest speakers. We have our own digital equipment such as a laptop computer and digital projector to enable us to stay up to date, project digital images, and train members in digital photography. In the summer 'closed season' the club holds Field Shoots when members visit locations which present opportunities for photography.

Cromarty Court House Museum

Interest

Cromarty Courthouse, church Street, Cromarty

<http://www.cromarty-courthouse.org.uk/>

01381 600418

cromartycourthouse@gmail.com

Cromarty Firth Cycle Club

Sport & Outdoor Activity

Alness/Invergordon

<http://www.cromartyfirthcyclingclub.com/>

Contact through website

A cycle club based in Alness and Invergordon participating in all aspects of cycling - Road, Racing, Time Trials etc. Includes social rides

<p>Cromarty Fourways Club Victoria Hall, Comarty http://www.cromartylive.co.uk/organisations.asp 01381 600314 robjancrom@tiscali.co.uk Friendly social club for over 60s with speakers, outings and special activities; meets weekly in Victoria Hall</p>	Social
<p>Cromarty History Society & Friends of Cromarty Courthouse http://www.cromartyhistory.scot/index.asp Contact through website Please see the programme on the website Provide a programme of talks which take place on Thursday evenings at 7.30pm in Cromarty West Church Hall. Attendance is free for members and £3 for non-members. Under 16s are free of charge. Membership costs £10 or £15 for a family</p>	Interest
<p>Cromarty Monday Lunch Club Tel: 01381 600230 info@cromartyarms.com</p>	Social
<p>Cromarty Outdoor Bowling Club Bowling Green, Cromarty http://cromartybowling.co.uk/ a.k.e.g.wilson@btinternet.com A good place to begin would be our Friday afternoon sessions at 2pm where you would be made welcome by our Friday regulars. You can usually borrow a set of Club bowls to get started. Membership of the Club for the season starting in May 2018 costs £60.00. Junior Membership (under 16) costs £10.00. Members wishing to join mid season can usually be accommodated at a slightly lower rate or may pay per session at the visitors' fee of £3.</p>	Sport & Outdoor Activity
<p>Cromarty Tennis and Sports Club http://www.cromartytennisclub.co.uk/index.asp Phone numbers for committee members are published on the website Membership to the club is available for all on a yearly basis and is also available for non-members for daily use. Children under 15 must be supervised by an adult. There is a fee of £5 per hour for visitors or a weekly fee of £25. This can be paid at Cromarty Post Office, where equipment can also be hired. Racket hire costs £2 per racket and a refundable deposit of £20 is required. Cromarty Post Office (Tel: 01381 600201) is located a short walk from the court, on Bank St opposite Cromarty Stores. There is also a tennis ball machine that can be hired for a fee of £8 per 1/2 hour. Contact any one of the committee members (below) for use.</p>	Sport & Outdoor Activity
<p>Cruse Bereavement Care Helpline www.crusescotland.org.uk 0845 6002227 The support we offer is through: Telephone support - National helpline - 0845 600 2227 Face-to-face support - find out about this via the Helpline Leaflets Support Groups Support for children and young people - for online help we suggest The Little Website the Cruse Bereavement Care website - Hope Again also Fischy Music</p>	Support & Information
<p>Culbokie friendship club 01349 877435 alister@ajrose.plus.com</p>	Social

<p>Culbokie Football and Recreation Association Culbokie Park, Culbokie https://www.facebook.com/CulbokieAFC/ 07766525441 dmncmack@btinternet.com</p>	<p>Sport & Outdoor Activity</p>
<p>Culbokie Friendship Group Findon Hall, Culbokie https://blackislecares.com/activities/ 01349 877435</p>	<p>Social</p>
<p>Culbokie Indoor bowling club Findon Hall, Culbokie Tel: 01349 877479 Meets every Wednesday and Friday 7.30pm - 10.00pm from October - March The only equipment you need is a pair of indoor shoes or slippers</p>	<p>Social & Active</p>
<p>Culbokie Kids Badminton Findon Hall, Culbokie 01349 877492 macculloch@aol.com Fridays 3.00pm - 4.00pm</p>	<p>Children & Young People</p>
<p>D-CAFF Alzheimer Scotland Dementia Café - Avoch Church Of Scotland Parish Hall, Rose Street, Avoch http://www.alzscot.org/services_and_support/search/2259_d-caff_black_isle_dementia_caf 01463 711707 Fortnightly on Thursdays 10.30am - 12.00pm The café is open to anyone with dementia and their carers whether they live in the area, are on a day out or on holiday, so why not come along for a cuppa and a blether?</p>	<p>Support & Information</p>
<p>Deaf Action http://www.deafaction.org.uk/ 0131 5563128 Text Phone: 0131 5570419 SMS:07775620757 admin@deafaction.org Deaf Action delivers a range of services to the estimated 950,000 people in Scotland with sensory support needs, including those who are blind, partially sighted, deaf, deafblind and hard of hearing. As part of a Scottish Government funded project we are establishing a benchmark for future dual sensory loss services in Scotland</p>	<p>Support & Information</p>
<p>Dingwall & District Beekeepers Association http://www.dingwallbeekeepers.org/ 01764 679152 dingwall.beekeeping@gmail.com Various events and meet us - please check the website. With an age range of 14 to 82, and anyone at all interested in bees is welcome to come along and meet with us. Members come from the Black Isle and an area from Beaully to Evanton and Mid Ross, Poolewe to Ullapool and Torridon/Lochcarron. Our outdoor meetings are held for the benefit of Association members who are fully aware of and accept the risks involved. Potential beekeepers wishing to attend should contact the Secretary for advice and to be teamed with an experienced member. Clean protective clothing is required for all outdoor meetings, please ask for advice, the Group can provide some items. This is a precaution against the spread of varroa and disease from one apiary to another.</p>	<p>Interest</p>
<p>Dingwall & District Bridge Club Tulloch Castle Hotel http://www.bridgewebs.com/cgi-bin/bwok/bw.cgi?club=dingwall&pid=display_home 01348 877421 dingwall.bridge@gmail.com Tuesday 7.00pm September through to April All are welcome but they would prefer pairs. Table money £3 for both visitors and members per person and a £15 annual subscription</p>	<p>Interest</p>

<p>Dingwall Army Cadets Ferry Road, Dingwall https://armycadets.com/county/1st-battalion-the-highlanders-acf/our-detachments/ Monday 7.00pm - 9.15pm Young people aged 12 - 18. Adult volunteers also wanted.</p>	<p>Children & Young People</p>
<p>Dingwall Art Group Dingwall Community Centre http://www.dingwallcommunitycentre.com/ 01349 864600 This is a well established group of friendly artists of varying abilities with a membership of 25 (max). They are a not for profit making concern with their own constitution and committee and regularly have visiting tutors who provide instruction in a wide variety of mediums. There are 4 terms per year, 2 consisting of 8 weeks (currently at £30 per term) and 2 consisting of 12 weeks (currently at £40 per term). During the summer term members can pay weekly at £4. Members also enjoy the social aspect of the group, such as 'on location' days in the summer and an organised meal out and a Christmas party. The aim is to provide a welcoming and friendly environment in which to learn new techniques, or just to start you on a new path towards enjoying your art.</p>	<p>Interest</p>
<p>Dingwall Baptist Church - Play At The Church Dingwall Baptist Church, Tulloch Street, Dingwall http://dbc.org.uk/ 01349 292256 Contact through website Thursday 10.00am - 11.00am (term time only) 0-3 year old. Toys, Crafts, Snacks, Song Time and refreshments for adults too.</p>	<p>Children & Young People</p>
<p>Dingwall Baptist Church Bite 'n' Blether Group Dingwall Baptist Church, Tulloch Street, Dingwall http://dbc.org.uk/ 01349 292256 Contact through website Tuesday 6.30pm - 8.00pm Free soup and refreshments, friendly atmosphere and all welcome.</p>	<p>Social</p>
<p>Dingwall Bowling Club Pepperside Park, Dingwall 01349 862372</p>	<p>Sport & Outdoor Activity</p>
<p>Dingwall Camera Club Eagle House, High Street, , Dingwall http://www.dingwallcameraclub.com/ 01463 831249 padkirk@aol.com Monday Night 7.30pm from September - April Membership costs £32 a year (£22 concession) - reduced to £16 for half year</p>	<p>Interest</p>
<p>Dingwall Choral Society http://www.dingwallchoralsociety.co.uk/ 01349 830335 Thursdays (term time only) Castle Street Church of Scotland, Dingwall at 7.30pm</p>	<p>Interest</p>

<p>Dingwall Craft Group Dingwall Community Centre, Tulloch Street, Dingwall http://www.dingwallcommunitycentre.com/index.asp?pageid=577443 01349 864600 Friday evenings A group of 'ladies' with a good sense of humour, who meet up to do crafts and CHAT on a Friday evening. There is an annual membership of £10, and a weekly contribution of £2 per night to help with costs of tea, coffee and biscuits, and room rental. They have been meeting for 22 years in total! The average age is 60+ but there are a few younger members from 30 upwards. They bring their own craftwork to do, but between them they have a range of expertise and help is always available for those wanting to try new techniques. The group attends all year round, but members come to club when it suits them. Any new members are welcome to come along and join in.</p>	<p>Interest</p>
<p>Dingwall Dementia Carers Group Dingwall Dementia Resource Centre https://www.alzscot.org/services_and_support/search/2260_dingwall_dementia_carers_group 01349 808650 sgoller@alzscot.org Meets third Wednesday of the month from 2.30pm - 4.00pm Do you care for someone with dementia? Would you like to meet other carers for support, a chat and a brief time away from your caring role? Anyone with a relative or friend with dementia is welcome to come along.</p>	<p>Support & Information</p>
<p>Dingwall Drop-in Youth Kafe Temperance House, Tulloch Street, , DINGWALL http://dingwallouthkafe.com/index.php/opening-hours/ 01349 867771 youthkafe@btconnect.com Tuesday, Wednesday & Thursday 4-6pm 6.30 - 8.30pm and Friday 4 - 6pm</p>	<p>Children & Young People</p>
<p>Dingwall Field Club Skiach Bank, Evanton http://www.spanglefish.com/dingwallfieldclub/index.asp 01349 864661 Meet up at Dingwall Car park (back of boots) as per the programme published on the website Interested in a great variety of things - natural history, history, architecture, geology, archaeology? Why not join the Dingwall Field Club? While going on field trips, mainly walks, our collective knowledge of things we observe, is shared. The outings are enjoyable and would be suitable for families. The walks are short to moderate in length and pace. Annual membership is £14 per person and £24 for a couple.</p>	<p>Interest</p>
<p>Dingwall Fire Brigade Community Group https://www.facebook.com/firebrigadeclub/</p>	<p>Community</p>
<p>Dingwall Friday Lunch Club Dingwall Community Centre http://www.dingwallcommunitycentre.com/index.asp?pageid=282004 01349 864600 Tel: 01349 864600</p>	<p>Social</p>
<p>Dingwall Gaelic Choir 19 Telford Gardens, , , Dingwall https://dingwallgaelicchoir.co.uk/ 1348 862877 info@dingwallgaelicchoir.co.uk</p>	<p>Interest</p>
<p>Dingwall History Society 4 Castle Gardens, , , Dingwall dmacdon42@aol.com</p>	<p>Interest</p>

Dingwall In Bloom

Community

Hawthorne Cottage, Craig Road, , Dingwall

<http://www.dingwall.org.uk/getdoc/181c5789-9260-4f7e-9452-a4878fbd12bf/Dingwall-In-Bloom.aspx>

01349 863348

Dingwall Leisure Centre

Sport & Outdoor Activity

<https://www.highlifehighland.com/dingwall-leisure-centre/all-classes/>

01349 864226

Various and subject to change, Please see website

Membership to Highlife Highland is £30 per month for a family or £20 per month for an individual Or those with a qualifying benefit can pay 50p per activity.

Activities Include: Indoor Cycling, Body Condition, Circuits, Kettlebells, Body Balance, Zumba, Otago, Pilates, Power Chi Yoga, Fit Plus, Aqua Fit, Body Attack, Fat Burn & Body Tone

Dingwall Pheonix Club

Social

Dingwall Community Centre

<http://www.dingwallcommunitycentre.com/index.asp?pageid=282004>

01349 867183

The Phoenix Group is aimed at persons aged 60 and over and meets on a Thursday (1st and 3rd of the month) from September through to May. There is an annual membership fee of £3 and a meeting contribution of £2 towards the cost of room rental and cover a cup of tea and biscuits after the speaker of the day is finished (The chat is free!). The Group's programme for this season has a wide variety of speakers on a range of interesting subjects.

Dingwall Players Drama Group

Interest

www.dingwallplayers.org

Contact through website

They are a lively, friendly amateur drama group averaging 25 to 45 members, established in 1947. Well known in Ross-shire and beyond for a hugely diverse range of performances , from classic and contemporary full length plays to farce and musicals.

Our Christmas show | Pantomime is a prominent feature of Dingwall festive celebrations.

We have a proud record in the SCDA competitions for one act plays.

Dingwall Reading Group

Social

Dingwall Library, Dingwall Academy, Newton Road Dingwall

<https://www.emergents.co.uk/wp-content/uploads/2013/07/Emergents-Info-Sheet-Writers-and-Readers-Groups.pdf>

01349 869869

dingwall.library@highlifehighland.com

Group 1 last Tuesday of each month, 7.00 - 8.30pm & Group last Wednesday of each month 2.00pm - 3.30pm

New members welcome. Members usually discuss one or two titles that have chosen from the library service multiple copy collection. Please contact the library for more information. A teenage group meet during school term and hours.

Dingwall Rotary Club

Interest

15 Riverford Crescent, Conon Bridge

<https://www.rotary-ribi.org/clubs/homepage.php?ClubID=25>

Contact through website

Meetings on Tuesday 5.30pm at the Tulloch Castle Hotel

Please see the website for more details on membership. The Dingwall Rotary Club take part in many local community activities, organising events and fundraising.

Easter Ross Archers

Sport & Outdoor Activity

Tain Rifle and Pistol Club Range, Tain

07725725675

Sheilabrown61@hotmail.com

Wednesdays 1900 - 2130

Aged over 8 years

Easter Ross Archery Club

Seaboard Memorial Hall, Balintore
<http://www.seaboardcentre.com/regular-group-users/>
 01863 832888
info@seaboardcentre.com
 Wednesday 7.00pm - 9.00pm
 Open to all ages and abilities

Sport & Outdoor Activity

Easter Ross Parkinson's Support Group

Kendal Community Hall, Kendal Crescent, Alness
<http://localsupport.parkinsons.org.uk/provider/easter-ross-support-group>
 0344 225 3663
vc.scotland3@parkinsons.org.uk
 Monthly, 2nd Tuesday of every month 12noon - 2pm
 Irene Mackintosh is the main contact.

Support & Information

Edderton Mothers & Toddlers Group

Edderton Village Hall, Carri Blair Crescent, Tain
<https://www.careandlearningalliance.co.uk/wp-content/uploads/2015/08/CALA-Toddler-Groups-Feb-2016-1.pdf>
 Wednesday, 9.30 -11.00am

Children & Young People

Evanton Community Trust

Evanton Community Trust, c/o Gardeners Cottage,
 Lower Balconie, Evanton, IV16 9XG
<http://www.ect.scot/>
secretary@ect.scot

Community

Evanton Community Trust is a Company Limited by Guarantee with Charitable status.

Its objectives are "to develop new and improving existing community assets which will produce improvements in the local environment and lead to a stronger more vibrant community"

Full membership of the Trust is open to anyone over 18 who resides within the defined boundary of the Parish of Kiltarn but non-residents can become Friends of the Evanton Community Trust, although they do not have full voting rights.

Members liability is limited to £1 per member and represents the maximum liability of any of its members.

Evanton Wood Community Company

7 Camden Street, Evanton
www.evantonwood.com
 07947772066
simon.harry@forest-education.co.uk

Community

Volunteer work sessions in the woods every Friday and every last Saturday of each month from 10am - 1pm. Tools and protective equipment are provided

They have a range of activities including for access/dementia as well as educational work. Contact the company for more details Full membership is available to anyone aged over 18 for an annual fee of £5 (£10 per family; £30 lifetime individual; £50 lifetime family). Junior membership £1.00

Fairburn Activity & Conference Centre Ltd

Marybank, Muir of Ord
<http://www.fairburnactivitycentre.co.uk/>
 01997 433397
enquiries@fairburncentre.com
 Offer a wide range of activities (all with attached costs.)

Sport & Outdoor Activity

Fèis Rois Ltd

Fèis Rois Ltd, Suite 3, Dingwall Business Centre, Dingwall
<http://www.feisrois.org/>
 01349 862600
fios@feisrois.org

Interest

See the website for full details

Fèis Rois enables people of all ages to access, participate in and enjoy the traditional arts and Gaelic language through a diverse programme of activities in Ross & Cromarty, across Scotland and beyond. Amongst other activities they also provide weekly classes and courses for traditional; music tuition.

<p>Fingal Lodge of Freemasons Fingal Masonic Lodge, High Street, Dingwall http://www.fingallodge318.org.uk/ enquiries@fingallodge318.org.uk Meets on the second Tuesday of the month from October through to April, from 8pm. If you are over 21 (18 if your father or grandfather were Freemasons) and are interested in joining the Lodge then use their contact form on the website to note your interest and they will get back to you.</p>	Interest
<p>Firhill Residents Association 92 Firhill, Alness 01349 884896 jennifermacleod@tiscali.co.uk Contact Person is Jennifer MacLeod</p>	Community
<p>Fortrose & Rosemarkie Bowling & Tennis Club 7 Alexander Court, Fortrose http://www.spanglefish.com/FortroseandRosemarkieTennisClub/ 01381 620124 fartc2014@gmail.com Monday and Wednesday evenings 6.30 - 10pm (students/Adults) Tuesday and Thursday evenings 6.30pm - 10pm (Juniors/Students) Tuesday and Thursday mornings 10.15am - 1.30pm (Ladies) Saturday afternoon 2pm - 5.30pm All Members are able to access the court at all times with the exception of these times. Membership forms can be sent to Maggie in the Old Baking in Avoch or by email. Costs for membership vary with discounts for children, students, seniors and families. An individual Adult membership is £80. A one off game for a visitor is about £10 per hour.</p>	Sport & Outdoor Activity
<p>Fortrose and Rosemarkie Local History group http://www.spanglefish.com/fortroseandrosemarkiehistorygroup/ fortrosemarkie.localhistory@virgin.net Contact can be made through the website under 'feedback' Generally meets in the Seaforth Club Rooms, Fortrose on the second Monday of the months at 7.30pm - please check the programme on the website for more details.</p>	Interest
<p>Fortrose and Rosemarkie Friendship Club Seaforth lodge, Fortrose https://blackislecares.com/activities/ 01381 620816 jmajoriet@live.co.uk Wednesday 2.00pm</p>	Social
<p>Fortrose and Rosemarkie Lunch Club The Eilean Dubh www.fortrosegolfclub.co.uk (Term time Only) Wednesday 12noon - 1.30pm If anyone would like to see if a car share or other transport is available call Kathleen Armstrong 01381 620302</p>	Social
<p>Fortrose Dance Class For Over 50s Black Isle Leisure Centre http://www.keepactive.net/enquiries.html?+329+activity+Dancing 01381 622553 Contact through website Monday 10am - 11pm £5 per session but first lesson is free</p>	Social & Active
<p>Fortrose Library Reading Group Fortrose Library https://www.highlifehighland.com/libraries/fortrose-community-library/ Tel: 01381 622235 fortrose.library@highlifehighland.com First Wednesday of each month, afternoon and evening</p>	Interest

<p>Fortrose Scottish country dancing group Gordon memorial Hall, Courthill Road, , Rosemarkie http://www.fortrosemarkie.org/grp_dance.htm Tel: 01381 621309 susanmackenzie@btinternet.com Monday Nights (September - April) 7.30pm to 10pm The Fortrose Scottish Country Dance Group meets on Monday nights in the Gordon Memorial Hall in Rosemarkie from late September through to mid-April. Beginners and more experienced dancers are welcome. Classes are from 7.30pm to 10.00pm, with easier dances during the first half of the evening. There is a charge of £2.00 per class for members and £2.50 per class for visitors. Your first visit to the Group as a new dancer will be treated as a "taster session" and no charge will be made. The group aims to promote the enjoyment of Scottish Country Dancing. Contact</p>	<p>Social & Active</p>
<p>Fortrose Walking Group (Step it up Highlands) www.pfw.org.uk Tel: 01381 620484 joan.maxwell@shorelands.co.uk</p>	<p>Social & Active</p>
<p>Friday Craft Group for Adults Dingwall Community Centre http://www.dingwallcommunitycentre.com/ 01997 421325 Fridays 7.00pm - 9.00pm</p>	<p>Interest</p>
<p>Friends Of Highland Music - Slow Jam Nights Ness Bank Church Hall, Inverness http://www.friends-of-highland-music.org/ 01381 620412 jean.fleetwood@btinternet.com Severy second Thursday at 7.30pm Eric Allan's Slow Jam meets every second Thursday. Play good tunes at a modest pace. Bring your instruments and Eric will bring the music. Cost is £2 donation to the Friends.</p>	<p>Interest</p>
<p>Friendship Services Various http://www.friendship-services.com/ 01463 790410 Contact through website Various opening hours Friendship Services run a number of services including, Inverness Men's Shed, Morning Call, Home Library Service. Please check their website for more details.</p>	<p>Support & Information</p>
<p>Garrick Singers Tain https://www.facebook.com/pg/garricksingers/about/?ref=page_internal Meets every Thursday evening between Spetember and March</p>	<p>Interest</p>
<p>Girlguiding Ross-shire Killearnan Activity and Training Centre, Redcastle, , Muir-of-Ord http://www.spanglefish.com/girlguidingross-shire/ Contact through website Various groups throughout area</p>	<p>Children & Young People</p>
<p>Groam House Museum High Street, Rosemarkie, http://www.groamhouse.org.uk/ 01463 811883 curator@groamhouse.org.uk Lectures and volunteering oppornities at the Pictish Museum</p>	<p>Interest</p>

<p>Grumpy Gaspers- Invergordon hospital. Community Hospital Invergordon https://www.chss.org.uk/group/grumpy-gaspers/ Contact through website Two Thursdays a month, 3.00pm - 4.30pm Peer support group for people with COPD and other long term conditions</p>	Support & Information
<p>Handyperson Scheme ILM (Highland) Unit 1G Teaninich Industrial Estate ALNESS Ross-shire http://www.ilmhighland.co.uk/home-improvement-services/handyperson/ 01349 884774 ilm@ilmhighland.co.uk The Handyperson Service provides practical help with odd jobs and small repairs around the home, which you might find difficult if you are older or have a disability. You may be eligible if you are aged over 65 or have a disability, and you live in Ross and Cromarty or Sutherland. You will only be charged for the cost of any materials that are needed to do the job. You will not be charged for the Handyperson's time or for the cost of them travelling to and from your home.</p>	Support & Information
<p>Highland Felt Makers for Adults Dingwall Community Centre http://www.dingwallcommunitycentre.com/ 01463 761268 10.00am - 4.00pm. (Last Saturday of the month)</p>	Interest
<p>Highland Homeless Trust (Gateway) David Whyte House, 57 Church Street Inverness http://homelesstrust.org.uk/ 01463 718693 office@homelesstrust.org.uk Gateway Highland offer housing support, care at home and help with temporary accommodation.</p>	Support & Information
<p>Highland Ki Society Kendal Crescent, Alness, IV17 0UG http://www.highlandkisociety.co.uk/ 01349 880473 Mondays 1900 -2100 & Saturdays 1000 - 1400 In the Art of Ki Aikido there is no aggression, tension or competition. Classes are suitable for all levels of fitness and may be practised equally by men and women of any size, age or ability. The purpose of the practise is to learn to co-ordinate our mind and body, through enjoyable exercise, and this will then enhance the quality of our lives. Ki means "Life Force", the natural energy common to all living plants and animals.</p>	Sport & Outdoor Activity
<p>Highland Livestock Heritage Society c/o dingwall and highland marts,humberston dingwall IV15 9TP info@dingwallmart.co.uk</p>	Interest
<p>Highland Members Centre Of The National Trust For Scotland http://www.ntscentres.org.uk/highland.html 01349 861023 highlandnts@gmail.com The Highland Members' Centre has several speaker meetings during the year, day outings in summer to localities of interest, a theatre visit, a St. Andrew's Day luncheon and a four-day coach trip organised to provide a more extensive itinerary. Meetings are held at different venues around Inverness and Nairn.</p>	Interest

Highland One World Group

Children & Young People

Milburn Academy
<http://www.highlandoneworld.org.uk/>
 01463 729 152
info@highlandoneworld.org.uk
 About Us

Highland One World (HOW) Global Learning Centre is based in Millburn Academy and exists to support the development of education for global citizenship in the Highlands and Islands.

Highland Rainbow Folk

Community

<http://www.spanglefish.com/highlandrainbowfolk/>
 07513768415
highlandrainbowfolk@gmail.com

Highland Rainbow Folk is an independent group of lesbian, gay, bisexual and transgender volunteers, working to raise awareness of issues facing older LGBT people in the North of Scotland.

Highland Real Nappy Project

Children & Young People

<http://www.hrnp.org.uk/>
 0845 201 2609
info@hrnp.org.uk

We provide

- Friendly, independent advice from people who have found real nappies a great choice for their children.
- Trial packs for you to borrow and try at home free of charge
- A wide range of nappies for you to see and feel before ordering
- Volunteers available for demonstrations, whether to a group of parents or a meeting of health professionals
- Details of suppliers (local and mail order) - HRNP does not sell nappies.
- A wealth of other information and support

Highland Senior Citizens Network

Interest

Box 301, 24 Station Square, Inverness,
<http://www.hscn.co.uk/>
 07933 653313
hscn@hotmail.co.uk

Campaign Group with a successful programme of Older People's Groups Get-Togethers over the past three years - meeting in Inverness, Caithness, Badenoch & Strathspey, Lochaber and Skye and Lochalsh.

Highland Wood Turners Club

Interest

Munlochy Hall, Millbank Road, Munlochy
<http://www.highland-woodturners.org.uk/>
 07714767118
info@highland-woodturners.org.uk

Fortnightly on Thursdays 6.30pm - 9.00pm

We meet at Munlochy Hall in Munlochy. The club welcomes all and has members from beginners up to professionals. We have a varied programme of activities including demonstrations by members and guest professionals.

Highland Zen Group

Interest

<http://www.spanglefish.com/HighlandZenGroup/index.asp?pageid=268839>
 Contact through the website

Regular group meetings take place monthly, on Sunday evening, at the L'Arche Community facilities in Inverness between 4 and 7.15pm. Meditation learning, weekend retreats.

Highlands & Islands Tape Service For The Blind & Disabled

33 Wells St, Inverness, Inverness-shire, IV3 5JU
 01463 242600

Highlife Highland Adult Literacy

The Old Library, Tulloch Street
<https://www.highlifehighland.com/adult-learning/>
 01463 251277

We can help with:

Increasing confidence in learning; Reading, writing and spelling; Using numbers; Learning English as a Second or Other Language; Gain SQA Core Skills qualification

Support & Information

Home-Start East Highland

Home-Start East Highland, Suite 1, Morrish House, 20 Davidson Drive, INVERGORDON, Ross-shire, IV18 0SA
<http://home-starteasthighland.org.uk/>
 01349 854 018

rossadmin@home-starteasthighland.org.uk

Through both volunteers and paid staff, support is offered to families with children under 8 or 5 (depending on the area in Highland) who could do with some additional help and a listening ear. Contact them directly to see what services they could offer in particular circumstances. Nairn through to Edderton.

Children & Young People

HUG Action for Mental Health

SPIRIT Advocacy, 23 Lotland street, Inverness
<http://www.hug.uk.net/>
 (01463) 719366
hug@spiritadvocacy.org.uk

Our main aim is to improve the way in which we, as users of mental health services, are treated by campaigning to improve the rights, services and treatment of people with mental health problems, and to challenge stigma and discrimination. They do this through both collective advocacy and tackling discrimination and stigma.

Support & Information

Hugh Millar Cottage & Museum

Church Street, Cromarty
<https://www.nts.org.uk/visit/places/hugh-millers-birthplace>
 01381 600245
millermuseum@nts.org.uk

Open March through to September. Possible volunteering opportunities, this would need to be checked at the time.

Interest

Invergordon Amateur Football Club

Play at the recreation grounds in Invergordon
<http://northcaleyfa.co.uk/club.php?id=3>
 01862 842926
campbell202@btinternet.com

Sport & Outdoor Activity

Invergordon Boating Club

<http://www.invergordonboatingclub.org.uk/>
 01381 620802
ian.kitchingham@btinternet.com

April - October full training programme with an open day allowing people the chance to experience what it is like to do small boat sailing. If you wish to learn more please feel free to come along to Rosskeen slipway on a Sunday or weekday race evening but bring some spare soft shoes (old trainers are ideal) or wellies, as you may end up in a boat!

Sport & Outdoor Activity

Invergordon Bowling Club

2 Station Rd, Invergordon IV18 0RY
<http://www.spanglefish.com/invergordonbowlingclub/>
 Tel: 01349 853051

Tuesday evenings (outdoor seasons) and Monday evenings (indoor season)

Club nights are held on Tuesday evenings during the outdoor season, and Monday evenings during the indoor season when anyone interested is made most welcome.

Sport & Outdoor Activity

Invergordon church of Scotland Bite and Blether

Castle Road, Invergordon, Ross-shire IV18 0AZ
<http://www.invergordonparishchurch.org.uk/index.htm>
invergordonparishchurch@live.co.uk
 Mondays 2.00pm - 4.30pm

Social

Invergordon church of Scotland Soup Lunch

Social

Castle Road, Invergordon, Ross-shire IV18 0AZ
<http://www.invergordonparishchurch.org.uk/index.htm>
 invergordonparishchurch@live.co.uk
 Last Thursday of the Month 12.30pm - 2.00pm

Invergordon Judo Club

Sport & Outdoor Activity

Invergordon Leisure Centre
 Academy Road, Invergordon
 Ross-Shire
 IV18 0LD
<http://www.invergordonjudoclub.co.uk/index.html>
 info@invergordonjudoclub.co.uk
 Open every Saturday:
 Kai Grades (ages 5-7) 10:00 - 10:45
 Mon grades (ages 8-16) 11:00 - 12:00
 Seniors (16 +) 12:00 - 13:00

Invergordon Junior Football Club

Children & Young People

<http://www.spanglefish.com/InvergordonJuniorFootballClub/>
 invergordonjfc@gmail.com
 Various evenings depending on Child's age, please check the website
 We provide football coaching, tournaments, and league and friendly matches, for young boys and girls in Invergordon and the surrounding area from the age of 5 to 18, throughout the whole year.

Invergordon Lesiure Centre

Sport & Outdoor Activity

<https://www.highlifehighland.com/invergordon-leisure-centre/all-classes/>
 01349 85689
 Various and subject to change, Please see website
 Membership to Highlife Highland is £30 per month for a family or £20 per month for an individual Or those with a qualifying benefit can pay 50p per activity.
 Activities Include: Gamefit, Fat Burn, Meta Fit, Cx Works, Pump Fit, YouTime Otago, Indoor Cycling, Strength and Conditioning, Yoga etc.

Invergordon Library Bookbug Sessions

Children & Young People

High Street, Invergordon
<http://highlifehighland.com/libraries/invergordon-library>
 1350 852698
 invergordon.library@highlifehighland.com
 Thursday Mornings, (Term Time Only) 10.30am - 11am Gaelic session first Thursday of each month 10.30am - 11am
 Free Bookbug Sessions for babies and toddlers are held each Thursday morning during school terms, from 10:30 – 11:00 in Invergordon Library. The sessions aim to encourage the enjoyment of rhymes,songs, stories and books amongst young children and their parents and carers.

Invergordon Library Knit and Natter Group

Social

High Street, Invergordon
<http://highlifehighland.com/libraries/invergordon-library>
 1350 852698
 invergordon.library@highlifehighland.com
 Tuesday at 2pm
 We meet every Tuesday at 14:00 to knit, craft, crochet, drink tea and have a great natter!

Invergordon Library Lego Club

Children & Young People

High Street, Invergordon
<http://highlifehighland.com/libraries/invergordon-library>
 1350 852698
 invergordon.library@highlifehighland.com
 Last Wednesday of the month 3.00pm - 3.45pm

<p>Invergordon Library Traditional Board Games High Street, Invergordon http://highlifehighland.com/libraries/invergordon-library 01349 852698 invergordon.library@highlifehighland.com Monday 10am - 12noon Refresh your memory – relearn how to play Chess, Backgammon, Snakes & Ladders, Ludo, Yahtzee and many more! Drop-in on a Monday 10:00 – 12:00. Refreshments will be served and any donations will be gratefully received.</p>	Interest
<p>Invergordon Masonic Lodge Masonic Lodge, Outram Street, Invergordon http://lodgeness.co.uk/ Master@lodgeness.co.uk 2nd and 4th Tuesday of the month October - March If you are over 21 (18 if your father or grandfather were Freemasons) and are interested in joining the Lodge then use their contact form on the website to note your interest and they will get back to you.</p>	Interest
<p>Invergordon Scout Group Park Primary School, Invergordon https://www.scouts.org.uk/get-involved/groups/1st-invergordon-(5th-ross-and-sutherland)#&panel1-1 pompeyken@yahoo.com</p>	Children & Young People
<p>Inverness and District Model Railway Club TA Drill Hall, Muir of Ord Tuesday and Thursdays 7.00pm - 10.00pm We are a small but friendly club with around 20 members and have layouts in, N, 00, & 0 Gauge, which are available to run your own stock on, or help other members. New members can question & learn various skills from existing members. We will be introducing workshops once a month, where a different aspect of modelling will be discussed, explained and demonstrated. We also have a small junior section. Come and join our Club, either as a full member, or as a friend for those unable to attend club nights regularly due to distance etc. Full Membership is £10 per month and a visit membership is £3 per visit.</p>	Interest
<p>Inverness Field Club Meet at Millburn Academy, Inverness http://www.invernessfieldclub.org.uk/index.asp Details of dates and times are published on the website. Our varied interests include natural history, geology, archaeology and local history. These are reflected in our extensive lecture and excursion programmes. Evening lectures from experts in their field are held once a month from Autumn to Spring in the hall at Millburn Academy, Inverness. These are free of charge to members. Summer study excursions for members are organised, at cost, to all parts of Scotland. These take place on Saturdays. On joining you will receive full details of the lecture and excursion programmes. Annual Membership £12</p>	Interest
<p>Inverness ME, Fibromyalgia and CFS Support Group Chieftain Hotel, Milburn Road, Inverness 01463 238533 1st Wednesday of the month, except January when it is the second from 1300 -1500 Additional Contacts - Fiona 01463 220757 and Margaret 01463 417 321</p>	Support & Information
<p>Legion Scotland Dingwall Branch High Street, Dingwall https://www.legionscotland.org.uk/dingwall-branch-club 01349 863 278</p>	Support & Information

Made in Tain

2 Bank Street, Tain
<http://www.madeintain.co.uk/>
 01862 892221
 madeintain@gmail.com

Children & Young People

Made in Tain offers placements to young people who have left school but who are not ready to enter the workplace. At MIT young people can continue learning skills for living in the community and also to develop the skills and confidence which may enable them to apply for mainstream employment in the future.

Moray Firth Ringcraft Club

North Kessock Hall, North Kessock
 01463 729416
 urray.labs1@btinternet.com
 every Sunday at North Kessock Hall between 3.00 and 5.00pm.

Interest

Morning Call

8 Ardross Terrace, Inverness IV3 5NW
<http://www.friendship-services.com/>
 Contact through the website

Support & Information

The Morning Call Service provides a daily telephone call to individuals who live alone who wish the reassurance of knowing that they will be contacted each day to make sure they are not in difficulty. Unlike most alarm systems, the initiative for making the contact lies with the service not the individual.

All 'clients' receive a telephone call from Morning Call each day of the year between 8 am and 10 am. The service is free to recipients. If a call goes unanswered it is repeated after an interval and if it remains unanswered action is taken. In most cases this consists of contacting a relative, friend or neighbour nominated by the recipient. Applications should be completed for referral to the services and are available to download from the website.

Muir of Ord - Singing for fun

<https://www.facebook.com/Singing-for-Fun-Muir-of-Ord-142777855893242/>
 Singing for Fun - Mondays 7.30 - 9.30 in the Muir Hub in the village square, Cost £5.00 per week.
 Led by Christina Stewart.

Interest

Muir of Ord - Table Tennis (50+)

Free Church Hall, Muir of Ord
<http://www.spanglefish.com/MuirofOrdPensionersTableTennisClub/>
 Contact through the website
 Tuesdays from 14:00 to 16:00

Social & Active

he club season runs from the beginning of September to the end of March.

We meet in the Free Church Hall in West Road, Muir of Ord IV6 7QW; though we are not affiliated to the Church - you don't have to be a church goer to join us. We have a number of bats that can be borrowed until you get your own. Balls are provided by the club. Our charges are a modest £5:00 annual subscription and £2:00 per week with your first session free!

Muir of Ord Country Dancing Club

Church of Scotland, Muir of Ord
 01463 870860
 Monday 7.30pm - 9.30pm

Social & Active

Muir of Ord Craft Group

The Muir Hub
 1.30pm - 3.00pm on the second Tuesday of the month
 £2.00 charge with 20p for tea

Interest

Muir of Ord Fitfellas

Church of Scotland, Muir of Ord
 07746951151
 Tuesday 10.30am - 11.15am

Sport & Outdoor Activity

Men only exercise for the over 60's

Exercise for the unenthusiastic! 45 minute circuit based classes. Nothing too complicated - take it at your own pace.

<p>Muir of Ord Gardening Group https://www.facebook.com/MuirofOrdGardeningClub/ muirofordgardeners@hotmail.co.uk No website. Informaiton avialible through their Facebook page</p>	Interest
<p>Muir Of Ord Outdoor Bowling Club https://muiroford.org.uk/bowling-club/ We meet every Wednesday and Saturday evenings during the summer months from 7pm to 9pm – weather permitting – at the Bowling Green behind Tarradale Terrace, near the Pavilion. Visitors are welcome to join us on these Club Nights. Membership enquires to the Secretary on the night.</p>	Social & Active
<p>Muir of Ord Over 60s club Village Hall 01463 870955 Thursday 10am - 12 noon</p>	Social
<p>Muir Of Ord Rovers FC u12s Pavilion, Great North Road, Muir of Ord https://www.facebook.com/MuirOfOrdRoversU12s/ contact through Facebook u12s Football Club. Term time only</p>	Children & Young People
<p>Muir Of Ord Scrabble Club Church Hall, Seaforth Road, Muir of Ord 01463 870077 / 01463 870259 alantstewart@gmail.com 2pm - 4pm Monday afternoon Friendly Scrabble Club.</p>	Social
<p>Muir of Ord Walking Group Meet at the Bus Stop on the Square Tel: 01463 870794 Wednesdays 2.00pm - 4.00pm Monday 7.00pm - 8.30pm (April to September only) Walks are usually one to two hours ut less able folk wanting a slower flat walk can enjoy a walk of up to an hour. Suitable for everybody, led by a volunteer. Free to access</p>	Social & Active
<p>Multicultural Centre 1 Ardconnel Terrace, Inverness https://www.facebook.com/pg/iv2shimca3aeASS/about/?ref=page_internal 07595895450 shimca.org.uk@gmail.com Afterschool Club, Luncheon Club, English Class, Traditional Fan & Ribbon Dance Group, handle China Visa applications and rooms for hire.</p>	Interest
<p>Munlochy Badminton Club Munlochy Hall, Millbank Road, Munlochy http://www.spanglefish.com/munlochyhall/index.asp?pageid=176758 01463 811171 Tuesday 8.00pm - 10pm Adults Group.</p>	Social & Active
<p>Munlochy Country Dancing Munlochy Hall, Millbank Road, Munlochy http://www.spanglefish.com/munlochyhall 01381 620374 culdee@btinternet.com Wednesdays 7.00pm - 10.00pm</p>	Social & Active

Munlochy Scottish country dancing

Munlochy Hall, Millbank Road, Munlochy
<http://www.spanglefish.com/munlochyhall/index.asp?pageid=176758>
 01381 620374
culdee@btinternet.com
 Wednesdays 7.30pm - 10pm

Social & Active

Munlochy Table Tennis

Munlochy Hall, Millbank Road, Munlochy
<http://www.spanglefish.com/munlochyhall/index.asp?pageid=176759>
 01463 811171
 Monday 8.00pm - 10.00pm
 Over 16s.

Sport & Outdoor Activity

North Kessock Bowling

Ferry Brae, North Kessock, Ross-Shire, IV1 3YH
 Tel: 01463 731521

Sport & Outdoor Activity

North Kessock Care Free Club

North Kessock Village Hall
www.kessock-hall.net
 Tel: 01463 811949
 Wednesdays 2.00pm - 4.00pm (winter months only)

Social

North Kessock Scottish Country Dancing

North Kessock Village Hall
 Tel: 01463 225481
 Tuesday 7.00pm - 8.30pm

Social & Active

North Kessock & District local history Society

Bowling Club, Ferry Brae, North Kessock, Ross-Shire, IV1 3YH
www.northkessockhistory.com
 Tel: 07757 821373
 Email through the website
 Website should be checked for meeting dates

Interest

Meetings are held on the first Wednesday of the month September to May in the Bowling Club, Ferry Brae, North Kessock IV1 3YH at 7.30 pm usually with talks on topics of interest followed by tea and a chat. We welcome any ideas for new topics and activities. At present the Annual Membership fee is £5 with a meeting charge (£1 for members and £2 for non-members) to help with venue and refreshment costs. All welcome.

North Kessock Gaelic Singing Group

North Kessock Hall, North Kessock
www.kessock-hall.net
 Tel: 01463 811351
kessock-hall@points-north.net

Interest

Pet Fostering Service

www.pfss.org.uk
 Tel: 0844 811 9909
info@pfss.org.uk

Support & Information

PFSS provides a unique service, supporting pet owners who are in one of the following emergency situations such as; Ill health, Temporary homelessness, Domestic abuse.

If a pet owner is in one of these situations and is unable to afford boarding fees or arrange any other care for their pet, then PFSS will try to help. PFSS does not operate a boarding centre or kennels but relies solely on volunteers who welcome the pet into their own home.

<p>Portmahmack Craft Club Carnegie Hall, Portmahomack http://www.portmahomackcommunity.org.uk/index.asp?pageid=436636 01862 871257 Fortnightly on Thursdays 2.00pm - 4.00pm</p>	Interest
<p>Portmahomack Indoor Bowls Carnegie Hall, Portmahomack http://www.portmahomackcommunity.org.uk/index.asp?pageid=436635 01862 871203 Wednesday 2.00pm - 4.00pm</p>	Sport & Outdoor Activity
<p>Portmahomack Keep Fit for Everyone Carnegie Hall, Portmahomack http://www.portmahomackcommunity.org.uk/index.asp?pageid=436633 01862 87157 Wednesday 10.00am - 11.00am</p>	Sport & Outdoor Activity
<p>Portmahomack Ladies Club Carnegie Hall, Portmahomack http://www.portmahomackcommunity.org.uk/index.asp?pageid=436632 01862 871791 Second Tuesday of each month 7.30pm</p>	Social
<p>Portmahomack Otago Class Carnegie Hall, Portmahomack http://www.portmahomackcommunity.org.uk/index.asp?pageid=436634 Wednesday 11.30am - 12.30pm</p>	Sport & Outdoor Activity
<p>Portmahomack Over 60s Club Carnegie Hall, Portmahomack http://www.portmahomackcommunity.org.uk/index.asp?pageid=436638 01862 871203 Last Monday of the month</p>	Social
<p>Portmahomack Table Tennis Carnegie Hall, Portmahomack http://www.portmahomackcommunity.org.uk/index.asp?pageid=436630 01862 871434 Tuesday 7.30pm - 9.30pm</p>	Sport & Outdoor Activity
<p>Portmahomack Yoga Classes Carnegie Hall, Portmahomack http://www.portmahomackcommunity.org.uk/index.asp?pageid=436631 01862 871383 Monday 6.00pm - 7.30pm</p>	Sport & Outdoor Activity
<p>Portmahomack Baby and Toddler Group Carnegie Hall, Portmahomack http://www.portmahomackcommunity.org.uk/index.asp?pageid=436637 Friday 9am - 11.30am</p>	Children & Young People

Puffin Hydro-Therapy Pool Dingwall

Support & Information

Ferry Road, Dingwall
<http://www.puffinpool.co.uk/>
 01349 864414
 Contact/Refer through Website

Hydrotherapy is recommended by doctors and physiotherapists to speed up rehabilitation after injuries and operations and as part of self-care for painful long term conditions. If you have a painful or disabling condition affecting your joints, bones, muscles or neurological system, hydrotherapy might help.

Red Cross - Connecting Communities Inverness

Support & Information

Unit C3, Cradlehall Business Park, Caulfield Road North, Inverness
<http://www.redcross.org.uk/Where-we-work/In-the-UK/Scotland/Northern-Scotland>
 Tel: 01463 796620
connectinverness@redcross.org.uk

Services include:
 meeting new friends; connecting with local activities and services; rediscovering interests and finding new ones and building confidence.

Resolis Friendship Club

Social

Wester Brae, Culbokie
 Tel: 01349 877609

Resolis Indoor Bowling Club

Social & Active

4 Newhall, Balblair, Dingwall
 Tel: 01381 610283
 Monday 7.00pm - 9.00pm, (Winter Months)

Riding for the Disabled Association

Sport & Outdoor Activity

Chapelto Farm Group
<http://www.rda.org.uk/locations/highland-group/#>
 01463 871061
chapeltonfarm@btinternet.com

Groups, events and therapy are available at different groups. Please contact for more information.

Ross & Cromarty Disability Access Group

Support & Information

c/o Shiela Fletcher, Bellsyde, Drummond Road, Evanton, IV16 9UT
 01349 830724
Smif7@aol.com

Access Panels work to improve physical access and wider social inclusion in their local communities. They are made up of groups of local volunteers, including disabled people, who come together to improve access in their local communities. This doesn't just mean access to the built environment. Access Panels are increasingly concerned with 'access' in the fullest sense, including: roads; employment; education; health; transport; the countryside and leisure and recreation, etc.

Ross & Cromarty Heritage Society

Interest

Amenities Centre, Back Road, Maryburgh
www.rossandcromartyheritage.org/
 01349 861555
rchs@maryburgh.org.uk

Ross and Cromarty Heritage aims to produce a multi-media account of contemporary and historical life in the thirty-six Communities of Ross and Cromarty. The material collected takes the form of short profiles, 'snapshots' of the Folk, Place, Environment, Work, Societies, Recreations and Heritage of each Community, illustrated by photographs. Extended articles also form an important part. Information continues to be gathered from all 36 Communities. The parent body (Ross and Cromarty Heritage Society) welcomes new members to join the current band of volunteers, especially those prepared to offer support, time and expertise to further the work of the Society.

Ross & Cromarty Sports Council

www.ross-sport.org

info@ross-sport.org

If you live in Ross-shire then your Club can apply for Membership of the Sports Council. The benefits of up to £750 of funding are well worth the £25 Annual membership fee.

Individuals who are resident in Ross-shire can apply for funding for Coaching, Excellence and Travel provided they are members of a Sport Club which has its base in the Highland Area. However any application for a grant must be submitted by their member club.

Support & Information

Ross Company Army Cadet Force

ACFTC, Ferry Road, Dingwall

<https://armycadets.com/county/1st-battalion-the-highlanders-acf/events/ross-company-training/>

01463 231829

hi-1hldrs-ao@rfca.org.uk

From age 12. Become an Army Cadet and you'll be spending your spare time taking part in adventurous activities like rock climbing, mountain biking, archery and abseiling. There will also be plenty of chance to play all your favourite sports because the ACF has competitions for both boys and girls at county, regional and national level. Adult volunteering opportunities are available too.

Children & Young People

Ross County Football Club - Various Activities

Victoria Park, Dingwall

<http://www.rosscountyfootballclub.co.uk/>

Ryan.Farquhar@rosscountyfootballclub.co.uk

Football Fans In Training (FFIT) is a health and wellbeing initiative targeting male & female fans aged 35-65 that are keen to lose weight. FFIT covers healthy eating, portion control, drinking and increasing physical activity through various practical and classroom sessions delivered by Ross County coaches.

Football Memories The project is a partnership between Alzheimer Scotland and the Scottish Football Museum, and is supported by the players of the People's Postcode Lottery and BUPA Care Homes.

Walking Football: Walking football is a slower paced version of 'the beautiful game'. It enables older people to return to a sport they once loved or to try out a new activity that suits their fitness levels.

Sport & Outdoor Activity

Ross Sutherland Rugby Club

Naval Grounds

Castle Road

Invergordon

Ross-shire

IV18 0AZ

<http://www.rosssutherlandrugby.com/>

01349 852136

Contact through website

Senior, Junior, Mini and Ladies teams.

Sport & Outdoor Activity

Ross Sutherland Seniors Golf Society

Sea Craig, 22 Academy Street, Fortrose

<http://www.spanglefish.com/RSSGS/>

Contact through the website

If you are a male aged 60 years or over and a member of one of our affiliated golf clubs namely Royal Dornoch, Fortrose & Rosemarkie, Muir of Ord, Brora, Invergordon, Tarbat, Alness, Strathpeffer, Tain, Golspie, Ullapool and Bonar Bridge, then you are automatically entitled to join the Ross & Sutherland Seniors Golf Society. As a society we play a stableford round of golf at each of our affiliated clubs, eleven in total, of which two are mixed competitions. We do not play for any financial remuneration more for the enjoyment of meeting fellow members, visiting our fellow Highland golf courses. The current fees are a one off £10 joining fee thereafter a £3 annual membership. When we play at one of our affiliated golf clubs it costs £13.00 for a round of golf of which £11.50 goes to the local club (green fee) and £1.50 goes to Charity

Sport & Outdoor Activity

Rosskeen Free Church Knit and Natter Group

<http://www.rosskeenfreechurch.co.uk/events>

Thursdays 10.30am - 12.30pm

Social

Ross-shire Womens Aid

The Square, George Street, Dingwall
<http://www.rosswa.co.uk/>
 01349 863568
info@rosswa.co.uk

Support & Information

Offer a wide range of support to women and children affected by Domestic Abuse. Currently, in addition to the refuge, they offer one to one and group support.

Ross-Shire Writers

Urquhart Road, Dingwall
<http://www.spanglefish.com/ross-shirewriters/>
clouisejames@btinternet.com
 Two hours every Thursday morning

Interest

We're a small group of writers in the Dingwall area who like to meet weekly to read and listen to each others' work. Members come and go, so the group tends to stay at around ten – no more than can fit around a table. RW welcomes new members as long as there is mutual respect: we come to listen as well as to read. Several of our members have gone on to win prizes and publish their work nationally. The year is divided into four terms, £20 members fee is applicable each term.

Royal British Legion Dingwall Branch

High Street, Dingwall
<https://www.legionscotland.org.uk/dingwall-branch-club>
 01349 863278

Support & Information

Pension and advocacy service; helping with war disablement pension, compensation scheme, war widows pension, allowances etc. Also they provide support visits to individuals, a chance to chat and look at linking you into services in the community.

Royal Burgh of Tain Pipe Band

34 st vincent rd, tain
<http://tainpipeband.co.uk/>
 Contact through the website

Interest

RSABI

<http://www.rsabi.org.uk>
 0300 111 4166
gatepost@rsabi.org.uk

Support & Information

RSABI is confidential and non-judgemental. We are here to support people who have been involved or still involved in farming, crofting and growing, or the their dependents. We can help by offering one-off grants, regular grants or non-financial support through our helpline.

Scottish Health Council (Highland)

Southside Lodge
 45 Southside Road
 Inverness
 IV2 4XA
<http://www.scottishhealthcouncil.org>
 01463 723930
highland@scottishhealthcouncil.org

Support & Information

Promote and support patient involvement in public health planning.

Scottish Wildlife Trust (Highland)

Glaikmore, North Kessock , , Inverness
<https://scottishwildlifetrust.org.uk/local-group/north-of-scotland/>
 01463 811497 / 07795527291
mfoxwell@swt.org.uk

Interest

We have winter talks and summer activities. There are monthly conservation days on our reserves. Evening meetings (Oct-Apr) are at The Waterside Hotel, Nessbank, Inverness starting at 7.30 pm and finish about 9.30 pm.

A range of events are held during the summer months.

<p>Sea Cadets Inverness Sea Cadets Inverness 44 Kessock Road, Inverness, IV3 8AJ https://www.sea-cadets.org/inverness 01463 226069 invscc@aol.com Sea Cadets (12-18): Tuesdays 7.15pm - 9.30pm, Sundays 1.00pm - 4.30pm Junior Cadets (10-12): Thursdays 7.15pm - 9.30pm, Sundays 1.00pm - 4.30pm Sea Cadets makes exploring the world, and who you want to be, feel safe and exciting at the same time. Junior Cadets can join from 10 and Sea Cadets from 12. Voluntary roles are available for Adults too.</p>	<p>Children & Young People</p>
<p>Seaboard - Corena's Self Defense Seaboard Memorial Hall, Balintore http://www.seaboardcentre.com/regular-group-users/corena.mitchell77@gmail.com Tuesdays 4.45pm - 5.45pm Corena runs a martial arts group for children from Primary through to Secondary school.</p>	<p>Interest</p>
<p>Seaboard Art Class Seaboard Memorial Hall, Balintore http://www.seaboardcentre.com/regular-group-users/01862832888 Wednesday 10am - 12noon Contact the hall for more details</p>	<p>Interest</p>
<p>Seaboard Craft Crew Seaboard Memorial Hall, Balintore http://www.seaboardcentre.com/regular-group-users/01862832888 maureen@seaboardcentre.com Monday 10.30am - 12.30am</p>	<p>Interest</p>
<p>Seaboard Indoor Bowlers Seaboard Memorial Hall, Balintore http://www.seaboardcentre.com/regular-group-users/01862832888 Monday 2.00pm - 4.00pm</p>	<p>Sport & Outdoor Activity</p>
<p>Seaboard Lau Gar KungFu- Martial Arts Seaboard Memorial Hall, Balintore http://www.seaboardcentre.com/regular-group-users/eskyrme@btinternet.com Adult Kung Fu: Monday 7 – 8.15 pm Age 4-7 Kids Kung Fu: Wednesday 4.15 – 5.15 pm Age 8-15 Kids Kung Fu: Wednesday 5.30 – 6.30 pm</p>	<p>Sport & Outdoor Activity</p>
<p>Seaboard Over 60's Group Seaboard Hall, East Street, Balintore http://www.seaboardcentre.com/regular-group-users/01862832888 dsladh@aol.com Please contact for more details</p>	<p>Social</p>

Seaboard Sessions (Music club)

Interest

Seaboard Memorial Hall, Balintore
<http://www.seaboardcentre.com/regular-group-users/>
 01862 832888
info@seaboardcentre.com

Thursday 7.00pm - 9.00pm (please check as subject to change)

The Seaboard Sessions is a music club aimed at involving all abilities and all ages to play music together.

Shopmobility Highland

Support & Information

Shopmobility Highland
 Nicol's Court
 Dingwall
<http://www.shopmobilityhighland.co.uk/>
 Tel: 01349 866040

Contact through website

Providing powered scooters and wheelchairs to anyone with mobility problems, with an annual registration fee of £10, thereafter it is donations only. This helps to give people who have limited mobility, long or short term, or visual/hearing impairments access to shops and use of other facilities in their town centre. Shopmobility also provides a mini bus service in Inverness, Dingwall and surrounding areas. Volunteers are also needed.

Silver Line Scotland

Support & Information

<http://www.thesilverline.org.uk/silver-line-scotland/>
 Tel: 0800 4708090

24 hrs

The Silver Line is the only free confidential helpline providing information, friendship and advice to older people, open 24 hours a day, every day of the year.

SOAR Youth Projects

Children & Young People

Joss Street Hall, 9 Joss Street, , Invergordon
<http://www.spanglefish.com/soaryouthprojects/index.asp?pageid=263946>
 01349 853508
office@soaryp.org.uk

We run School holiday clubs, term time after-school clubs, youth clubs and youth groups in Caithness, Sutherland and Easter Ross for young people aged 5-25

We aim to provide safe, enjoyable, independent, age appropriate socialisation opportunities, activities and recreation for young people who attend. We get out and about in the community as much as possible and plan our activities around young people's requests.

Since that time we have been providing school holiday clubs, youth clubs and afterschool clubs to young people from throughout Easter Ross, Sutherland and most recently Caithness.

SSAFA Forces Help Ross-Shire

Support & Information

<https://www.ssafa.org.uk/>
 01381 620 674
okain@btinternet.com

SSAFA provides lifelong support to anyone who is currently serving or has ever served in the Royal Navy, the Royal Marines, the British Army or the Royal Air Force. This includes, but isn't restricted to, buying household items, support for transitioning back into civilian life, housing and homelessness, mobility and mental health.

St Clement's Church Soup Lunch

Social

St. Clements, 17 Castle Street, DINGWALL
<https://dingwallstclements.wordpress.com/>
 Tel: 01349 863090

Wednesday 12noon - 2.00pm

Soup lunches available for £3. All soup is homemade and a vegetarian option is always available.

St Duthus Bowling Club

Sport & Outdoor Activity

St Duthus Bowling Club, Chapel Road, Tain, Ross-Shire
<https://www.facebook.com/stduthusbowlingclub/>
 07835 110029
brianswanson1988@gmail.com

Step it Up Highland

Sport & Outdoor Activity

31- 33 Wells Street, Inverness, IV3 5JU

<https://www.pathsforall.org.uk/find-a-health-walk/highland/step-it-up-highland.html>

01463 729 997

walking@pww.org.uk

Step it up Highland provides walks across Highland in 3 formats where need and Walk Leaders are available:

Step Out (SO) - short walks for the less able

Step It Up Highland (SIUH) - core Health Walks of up to an hour

Step It Up Further (SIUF) - walks for those who have progressed to manage up to a 2 hour Health Walk.

To find out more, please view the directory of walks icon Step it Up Highland Walk Directory available on the website

Strathpeffer Community Centre

Social & Active

Strathpeffer Community Centre,

School Road,

Strathpeffer,

Ross-shire

IV14 9AG

<http://www.strathpeffercommunitycentre.org.uk>

01997 421 989

info@strathpeffercommunitycentre.org.uk

Regular activities include: Rainbows, Guides, Kempo, Yoga, Pilates and a Walking Group. Various one off activities and classes are also available, please check the website.

Strathpeffer Lunch Club

Social

Strathpeffer Highland Hotel

<http://www.strathpeffer.org/content/strathpeffer-lunch-club>

rosreid@hotmail.co.uk

Thursday 11.45am to 1.30pm

Strathpeffer Men's Shed

Social

01997 421 109

strathresidents@hotmail.co.uk

Tain & District Flower Club

Interest

Tain Parish Hall

http://tain.org.uk/tain_and_district_flower_club

01862 893264

conniebeaton@hotmail.com

2nd Wednesday evening of the month at 7.30pm (not Jan, Feb, July, Aug)

Caters for all ages, abilities and interests, from those who are mainly looking for an evening out in a friendly atmosphere to those who are fairly serious flower arrangers of a competitive standard. There are 8 monthly meetings (omitting Jan, Feb, Jul, Aug) held every 2nd Wednesday evening in Tain Parish Hall at 7.30pm. Activities include demonstrations of flower arranging by visitors from various parts of the UK, hands-on workshops, competitions and visits to other local clubs.

Annual fee £26. Visitors £5 per meeting

Tain and District Field Club

Interest

Tain Parish Hall

<http://tainfieldclub.org.uk/>

Programme of meetings on their website.

Host informative and social meetings. The emphasis is on natural history focusing both on this local area and within the wider scientific community as well.

Speakers have come from all over the British Isles with their specialties and we are a richer community for their contributions over the period.

Pay for membership (Adult £15 annually, Concessions available) or for single event attendance (£2 for adults)

Tain and District Gardeners Club

Interest

Tain Parish Church Hall
http://www.tain.org.uk/tain_and_district_gardeners_club
 01862 892302 / 07944929034
 zawalke@dsl.pipex.com
 Monday (August - May) 7.30pm

We meet for talks and demonstrations on the second Monday of each month from August to May at 7:30 pm in Tain Parish Church Hall. In June and July we hold outdoor meetings visiting gardens in the Tain area. There is normally a longer outing to a garden or gardens elsewhere in the Highlands once per year.

Tain Choral Group

Interest

<https://www.facebook.com/tainchoral/>
 Contact through Facebook
 Monday Evenings (not over summer)

Tain Choral Group (Ross-shire) meets weekly on Monday evenings, between September and April, to rehearse for its two main concerts. We welcome new members.

Tain Initiative

Community

Tain Service Point, 24 High Street, , Tain
http://www.tain.org.uk/the_tain_initiative
 07747793354
 info@tain.org.uk

Voluntary community group who aim to promote regeneration of Tain through a range of social, economic and environmental development projects. New members, offers of help and new ideas always welcome.

Tain Kempo School

Sport & Outdoor Activity

Tain Royal Academy Gym, Scotsburn Road, Tain
<http://www.kempo.co.uk/>
 0845 838 5156
 Tuesdays 6.30pm
 Kids, Teens and Adults Kempo lessons

Tain Over-60s club

Social

Duthac Centre, Tain, IV19 1BQ
http://www.tain.org.uk/tain_over-60s_club
 01862 894909
 Thursday Afternoons (fortnightly and October - April)

Any citizens over 60 years of age, in the Duthac Centre. Promotes activities, companionship and entertainment.

Tain Pantomime Group

Community

Tain
http://new.tain.org.uk/tain_pantomime_group
 01862 842311
 madforbags@aol.com

The group produce an annual Pantomime, with a cast of adults and children from Primary 7 upwards. Rehearsals begin in August, at The Duthac Centre, Tain and show week is early December each year.

Tain Rifle & Pistol Club

Interest

Tain Hill, Tain
<http://www.tainrpc.co.uk/>
 james@auchenhar.co.uk

If you have an interest of sports target shooting, with clays, rimfire, centefire black powder or air rifle then you will find a safe and relaxing environment at Tain Rifle and Pistol Club.

The indoor and outdoor ranges offer various disciplines in 25 and 50m distances with some members competing in National seasonal leagues, local leagues are also entered. You will usually find members meeting up on Saturday and Sunday mornings after 10.30 am Age range: 14 upwards. Meeting times Monday and Friday evenings (winter) Sunday (winter and summer).

<p>Tain Task Force http://new.tain.org.uk/tain_task_force 01862 893475 ivanbrockway@btinternet.com Tain Task Force is a group of volunteers who look after the town's floral displays. Since 2008 the group have produced the town's hanging baskets themselves, growing the plants in the community polytunnel. The group are also involved in the care and maintenance of the Rose Garden, Wildlife Pond, public flower beds and the railway station. Volunteers are always welcome.</p>	Community
<p>Tain Tennis Club Knockbreck Road, Tain https://clubspark.lta.org.uk/TainTC taintennis@gmail.com Our 'Club Play' sessions to which members are always welcome are: Tuesdays 4.30 (Juniors) Tuesdays 7.30 (Adults) Thursdays 7.30 (Adults) Fridays 1.30 (Ladies) Sundays 10.30 (Adults) Provides tennis facilities to members of the club and community by offering coaching, tournaments, open days, match and general play. Club times are Monday 7.30pm, Wednesday 7.30pm, Sunday 2.30pm. Other times available for coaching. Court key available from The Royal Hotel, Tain IV19 1AB</p>	Sport & Outdoor Activity
<p>Tain Youth Café YMCA 17 Stafford Street, Tain www.tainyouthcafe.co.uk 01862 894252 graham@tainyouthcafe.co.uk Monday - Friday 9am - 9pm 7 Saturday 7pm - 9.30pm Various youth focused activities from toddlers groups through to drop-in nights and one off activities. Please check the programme on the website.</p>	Children & Young People
<p>The Mercat Centre, Bingo Night The Mercat Centre, Munro Crescent, Milton, IV18 0PX https://sites.google.com/site/miltonmercatcentre/home 01866 842499 kalemercat@yahoo.com Every Monday evening 7:00pm for a 7:30pm start, finishes at 9:00pm. All welcome!</p>	Social
<p>The Mercat Centre, Breakfast Club The Mercat Centre, Munro Crescent, Milton, IV18 0PX https://sites.google.com/site/miltonmercatcentre/home 01862 842499 kalemercat@yahoo.com Breakfast club operates each day during term-time, 8:30 - 9:00am Offers Primary School children a hearty breakfast before the school day. Parents/carers and younger children are also welcome. All items 10-20p each and there are different choices each day.</p>	Children & Young People
<p>The Mercat Centre, Camera Group The Mercat Centre, Munro Crescent, Milton, IV18 0PX https://sites.google.com/site/miltonmercatcentre/home 01867 842499 kalemercat@yahoo.com Tuesday evenings fortnightly from 7.30pm. Fun and informal gatherings for those with an interest in photography. No expensive equipment is required, just a basic camera and an interest in improving your abilities.</p>	Interest

The Mercat Centre, Chatty Crafters

Social

The Mercat Centre, Munro Crescent, Milton, IV18 0PX
<https://sites.google.com/site/miltonmercatcentre/home>
 01865 842499
 kalemercat@yahoo.com
 Thursday 10am - 12 noon

Our group is a friendly bunch, we meet weekly. We enjoy sharing our skills and learning new ones. Crochet, Cross-stitch, Patchwork, Bag Making and much much more.....
 Refreshments are available, a £1 donation may be given if desired. Everyone welcome.

The Mercat Centre, Parent and Toddler Group

Children & Young People

The Mercat Centre, Munro Crescent, Milton, IV18 0PX
<https://sites.google.com/site/miltonmercatcentre/home>
 01863 842499
 kalemercat@yahoo.com
 Every Wednesday 9.15am - 11.45am (During School Term)

3 years & under.
 Each child will be provided with a snack during the session.
 Tea/Coffee available for adults £1 per session. Everyone Welcome!

The Mercat Centre, Winter Friends Lunch Club

Social

The Mercat Centre, Munro Crescent, Milton, IV18 0PX
<https://sites.google.com/site/miltonmercatcentre/home>
 01864 842499
 kalemercat@yahoo.com
 Tuesday Afternoons 1:00 -2:00pm.

The lunch club runs from the beginning of October to Easter each year and is open to the over 55's. Soup, sandwiches, cake and tea/coffee is on offer each week for £2.

The Richmond Fellowship

Support & Information

http://www.trfs.org.uk/in_your_area/124_north_regional_office_inverness_highland_housing_support
 01463 239933
 nmaclean@trfs.org.uk
 Specialisms: Alcohol and Drug misuse, Autistic Spectrum Disorder, Challenging behaviour, Learning Disability, Mental Health, Personalised support

TRACC

Sport & Outdoor Activity

TRACC, Tain Royal Academy
<https://www.highlifehighland.com/tracc/all-classes/>
 01862 893767

Membership to Highlife Highland is £30 per month for a family or £20 per month for an individual Or those with a qualifying benefit can pay 50p per activity.
 Activities Include: Parent and Baby lessons, Yoga, Spin Fit, Body Tone, UTime Lessons, Supple & Strong, Pilates, Otago, Indoor Cycling, Zumba, Yoga and Meditation etc.

University of the Third Age

Interest

www.u3a.org.uk/invernessblackisle
 01463 870889
 Contact through the website

U3A (The University of the Third Age) is a UK-wide movement which brings together people in their 'third age' to develop their interests and continue their learning in a friendly and informal environment.
 If you're wondering what we mean by the third age - it is a time after you have finished working full-time or raising your family and have time to pursue your interests or just try something new

Uquhart Snooker Club

Social & Active

Meets in Bank Stree
 01381 600362
kenneth@kmacfarlane.wanadoo.co.uk

<p>Victim Support Fairways House, Inverness http://www.victimsupportsco.org.uk/ Helpline (costs) 0345 603 9213 LOCAL TEL 01463 258834 victimsupport.highland@victimsupportsco.org.uk Tuesdays and Thursday 4pm - 6pm various support, both practical and emotional is available.</p>	<p>Support & Information</p>
<p>West Alness Mothers and Toddlers West End Community Centre, Firhill, Alness http://www.westendcommunitycentre.org.uk/ 01349 884896 info@westendcommunitycentre.org.uk 9am -4pm Monday - Friday The West Alness Mother and Toddler group meets three times a week, during school term time, at the Community Centre. No booking required - just come along!</p>	<p>Children & Young People</p>
<p>Wester Ross Green Gym http://www.tcv.org.uk/ 01463 811967 r.thomas@tcv.org.uk Green Gyms are fun and free outdoor sessions where you will be guided in practical activities such as planting trees, sowing meadows and establishing wildlife ponds. Unlike other conservation projects, the emphasis is very much on health and fitness - volunteers warm up and cool down in preparation for a range of light to vigorous activities to suit all abilities. In fact, almost a third more calories can be burnt in some Green Gym sessions than in an average aerobics class!</p>	<p>Sport & Outdoor Activity</p>
<p>Witness Service [witness support] Sheriff Court House The Castle Inverness IV2 3EG https://www.victimsupportsco.org.uk/help-for-witnesses-of-crime/ourwitnessservice/ 01463 242 240 witnessservice.inverness@victimsupportsco.org.uk 1st Thursday of the month If you are attending court as a witness to a crime, volunteers from Victim Support Scotland's witness service will be available to help you on the day. This includes visiting the court in advance so witnesses feel more confident about their role.</p>	<p>Support & Information</p>
<p>Women's Institute The Perrins Centre, Alness https://www.theswi.org.uk/ ross-shire@theswi.org.uk 1st Tuesday of the month</p>	<p>Interest</p>
<p>Women's Institute Kiltearn Church of Scotland Hall, Evanton https://www.theswi.org.uk/ ross-shire@theswi.org.uk 2nd Tuesday of the month</p>	<p>Interest</p>
<p>Women's Institute Resolis Memorial Hall, Balblair https://www.theswi.org.uk/ ross-shire@theswi.org.uk 3rd Monday of the month</p>	<p>Interest</p>

<p>Women's Institute Invergordon/Saltburn, Church of Scotland Hall https://www.theswi.org.uk/ ross-shire@theswi.org.uk 3rd Tuesday of the month</p>	<p>Interest</p>
<p>Women's Institute Ardgay Village Hall, Ardgay https://www.theswi.org.uk/ ross-shire@theswi.org.uk 1st Monday of the month</p>	<p>Interest</p>
<p>Women's Institute Dingwall, St Clements Church Hall https://www.theswi.org.uk/ ross-shire@theswi.org.uk 3rd Wednesday of the month</p>	<p>Interest</p>
<p>Women's Institute Edderton, Tain Parish Church Hall https://www.theswi.org.uk/ ross-shire@theswi.org.uk 1st Wednesday of the month</p>	<p>Interest</p>
<p>Women's Institute Ferintosh Hall, By Dingwall https://www.theswi.org.uk/ ross-shire@theswi.org.uk 2nd Monday of the month</p>	<p>Interest</p>
<p>Women's Institute Maryburgh/Conon Leanaig Centre https://www.theswi.org.uk/ ross-shire@theswi.org.uk</p>	<p>Interest</p>
<p>Youth Café West End Community Centre, Firhill, Alness http://www.westendcommunitycentre.org.uk/ 01349 884896 info@westendcommunitycentre.org.uk Mondays 1:00pm - 2:30pm Tuesdays 12:30pm - 2:30pm Wednesdays 12.30pm - 2.30pm Youth Cafe is open from 4:00pm to 6:00pm Tuesdays and Thursdays to all secondary school age children. Facilities available are; hot and cold snacks, pool table, Nintendo games console, computer with internet access, board games and music / television. The Youth Cafe is staffed by qualified youth workers and volunteers.</p>	<p>Children & Young People</p>

Ross & Cromarty (Category)

3 O'clock Club

Children & Young People

The Hut, Tulloch Castle Dr, Dingwall, Ross-Shire, IV15 9ND

<http://www.childcarelocations.co.uk/childcare-service/682769/the-3-o-clock-club>

01349 867709

ttocc@ecosse.net

After School childcare in Dingwall, Part of CALA

Black Isle Need To Play

Children & Young People

<http://www.spanglefish.com/BlackIsleNeedtoPlay/>

blackisleneedtoplay@gmail.com

Black Isle Need to Play Association is a charity which provides financial assistance for children and young people (aged between 0 and 19 years), with extra needs. The charity is here for the advancement of education and for the relief of poverty for those children who live on the Black Isle in Ross and Cromarty.

Care & Learning Alliance

Children & Young People

Unit 3, Bridgend business Park, , Dingwall

<https://www.careandlearningalliance.co.uk/>

01463 222569

info@calachildcare.co.uk

We offer a one-door approach to a broad range of Childhood Practice and Family Support services. We are the largest childcare and family membership organisation offering universal services in the Highland and Moray areas. We also have members in other parts of Scotland.

Craighill Gaelic Nursery

Children & Young People

Craighill Primary School, Tain

<http://www.netmums.com/highlands/>

01862 892663

Culbokie Kids Badminton

Children & Young People

Findon Hall, Culbokie

01349 877492

macculloch@aol.com

Fridays 3.00pm - 4.00pm

Dingwall Army Cadets

Children & Young People

Ferry Road, Dingwall

<https://armycadets.com/county/1st-battalion-the-highlanders-acf/our-detachments/>

Monday 7.00pm - 9.15pm

Young people aged 12 - 18. Adult volunteers also wanted.

Dingwall Baptist Church - Play At The Church

Children & Young People

Dingwall Baptist Church, Tulloch Street, Dingwall

<http://dbc.org.uk/>

01349 292256

Contact through website

Thursday 10.00am - 11.00am (term time only)

0-3 year old. Toys, Crafts, Snacks, Song Time and refreshments for adults too

Dingwall Drop-in Youth Kafe

Children & Young People

Temperance House, Tulloch Street, , DINGWALL

<http://dingwallyouthkafe.com/index.php/opening-hours/>

01349 867771

youthkafe@btconnect.com

Tuesday, Wednesday & Thursday 4-6pm 6.30 - 8.30pm and Friday 4 - 6pm

Edderton Mothers & Toddlers Group

Children & Young People

Edderton Village Hall, Carriclair Crescent, Tain

<https://www.careandlearningalliance.co.uk/wp-content/uploads/2015/08/CALA-Toddler-Groups-Feb-2016-1.pdf>

Wednesday, 9.30 -11.00am

Girlguiding Ross-shire

Children & Young People

Killarnan Activity and Training Centre, Redcastle, , Muir-of-Ord
<http://www.spanglefish.com/girlguidingross-shire/>
 Contact through website
 Various groups throughout area

Highland One World Group

Children & Young People

Milburn Academy
<http://www.highlandoneworld.org.uk/>
 01463 729 152
info@highlandoneworld.org.uk
 About Us
 Highland One World (HOW) Global Learning Centre is based in Millburn Academy and exists to support the development of education for global citizenship in the Highlands and Islands.

Highland Real Nappy Project

Children & Young People

<http://www.hrnp.org.uk/>
 0845 201 2609
info@hrnp.org.uk
 We provide

- Friendly, independent advice from people who have found real nappies a great choice for their children.
- Trial packs for you to borrow and try at home free of charge
- A wide range of nappies for you to see and feel before ordering
- Volunteers available for demonstrations, whether to a group of parents or a meeting of health professionals
- Details of suppliers (local and mail order) - HRNP does not sell nappies.
- A wealth of other information and support

Home-Start East Highland

Children & Young People

Home-Start East Highland, Suite 1, Morrich House, 20 Davidson Drive, INVERGORDON
<http://home-starteasthighland.org.uk/>
 01349 854 018
rossadmin@home-starteasthighland.org.uk
 Through both volunteers and paid staff, support is offered to families with children under 8 or 5 (depending on the area in Highland) who could do with some additional help and a listening ear. Contact them directly to see what services they could offer in particular circumstances. Nairn through to Edderton.

Invergordon Junior Football Club

Children & Young People

<http://www.spanglefish.com/InvergordonJuniorFootballClub/>
invergordonjfc@gmail.com
 Various evenings depending on Child's age, please check the website
 We provide football coaching, tournaments, and league and friendly matches, for young boys and girls in Invergordon and the surrounding area from the age of 5 to 18, throughout the whole year.

Invergordon Library Bookbug Sessions

Children & Young People

High Street, Invergordon
<http://highlifehighland.com/libraries/invergordon-library>
 1350 852698
invergordon.library@highlifehighland.com
 Thursday Mornings, (Term Time Only) 10.30am - 11am
 Gaelic session first Thursday of each month 10.30am - 11am
 Free Bookbug Sessions for babies and toddlers are held each Thursday morning during school terms, from 10:30 – 11:00 in Invergordon Library. The sessions aim to encourage the enjoyment of rhymes, songs, stories and books amongst young children and their parents and carers.

Invergordon Library Lego Club

Children & Young People

High Street, Invergordon
<http://highlifehighland.com/libraries/invergordon-library>
 1350 852698
invergordon.library@highlifehighland.com
 Last Wednesday of the month 3.00pm - 3.45pm

<p>Invergordon Scout Group Park Primary School, Invergordon https://www.scouts.org.uk/get-involved/groups/1st-invergordon-(5th-ross-and-sutherland)#&panel1-1 pompeyken@yahoo.com</p>	<p>Children & Young People</p>
<p>Made in Tain 2 Bank Street, Tain http://www.madeintain.co.uk/ 01862 892221 madeintain@gmail.com Made in Tain offers placements to young people who have left school but who are not ready to enter the workplace. At MIT young people can continue learning skills for living in the community and also to develop the skills and confidence which may enable them to apply for mainstream employment in the future.</p>	<p>Children & Young People</p>
<p>Muir Of Ord Rovers FC u12s Pavilion, Great North Road, Muir of Ord https://www.facebook.com/MuirOfOrdRoversU12s/ contact through Facebook u12s Football Club. Term time only</p>	<p>Children & Young People</p>
<p>Portmahomack Baby and Toddler Group Carnegie Hall, Portmahomack http://www.portmahomackcommunity.org.uk/index.asp?pageid=436637 Friday 9am - 11.30am</p>	<p>Children & Young People</p>
<p>Ross Company Army Cadet Force ACFTC, Ferry Road, Dingwall https://armycadets.com/county/1st-battalion-the-highlanders-acf/events/ross-company-training/ 01463 231829 hi-1hldrs-ao@rfca.org.uk From age 12. Become an Army Cadet and you'll be spending your spare time taking part in adventurous activities like rock climbing, mountain biking, archery and abseiling. There will also be plenty of chance to play all your favourite sports because the ACF has competitions for both boys and girls at county, regional and national level. Adult volunteering opportunities are available too.</p>	<p>Children & Young People</p>
<p>Sea Cadets Inverness Sea Cadets Inverness, 44 Kessock Road, Inverness, IV3 8AJ https://www.sea-cadets.org/inverness 01463 226069 invscc@aol.com Sea Cadets (12-18): Tuesdays 7.15pm - 9.30pm, Sundays 1.00pm - 4.30pm Junior Cadets (10-12): Thursdays 7.15pm - 9.30pm, Sundays 1.00pm - 4.30pm Sea Cadets makes exploring the world, and who you want to be, feel safe and exciting at the same time. Junior Cadets can join from 10 and Sea Cadets from 12. Voluntary roles are available for Adults too.</p>	<p>Children & Young People</p>
<p>SOAR Youth Projects Joss Street Hall, 9 Joss Street, , Invergordon http://www.spanglefish.com/soaryouthprojects/index.asp?pageid=263946 01349 853508 office@soaryp.org.uk We run School holiday clubs, term time after-school clubs, youth clubs and youth groups in Caithness, Sutherland and Easter Ross for young people aged 5-25. We aim to provide safe, enjoyable, independent, age appropriate socialisation opportunities, activities and recreation for young people who attend. We get out and about in the community as much as possible and plan our activities around young people's requests. Since that time we have been providing school holiday clubs, youth clubs and afterschool clubs to young people from throughout Easter Ross, Sutherland and most recently Caithness.</p>	<p>Children & Young People</p>

Tain Youth Café YMCA

Children & Young People

17 Stafford Street, Tain
www.tainyouthcafe.co.uk
 01862 894252
graham@tainyouthcafe.co.uk

Monday - Friday 9am - 9pm 7 Saturday 7pm - 9.30pm

Various youth focused activities from toddlers groups through to drop-in nights and one off activities. Please check the programme on the website.

The Mercat Centre, Breakfast Club

Children & Young People

The Mercat Centre, Munro Crescent, Milton, IV18 0PX
<https://sites.google.com/site/miltonmercatcentre/home>
 01862 842499
kalemercat@yahoo.com

Breakfast club operates each day during term-time, 8:30 - 9:00am

Offers Primary School children a hearty breakfast before the school day. Parents/carers and younger children are also welcome. All items 10-20p each and there are different choices each day.

The Mercat Centre, Parent and Toddler Group

Children & Young People

The Mercat Centre, Munro Crescent, Milton, IV18 0PX
<https://sites.google.com/site/miltonmercatcentre/home>
 01863 842499
kalemercat@yahoo.com

Every Wednesday 9.15am - 11.45am (During School Term)

3 years & under. Each child will be provided with a snack during the session. Tea/Coffee available for adults £1 per session. Everyone Welcome!

West Alness Mothers and Toddlers

Children & Young People

West End Community Centre, Firhill, Alness
<http://www.westendcommunitycentre.org.uk/>
 01349 884896
info@westendcommunitycentre.org.uk

9am -4pm Monday - Friday

The West Alness Mother and Toddler group meets three times a week, during school term time, at the Community Centre. No booking required - just come along!

Youth Café

Children & Young People

West End Community Centre, Firhill, Alness
<http://www.westendcommunitycentre.org.uk/>
 01349 884896
info@westendcommunitycentre.org.uk

Mondays 1:00pm - 2:30pm

Tuesdays 12:30pm - 2:30pm

Wednesdays 12.30pm - 2.30pm

Youth Cafe is open from 4:00pm to 6:00pm Tuesdays and Thursdays to all secondary school age children. Facilities available are; hot and cold snacks, pool table, Nintendo games console, computer with internet access, board games and music / television. The Youth Cafe is staffed by qualified youth workers and volunteers.

Alness Blythswood Shop

Community

50-52 High Street, Alness
<http://www.blythswoodshops.org/shops/>
 01349 883 621
alness@blythswood.org

Alness Horticultural Society

Community

Facebook: @AlnessHorticulturalSociety
 01349 882356
seaforth33@btinternet.com

Alness Horticultural Society is small local club that runs a number of horticultural based events throughout the year including a spring and autumn show.

Chatterbox Community Newsgroup

Community

Chatterbox, Burnside Cottage, Newhall, Balblair, Dingwall
<http://www.chatterboxnews.co.uk/>
 01381 610315
 editor.chatterbox@gmail.com

Chatterbox started life in 1997 as a photocopied newsletter covering Avoch. Now we're a full-colour magazine, covering the whole Black Isle, published four times a year. Your news and photos are always welcome. Email text and jpgs to the editor or send by post to The Editor, Chatterbox, Burnside Cottage, Newhall, Balblair, Dingwall, IV7 8LT. If you wish to talk first, phone the editor, Russell Turner, on 01381 610315. Publication is on the 1st of March, June, September and December. Our deadline is one month earlier.

Cromarty and Resolis Lifeboat Guild

Community

<http://www.cromartylive.co.uk/organisations.asp>
 01381 600718

Dingwall Fire Brigade Community Group

Community

<https://www.facebook.com/firebrigadeclub/>

Dingwall In Bloom

Community

Hawthorne Cottage, Craig Road, , Dingwall
<http://www.dingwall.org.uk/getdoc/181c5789-9260-4f7e-9452-a4878fbd12bf/Dingwall-In-Bloom.aspx>
 01349 863348

Dingwall Museum

Community

Town Hall, Dingwall
<http://www.dingwallmuseum.co.uk/>
 01349 86566
 enquiries@dingwallmuseum.co.uk
 Mid may - September 10am - 4.30pm

There is an early 20th century kitchen where you can see several cleaning systems; old vacuum cleaners, a washing dolly, variuos irons etc and a small butter churn and a spinning wheel. In the same room we have reconstructed the original local smiddy which was worked by six generations of the Gordon family. There is a collection of tools and items associated with the work of the blacksmith. The Museum is accessible to people in wheelchairs with an audio/visual link in the foyer which connects to the Council Chamber. The Museum is staffed mainly by volunteers who are always ready to help.

Evanton Community Trust

Community

Evanton Community Trust, c/o Gardeners Cottage,
 Lower Balconie, Evanton, IV16 9XG
<http://www.ect.scot/>
 secretary@ect.scot

Evanton Community Trust is a Company Limited by Guarantee with Charitable status. Its objectives are "to develop new and improving existing community assets which will produce improvements in the local environment and lead to a stronger more vibrant community". Full membership of the Trust is open to anyone over 18 who resides within the defined boundary of the Parish of Kiltearn but non-residents can become Friends of the Evanton Community Trust, although they do not have full voting rights. Members liability is limited to £1 per member and represents the maximum liability of any of its members.

Evanton Wood Community Company

Community

7 Camden Street, Evanton
www.evantonwood.com
 07947772066
 simon.harry@forest-education.co.uk

Volunteer work sessions in the woods every Friday and every last Saturday of each month from 10am - 1pm. Tools and protective equipment are provided They have a range of activities including for access/dementia as well as educational work. Contact the company for more details Full membership is available to anyone aged over 18 for an annual fee of £5 (£10 per family; £30 lifetime individual; £50 lifetime family). Junior membership £1.00

Highland Rainbow Folk

Community

<http://www.spanglefish.com/highlandrainbowfolk/>
 07513768415
 highlandrainbowfolk@gmail.com

Highland Rainbow Folk is an independent group of lesbian, gay, bisexual and transgender volunteers, working to raise awareness of issues facing older LGBT people in the North of Scotland.

<p>Tain Initiative Tain Service Point, 24 High Street, , Tain http://www.tain.org.uk/the_tain_initiative 07747793354 info@tain.org.uk Voluntary community group who aim to promote regeneration of Tain through a range of social, economic and environmental development projects. New members, offers of help and new ideas always welcome.</p>	Community
<p>Tain Pantomime Group http://new.tain.org.uk/tain_pantomime_group 01862 842311 madforbags@aol.com The group produce an annual Pantomime, with a cast of adults and children from Primary 7 upwards. Rehearsals begin in August, at The Duthac Centre, Tain and show week is early December each year.</p>	Community
<p>Tain Task Force http://new.tain.org.uk/tain_task_force 01862 893475 ivanbrockway@btinternet.com Tain Task Force is a group of volunteers who look after the town's floral displays. Since 2008 the group have produced the town's hanging baskets themselves, growing the plants in the community polytunnel. The group are also involved in the care and maintenance of the Rose Garden, Wildlife Pond, public flower beds and the railway station. Volunteers are always welcome.</p>	Community
<p>Alness Prize Bingo West End Commuinity Centre, Firhill, Alness http://www.westendcommunitycentre.org.uk/activities.html 01349 884896 info@wedtendcommunitycentre.org.uk</p>	Interest
<p>amaSing Park House Studio, The Square, STRATHPEFFER www.amasing.co.uk 0752 7979 128 info@amaSing.co.uk Have you ever heard someone from a rural area say "there's nothing to do!" living in the highlands you hear it every day - but this shouldn't be the case. we want to provide rural communities with opportunities for musical and social activities - it's all about accessibility.</p>	Interest
<p>Avoch Heritage Association Wester Brig, Henrietta Street, Avoch http://www.avoch.org/ jamiann@sagainternet.co.uk</p>	Interest
<p>Black Isle Antiques Society Bogallan Cottage, North Kessock http://www.black-isle.info/black-isle-antiques-society 01463 731242 annemary.paterson@gmail.com The Black Isle Antiques Society usually meets on the last Tuesdays of October, November, February, March and April. There is a varied programme of talks on various subjects and then an outing in May. Meetings are held in Seaforth Lodge, Fortrose at 7.30pm. Members and non-members welcome.</p>	Interest
<p>Black Isle Country Music Club https://www.facebook.com/Black-Isle-Country-Music-Club-126935977359288/ 07521 904 436 nhe@mail.com</p>	Interest
<p>Black Isle Lapidary Club 1 Castle Street, Fortrose Tel: 07983255105 sandy.wallace@global-resources.co.uk</p>	Interest

<p>Black Isle Singers www.spanglefish.com/blackislesingers 01381 600558 blackislesingers@btinternet.com We are a friendly choir based in the Highlands of Scotland, on the Black Isle just north of Inverness. We meet weekly at Fortrose Academy. The Black Isle Singers extend a warm invitation to anyone that likes to sing to come and join us</p>	<p>Interest</p>
<p>Black Isle Writers group Fortrose Library http://www.blackislewriters.org/index.asp contact via website Include workshops on the craft of writing in various genres including plays, poetry, and the short story. Some of these workshops will be led by outside speakers, others by members of the group. The workshops will be complemented by sessions where we can share samples of our own work with other members and ask for constructive feedback. Meets twice a month 2-4pm, please contact the group directly to confirm dates.</p>	<p>Interest</p>
<p>Canine Concerns Dog Training Club Killen Smithy, Killen, Avoch http://www.canineconcerns.co.uk/ julie@canineconcern anine Concerns is a well established Dog Training Club based on the Black Isle just outside the Inverness area. We run Life Skills Classes, Kennel Club Good Citizen Awards and fun classes & workshops such as Flyball, Agility, Trick Training, Keen K9's and Scentwork. Clicker training is also supported. Canine Concerns also offers a reliable, friendly & professional DOG WALKING & PET CARE SERVICE in & around the Inverness area.</p>	<p>Interest</p>
<p>Creativity in Care Suite 333, number 24, Station Square, Inverness http://creativityincare.org/ karrie@creativityincare.org Our aim is to improve quality of life, inclusion and joyfulness by listening to people's experiences of mental health, dementia, long-term conditions, family-life, care services, community engagement etc, We respond through community led arts initiatives and creative learning programmes. These support identity and meaningful interactions; increase a sense of hopefulness, and inspire better care and communication.</p>	<p>Interest</p>
<p>Cromarty – Urquhart Snooker Club Meets in Bank Stree http://www.cromartylive.co.uk/organisations.asp 01381 600362 kenneth@kmacfarlanr.wanadoo.co.uk</p>	<p>Interest</p>
<p>Cromarty and Resolis film society and film festival www.cromartyandresolisfilmsociety.org info@cromartyandresolisfilmsociety.org Each year the CRFS shows films under a subject banner. We have had a comedy year, political year, drama year, documentary year and so on, for many years. Please come and support us and realise the immense pleasure of watching films amongst a group of friends, neighbours, colleagues.</p>	<p>Interest</p>
<p>Cromarty Art Trust Ardyne, Bank Street, Cromarty www.cromartyartstrust.org.uk 01381 600354 info@cromartyartstrust.org.uk Various community based activities including events, workshops etc. Please check out the website for more information.</p>	<p>Interest</p>
<p>Cromarty Court House Museum Cromarty Courthouse, church Street, Cromarty http://www.cromarty-courthouse.org.uk/ 01381 600418 cromartycourthouse@gmail.com</p>	<p>Interest</p>

<p>Cromarty Camera Club Victoria Hall, Comarty www.cromartycameraclub.com 01349 877820 contact via website Thursdays 7.30pm</p>	Interest
<p>We are the only Camera Club on the Black Isle and our members are drawn from as far afield as Inverness, Dingwall and Muir of Ord, as well as Fortrose, Avoch, Munloch and Culbokie. Our Syllabus includes monthly training sessions, competitions, members' presentations, and guest speakers. We have our own digital equipment such as a laptop computer and digital projector to enable us to stay up to date, project digital images, and train members in digital photography. In the summer 'closed season' the club holds Field Shoots when members visit locations which present opportunities for photography.</p>	
<p>Cromarty History Society & Friends of Cromarty Courthouse http://www.cromartyhistory.scot/index.asp Contact through website Please see the programme on the website Provide a programme of talks which take place on Thursday evenings at 7.30pm in Cromarty West Church Hall. Attendance is free for members and £3 for non-members. Under 16s are free of charge. Membership costs £10 or £15 for a family</p>	Interest
<p>Dingwall & District Beekeepers Association http://www.dingwallbeekeepers.org/ 01764 679152 dingwall.beekeeping@gmail.com Various events and meet us - please check the website. The membership numbers 40+ with an age range of 14 to 82, and anyone at all interested in bees is welcome to come along and meet with us. Members come from the Black Isle and an area from Beauly to Evanton and Mid Ross, Poolewe to Ullapool and Torridon/Lochcarron. Our outdoor meetings are held for the benefit of Association members who are fully aware of and accept the risks involved. Potential beekeepers wishing to attend should contact the Secretary for advice and to be teamed with an experienced member. Clean protective clothing is required for all outdoor meetings, please ask for advice, the Group can provide some items. This is a precaution against the spread of varroa and disease from one apiary to another.</p>	Interest
<p>Dingwall & District Bridge Club Tulloch Castle Hotel http://www.bridgewebs.com/cgi-bin/bwok/bw.cgi?club=dingwall&pid=display_home 01348 877421 dingwall.bridge@gmail.com Tuesday 7.00pm September through to April All are welcome but they would prefer pairs. Table money £3 for both visitors and members per person and a £15 annual subscription</p>	Interest
<p>Dingwall Art Group Dingwall Community Centre http://www.dingwallcommunitycentre.com/ 01349 864600 This is a well established group of friendly artists of varying abilities with a membership of 25 (max). They are a not for profit making concern with their own constitution and committee and regularly have visiting tutors who provide instruction in a wide variety of mediums. There are 4 terms per year, 2 consisting of 8 weeks (currently at £30 per term) and 2 consisting of 12 weeks (currently at £40 per term). During the summer term members can pay weekly at £4. Members also enjoy the social aspect of the group, such as 'on location' days in the summer and an organised meal out and a Christmas party. The aim is to provide a welcoming and friendly environment in which to learn new techniques, or just to start you on a new path towards enjoying your art.</p>	Interest
<p>Dingwall Camera Club Eagle House, High Street, , Dingwall http://www.dingwallcameraclub.com/ 01463 831249 padkirk@aol.com Monday Night 7.30pm from September – April. Membership costs £32 a year (£22 concession) - reduced to £16 for half year</p>	Interest
<p>Dingwall Choral Society http://www.dingwallchoralsociety.co.uk/ 01349 830335 Thursdays (term time only) Castle Street Church of Scotland, Dingwall at 7.30pm</p>	Interest

Dingwall Craft Group Interest
 Dingwall Community Centre, Tulloch Street, Dingwall
<http://www.dingwallcommunitycentre.com/index.asp?pageid=577443>
 01349 864600
 Friday evenings
 A group of 'ladies' with a good sense of humour, who meet up to do crafts and CHAT on a Friday evening. There is an annual membership of £10, and a weekly contribution of £2 per night to help with costs of tea, coffee and biscuits, and room rental. They have been meeting for 22 years in total! The average age is 60+ but there are a few younger members from 30 upwards. They bring their own craftwork to do, but between them they have a range of expertise and help is always available for those wanting to try new techniques. The group attends all year round, but members come to club when it suits them. Any new members are welcome to come along and join in.

Dingwall Field Club Interest
 Skiach Bank, Evanton
<http://www.spanglefish.com/dingwallfieldclub/index.asp>
 01349 864661
 Meet up at Dingwall Car park (back of boots) as per the programme published on the website
 Interested in a great variety of things - natural history, history, architecture, geology, archaeology? Why not join the Dingwall Field Club? While going on field trips, mainly walks, our collective knowledge of things we observe, is shared. The outings are enjoyable and would be suitable for families. The walks are short to moderate in length and pace. Annual membership is £14 per person and £24 for a couple.

Dingwall Gaelic Choir Interest
 19 Telford Gardens, Dingwall
<https://dingwallgaelicchoir.co.uk/>
 1348 862877
info@dingwallgaelicchoir.co.uk

Dingwall History Society Interest
 4 Castle Gardens, Dingwall
dmacdon42@aol.com

Dingwall Players Drama Group Interest
www.dingwallplayers.org
 Contact through website
 They are a lively, friendly amateur drama group averaging 25 to 45 members, established in 1947. Well known in Ross-shire and beyond for a hugely diverse range of performances, from classic and contemporary full length plays to farce and musicals. Our Christmas show | Pantomime is a prominent feature of Dingwall festive celebrations. We have a proud record in the SCDA competitions for one act plays.

Dingwall Rotary Club Interest
 15 Riverford Crescent, Conon Bridge
<https://www.rotary-ribi.org/clubs/homepage.php?ClubID=25>
 Contact through website
 Meetings on Tuesday 5.30pm at the Tulloch Castle Hotel. Please see the website for more details on membership. The Dingwall Rotary Club take part in many local community activities, organising events and fundraising.

Fèis Rois Ltd Interest
 Fèis Rois Ltd, Suite 3, Dingwall Business Centre, Dingwall
<http://www.feisrois.org/>
 01349 862600
fios@feisrois.org
 See the website for full details
 Fèis Rois enables people of all ages to access, participate in and enjoy the traditional arts and Gaelic language through a diverse programme of activities in Ross & Cromarty, across Scotland and beyond. Amongst other activities they also provide weekly classes and courses for traditional music tuition.

Fingal Lodge of Freemasons Interest
 Fingal Masonic Lodge, High Street, Dingwall
<http://www.fingallodge318.org.uk/>
enquiries@fingallodge318.org.uk
 Meets on the second Tuesday of the month from October through to April, from 8pm.
 If you are over 21 (18 if your father or grandfather were Freemasons) and are interested in joining the Lodge then use their contact form on the website to note your interest and they will get back to you.

<p>Fortrose and Rosemarkie Local History group http://www.spanglefish.com/fortroseandrosemarkiehistorygroup/ fortrosemarkie.localhistory@virgin.net Contact can be made through the website under 'feedback' Generally meets in the Seaforth Club Rooms, Fortrose on the second Monday of the months at 7.30pm - please check the programme on the website for more details.</p>	Interest
<p>Fortrose Library Reading Group Fortrose Library https://www.highlifehighland.com/libraries/fortrose-community-library/ Tel: 01381 622235 fortrose.library@highlifehighland.com First Wednesday of each month, afternoon and evening</p>	Interest
<p>Friday Craft Group for Adults Dingwall Community Centre http://www.dingwallcommunitycentre.com/ 01997 421325 Fridays 7.00pm - 9.00pm</p>	Interest
<p>Friends Of Highland Music - Slow Jam Nights Ness Bank Church Hall, Inverness http://www.friends-of-highland-music.org/ 01381 620412 jean.fleetwood@btinternet.com Severy second Thursday at 7.30pm Eric Allan's Slow Jam meets every second Thursday. Play good tunes at a modest pace. Bring your instruments and Eric will bring the music. Cost is £2 donation to the Friends.</p>	Interest
<p>Garrick Singers https://www.facebook.com/pg/garricksingers/about/?ref=page_internal Meets every Thursday evening between Spetember and March</p>	Interest
<p>Groam House Museum High Street, Rosemarkie, http://www.groamhouse.org.uk/ 01463 811883 curator@groamhouse.org.uk Lectures and volunteering opporntnities at the Pictish Museum</p>	Interest
<p>Highland Accordion And Fiddle Club Inverness The Waterside Hotel, Inverness http://www.hafc-inverness.co.uk/ 01463 231929 hafciverness@gmail.com Third Monday of each month - September through to May</p>	Interest
<p>Highland Felt Makers for Adults Dingwall Community Centre http://www.dingwallcommunitycentre.com/ 01463 761268 10.00am - 4.00pm. (Last Saturday of the month)</p>	Interest
<p>Highland Livestock Heritage Society c/o dingwall and highland marts,humberston dingwall IV15 9TP info@dingwallmart.co.uk</p>	Interest
<p>Highland Members Centre Of The National Trust For Scotland http://www.ntscentres.org.uk/highland.html 01349 861023 highlandnts@gmail.com The Highland Members' Centre has several speaker meetings during the year, day outings in summer to localities of interest, a theatre visit, a St. Andrew's Day luncheon and a four-day coach trip organised to provide a more extensive itinerary. Meetings are held at different venues around Inverness and Nairn.</p>	Interest

<p>Highland Senior Citizens Network Box 301, 24 Station Square, Inverness, http://www.hscn.co.uk/ 07933 653313 hscn@hotmail.co.uk Campaign Group with a successful programme of Older People's Groups Get-Togethers over the past three years - meeting in Inverness, Caithness, Badenoch & Strathspey, Lochaber and Skye and Lochalsh.</p>	<p>Interest</p>
<p>Highland Wood Turners Club Munloch Hall, Millbank Road, Munloch http://www.highland-woodturners.org.uk/ 07714767118 info@highland-woodturners.org.uk Fortnightly on Thursdays 6.30pm - 9.00pm We meet at Munloch Hall in Munloch. The club welcomes all and has members from beginners up to professionals. We have a varied programme of activities including demonstrations by members and guest professionals.</p>	<p>Interest</p>
<p>Highland Zen Group http://www.spanglefish.com/HighlandZenGroup/index.asp?pageid=268839 Contact through the website Regular group meetings take place monthly, on Sunday evening, at the L'Arche Community facilities in Inverness between 4 and 7.15pm. Meditation learning, weekend retreats.</p>	<p>Interest</p>
<p>Hugh Millar Cottage & Museum Church Street, Cromarty https://www.nts.org.uk/visit/places/hugh-millers-birthplace 01381 600245 millermuseum@nts.org.uk Open March through to September. Possible volunteering opportunities, this would need to be checked at the time.</p>	<p>Interest</p>
<p>Invergordon Library Traditional Board Games High Street, Invergordon http://highlifehighland.com/libraries/invergordon-library 01349 852698 invergordon.library@highlifehighland.com Monday 10am - 12noon Refresh your memory – relearn how to play Chess, Backgammon, Snakes & Ladders, Ludo, Yahtzee and many more! Drop-in on a Monday 10:00 – 12:00. Refreshments will be served and any donations will be gratefully received.</p>	<p>Interest</p>
<p>Invergordon Masonic Lodge Masonic Lodge, Outram Street, Invergordon http://lodgeness.co.uk/ Master@lodgeness.co.uk 2nd and 4th Tuesday of the month October - March If you are over 21 (18 if your father or grandfather were Freemasons) and are interested in joining the Lodge then use their contact form on the website to note your interest and they will get back to you.</p>	<p>Interest</p>
<p>Inverness and District Model Railway Club TA Drill Hall, Muir of Ord Tuesday and Thursdays 7.00pm - 10.00pm We are a small but friendly club with around 20 members and have layouts in, N, 00, & 0 Gauge, which are available to run your own stock on, or help other members. New members can question & learn various skills from existing members. We will be introducing workshops once a month, where a different aspect of modelling will be discussed, explained and demonstrated. We also have a small junior section. Come and join our Club, either as a full member, or as a friend for those unable to attend club nights regularly due to distance etc. Full Membership is £10 per month and a visit membership is £3 per visit.</p>	<p>Interest</p>
<p>Moray Firth Ringcraft Club North Kessock Hall, North Kessock 01463 729416 urray.labs1@btinternet.com every Sunday at North Kessock Hall between 3.00 and 5.00pm.</p>	<p>Interest</p>

<p>Inverness Field Club Meet at Millburn Academy, Inverness http://www.invernessfieldclub.org.uk/index.asp Details of dates and times are published on the website. Our varied interests include natural history, geology, archaeology and local history. These are reflected in our extensive lecture and excursion programmes. Evening lectures from experts in their field are held once a month from Autumn to Spring in the hall at Millburn Academy, Inverness. These are free of charge to members. Summer study excursions for members are organised, at cost, to all parts of Scotland. These take place on Saturdays. On joining you will receive full details of the lecture and excursion programmes. Annual Membership £12</p>	Interest
<p>Muir of Ord - Singing for fun https://www.facebook.com/Singing-for-Fun-Muir-of-Ord-142777855893242/ Singing for Fun - Mondays 7.30 - 9.30 in the Muir Hub in the village square, Cost £5.00 per week. Led by Christina Stewart.</p>	Interest
<p>Muir of Ord Craft Group The Muir Hub 1.30pm - 3.00pm on the second Tuesday of the month £2.00 charge with 20p for tea</p>	Interest
<p>Muir of Ord Gardening Group https://www.facebook.com/MuirofOrdGardeningClub/ muirofordgardeners@hotmail.co.uk No website. Informaiton available through their Facebook page</p>	Interest
<p>Multicultural Centre 1 Ardconnel Terrace, Inverness https://www.facebook.com/pg/iv2shimca3aeASS/about/?ref=page_internal 07595895450 shimca.org.uk@gmail.com Afterschool Club, Luncheon Club, English Class, Traditional Fan & Ribbon Dance Group, handle China Visa applications and rooms for hire.</p>	Interest
<p>North Kessock & District local history Society Bowling Club, Ferry Brae, North Kessock, Ross-Shire, IV1 3YH www.northkessockhistory.com Tel: 07757 821373 Email through the website Website should be checked for meeting dates Meetings are held on the first Wednesday of the month September to May in the Bowling Club, Ferry Brae, North Kessock IV1 3YH at 7.30 pm usually with talks on topics of interest followed by tea and a chat. We welcome any ideas for new topics and activities. At present the Annual Membership fee is £5 with a meeting charge (£1 for members and £2 for non-members) to help with venue and refreshment costs. All welcome.</p>	Interest
<p>North Kessock Gaelic Singing Group North Kessock Hall, North Kessock www.kessock-hall.net Tel: 01463 811351 kessock-hall@points-north.net</p>	Interest
<p>Portmahmack Craft Club Carnegie Hall, Portmahomack http://www.portmahomackcommunity.org.uk/index.asp?pageid=436636 01862 871257 Fortnightly on Thursdays 2.00pm - 4.00pm</p>	Interest
<p>Royal Burgh of Tain Pipe Band 34 st vincent rd, tain http://tainpipeband.co.uk/ Contact through the website</p>	Interest

<p>Ross & Cromarty Heritage Society Amenities Centre, Back Road, Maryburgh www.rossandcromartyheritage.org/ 01349 861555 rchs@maryburgh.org.uk Ross and Cromarty Heritage aims to produce a multi-media account of contemporary and historical life in the thirty-six Communities of Ross and Cromarty. The material collected takes the form of short profiles, 'snapshots' of the Folk, Place, Environment, Work, Societies, Recreations and Heritage of each Community, illustrated by photographs. Extended articles also form an important part. Information continues to be gathered from all 36 Communities. The parent body (Ross and Cromarty Heritage Society) welcomes new members to join the current band of volunteers, especially those prepared to offer support, time and expertise to further the work of the Society.</p>	<p>Interest</p>
<p>Ross-Shire Writers Urquhart Road, Dingwall http://www.spanglefish.com/ross-shirewriters/ clouisejames@btinternet.com Two hours every Thursday morning We're a small group of writers in the Dingwall area who like to meet weekly to read and listen to each others' work. Members come and go, so the group tends to stay at around ten – no more than can fit around a table. RW welcomes new members as long as there is mutual respect: we come to listen as well as to read. Several of our members have gone on to win prizes and publish their work nationally. The year is divided into four terms, £20 members fee is applicable each term.</p>	<p>Interest</p>
<p>Scottish Wildlife Trust (Highland) Glaikmore, North Kessock , , Inverness https://scottishwildlifetrust.org.uk/local-group/north-of-scotland/ 01463 811497 / 07795527291 mfoxwell@swt.org.uk We have winter talks and summer activities. There are monthly conservation days on our reserves. Evening meetings (Oct-Apr) are at The Waterside Hotel, Nessbank, Inverness starting at 7.30 pm and finish about 9.30 pm. A range of events are held during the summer months.</p>	<p>Interest</p>
<p>Seaboard - Corena's Self Defense Seaboard Memorial Hall, Balintore http://www.seaboardcentre.com/regular-group-users/corena.mitchell77@gmail.com Tuesdays 4.45pm - 5.45pm Corena runs a martial arts group for children from Primary through to Secondary school.</p>	<p>Interest</p>
<p>Seaboard Art Class Seaboard Memorial Hall, Balintore http://www.seaboardcentre.com/regular-group-users/01862832888 Wednesday 10am - 12noon Contact the hall for more details</p>	<p>Interest</p>
<p>Seaboard Craft Crew Seaboard Memorial Hall, Balintore http://www.seaboardcentre.com/regular-group-users/01862832888 maureen@seaboardcentre.com Monday 10.30am - 12.30am</p>	<p>Interest</p>
<p>Seaboard Sessions (Music club) Seaboard Memorial Hall, Balintore http://www.seaboardcentre.com/regular-group-users/01862832888 info@seaboardcentre.com Thursday 7.00pm - 9.00pm (please check as subject to change) The Seaboard Sessions is a music club aimed at involving all abilities and all ages to play music together.</p>	<p>Interest</p>

Tain & District Flower Club

Interest

Tain Parish Hall

http://tain.org.uk/tain_and_district_flower_club

01862 893264

conniebeaton@hotmail.com

2nd Wednesday evening of the month at 7.30pm (not Jan, Feb, July, Aug)

Caters for all ages, abilities and interests, from those who are mainly looking for an evening out in a friendly atmosphere to those who are fairly serious flower arrangers of a competitive standard. There are 8 monthly meetings (omitting Jan, Feb, Jul, Aug) held every 2nd Wednesday evening in Tain Parish Hall at 7.30pm. Activities include demonstrations of flower arranging by visitors from various parts of the UK, hands-on workshops, competitions and visits to other local clubs.

Annual fee £26. Visitors £5 per meeting

Tain and District Field Club

Interest

Tain Parish Hall

<http://tainfieldclub.org.uk/>

Programme of meetings on their website.

Host informative and social meetings. The emphasis is on natural history focusing both on this local area and within the wider scientific community as well. Speakers have come from all over the British Isles with their specialties and we are a richer community for their contributions over the period. Pay for membership (Adult £15 annually, Concessions available) or for single event attendance (£2 for adults)

Tain and District Gardeners Club

Interest

Tain Parish Church Hall

http://www.tain.org.uk/tain_and_district_gardeners_club

01862 892302 / 07944929034

zawalke@dsl.pipex.com

Monday (August - May) 7.30pm

We meet for talks and demonstrations on the second Monday of each month from August to May at 7:30 pm in Tain Parish Church Hall. In June and July we hold outdoor meetings visiting gardens in the Tain area. There is normally a longer outing to a garden or gardens elsewhere in the Highlands once per year.

Tain Choral Group

Interest

<https://www.facebook.com/tainchoral/>

Contact through Facebook

Monday Evenings (not over summer)

Tain Choral Group (Ross-shire) meets weekly on Monday evenings, between September and April, to rehearse for its two main concerts. We welcome new members.

Tain Rifle & Pistol Club

Interest

Tain Hill, Tain

<http://www.tainrpc.co.uk/>

james@auchenhar.co.uk

If you have an interest of sports target shooting, with clays, rimfire, centrefire black powder or air rifle then you will find a safe and relaxing environment at Tain Rifle and Pistol Club. The indoor and outdoor ranges offer various disciplines in 25 and 50m distances with some members competing in National seasonal leagues, local leagues are also entered. You will usually find members meeting up on Saturday and Sunday mornings after 10.30 am Age range: 14 upwards. Meeting times Monday and Friday evenings (winter) Sunday (winter and summer).

The Mercat Centre, Camera Group

Interest

The Mercat Centre, Munro Crescent, Milton, IV18 0PX

<https://sites.google.com/site/miltonmercatcentre/home>

01867 842499

kalemercat@yahoo.com

Tuesday evenings fortnightly from 7.30pm.

Fun and informal gatherings for those with an interest in photography. No expensive equipment is required, just a basic camera and an interest in improving your abilities.

University of the Third Age

Interest

www.u3a.org.uk/invernessblackisle

01463 870889

Contact through the website

U3A (The University of the Third Age) is a UK-wide movement which brings together people in their 'third age' to develop their interests and continue their learning in a friendly and informal environment.

If you're wondering what we mean by the third age - it is a time after you have finished working full-time or raising your family and have time to pursue your interests or just try something new

<p>Women's Institute The Perrins Centre, Alness https://www.theswi.org.uk/ ross-shire@theswi.org.uk 1st Tuesday of the month</p>	Interest
<p>Women's Institute Kiltarn Church of Scotland Hall, Evanton https://www.theswi.org.uk/ ross-shire@theswi.org.uk 2nd Tuesday of the month</p>	Interest
<p>Women's Institute Resolis Memorial Hall, Balblair https://www.theswi.org.uk/ ross-shire@theswi.org.uk 3rd Monday of the month</p>	Interest
<p>Women's Institute Invergordon/Saltburn, Church of Scotland Hall https://www.theswi.org.uk/ ross-shire@theswi.org.uk 3rd Tuesday of the month</p>	Interest
<p>Women's Institute Ardgay Village Hall, Ardgay https://www.theswi.org.uk/ ross-shire@theswi.org.uk 1st Monday of the month</p>	Interest
<p>Women's Institute Dingwall, St Clements Church Hall https://www.theswi.org.uk/ ross-shire@theswi.org.uk 3rd Wednesday of the month</p>	Interest
<p>Women's Institute Edderton, Tain Parish Church Hall https://www.theswi.org.uk/ ross-shire@theswi.org.uk 1st Wednesday of the month</p>	Interest
<p>Women's Institute Ferintosh Hall, By Dingwall https://www.theswi.org.uk/ ross-shire@theswi.org.uk 2nd Monday of the month</p>	Interest
<p>Women's Institute Maryburgh/Conon Leanaig Centre https://www.theswi.org.uk/ ross-shire@theswi.org.uk</p>	Interest
<p>Alness and Invergordon contact the elderly groups. http://www.contact-the-elderly.org.uk/scotland/ 0141 812 1555 Caroline.McGinlay@contact-the-elderly.org.uk</p>	Social
<p>Alness Scrabble Club 82 Obsdale Road, Alness 01349 882016</p>	Social

<p>Alness Batist Church - Lunch Club Firhill, Alness, IV17 ORX http://www.alnessbc.org.uk/ 01349 880067 info@alnessbc.org.uk last Tuesday of each months except July and November, at 1230 in the Church Hall The lunch club exists to provide fellowship and friendship, over a warm bowl of soup and sandwich. There is also a cuppa and home baking. After there is time for songs and reflection from guest speakers or one of the team. Everyone is welcome.</p>	Social
<p>Alness Senior Citizens' Friendship Club The Perrins Centre, Alness 01349 882402</p>	Social
<p>Ardross hall – luncheon club Ardoss Hall http://www.ardrosshall.org/Regular_Activities.html 01349 882797 margaretblackardross@gmail.com On the first Wednesday of every month and starts 12 noon. If you can help in any way with providing soup or baking, contact Joan Scott on 01349 882797. All are welcome, and anyone requiring transport contact Margaret Black on 01349 882495 A nominal £2.50 charge per person is made for the soup and pudding.</p>	Social
<p>Capstone Lunch Club Capstone, Alness http://www.rosskeenfreechurch.co.uk/events 01349 852406 Wednesdays 12noon - 2pm</p>	Social
<p>Carefree Club (Senior Citizens) North Kessock Hall, North Kessock 01463 731513</p>	Social
<p>Contact The Elderly Various https://www.contact-the-elderly.org.uk/about-us/locations 01542 285010 denise.robson@contact-the-elderly.org.uk Groups are available at various locations, it is best to check the website and search for the group closes to you but examples of locations include: Muir of Ord, Alness, Fortrose, Inverness, Invergordon etc.</p>	Social
<p>Cornerstone (Highland) Balconie Street, Evanton 01349830558 Shirley@cafecornerstone.plus.com Opening times: Tuesday to Thursday, 10am-2:30pm Saturdays June-September 10am to 2pm. ADDITIONALLY: Monday is Lunch Club day providing lunch for the over sixties for a minimal donation. Contact for more info. The Evanton Walkers Group meet on Wednesdays,the Art and Craft groups on Tuesdays.</p>	Social
<p>Cromarty Fourways Club Victoria Hall, Comarty http://www.cromartylive.co.uk/organisations.asp 01381 600314 robjancrom@tiscali.co.uk Friendly social club for over 60s with speakers, outings and special activities; meets weekly in Victoria Hall</p>	Social
<p>Cromarty Monday Lunch Club Tel: 01381 600230 info@cromartyarms.com</p>	Social
<p>Culbokie friendship club 01349 877435 alister@ajrose.plus.com</p>	Social

<p>Culbokie Friendship Group Findon Hall, Culbokie https://blackislecares.com/activities/ 01349 877435</p>	Social
<p>Dingwall Baptist Church Bite 'n' Blether Group Dingwall Baptist Church, Tulloch Street, Dingwall http://dbc.org.uk/ 01349 292256 Contact through website Tuesday 6.30pm - 8.00pm Free soup and refreshments, friendly atmosphere and all welcome</p>	Social
<p>Dingwall Friday Lunch Club Dingwall Community Centre http://www.dingwallcommunitycentre.com/index.asp?pageid=282004 01349 864600 Tel: 01349 864600</p>	Social
<p>Dingwall Pheonix Club Dingwall Community Centre http://www.dingwallcommunitycentre.com/index.asp?pageid=282004 01349 867183 The Phoenix Group is aimed at persons aged 60 and over and meets on a Thursday (1st and 3rd of the month) from September through to May. There is an annual membership fee of £3 and a meeting contribution of £2 towards the cost of room rental and cover a cup of tea and biscuits after the speaker of the day is finished (The chat is free!). The Group's programme for this season has a wide variety of speakers on a range of interesting subjects.</p>	Social
<p>Dingwall Reading Group Dingwall Library, Dingwall Academy, Newton Road Dingwall https://www.emergents.co.uk/wp-content/uploads/2013/07/Emergents-Info-Sheet-Writers-and-Readers-Groups.pdf 01349 869869 dingwall.library@highlifehighland.com Group 1 last Tuesday of each month, 7.00 - 8.30pm & Group last Wednesday of each month 2.00pm - 3.30pm New members welcome. Members usually discuss one or two titles that have chosen from the library service multiple copy collection. Please contact the library for more information. A teenage group meet during school term and hours.</p>	Social
<p>Fortrose and Rosemarkie Friendship Club Seaforth lodge, Fortrose https://blackislecares.com/activities/ 01381 620816 jmajoriet@live.co.uk Wednesday 2.00pm</p>	Social
<p>Fortrose and Rosemarkie Lunch Club The Eilean Dubh www.fortrosegolfclub.co.uk (Term time Only) Wednesday 12noon - 1.30pm If anyone would like to see if a car share or other transport is available call Kathleen Armstrong 01381 620302</p>	Social
<p>Invergordon church of Scotland Bite and Blether Castle Road, Invergordon, Ross-shire IV18 0AZ http://www.invergordonparishchurch.org.uk/index.htm invergordonparishchurch@live.co.uk Mondays 2.00pm - 4.30pm</p>	Social
<p>Invergordon church of Scotland Soup Lunch Castle Road, Invergordon, Ross-shire IV18 0AZ http://www.invergordonparishchurch.org.uk/index.htm invergordonparishchurch@live.co.uk Last Thursday of the Month 12.30pm - 2.00pm</p>	Social

<p>Invergordon Library Knit and Natter Group High Street, Invergordon http://highlifehighland.com/libraries/invergordon-library 1350 852698 invergordon.library@highlifehighland.com Tuesday at 2pm We meet every Tuesday at 14:00 to knit, craft, crochet, drink tea and have a great natter!</p>	Social
<p>Muir of Ord Over 60s club Village Hall 01463 870955 Thursday 10am - 12 noon</p>	Social
<p>Muir Of Ord Scrabble Club Church Hall, Seaforth Road, Muir of Ord 01463 870077 / 01463 870259 alantstewart@gmail.com 2pm - 4pm Monday afternoon Friendly Scrabble Club.</p>	Social
<p>North Kessock Care Free Club North Kessock Village Hall www.kessock-hall.net Tel: 01463 811949 Wednesdays 2.00pm - 4.00pm (winter months only)</p>	Social
<p>Phoenix Group (over 50s) Dingwall Community Centre http://www.dingwallcommunitycentre.com/ 01349 867183 1st and 3rd Thursday of the Month (Sept - May) The Phoenix Group is aimed at persons aged 60 and over and meets from September through to May. There is an annual membership fee of £3 and a meeting contribution of £2 towards the cost of room rental and cover a cup of tea and biscuits after the speaker of the day is finished (The chat is free!). All Welcome and call in advance for more details.</p>	Social
<p>Portmahomack Ladies Club Carnegie Hall, Portmahomack http://www.portmahomackcommunity.org.uk/index.asp?pageid=436632 01862 871791 Second Tuesday of each month 7.30pm</p>	Social
<p>Portmahomack Over 60s Club Carnegie Hall, Portmahomack http://www.portmahomackcommunity.org.uk/index.asp?pageid=436638 01862 871203 Last Monday of the month</p>	Social
<p>Resolis Friendship Club Wester Brae, Culbokie Tel: 01349 877609</p>	Social
<p>Roskean Free Church Knit and Natter Group http://www.roskeanfreechurch.co.uk/events Thursdays 10.30am - 12.30pm</p>	Social
<p>Seaboard Over 60's Group Seaboard Hall, East Street, Balintore http://www.seaboardcentre.com/regular-group-users/ 01862 832 888 dsladh@aol.com Please contact for more details</p>	Social

<p>St Clement's Church Soup Lunch St. Clements, 17 Castle Street, DINGWALL https://dingwallstclements.wordpress.com/ Tel: 01349 863090 Wednesday 12noon - 2.00pm Soup lunches available for £3. All soup is homemade and a vegetarian option is always available.</p>	Social
<p>Strathpeffer Lunch Club Strathpeffer Highland Hotel http://www.strathpeffer.org/content/strathpeffer-lunch-club rosreid@hotmail.co.uk Thursday 11.45am to 1.30pm</p>	Social
<p>Strathpeffer Men's Shed 01997 421 109 strathresidents@hotmail.co.uk</p>	Social
<p>Tain Over-60s club Duthac Centre, Tain, IV19 1BQ http://www.tain.org.uk/tain_over-60s_club 01862 894909 Thursday Afternoons (fortnightly and October - April) Any citizens over 60 years of age, in the Duthac Centre. Promotes activities, companionship and entertainment.</p>	Social
<p>The Mercat Centre, Bingo Night The Mercat Centre, Munro Crescent, Milton, IV18 0PX https://sites.google.com/site/miltonmercatcentre/home 01866 842499 kalemercat@yahoo.com Every Monday evening 7:00pm for a 7:30pm start, finishes at 9:00pm. All welcome!</p>	Social
<p>The Mercat Centre, Chatty Crafters The Mercat Centre, Munro Crescent, Milton, IV18 0PX https://sites.google.com/site/miltonmercatcentre/home 01865 842499 kalemercat@yahoo.com Thursday 10am - 12 noon Our group is a friendly bunch, we meet weekly. We enjoy sharing our skills and learning new ones. Crochet, Cross-stitch, Patchwork, Bag Making and much much more..... Refreshments are available, a £1 donation may be given if desired. Everyone welcome.</p>	Social
<p>The Mercat Centre, Winter Friends Lunch Club The Mercat Centre, Munro Crescent, Milton, IV18 0PX https://sites.google.com/site/miltonmercatcentre/home 01864 842499 kalemercat@yahoo.com Tuesday Afternoons 1:00 -2:00pm. The lunch club runs from the beginning of October to Easter each year and is open to the over 55's. Soup, sandwiches, cake and tea/coffee is on offer each week for £2.</p>	Social
<p>Alness Ki-Aikido Club Kendal Crescent, Alness 01349 852367</p>	Social & Active
<p>Culbokie Indoor bowling club Findon Hall, Culbokie Tel: 01349 877479 Meets every Wednesday and Friday 7.30pm - 10.00pm from October - March The only equipment you need is a pair of indoor shoes or slippers</p>	Social & Active

<p>Fortrose Dance Class For Over 50s Black Isle Leisure Centre http://www.keepactive.net/enquiries.html?+329+activity+Dancing 01381 622553 Contact through website Monday 10am - 11pm £5 per session but first lesson is free</p>	<p>Social & Active</p>
<p>Fortrose Scottish country dancing group Gordon memorial Hall, Courthill Road, , Rosemarkie http://www.fortrosemarkie.org/grp_dance.htm Tel: 01381 621309 susanmackenzie@btinternet.com Monday Nights (September - April) 7.30pm to 10pm The Fortrose Scottish Country Dance Group meets on Monday nights in the Gordon Memorial Hall in Rosemarkie from late September through to mid-April. Beginners and more experienced dancers are welcome. Classes are from 7.30pm to 10.00pm, with easier dances during the first half of the evening. There is a charge of £2.00 per class for members and £2.50 per class for visitors. Your first visit to the Group as a new dancer will be treated as a "taster session" and no charge will be made. The group aims to promote the enjoyment of Scottish Country Dancing. Contact</p>	<p>Social & Active</p>
<p>Fortrose Walking Group (Step it up Highlands) www.pfw.org.uk Tel: 01381 620484 joan.maxwell@shorelands.co.uk</p>	<p>Social & Active</p>
<p>Muir of Ord - Table Tennis (50+) Free Church Hall, Muir of Ord http://www.spanglefish.com/MuirofOrdPensionersTableTennisClub/ Contact through the website Tuesdays from 14:00 to 16:00 he club season runs from the beginning of September to the end of March. We meet in the Free Church Hall in West Road, Muir of Ord IV6 7QW; though we are not affiliated to the Church - you don't have to be a church goer to join us. We have a number of bats that can be borrowed until you get your own. Balls are provided by the club. Our charges are a modest £5:00 annual subscription and £2:00 per week with your first session free!</p>	<p>Social & Active</p>
<p>Muir of Ord Country Dancing Club Church of Scotland, Muir of Ord 01463 870860 Monday 7.30pm - 9.30pm</p>	<p>Social & Active</p>
<p>Muir Of Ord Outdoor Bowling Club https://muiroford.org.uk/bowling-club/ We meet every Wednesday and Saturday evenings during the summer months from 7pm to 9pm – weather permitting – at the Bowling Green behind Tarradale Terrace, near the Pavilion. Visitors are welcome to join us on these Club Nights. Membership enquires to the Secretary on the night.</p>	<p>Social & Active</p>
<p>Muir of Ord Walking Group Meet at the Bus Stop on the Square Tel: 01463 870794 Wednesdays 2.00pm - 4.00pm Monday 7.00pm - 8.30pm (April to September only) Walks are usually one to two hours ut less able folk wanting a slower flat walk can enjoy a walk of up to an hour. Suitable for everybody, led by a volunteer. Free to access</p>	<p>Social & Active</p>
<p>Munlochy Badminton Club Munlochy Hall, Millbank Road, Munlochy http://www.spanglefish.com/munlochyhall/index.asp?pageid=176758 01463 811171 Tuesday 8.00pm - 10pm Adults Group.</p>	<p>Social & Active</p>

<p>Munlochy Country Dancing Munlochy Hall, Millbank Road, Munlochy http://www.spanglefish.com/munlochyhall 01381 620374 culdee@btinternet.com Wednesdays 7.00pm - 10.00pm</p>	Social & Active
<p>Munlochy Scottish country dancing Munlochy Hall, Millbank Road, Munlochy http://www.spanglefish.com/munlochyhall/index.asp?pageid=176758 01381 620374 culdee@btinternet.com Wednesdays 7.30pm - 10pm</p>	Social & Active
<p>North Kessock Scottish Country Dancing North Kessock Village Hall Tel: 01463 225481 Tuesday 7.00pm - 8.30pm</p>	Social & Active
<p>Resolis Indoor Bowling Club 4 Newhall, Balblair, Dingwall Tel: 01381 610283 Monday 7.00pm - 9.00pm, (Winter Months)</p>	Social & Active
<p>Strathpeffer Community Centre Strathpeffer Community Centre, School Road, IV14 9AG http://www.strathpeffercommunitycentre.org.uk 01997 421 989 info@strathpeffercommunitycentre.org.uk Regular activities include: Rainbows, Guides, Kempo, Yoga, Pilates and a Walking Group. Various one off activities and classes are also available, please check the website.</p>	Social & Active
<p>Uquhart Snooker Club Meets in Bank Stree 01381 600362 kenneth@kmacfarlane.wanadoo.co.uk</p>	Social & Active
<p>Alness Angling Club http://www.alnessanglingclub.com/index.asp Day tickets are purchasable from 'Kardz' in Alness High Street. Membership forms are downloadable from the 'download' section of their website and the form has membership costs and contact details on the form.</p>	Sport & Outdoor Activity
<p>Alness Area Jog Scotland Alness Academy Carpark https://jogscotland.org.uk/joggers/find-your-nearest-jog-group/ 07795342 762 Every Monday and Wednesday at 7pm Alness JogScotland group meeting twice a week on a Monday and Wednesday at 7pm in Alness Academy car park, just near the foot bridge. The group is for everyone of all running abilities. For people new to running we run 3 couch to 5k groups a year starting in January.</p>	Sport & Outdoor Activity
<p>Alness Curling Club Stanegarth, Springfield Terrace, Alness http://www.alness.com/alness-curling-club 01349 883590 Please contact Bob Baxter for more information</p>	Sport & Outdoor Activity
<p>Alness Judo Club Averon Leisure Centre, High Street, Alness, IV17 0QB & Evanton Sports Hall, Evanton 01349 884057 Alness: Tuesday (Kai) 1800 - 1845, (Mon) 1900 - 2000 and (seniors) 2000 - 2100 Evanton: Monday (Kai) 1800 - 1845, (Mon) 1900 - 2000 and (seniors) 2000 - 2100</p>	Sport & Outdoor Activity

<p>Alness Hillwalkers Club http://www.spanglefish.com/HighlandHillwalkingClub/ highlandhillwalkers@gmail.com</p>	Sport & Outdoor Activity
<p>The club meets for day and weekend meets. A day meet can involve climbing one or more hills over 1000m (3000 feet) in height and walking 12 or more miles. So a reasonable level of fitness is important and whilst the summits of most hills are attainable via walking routes, some can require some scrambling and a head for heights. We do organise events to improve skills – winter skills training, navigation evenings, climbing and abseiling sessions and all club members are encouraged to update and improve their skills. APPLICATIONS TO THE CLUB SHOULD BE MADE IN ADVANCE OF JOINING ANY MEET. Forms are downloadable from the website.</p>	
<p>Alness Tang Soo Do (BKMAS) Alness Academy 01349 880856 or mob: 07899 804 517</p>	Sport & Outdoor Activity
<p>Ardross Alness Bowling Club Station Road, Alness, IV17 0UE 01349 883280 Open generally Tuesday - Friday 1900 - 2230, Saturday 1100 - 0000 and Sunday 1400 - 2230 Lawn Bowling Club</p>	Sport & Outdoor Activity
<p>Averon Lesiure Centre Alness https://www.highlifehighland.com/averon-leisure-centre/all-classes/ 01349 882287 Various and subject to change, Please see website Membership to Highlife Highland is £30 per month for a family or £20 per month for an individual Or those with a qualifying benefit can pay 50p per activity. Activities Include:Body Pump, Body balance, Pilates, Active Life Plus, Otago, Abs Blast, Spin, Gamefit, Body Combat, Work Out plus etc.</p>	Sport & Outdoor Activity
<p>Avoch Community Centre Avoch Community Centre, Old Mill Road, Avoch, IV9 8PS https://avochcommunitycentre.wordpress.com/ 07974081937 bookings@avochseascouts.org.uk Local activities include: Cubs, Sea Scouts, Toddlers Group, Football, Slimmers World, Men's Shed. Contact directly for more information</p>	Sport & Outdoor Activity
<p>Avoch Community Rowing Club (Skifties) http://theskifties.com/ Tel: 07917 525798 blackisleskiff@gmail.com The Skiffies - a community rowing club with a variety of opportunities to engage with anyone interested in life on the sea, including but not restricted to competition.</p>	Sport & Outdoor Activity
<p>Avoch Football Club Coronation Park, Avoch https://www.westsidefootballclub.co.uk/ emailed though website</p>	Sport & Outdoor Activity
<p>Avoch Indoor Bowling Club 7 Margaret Street, Avoch http://www.spanglefish.com/blackisleanddistrictindoorbowlingleague/index.asp?pageid=86853 01349 883950</p>	Sport & Outdoor Activity
<p>Avoch Lawn Bowling Club Burnside Cottage, Avoch http://bowlsclub.org/club/2235/ Tel: 01381 620603</p>	Sport & Outdoor Activity
<p>Black Isle Community Centre Deans Road, , , Fortrose http://highlifehighland.com/leisure-facilities/black-isle-leisure-centre 01381 621252 blackisle.leisurecentre@highland.gov.uk</p>	Sport & Outdoor Activity

Bass Korean Martial Art School

Sport & Outdoor Activity

Alness Academy, Dalmore Road, Alness, IV17 0UY

<https://dojos.co.uk/BassKoreanMartialArt/>

01349 344444

Monday: Juniors (8 - 15) 1830-1930 Seniors (16+) 1930-2030

Thursday: Little Nijas (4-7) 1830-1930, Juniors 1830-1930, Seniors 1930-1830

Any man, woman or child can learn Tang Soo Do. Our students can begin their journey as young as eight and can continue well past retirement age. It is never too late to begin training; all that's required is the desire to learn. Tang Soo Do does not require you to be a super athlete or to be in great shape to begin training. The training you receive learning Tang Soo Do will develop your athletic abilities. However, since no two people are alike, each student is patiently encouraged to learn at his or her own pace. Each student is inspired to achieve their own potential. We welcome all persons, regardless of their physical prowess to enroll in our school.

Black Isle Leisure Centre

Sport & Outdoor Activity

<https://www.highlifehighland.com/black-isle-leisure-centre/>

01381 621252

Membership to Highlife Highland is £30 per month for a family or £20 per month for an individual Or those with a qualifying benefit can pay 50p per activity.

Activities Include: Body Pump, Body balance, Kettlebells, Spinning, Body Attack Hit Workout, Yoga etc.

Black Isle Mountain Bike club

Sport & Outdoor Activity

<http://www.bc-clubs.co.uk/blackislemtbclub/>

Tel: 01381 610334 or 07798718812

blackislemtbclub@gmail.com

We have a youth team where the main focus is getting youngsters out on their bikes as well as coaching them for racing in all mtb race types. As a family we club we encourage parents and kids to get out on their bikes. We offer coaching and trail riding experience on a weekly basis all through the year. We mainly ride at Learnie Red Rock in the Black Isle but often organise club social and training rides to other venues across the north of Scotland. Please contact us to learn more or to join.

Caledonia Riding Group

Sport & Outdoor Activity

Dalriada, Wester Templand, , Fortrose

www.caledonianridingclub.co.uk

01381 620027

caledonianrc@aol.com

Horse Riding lessons (Paid For)

Cameron's School of Martial Arts

Sport & Outdoor Activity

Maryburgh Amenities Hall, Maryburgh, Dingwall, IV7 8DS

<https://dojos.co.uk/CameronsmartialartsMaryburgh/>

07810000946

Thursdays 1900-2100

From age six upwards, kempo jujitsu and Tang soo do

Chanonry Sailing Club

Sport & Outdoor Activity

www.chanonry.org.uk

Tel: 01463 811080

info@chanonry.org.uk

CHANONRY SAILING CLUB PROVIDES:

Great sailing experience in the idyllic area, Moray Firth between Fortrose and Rosemarkie on the Black Isle, Scotland, where is one of the best spots in the UK to view Bottlenose dolphin and other wildlife, including porpoises and grey seals. Friendly, diverse and active membership with a lively social scene. Come along and join us whenever a club activity is on. Club dinghies and private boats space available for active members. "Taster" sailing for potential new members. "Social Sailing on Friday Evening" will be on Fridays from 19.00 during the summer. This is an ideal opportunity for members to sail with safety cover but without the pressures of racing. A comfortable club house with facilities to high standard and a gallery and waterside balcony. Competitive mixed fleet and class dinghy racing (Lasers/Musto Skiffs/ Streakers/ RS Teras etc.) throughout the season.

Cromarty Bowling Club

Sport & Outdoor Activity

Cromarty Bowling Club, The Causeway, Cromarty

www.cromartybowling.co.uk

01349 877497

rita.storr@btconnect.com

Chapelton Equestrian Centre

Sport & Outdoor Activity

Chapelton Equestrian Centre, , , Muir of Ord
<http://www.chapeltonequestriancentre.co.uk/>
 01463 871061
info@chapeltonequestriancentre.co.uk

At Chapelton we provide tuition for all abilities ranging from beginners to advanced. We cater for riders from the age of four and upwards as well as disabled riders. We have a 14 stone weight limit which is strictly adhered to. Riding hats and boots are provided free of charge, you are welcome to wear your own hat but current British Safety Standards apply.

Cromarty Allotments & Gardens Society

Sport & Outdoor Activity

4 Barkly Street, Cromarty
<http://www.cromartygardening.com/>
 Email through Website

Support and encourage gardening of all kinds, especially the growing of food. promote and provide allotments in Cromarty and its surrounding district. Support gardeners by obtaining funding, acquiring and sharing tools, seeds, plants, land, or other resources promote and represent members' interests and to encourage good relations with neighbours, relevant organisations (including the Highland Council) and the wider community.
 provide opportunities for the public to learn about allotments and gardens and their cultivation. £5 membership fee

Cromarty Boat Club

Sport & Outdoor Activity

www.cromartyboatclub.org
 07720046107
info@cromartyboatclub.org

If you have never sailed and feel that you do not want to commit to joining in case you don't like it, why not take an opportunity to try sailing (Free!). Many of our experienced skippers are sailing short handed on occasion and would welcome an extra pair of hands on board. This is an ideal opportunity to get some experience and/or find out if sailing is indeed for you.

Cromarty Firth Cycle Club

Sport & Outdoor Activity

Alness/Invergordon
<http://www.cromartyfirthcyclingclub.com/>
 Contact through website

A cycle club based in Alness and Invergordon participating in all aspects of cycling - Road, Racing, Time Trials etc. Includes social rides

Cromarty Outdoor Bowling Club

Sport & Outdoor Activity

Bowling Green, Cromarty
<http://cromartybowling.co.uk/>
a.k.e.g.wilson@btinternet.com

A good place to begin would be our Friday afternoon sessions at 2pm where you would be made welcome by our Friday regulars. You can usually borrow a set of Club bowls to get started. Membership of the Club for the season starting in May 2018 costs £60.00. Junior Membership (under 16) costs £10.00. Members wishing to join mid season can usually be accommodated at a slightly lower rate or may pay per session at the visitors' fee of £3.

Cromarty Tennis and Sports Club

Sport & Outdoor Activity

<http://www.cromartytennisclub.co.uk/index.asp>

Phone numbers for committee members are published on the website

Membership to the club is available for all on a yearly basis and is also available for non-members for daily use. Children under 15 must be supervised by an adult. There is a fee of £5 per hour for visitors or a weekly fee of £25. This can be paid at Cromarty Post Office, where equipment can also be hired. Racket hire costs £2 per racket and a refundable deposit of £20 is required. Cromarty Post Office (Tel: 01381 600201) is located a short walk from the court, on Bank St opposite Cromarty Stores. There is also a tennis ball machine that can be hired for a fee of £8 per 1/2 hour. Contact any one of the committee members (below) for use.

Culbokie Football and Recreation Association

Sport & Outdoor Activity

Culbokie Park, Culbokie
<https://www.facebook.com/CulbokieAFC/>
 07766525441
dmncmack@btinternet.com

Dingwall Bowling Club

Sport & Outdoor Activity

Pefferside Park, Dingwall
 01349 862372

<p>Dingwall Leisure Centre https://www.highlifehighland.com/dingwall-leisure-centre/all-classes/ 01349 864226 Various activities and subject to change, Please see website Membership to Highlife Highland is £30 per month for a family or £20 per month for an individual Or those with a qualifying benefit can pay 50p per activity. Activities Include: Indoor Cycling, Body Condition, Circuits, Kettlebells, Body Balance, Zumba, Otago, Pilates, Power Chi Yoga, Fit Plus, Aqua Fit, Body Attack, Fat Burn & Body Tone</p>	Sport & Outdoor Activity
<p>Easter Ross Archers Tain Rifle and Pistol Club Range, Tain 07725725675 Sheilabrown61@hotmail.com Wednesdays 1900 - 2130 Aged over 8 years</p>	Sport & Outdoor Activity
<p>Easter Ross Archery Club Seaboard Memorial Hall, Balintore http://www.seaboardcentre.com/regular-group-users/ 01863 832888 info@seaboardcentre.com Wednesday 7.00pm - 9.00pm Open to all ages and abilities</p>	Sport & Outdoor Activity
<p>Fairburn Activity & Conference Centre Ltd Marybank, Muir of Ord http://www.fairburnactivitycentre.co.uk/ 01997 433397 enquiries@fairburncentre.com Offer a wide range of activities (all with attached costs.)</p>	Sport & Outdoor Activity
<p>Fortrose & Rosemarkie Bowling & Tennis Club 7 Alexander Court, Fortrose http://www.spanglefish.com/FortroseandRosemarkieTennisClub/ 01381 620124 fartc2014@gmail.com Monday and Wednesday evenings 6.30 - 10pm (students/Adults) Tuesday and Thursday evenings 6.30pm - 10pm (Juniors/Students) Tuesday and Thursday mornings 10.15am - 1.30pm (Ladies) Saturday afternoon 2pm - 5.30pm All Members are able to access the court at all times with the exception of these times. Membership forms can be sent to Maggie in the Old Baking in Avoch or by email. Costs for membership vary with discounts for children, students, seniors and families. An individual Adult membership is £80. A one off game for a visitor is about £10 per hour.</p>	Sport & Outdoor Activity
<p>Highland Ki Society Kendal Crescent, Alness, IV17 0UG http://www.highlandkisociety.co.uk/ 01349 880473 Mondays 1900 -2100 & Saturdays 1000 - 1400 In the Art of Ki Aikido there is no aggression, tension or competition. Classes are suitable for all levels of fitness and may be practised equally by men and women of any size, age or ability. The purpose of the practise is to learn to co-ordinate our mind and body, through enjoyable exercise, and this will then enhance the quality of our lives. Ki means "Life Force", the natural energy common to all living plants and animals.</p>	Sport & Outdoor Activity
<p>Invergordon Amateur Football Club Play at the recreation grounds in Invergordon http://northcaleyfa.co.uk/club.php?id=3 01862 842926 campbell202@btinternet.com Amature Football Club playing in the North Caledonian League</p>	Sport & Outdoor Activity

Invergordon Boating Club http://www.invergordonboatingclub.org.uk/ 01381 620802 ian.kitchingham@btinternet.com	Sport & Outdoor Activity
April - October full training programme with an open day allowing people the chance to experience what it is like to do small boat sailing. If you wish to learn more please feel free to come along to Rosskeen slipway on a Sunday or weekday race evening but bring some spare soft shoes (old trainers are ideal) or wellies, as you may end up in a boat!	
Invergordon Bowling Club 2 Station Rd, Invergordon IV18 0RY http://www.spanglefish.com/invergordonbowlingclub/ Tel: 01349 853051	Sport & Outdoor Activity
Tuesday evenings (outdoor seasons) and Monday evenings (indoor season) Club nights are held on Tuesday evenings during the outdoor season, and Monday evenings during the indoor season when anyone interested is made most welcome.	
Invergordon Judo Club Invergordon Leisure Centre, Academy Road, IV18 0LD http://www.invergordonjudoclub.co.uk/index.html info@invergordonjudoclub.co.uk	Sport & Outdoor Activity
Open every Saturday: Kai Grades (ages 5-7) 10:00 - 10:45 Mon grades (ages 8-16) 11:00 - 12:00 Seniors (16 +) 12:00 - 13:00	
Invergordon Lesiure Centre https://www.highlifehighland.com/invergordon-leisure-centre/all-classes/ 01349 85689	Sport & Outdoor Activity
Various Activities and subject to change, Please see website Membership to Highlife Highland is £30 per month for a family or £20 per month for an individual Or those with a qualifying benefit can pay 50p per activity. Activities Include: Gamefit, Fat Burn, Meta Fit, Cx Works, Pump Fit, YouTime Otago, Indoor Cycling, Strength and Conditioning, Yoga etc.	
Muir of Ord Fitfellas Church of Scotland, Muir of Ord 07746951151	Sport & Outdoor Activity
Tuesday 10.30am - 11.15am Men only exercise for the over 60's Exercise for the unenthusiastic! 45 minute circuit based classes. Nothing too complicated - take it at your own pace.	
Munloch Table Tennis Munloch Hall, Millbank Road, Munloch http://www.spanglefish.com/munlochhall/index.asp?pageid=176759 01463 811171	Sport & Outdoor Activity
Monday 8.00pm - 10.00pm Over 16s.	
North Kessock Bowling Ferry Brae, North Kessock, Ross-Shire, IV1 3YH Tel: 01463 731521	Sport & Outdoor Activity
Portmahomack Indoor Bowls Carnegie Hall, Portmahomack http://www.portmahomackcommunity.org.uk/index.asp?pageid=436635 01862 871203	Sport & Outdoor Activity
Wednesday 2.00pm - 4.00pm	
Portmahomack Keep Fit for Everyone Carnegie Hall, Portmahomack http://www.portmahomackcommunity.org.uk/index.asp?pageid=436633 01862 87157	Sport & Outdoor Activity
Wednesday 10.00am - 11.00am	

<p>Portmahomack Otago Class Carnegie Hall, Portmahomack http://www.portmahomackcommunity.org.uk/index.asp?pageid=436634 Wednesday 11.30am - 12.30pm</p>	<p>Sport & Outdoor Activity</p>
<p>Portmahomack Table Tennis Carnegie Hall, Portmahomack http://www.portmahomackcommunity.org.uk/index.asp?pageid=436630 01862 871434 Tuesday 7.30pm - 9.30pm; £2</p>	<p>Sport & Outdoor Activity</p>
<p>Portmahomack Yoga Classes Carnegie Hall, Portmahomack http://www.portmahomackcommunity.org.uk/index.asp?pageid=436631 01862 871383 Monday 6.00pm - 7.30pm</p>	<p>Sport & Outdoor Activity</p>
<p>Riding for the Disabled Association Chapelto Farm Group http://www.rda.org.uk/locations/highland-group/# 01463 871061 chapeltonfarm@btinternet.com Groups, events and therapy are available at different groups. Please contact for more information.</p>	<p>Sport & Outdoor Activity</p>
<p>Ross County Football Club - Various Activities Victoria Park, Dingwall http://www.rosscountyfootballclub.co.uk/ Ryan.Farquhar@rosscountyfootballclub.co.uk <u>Football Fans In Training</u> (FFIT) is a health and wellbeing initiative targeting male & female fans aged 35-65 that are keen to lose weight. FFIT covers healthy eating, portion control, drinking and increasing physical activity through various practical and classroom sessions delivered by Ross County coaches. <u>Football Memories</u> The project is a partnership between Alzheimer Scotland and the Scottish Football Museum, and is supported by the players of the People's Postcode Lottery and BUPA Care Homes. <u>Walking Football</u> Walking football is a slower paced version of 'the beautiful game'. It enables older people to return to a sport they once loved or to try out a new activity that suits their fitness levels.</p>	<p>Sport & Outdoor Activity</p>
<p>Ross Sutherland Rugby Club Naval Grounds, Castle Road, Invergordon http://www.rosssutherlandrugby.com/ 01349 852136 Contact through website Senior, Junior, Mini and Ladies teams.</p>	<p>Sport & Outdoor Activity</p>
<p>Ross Sutherland Seniors Golf Society Sea Craig, 22 Academy Street, Fortrose http://www.spanglefish.com/RSSGS/ Contact through the website If you are a male aged 60 years or over and a member of one of our affiliated golf clubs namely Royal Dornoch, Fortrose & Rosemarkie, Muir of Ord, Brora, Invergordon, Tarbat, Alness, Strathpeffer, Tain, Golspie, Ullapool and Bonar Bridge, then you are automatically entitled to join the Ross & Sutherland Seniors Golf Society. As a society we play a stableford round of golf at each of our affiliated clubs, eleven in total, of which two are mixed competitions. We do not play for any financial remuneration more for the enjoyment of meeting fellow members, visiting our fellow Highland golf courses. The current fees are a one off £10 joining fee thereafter a £3 annual membership. When we play at one of our affiliated golf clubs it costs £13.00 for a round of golf of which £11.50 goes to the local club (green fee) and £1.50 goes to Charity</p>	<p>Sport & Outdoor Activity</p>
<p>Seaboard Indoor Bowlers Seaboard Memorial Hall, Balintore http://www.seaboardcentre.com/regular-group-users/ 01862 832888 Monday 2.00pm - 4.00pm</p>	<p>Sport & Outdoor Activity</p>

Seaboard Lau Gar KungFu- Martial Arts

Sport & Outdoor Activity

Seaboard Memorial Hall, Balintore
<http://www.seaboardcentre.com/regular-group-users/>
 eskyrme@btinternet.com
 Adult Kung Fu: Monday 7 – 8.15 pm
 Age 4-7 Kids Kung Fu: Wednesday 4.15 – 5.15 pm
 Age 8-15 Kids Kung Fu: Wednesday 5.30 – 6.30 pm

St Duthus Bowling Club

Sport & Outdoor Activity

St Duthus Bowling Club, Chapel Road, Tain, Ross-Shire
<https://www.facebook.com/stduthusbowlingclub/>
 07835 110029
 brianswanson1988@gmail.com

Step it Up Highland

Sport & Outdoor Activity

31- 33 Wells Street, Inverness, IV3 5JU
<https://www.pathsforall.org.uk/find-a-health-walk/highland/step-it-up-highland.html>
 01463 729 997

walking@paw.org.uk

Step it up Highland provides walks across Highland in 3 formats where need and Walk Leaders are available:

Step Out (SO) - short walks for the less able

Step It Up Highland (SIUH) - core Health Walks of up to an hour

Step It Up Further (SIUF) - walks for those who have progressed to manage up to a 2 hour Health Walk.

To find out more, please view the directory of walks icon Step it Up Highland Walk Directory available on the website

Tain Kempo School

Sport & Outdoor Activity

Tain Royal Academy Gym, Scotsburn Road, Tain
<http://www.kempo.co.uk/>
 0845 838 5156
 Tuesdays 6.30pm
 Kids, Teens and Adults Kempo lessons

Tain Tennis Club

Sport & Outdoor Activity

Knockbreck Road, Tain
<https://clubspark.lta.org.uk/TainTC>
 taintennis@gmail.com

Our 'Club Play' sessions to which members are always welcome are:

Tuesdays 4.30 (Juniors) Tuesdays 7.30 (Adults) Thursdays 7.30 (Adults) Fridays 1.30 (Ladies) Sundays 10.30 (Adults)

Provides tennis facilities to members of the club and community by offering coaching, tournaments, open days, match and general play. Club times are Monday 7.30pm, Wednesday 7.30pm, Sunday 2.30pm. Other times available for coaching. Court key available from The Royal Hotel, Tain IV19 1AB. £5.00 per person per day.

TRACC

Sport & Outdoor Activity

TRACC, Tain Royal Academy
<https://www.highlifehighland.com/tracc/all-classes/>
 01862 893767

Membership to Highlife Highland is £30 per month for a family or £20 per month for an individual Or those with a qualifying benefit can pay 50p per activity.

Activities Include: Parent and Baby lessons, Yoga, Spin Fit, Body Tone, UTime Lessons, Supple & Strong, Pilates, Otago, Indoor Cycling, Zumba, Yoga and Meditation etc.

Wester Ross Green Gym

Sport & Outdoor Activity

<http://www.tcv.org.uk/>
 01463 811967
 r.thomas@tcv.org.uk

Green Gyms are fun and free outdoor sessions where you will be guided in practical activities such as planting trees, sowing meadows and establishing wildlife ponds. Unlike other conservation projects, the emphasis is very much on health and fitness - volunteers warm up and cool down in preparation for a range of light to vigorous activities to suit all abilities. In fact, almost a third more calories can be burnt in some Green Gym sessions than in an average aerobics class!

Ablecare

Support & Information

Seaford Road Inverness
www.ablecare.co.uk 01463 233 900 inverness@ablecare.co.uk
 Mon- Fri 0900 - 1700; Saturday 0900-1300
 Supplier of daily living aids, mobility equipment, specialist furniture and stairlifts.

Advocacy Highland

2 Seafield Road, Inverness, IV1 1SG
<http://www.advocacy-highland.org.uk/>
 01463 233 460
info@advocacy-highland.org.uk

Do you sometimes find it hard to speak up? Do you feel no-one listens to what you say? Advocacy Highland can help you have your voice heard.'

Support & Information

Age Scotland

Causeway House, 160 Causewayside, Edinburgh
www.ageuk.org.uk/scotland
 General Enquiries: 0333 32 32 400 Age Scotland Helpline: 0800 12 44 222
info@agescotland.org.uk
 Helpline: Monday - Friday 0900-1700

Age Scotland website has a number of resources and support for older people with a well informed helpline.

Support & Information

Alcohol Anonymous

<https://www.alcoholics-anonymous.org.uk/AA-Meetings/Find-a-Meeting>
 National Helpline 0800 9177 650
 First Monday of the month 2.00pm - 4.00pm
 Golspie, Lawson Memorial, Sunday 8.00pm
 Tain, St Andrew Episcopal Church, Friday 7.30pm
 Ardgay, Church of Scotland Hall, Wednesday 8.00pm
 Strathpeffer, Church of Scotland Hall, Thursday 8.00pm

Support & Information

Alcohol Counselling Service Ross & Sutherland

St Duthus House, St Duthus St. Tain
www.acsrs.org.uk
 01862 894 097
info@acsr.org.uk

Various but accessible on the website

ACSRS is a Scottish Charitable Incorporated Organisation registered with the Charity regulator that believes that people have the capacity to change. We are passionate about providing accessible high quality support services to individuals, their families and carers affected by alcohol and/or drug use. They will offer one to one counselling session for people with an addiction problem.

Support & Information

Alzheimer Scotland Dementia Resource Centre

Dementia Resource Centre, Unit 2 Strother's Lane, Inverness
www.alzscot.org
 01463 711707
Highlanddrc@alzscot.org

Support & Information

Befrienders Highland

www.befriendershighland.org.uk
 01463 712 791

Service is for people over 18 who are lonely, isolated and have experience of mental ill-health, memory difficulties or dementia and for carers of people living with dementia. Face to face befriending involves regular meetings between you and a volunteer and can involve activities that you both enjoy. This is available Inverness, Nairn and Ardersier. Alternatively a phone service can also be available. For carers may be befriended by phone, letter, email or to give you 'me time'; to socialise.

Support & Information

Birchwood Highland

59 Tomnahurich Street, Inverness
www.birchwoodhighland.org.uk
 01463 236 507
 Contact through the website
 9am - 5pm

Offer a range of services for mental health recovery including: Recovery centre - residential unit, care at home, housing support, self directed support, dementia and services for young people.

Support & Information

Calman Trust

Support & Information

<http://www.calman.org>

Housing Support - 01349 883388

Housing Support - doreen@calman.org

Training - 01349 855200

Training - training@calman.org

H-Eatwell and Cookwell - 07730 141512

H-Eatwell and Cookwell - food@calman.org

Housing Support is available to young people aged 16-25 who are homeless, at risk of homelessness or who just need practical support with the responsibilities involved in running a household. Calman training is for young people aged 14-25 who are about to leave school or have left school and are unemployed. Here, young people can learn the skills needed to find and keep a job. We offer a range of accredited training for young people at all levels. Our various Cooking services are an opportunity for young people in the wider Highland area to learn the basics of good, healthy and affordable cooking. Young people can join a group in Inverness, Invergordon, Dingwall, Golspie, Aviemore, Fort William or Portree to learn how to prepare great food, get a free recipe book and enjoy sharing a meal in a relaxed setting with our team. Our H-eatwell project, delivered in partnership with Changeworks, also offers advice on getting the most from your heating bills.

Capstone Foodbank

Support & Information

Capstone, Alness

<http://www.rosskeenfreechurch.co.uk/events>

01348 852406

Tuesday and Friday 11am - 1pm

Carr Gorm, Inverness

Support & Information

www.carrgomm.org

01463 242 112

Working in partnership with Highland Council and NHS Highland we support both children and adults with a spectrum of support needs. Specific services include:

Caitness, East Ross, Inverness East, Inverness West, Lochaber, Mid and West Ross, Nairn, Ardersier, Badenoch & Strathspey and Skye & Lochalsh providing respite care in people's own homes.

All our services are all able to support people from any client group within their geographical area.

We welcome opportunities to support new individuals and are happy to take referrals, or for people who are self-directing their support, our Self-Directed Support Manager is happy to discuss this.

CCAST Highland

Support & Information

27 Lamington Street, TAIN

www.ccast-highland.co.uk

01862 328006 / 07708 583 962

office@ccast-highland.co.uk

About CCAST Highland

A social enterprise company with charitable status

A recognised and registered service provider with the care commission. A Christian community housing support service that recognises the potential value of each client referred to the service respecting and acknowledging the needs of all faiths and of none. A charitable organisation, please see the help us page for more information or to make a donation

Citizens Advice Bureau

Support & Information

Suie House, Market Square, Alness

Units 1 & 2 Market Street Tain

2 Achany Road, Dingwall

<https://www.rossandcromartycab.org.uk>

01349 864850

Alness

Monday: 10am-2pm (Appointments only)

Tuesday: 10am-2pm (Appointments and Drop-in)

Wednesday: 4pm-7pm (Appointments only)

Thursday: 10am-2pm (Drop-in)

Friday: 10am-2pm (Drop-in)

Dingwall

Tuesday: 10am-2pm (Drop-in)

Thursday: 10am-2pm (Appointment)

Companas Cottage - Support in Mind

Support & Information

83 High Street, Alness

<https://www.supportinmindscotland.org.uk/ross-shire-service-alness>

01349 884566

companas@supportinmindscotland.org.uk

Monday – Friday: 11:00am – 1:00pm and 1:30pm - 3:30pm

The Ross-shire Service is based at Companas Cottage, Alness. The Cottage is a resource centre offering support to people affected by mental ill health. We offer a variety of different activity and skills development groups, self-management and recovery focused groups and peer support along with a social hub for chatting and making friends. We also offer a range of outings along with social events and informational talks. Voluntary work opportunities are provided too within the Cottage. Our Outreach Service is also based at Companas Cottage but reaches out to people across Easter Ross. This service offers intensive 1-1 support, using community venues or meeting people in their own homes.

Companas House Alness- mental health

Support & Information

83 High Street, Alness

<http://www.supportinmindscotland.org.uk/information-and-support/services/companas-cottage-alness>

01349 884566

companas@supportinmindscotland.org.uk

The Cottage is a resource centre offering support to people affected by mental ill health. We offer a variety of different activity and skills development groups, self-management and recovery focused groups and peer support along with a social hub for chatting and making friends. We also offer a range of outings along with social events and informational talks. Voluntary work opportunities are provided too within the Cottage.

Our Outreach Service is also based at Companas Cottage but reaches out to people across Easter Ross. This service offers intensive 1-1 support, using community venues or meeting people in their own homes.

Opening hours: Monday – Friday: 11:00am – 1:00pm and 1:30pm - 3:30pm

Connecting Carers

Support & Information

www.connectingcarers.org

01463 723 561

gmacleod@connectingcarers.org.uk

Generally Office Hours

There are various support groups for carers in Aviemore, Dingwall, Dornoch, Fort William, Inverness, Nairn, Thurso and a new group in Mallaig and Arisaig. The groups meet at different frequency so its an idea to check the next meeting date directly with Connecting Carers.

Cruse Bereavement Care Helpline

Support & Information

www.crusescotland.org.uk

0845 6002227

The support we offer is through:

Telephone support - National helpline - 0845 600 2227

Face-to-face support - find out about this via the Helpline

Leaflets; Support Groups; Support for children and young people -for online help we suggest The Little Website the Cruse Bereavement Care website - Hope Again and also Fischy Music

D-CAFF Alzheimer Scotland Dementia Café - Avoch

Support & Information

Church Of Scotland Parish Hall, Rose Street, Avoch

http://www.alzscot.org/services_and_support/search/2259_d-caff_black_isle_dementia_caf

01463 711707

Fortnightly on Thursdays 10.30am - 12.00pm

The café is open to anyone with dementia and their carers whether they live in the area, are on a day out or on holiday, so why not come along for a cuppa and a blether?

Deaf Action

Support & Information

<http://www.deafaction.org.uk/>

0131 5563128 Text Phone: 0131 5570419 SMS:07775620757

admin@deafaction.org

Deaf Action delivers a range of services to the estimated 950,000 people in Scotland with sensory support needs, including those who are blind, partially sighted, deaf, deafblind and hard of hearing. As part of a Scottish Government funded project we are establishing a benchmark for future dual sensory loss services in Scotland

<p>Dingwall Dementia Carers Group Dingwall Dementia Resource Centre https://www.alzscot.org/services_and_support/search/2260_dingwall_dementia_carers_group 01349 808650 sgoller@alzscot.org Meets third Wednesday of the month from 2.30pm - 4.00pm Do you care for someone with dementia? Would you like to meet other carers for support, a chat and a brief time away from your caring role? Anyone with a relative or friend with dementia is welcome to come along.</p>	Support & Information
<p>Easter Ross Parkinson's Support Group Kendal Community Hall, Kendal Crescent, Alness http://localsupport.parkinsons.org.uk/provider/easter-ross-support-group 0344 225 3663 vc.scotland3@parkinsons.org.uk Monthly, 2nd Tuesday of every month 12noon - 2pm Irene Mackintosh is the main contact.</p>	Support & Information
<p>Friendship Services Various http://www.friendship-services.com/ 01463 790410 Contact through website Various opening hours Friendship Services run a number of services including, Inverness Men's Shed, Morning Call, Home Library Service. Please check their website for more details.</p>	Support & Information
<p>Grumpy Gaspers- Invergordon hospital. Community Hospital Invergordon https://www.chss.org.uk/group/grumpy-gaspers/ Contact through website Two Thursdays a month, 3.00pm - 4.30pm Peer support group for people with COPD and other long term conditions</p>	Support & Information
<p>Handyperson Scheme ILM (Highland), Unit 1G, Teaninich Industrial Estate, ALNESS http://www.ilmhighland.co.uk/home-improvement-services/handyperson/ 01349 884774 ilm@ilmhighland.co.uk What is the Handyperson Service?: The Handyperson Service provides practical help with odd jobs and small repairs around the home, which you might find difficult if you are older or have a disability. Who can use the service?: You may be eligible if you are aged over 65 or have a disability, and You live in Ross and Cromarty, Sutherland, or Moray (Highland Veterans Handyperson Service only) What does it cost?: You will only be charged for the cost of any materials that are needed to do the job. You will not be charged for the Handyperson's time or for the cost of them travelling to and from your home.</p>	Support & Information
<p>Highland Homeless Trust (Gateway) David Whyte House, 57 Church Street Inverness http://homelesstrust.org.uk/ 01463 718693 office@homelesstrust.org.uk Gateway Highland offer housing support, care at home and help with temporary accommodation.</p>	Support & Information
<p>Highlife Highland Adult Literacy The Old Library, Tulloch Street https://www.highlifehighland.com/adult-learning/ 01463 251277 We can help with: Increasing confidence in learning; Reading, writing and spelling; Using numbers; Learning English as a Second or Other Language; Gain SQA Core Skills qualification</p>	Support & Information

HUG Action for Mental Health

Support & Information

SPIRIT Advocaty, 23 Lotland street, Inverness

<http://www.hug.uk.net/>

(01463) 719366

hug@spiritadvocacy.org.uk

Our main aim is to improve the way in which we, as users of mental health services, are treated by campaigning to improve the rights, services and treatment of people with mental health problems, and to challenge stigma and discrimination. They do this through both collective advocacy and tackling discrimination and stigma.

Ilm (Highland)

Support & Information

Unit 1G , Teaninich Industrial Estate , Alness Ross-shire

www.ilmhighland.co.uk/

01349 884565

rosscare@ilmhighland.co.uk

ILM now delivers housing related services for older people and those with a disability through our Handyperson and Care and Repair services.

Inverness ME, Fibromyalgia and CFS Support Group

Support & Information

Chieftain Hotel, Milburn Road, Inverness

01463 238533

1st Wednesday of the month, except January when it is the second from 1300 -1500

Additional Contacts - Fiona 01463 220757 and Margaret 01463 417 321

Legion Scotland Dingwall Branch

Support & Information

High Street, Dingwall

<https://www.legionscotland.org.uk/dingwall-branch-club>

01349 863 278

Morning Call

Support & Information

8 Ardross Terrace, Inverness IV3 5NW

<http://www.friendship-services.com/>

Contact through the website

The Morning Call Service provides a daily telephone call to individuals who live alone who wish the reassurance of knowing that they will be contacted each day to make sure they are not in difficulty. Unlike most alarm systems, the initiative for making the contact lies with the service not the individual. All 'clients' receive a telephone call from Morning Call each day of the year between 8 am and 10 am. The service is free to recipients. If a call goes unanswered it is repeated after an interval and if it remains unanswered action is taken. In most cases this consists of contacting a relative, friend or neighbour nominated by the recipient. Applications should be completed for referral to the services and are available to download from the website.

Pet Fostering Service

Support & Information

www.pfss.org.uk

Tel: 0844 811 9909

info@pfss.org.uk

PFSS provides a unique service, supporting pet owners who are in one of the following emergency situations:

Ill health; Temporary homelessness; Domestic abuse. If a pet owner is in one of these situations and is unable to afford boarding fees or arrange any other care for their pet, then PFSS will try to help. PFSS does not operate a boarding centre or kennels but relies solely on volunteers who welcome the pet into their own home.

Puffin Hydro-Therapy Pool Dingwall

Support & Information

Ferry Road, Dingwall

<http://www.puffinpool.co.uk/>

01349 864414

Contact/Refer through Website

Hydrotherapy is recommended by doctors and physiotherapists to speed up rehabilitation after injuries and operations and as part of self-care for painful long term conditions. If you have a painful or disabling condition affecting your joints, bones, muscles or neurological system, hydrotherapy might help.

Red Cross - Connecting Communities Inverness

Support & Information

Unit C3, Cradlehall Business Park, Caulfield Road North, Inverness

<http://www.redcross.org.uk/Where-we-work/In-the-UK/Scotland/Northern-Scotland>

Tel: 01463 796620

connectinverness@redcross.org.uk

Services include: meeting new friends; connecting with local activities and services; rediscovering interests and finding new ones; building confidence

Ross & Cromarty Disability Access Group

Support & Information

c/o Shiela Fletcher, Bellsyde, Drummond Road, Evanton, IV16 9UT
01349 830724
Smif7@aol.com

Access Panels work to improve physical access and wider social inclusion in their local communities. They are made up of groups of local volunteers, including disabled people, who come together to improve access in their local communities. This doesn't just mean access to the built environment. Access Panels are increasingly concerned with 'access' in the fullest sense, including: roads; employment; education; health; transport; the countryside and leisure and recreation, etc.

Ross & Cromarty Sports Council

Support & Information

www.ross-sport.org
info@ross-sport.org

If you live in Ross-shire then your Club can apply for Membership of the Sports Council. The benefits of up to £750 of funding are well worth the £25 Annual membership fee.

Individuals who are resident in Ross-shire can apply for funding for Coaching, Excellence and Travel provided they are members of a Sport Club which has its base in the Highland Area. However any application for a grant must be submitted by their member club.

Ross-shire Womens Aid

Support & Information

The Square, George Street, Dingwall
<http://www.rosswa.co.uk/>
01349 863568

info@rosswa.co.uk

Offer a wide range of support to women and children affected by Domestic Abuse. Currently, in addition to the refuge, they offer one to one and group support.

Royal British Legion Dingwall Branch

Support & Information

High Street, Dingwall
<https://www.legionscotland.org.uk/dingwall-branch-club>
01349 863278

Pension and advocacy service; helping with war disablement pension, compensation scheme, war widows pension, allowances etc. Also they provide support visits to individuals, a chance to chat and look at linking you into services in the community.

RSABI

Support & Information

<http://www.rsabi.org.uk>
0300 111 4166
gatepost@rsabi.org.uk

RSABI is confidential and non-judgemental. We are here to support people who have been involved or still involved in farming, crofting and growing, or the their dependents. We can help by offering one-off grants, regular grants or non-financial support through our helpline.

Scottish Health Council (Highland)

Support & Information

Southside Lodge. 45 Southside Road, Inverness, IV2 4XA
<http://www.scottishhealthcouncil.org>
01463 723930

highland@scottishhealthcouncil.org

Promote and support patient involvement in public health planning.

Shopmobility Highland

Support & Information

Shopmobility Highland
Nicol's Court
Dingwall
<http://www.shopmobilityhighland.co.uk/>
Tel: 01349 866040

Contact through website

Providing powered scooters and wheelchairs to anyone with mobility problems, with an annual registration fee of £10, thereafter it is donations only. This helps to give people who have limited mobility, long or short term, or visual/hearing impairments access to shops and use of other facilities in their town centre. Shopmobility also provides a mini bus service in Inverness, Dingwall and surrounding areas. Volunteers are also needed.

Silver Line Scotland

<http://www.thesilverline.org.uk/silver-line-scotland/>

Tel: 0800 4708090

24 hrs

The Silver Line is the only free confidential helpline providing information, friendship and advice to older people, open 24 hours a day, every day of the year.

Support & Information

SSAFA Forces Help Ross-Shire

<https://www.ssafa.org.uk/>

01381 620 674

okain@btinternet.com

SSAFA provides lifelong support to anyone who is currently serving or has ever served in the Royal Navy, the Royal Marines, the British Army or the Royal Air Force. This includes, but isn't restricted to, buying household items, support for transitioning back into civilian life, housing and homelessness, mobility and mental health.

Support & Information

The Richmond Fellowship

http://www.trfs.org.uk/in_your_area/124_north_regional_office_inverness_highland_housing_support

01463 239933

nmaclean@trfs.org.uk

Specialisms: Alcohol and Drug misuse, Autistic Spectrum Disorder, Challenging behaviour, Learning Disability, Mental Health, Personalised support

Support & Information

Victim Support

Fairways House, Inverness

<http://www.victimsupportsco.org.uk/>

Helpline (costs) 0345 603 9213 LOCAL TEL 01463 258834

victimsupport.highland@victimsupportsco.org.uk

Tuesdays and Thursdays 4pm - 6pm

various support, both practical and emotional is available.

Support & Information

Witness Service [witness support]

Sheriff Court House, The Castle, Inverness, IV2 3EG

<https://www.victimsupportsco.org.uk/help-for-witnesses-of-crime/ourwitnessservice/>

01463 242 240

witnessservice.inverness@victimsupportsco.org.uk

1st Thursday of the month

If you are attending court as a witness to a crime, volunteers from Victim Support Scotland's witness service will be available to help you on the day. This includes visiting the court in advance so witnesses feel more confident about their role.

Support & Information

Highlands & Islands Tape Service For The Blind & Disabled

33 Wells St, Inverness, Inverness-shire, IV3 5JU

01463 242600

Support & Information



Inverness and Inverness-shire A-Z

50+ Fitness Session

Sport & Outdoor Activity

Inverness Leisure Centre, Bught Lane, Inverness, IV3 5SS
<http://www.invernessleisure.co.uk/facilities/sports-centre/>
01463 667500

info@invernessleisure.co.uk

Mon, Wed, Fri - 10.15-11am

Fitness, Exercise Class, Over 50 activities

Gentle, dynamic movements set to easy listening music. Ideal for improving mobility and flexibility. Contact Kirsty Nicholson

50+ Kandu Club

Social

Hilton Community Centre, Hilton Village, Inverness, IV2 4HT

<http://www.hiltoncommunitycentre.org/about-the-centre/centre-classes-and-activities/>

01463 221694

hiltoncc@highlifehighland.com

Mondays 2-4pm.

bingo, talks, walks, over 50 activities

We have talks, demos, trips out and bingo once a month. If you enjoy meeting people and making new friends over a good cup of tea and a biscuit, then come along and join in. Contact Gillian

Abriachan Forest Trust

Sport & Outdoor Activity

Wester Ladycairn, Abriachan, Inverness

www.abriachan.org.uk

01463 861 259

visit@abriachan.org.uk

explore and enjoy the forest, and find out more through the community involvement training

Explore the varied habitats in Abriachan - the hill top bogs and heather moorland, peaty lochs, the burns, the woodland and gorges. Discover how sensitive management is making a difference for biodiversity.

Active Scotland

Community

online directory

www.activescotland.org.uk

Find activities close to your home

Postcode search

ActivNess

Sport & Outdoor Activity

activness.org

info@activness.org

Stepping Stone Coaching and Equipment Library to help the inactive become more active

Our coaching services are aimed specifically at those who experience chronic stress, anxiety, or depression. We also offer coaching to anyone who may want a little more help or understanding when it comes to enjoying a more active life.

Adult Country Dancing

Sport & Outdoor Activity

Crown Church, Kingsmills Road, Inverness, IV2 3JT

<http://www.crown-church.co.uk/index.asp?pageid=417427>

01463231140

Wed, 7.30-9pm

gentle exercise, company, dance, country dance, Social Exercise

Wednesdays, 7.30-9.30 pm in the Upper Hall at Crown Church. Very sociable activity suitable for all ages and levels of ability and fitness. You don't need experience and you don't need a partner. . Contact Katharina Nimmo 01463 231140

office@crownchurch.orangehome.co.uk

Aigas Community Forest

Interest

North View, Crask of Aigas, Beauly, Inverness-shire

www.aigasforest.org.uk

We are a community run social enterprise managing the 260ha Aigas Forest as a productive, working forest providing social, economic and environmental benefits for residents of and visitors to Lower Strathglass.

Adults Aerobics	Community
<p>Charleston Academy Community Complex, Inverness, IV3 8ET https://www.facebook.com/pages/charleston-academy-community-complex/470408369704894 01463 220128 caroline.keiro_kirk@btinternet.com Mondays 6 to 7.30pm Fitness, physical activity, exercise, relaxation, be active, aerobic exercise for seniors. Contact Caroline Keiro</p>	
Aqua Aerobics	Sport & Outdoor Activity
<p>Inverness Leisure Centre, Bught Lane, Inverness, IV3 5SS http://www.invernessleisure.co.uk/facilities/sports-centre 01463 667500 info@invernessleisure.co.uk monday-8.15-9pm, Tuesday-9.45-10.30am Fitness, Exercise class, Aqua Aerobics A fun, energetic class which is kind to the joints and suitable for all fitness levels and abilities. Aqua Aerobics is also beneficial to those rehabilitating from injury. Contact Kirsty Nicholson</p>	
Ardersier And District Senior Citizens Social Club	Social
<p>18 Reaybank Road, Ardersier, Inverness 01667462428 2-4pm every second Friday promoting the welfare of older members of the community through social gatherings and talks meetings held at the senior citizens hall, clachan road, Adersier, IV2 7SS</p>	
Ardersier Boat Club	Sport & Outdoor Activity
<p>61-62 High Street, Ardersier https://www.facebook.com/ardersierboaty/ ardersierboatclub@outlook.com Ardersier Boat Club (ABC) aims to bring people together for fun, fitness and socialising with other coastal communities. With our boats and barbeque, and regular Beach Cleans, we are keen to support safe boaty activities and environmental awareness in Ard</p>	
Ardersier Lunch Club	Social
<p>Adersier War Memorial hall, Adersier, IV2 7SU https://www.facebook.com/pages/Ardersier-War-Memorial-Hall/497567986981399 01667 462 701 lunch club, social, friendship. Meets weekly in Memorial Hall. Contact Pat Barrett 01667 462 701</p>	
Art Class	Interest
<p>Balnain, IV63 6TJ 01456 476240 Wednesdays, 2-4pm art, drawing, painting Art Class Wednesdays 2 to 4pm. Contact Anna Macdonald</p>	
Aulnaskiach Dell SCIO	Community
<p>Moorlands, 11 Drummond Road, Inverness http://aulnaskiachdell.blogspot.co.uk/ info@aulnaskiach.org.uk Community Woodland: information on their activities are recorded on their blog. Opportunities to get involved should be checked with the group directly.</p>	
Balloch Badminton	Sport & Outdoor Activity
<p>Balloch Village Hall, IV2 7HQ http://ballochhall.co.uk/wordpress/?page_id=32 01463 792234 Weekly (term time only) Thursday 7.30pm - 9pm Badminton club</p>	
Balloch Brownies	Children & Young People
<p>Balloch Village Hall, IV2 7HQ http://ballochhall.co.uk/wordpress/?page_id=33 01463 793743 jenny.card@btinternet.com Weekly (term time) Wednesday 5.15pm - 6.45pm</p>	

<p>Balloch Indoor Bowling Club Balloch Village Hall, IV2 7HQ http://ballochhall.co.uk/wordpress/?page_id=32 01463 790446 allan.m.robertson@talk21.com Weekly (Sept. - April) Tuesday and Friday 7.30pm - 9.30pm bowling, indoor bowling, bowls</p>	Sport & Outdoor Activity
<p>Balloch Toddlers Balloch Village Hall, IV2 7HQ http://ballochhall.co.uk/wordpress/?page_id=33 01463 791915 Weekly (term time only) Thursday 10am - 12noon mother and toddler group. Socialising for parents/carers and peer interaction for the toddlers</p>	Children & Young People
<p>Barn Church Arts and Crafts Club Barn Church, Culloden House Avenue, Culloden, Inverness, IV2 7AB http://www.barnchurch.org.uk/whats-on/fellowship-food-fun/ 01463 798946 admin@barnchurch.org.uk Every second Wednesday morning 10.00 to 12.00 Arts and Crafts, embroidery, genealogy, card making, hobbies. Every second Wednesday morning 10.00 to 12.00 come along and try your hand at card making, sketching, sewing, photography, computing, genealogy, music. Anyone welcome. No charge, donations welcome. Contact Mr Paul Haringman 01463 798946 cw@barnchurch.org.uk</p>	Interest
<p>Barn Church Coffee Morning Barn Church, Culloden House Avenue, Culloden, Inverness, IV2 7AB http://www.barnchurch.org.uk/whats-on/fellowship-food-fun/ 01463 791556 admin@barnchurch.org.uk Every second Wednesday morning 10 – 11.30am The Barn is open for coffee and chat (alternates with Crafts and Hobbies Workshop). All welcome – a place to meet old friends and new, and free wifi access is available. Contact Dorothy Maclellan</p>	Social
<p>Barn Church Lunch Club Barn Church, Culloden House Avenue, Culloden, Inverness, IV2 7AB http://www.barnchurch.org.uk/whats-on/fellowship-food-fun/ 01464 791556 admin@barnchurch.org.uk Every Thursday, 12 noon - 2pm Open to all older people of communities of Smithton, Culloden and Balloch. Lunch served 12.30 every Thursday followed by praise, prayer and speaker of varied interests. Various outings also arranged. Lifts to and from the club available. Contact Dorothy Maclellan 01463 791556 admin@barnchurch.org.uk</p>	Social
<p>Beauly and District Care Project - Afternoon Teas Kilmorack Kilmorack Hall https://kilmorackcc.org/beauly-cares/ 01463 782496 3rd Tuesday of the month. Cost £1.50 per person</p>	Social
<p>Beauly and District Care Project - Afternoon Teas Kirkhill Kirkhill Community Centre https://kilmorackcc.org/beauly-cares/ 01463 782496 Last Thursday of the month, 3pm. Cost £1.50 per person</p>	Social
<p>Beauly and District Care Project - Lunch Church of Scotland hall, Croyard Road, Beauly beaulycare.org 07745904617 bdcareproject@yahoo.com Monday 1pm - 2.30pm lunch with musical entertainment, cost £4 and transport is usually available via volunteer driver scheme.</p>	Social

Beauly Men's Shed Interest
 Beauly Shinty Clubhouse, beauly
<https://kilmorackcc.org/beauly-cares/>
 01463 782989
 jamesmclardy02@hotmail.com
 Fridays, 10am - 12noon; Tuesday 2pm - 4pm
 Meet in the old shinty building, teas, coffee and chat always available. Working on the building and projects as agreed within the group.

Befrienders Highland Limited Support & Information
 1st Floor, 42 Academy Street, Inverness
www.befriendershighland.org.uk
 01463 712791
 Contact through the website
 Various befriending services both for groups and individuals, please see website for more details and referral process.
 Volunteering opportunities available too.

Birchwood Highland Support & Information
 59 Tomnahurich Street, Inverness
www.birchwoodhighland.org.uk
 (01463) 236 507
 Contact through the website
 9am - 5pm
 Offer a range of services for mental health recovery including: Recovery centre - residential unit, care at home, housing support, self directed support, dementia and services for young people.

Black Isle Cares Support & Information
 62 Feddon Hill, Ross-shire
www.blackislecares.com
 Contact through the website
 Black Isle Cares is a charity registered in 2015 to facilitate improvement of care services on the Black Isle, especially for our older population.

Black Isle Men's Shed Interest
 Ness Cottage, Ness Road, Fortrose, Highland
<http://bimshed.uk/>
 Contact through the website
 BIMS is open to all men and we would welcome any help and support in these early days so just get in touch if you think you can help or if you think you might want to attend any of our meetings.

Blackthorn Allotments Association Interest
 83 Holm Farm Road, Inverness
https://www.facebook.com/pg/BlackthornAllotments/about/?ref=page_internal
blackthornallotments@outlook.com

Blythswood Care Support & Information
 Blythswood Depot, Highland Deephaven, Industrial Estate, Evanton, Ross-Shire
www.blythswood.org
 Various volunteer roles and the charity shops also offer quality second hand goods

Boleskine Community Care Support & Information
 Garradh Beithe, Lochgarthside, Gorthleck, Inverness, Highland
www.boleskine-communitycare.org.uk
 01456 486247
 Contact through the website
 The Hub is open Tuesday and Thursday 10am - 3pm
 Boleskine Community Care (BCC) works innovatively bringing together private and voluntary sectors to successfully deliver a range of care and support services in the Stratherrick and Foyers community. They provide Care at Home and Volunteer Services which

Bridge Club Interest
 Phipps Hall, Station Road, Beauly
 01463 783774
 Tuesday 7pm - 10pm
 card games, over 50s activity, bridge

<p>Caring And Sharing Highland 54 Culcabock Avenue, Inverness http://www.caringandsharing.co.uk/index.asp 01463 226404 izzie.macdonald@talktalk.net The organisation aims to support unpaid carers and vulnerable older people with a view to improving their quality of life. Volunteering opportunities to help them raise money for local good causes.</p>	Support & Information
<p>Coach House Retreat Centre The Coach House, Kilmuir, North Kessock, Inverness www.coachhousekilmuir.org 01463 731386 coachhouse@kilmuir.fsbusiness.co.uk Retreat centre offering everything from individual retreats through to group, themed and workshop based retreats. Fees are applicable but grants may be available so best to get in touch.</p>	Interest
<p>Coille Alba The Old School, Erroglie, Inverness www.coillealba.org.uk john.parrot@coillealba.org.uk Small not-profit-sharing organisation based in Inverness. Our mission is to support the sustainable management of native woodlands for the benefit of woodland owners, local communities and the wider public. They are looking for volunteers who could help</p>	Interest
<p>Comann Nam Parant (Naiseanta) 5 Caolshraid Mhicheil, Inbhir Nis, Siorrachd Rois https://www.parant.org.uk/index.php Contact through the website national organisation which offers advice and support on Gaelic medium education to parents.</p>	Support & Information
<p>Cradlehall Senior Citizens Club Cradlehall Primary School, Cradlehall Park, Inverness, IV2 5DB 01463790620 2-4pm, 1st +3rd Thursday each month older people, be social, friendship, social club, senior citizen Senior Citizens Club - September to May. Just come along and enjoy a cuppa.</p>	Social
<p>Cradlehall Senior indoor Bowling Cradlehall Primary School, Cradlehall Park, Inverness, IV2 5DB 01463790834 or 01463 790620 contact by phone indoor bowling club, activity, sports, bowls Indoor bowling for seniors.</p>	Sport & Outdoor Activity
<p>Craigmonie Centre Adult Classes and Workshops Glen Urquhart High School, Drumnadrochit, IV63 6XA http://www.craigmoniecentre.co.uk/index.asp?pageid=972 01456459224 fran.davison@highlifeighland.com vary according to subject. adult learning, such as dance, gaelic classes etc. activities vary according to availability of instructors. Contact centre to check what is on.</p>	Interest
<p>Craigmonie Craft Club Glen Urquhart High School, Drumnadrochit, IV63 6XA www.craigmoniecentre.co.uk 01456459224 fran.davidson@highlifehighland.com 7-930pm, tuesdays a variety of crafting, tea & coffee and company</p>	Interest

<p>Crocus Group Unit 9 & 10, 20 Carsegate Road North, Carse Industrial Estate, Inverness www.crocusgroup.org.uk 01479714568 hannah@crocusgroup.org.uk helping and supporting bereaved children and young people</p>	<p>Support & Information</p>
<p>Croileagan Gaelic Playgroup Nairn Community & Arts Centre, King Street, Nairn www.nairncc.co.uk 01463453476 info@nairncc.co.uk mon-fri, 9.15-12.25am gaelic nursery school.</p>	<p>Children & Young People</p>
<p>Crown Church Band Crown Church, Kingsmills Road, Inverness, IV2 3JT www.crown-church.co.uk 01463 231140 Contact through the website or phone the office number given Practices are on Monday at 7pm</p>	<p>Interest</p>
<p>Crown Church Choir Crown Church, Kingsmills Road, Inverness, IV2 3JT www.crown-church.co.uk 01463 231140 Thursdays at 7pm in the Small Hall The choir has been going for many years. We have about 16 members and we aim to sing something every Sunday. We sing music from classical to modern, Mozart to African worship songs. We are always open to new members and are extremely friendly, caring people.</p>	<p>Interest</p>
<p>Crown Church Friendship Group Crown Church, Kingsmills Road, Inverness, IV2 3JT www.crown-church.co.uk 01463 231140 Fortnightly on Fridays 2-4pm September to April This Club is aimed at the 50+ age group both male and female and anyone (including people from other churches) is welcome. There is usually a speaker followed by afternoon tea and a time for fellowship together. Transport to and from the Club can be arranged.</p>	<p>Social</p>
<p>Crown Church Guild Crown Church, Kingsmills Road, Inverness, IV2 3JT http://www.crown-church.co.uk 01463231140 contact through website 7-9pm, 2nd and 4th Tuesday each month, October to March social, entertainment An opportunity for mostly ladies of the Church - and friends (men are also very welcome) to socialise and enjoy an evening's entertainment</p>	<p>Interest</p>
<p>Crown Church Knit and natter Crown Church, Kingsmills Road, Inverness, IV2 3JT www.crown-church.co.uk 01465 231140 Monday 2pm Please feel free to come along to the church lounge any Monday at 2pm to knit and natter. Please note there is also a sewing group on Thursday mornings but details need to be accessed via the church office</p>	<p>Social</p>
<p>Crown Corner Club c/o 5 Sunnybank Road, Inverness www.crown-church.co.uk 07796400625 2.45-5.45 mon-fri, term time:Holidays 8.30-5.30 (full day) 8.30-1 & 1-5.30 (half day timings) safe and secure child-friendly environment providing out of school hours and holiday child care</p>	<p>Children & Young People</p>

<p>Crown Church Mostly men crown Church, Kingsmills Road, Inverness, IV2 3JT http://www.crown-church.co.uk 01463231140 Meets the last Thursday of the month from 9pm mens friendship, men group, men social. What is it? It is a chance for, well, men mostly to meet for a blether over a drink at one of the pubs near the church. Sometimes we talk about weighty matters of religion or state but other times....we don't. So as to avoid accusations of excess, we meet just once a month, on the last Thursday from 9 pm onwards. There are no membership duties. Just turn up. The drink is Basically Beer, it must be said, but in a flood of political correctness, a Strong Sparkling water is quite in order. Originally conceived as an opportunity for fellowship for men on the fringes of the church and to give them a chance to get to know the minister better, it still has that aim but the membership is now as varied as the numbers, anything from three to thirteen currently. How hard it is to avoid the M word, membership! There is no membership of Mostly Men. You just turn up. Contact Katharina Nimmo</p>	<p>Social</p>
<p>Crown Church Mostly Women crown Church, Kingsmills Road, Inverness, IV2 3JT http://www.crown-church.co.uk 01463231140 meets last Wednesday of every month at 8pm (during term time) women social, needlecraft, sewing We meet at the Heathmount Hotel. Mostly Women is a social get together for anyone that wishes to come. The idea is to bring along your knitting, sewing or craft, have a coffee and cake and chat, exchange craft ideas and maybe learn a new skill. It is a mixed age range group. Contact Katharina Nimmo</p>	<p>Social</p>
<p>Croy Guild Croy Church Hall, Croy, Inverness, IV2 5PG 01667462081 2.30 -pm Tuesdays fortnightly social, entertainment</p>	<p>Interest</p>
<p>Croy Lunch Club IV2 5PG 01463791669 1-3pm, Wednesdays, fortnightly lunch club, friendship All welcome. Contact Margaret Johnston 01463 791669</p>	<p>Social</p>
<p>Cruse Bereavement Care Scotland Online Service www.crusescotland.org.uk 08456002227 support@crusescotland.org.uk Counselling, support, education and advice Self referral / any professional</p>	<p>Support & Information</p>
<p>Culcabock & Drakies Community Hall Association Grebe Avenue, Inverness, IV2 3TD 01463717433 supporting the community through the provision of a centre where many different groups meet, and is available for community and private hire.</p>	<p>Community</p>
<p>Culloden Moor Football and Coaching Club Balloch Village Hall, IV2 7HQ lee.macrae@outlook.com Saturday morning (term time) 9.30am - 11am football training</p>	<p>Sport & Outdoor Activity</p>
<p>Dalneigh 50 Plus Group James Cameron Community Centre, Limetree Avenue, Inverness IV3 5RH https://www.facebook.com/jccinverness 01463718773 jamescameroncc@highlifehighland.com 2-4pm, Thursdays during term time. Friendship and fun for older adults in Dalneigh area. We have a varied programme of activities including advice and information speakers, shopping trips, visits and talks from interesting people, games and activities, day trips, and we enjoy tea and cake together during the session. Contact Gail Smith</p>	<p>Social</p>

Dalneigh Bingo Interest
 James Cameron Community Centre, Limetree Avenue, Inverness IV3 5RH
<https://www.facebook.com/jccinverness>
 01463718773
jamescameroncc@highlifehighland.com
 7-9pm, last Friday of each month
 bingo, friendship
 Come and try your luck, fabulous prizes to be won at our extremely popular family bingo. Half way through we stop for tea and cake, or juice for the kids. It's really fun, and a great way to meet new friends. Organised and run by Dalneigh Residents Association. . Contact Colin Dingwall

Dalneigh Bowling Sport & Outdoor Activity
 James Cameron Community Centre, Limetree Avenue, Inverness IV3 5RH
<https://www.facebook.com/jccinverness>
 01463718773
jamescameroncc@highlifehighland.com
 2-4pm, Tuesday and Thursday
 Indoor bowling club, activity, sports, bowls, carpet bowls. On every Tuesday and Thursday, 2pm-4pm A great way to have gently exercise, for the body and the brain. We have sociable competition with each other, but its all in good fun. Stop for tea and cake half way through. Come along and try it, and meet new people.

Davidson (Nairn) Charitable Trust Community
 20 High Street, Nairn
 01667453278
info.nairn@r-r-urquhart.com
 Grants between £250 and £10.000 for the benefit of the community of Nairn area or district through the relief of poverty and needs of the elderly, provision of recreation and leisure in the interests of social welfare

Dementia Café Inverness Support & Information
 2 Strothers Lane, Inverness, IV1 1LR
<http://www.alzscot.org/>
 01463711707
jsykes@alzscot.org
 once a month on a Thursday afternoon. Contact for dates.
 dementia support, cafe
 Dementia Cafes exist to give you the chance to meet others dealing with the same experiences as you. They offer support and information in a relaxed cafe environment. Meetings usually take place once a month . Contact us in advance please.

Derby and Joan Club Social
 Telford Centre, Abertarff Place, Fort Augustus, PH32 4DR
 01320366278
 noon-1.30pm, Thursdays, monthly
 scrabble, whist, games
 Last Thursday EACH MONTH. Scrabble, whist followed by cup of tea. All seniors welcome. Contact Barbara Murray

Drakies Mature Movers Social and Active
 Grebe Avenue, Inverness, IV2 3TD
www.community-council.org/culcabockanddrakies
 01463221185
home.janet@btinternet.com
 1.45-3.45, Mondays
 Keep fit, exercise class, teas, social

Drakies Senior Bowling Sport & Outdoor Activity
 Grebe Avenue, Inverness, IV2 3TD
www.community-council.org/culcabockanddrakies
 01463237033
 7-9.30pm, Wdnesdays
 indoor bowling club
 September - April

<p>Drumnadrochit Toddler Group The Church of Scotland Hall, Drumnadrochit www.drumnadrochittoddlegroup.org info@drumnadrochittoddlergroup.org 9.45-11.45am, wednesdays and fridays mother and toddler group. Socialising for parents/carers and peer interaction for the toddlers</p>	<p>Children & Young People</p>
<p>Dunain Community Woodland 11 Balnafettack Road, Inverness www.dunainwood.co.uk The Fasgadh project has recovered the woods which are now accessible and available to the community and community groups</p>	<p>Community</p>
<p>Duncraig Bowling Club IV3 5DN http://www.cameronyouthcentre.org/about-the-centre/activities/noremacac@yahoo.co.uk Fridays at 5.45pm – 9.00pm. indoor bowling club, activity, sports, bowls Indoor bowling. Contact Cecille Cameron</p>	<p>Sport & Outdoor Activity</p>
<p>Easyline Inverness Leisure Centre, Bught Lane, Inverness, IV3 5SS http://www.invernessleisure.co.uk/facilities/sports-centre/ 01463 667500 info@invernessleisure.co.uk Monday & Wednesday 11.15-12 noon Keep Fit, Exercise Class. Resistance based class using intelligent machines: the more you push or pull, the greater the resistance. Excellent for beginners or injury rehabilitation. Contact Kirsty Nicholson</p>	<p>Sport & Outdoor Activity</p>
<p>Eden Court Highlands Eden Court Theatre & Cinema, Bishops Road, Inverness www.eden-court.co.uk 01463234234 boxoffice@eden-court.co.uk event dependant Eden Court runs shows, films, and classes in drama and dance throughout the year. Summer events for children.</p>	<p>Children & Young People</p>
<p>Family Prize Bingo IV2 4HT http://www.hiltoncommunitycentre.org/weekly-activities//centre 01463 712844 hiltoncc@highlifehighland.com 1st Friday of each month Bingo, Social, 50+ Activity Family Prize Bingo (Monthly) Once a month on a Friday (1st Friday) we have a Family Prize Bingo night open to all ages run by the centre. Contact Gillian</p>	<p>Interest</p>
<p>Feis Inbhir Narainn Cala Na Sithe, Gollanfield, Inverness www.nairnfeis.co.uk 07917724985 contact through the website classes throughout the year for all levels in fiddle, clarsach,guitar,accordion,whistle, keyboard and chanter also hold workshops, groupwork, jam sessions and ceilidh</p>	<p>Interest</p>
<p>Florians Drama Club Florians Theatre, Bught Drive, Inverness, IV3 5ST http://www.florians.org.uk/ secretary@florians.org.uk Based around productions and times are not set. Advise that contact is made through the website Amateur Drama Club based in Inverness with roots that go back to the entertainment of troops stationed in the town in WW2. You can get involved as a 'Friend' of the small theatre. A youth group meets weekly on Monday 6.00pm 7 .30pm and uses drama base</p>	<p>Interest</p>

<p>FlyTying Group Bught Stop, Torvean Avenue, Inverness 01463 711784 Thursdays, 7.30pm fly tying, fishing, angling, fishing flies The classes are held in the Bught Stop on Torvean Avenue, Inverness. John and his fellow instructors – who include David Wade, David Kinghorn and Bill Malcolm – pass on the secrets of tying the top trout and salmon flies. Total proceeds from a charge of £1.50 per person per night goes to defraying the costs of Christmas and Easter parties for local children. Contact John Sinclair</p>	<p>Interest</p>
<p>For the Right Reasons 38/40 Grant Street, Inverness ftrr.org.uk 01463237969 fortherightreasons@rocketmail.com to support people in the inverness area who have had the courage to free themselves from drug and alcohol abuse. We provide work in our print shop, charity shop and recycling centre as a means to help people build self esteem, learn new skills and strengt</p>	<p>Support & Information</p>
<p>Free North Church Activity Group Bank Street, Inverness, IV1 1QU http://freenorthchurch.org/whats-on/ 01463 231981 colin.macleod@freenorthchurch.org fourth Tuesday of the month 10.00-11.30am activity, crafts, tea, social On the we run a Hobby Group in the hall. The focus of this group is to enjoy one another’s company and engage in simple craftwork, if desired. Tea and coffee are provided. Contact Colin Macleod</p>	<p>Social and Active</p>
<p>Free North Church Lunch Bank Street, Inverness, IV1 1QU http://freenorthchurch.org/whats-on/ 01463 231981 colin.macleod@freenorthchurch.org second Tuesday of the month 12.30 until around 2pm We provide a lunch in the hall, at which many enjoy food, fellowship, support and a short time of worship. There is no charge for this, but there is an offering plate should you wish to make a donation. This is a great opportunity to make new friends and catch up with old ones. If you are visiting the area, please feel free to drop in. Everyone is welcome! Contact Colin Macleod</p>	<p>Social</p>
<p>Friends of Birnie c/o The Birnie Centre, Raigmore Hospital, Inverness, IV2 3UJ www.friendsofthebirnie.com 01463711189 contact through the website Friends of the Birnie' is a charity made up of a group of parents and carers who have children with additional needs. We run a support group on Wednesdays every week during term time. specialist therapy toys and equipment, outings and christmas parties</p>	<p>Children & Young People</p>
<p>Friends of Merkinch Local Nature Reserve 40 Craigton Avenue, Inverness, IV3 8AZ www.merkinchlnr.org.uk 07795253727 To increase the health and well-being benefits to individuals and communities through active involvement with the Reserve.To celebrate the wildlife value of the reserve through the conservation and sustainable management of its habitats and species.To max</p>	<p>Community</p>
<p>Friendship Club Crown Church, Kingsmills Road, Inverness, IV2 3JT http://www.crown-church.co.uk 01463 231140 2-4pm Fridays, September to April. older people, be social, afternoon tea, friendship, social club, senior citizen, fellowship In the Lounge at Crown Church. This Club is aimed at the 50+ age group both male and female and anyone (including people from other churches) is welcome. There is usually a speaker followed by afternoon tea and a time for fellowship together. Transport to and from the Club can be arranged. Contact Katharina Nimmo</p>	<p>Social</p>

<p>Gaelic Service IV1 1LU http://www.invernesseast.com/about/worship/ 01463 236695 dolina.coventry@invernesseast.com 2nd Sunday of the month at 3.00pm gaelic service, gaelic worship Contact Dolina Coventry</p>	<p>Interest</p>
<p>Girlguiding Inverness-shire 20 Brude's Hill, Inverness www.facebook.com/girlguidinginv contact through the website meeting times vary with each group to inspire and empower girls to be anything they want to be. Girlguiding scotland is for girls aged 5-7 in Rainbows, 7-10 in Brownies, 10-14 in guides and in the senior section ages 14-25</p>	<p>Children & Young People</p>
<p>Glen Urquhart Library Craigmonie Centre, Glen Urquhart High School, Drumnadrochit, IV63 6XA www.craigmoniecentre.co.uk 01456459223 glenurquhart.library@highlifehighland.com mon-thur-9.15-noon, 1-5pm, thur-6-8pm, fri-9-1pm, sat-9-1pm Glen Urquhart Library has many activities, including a Scrabble group, Short story reading group, Creative writers, and a knitting group, making hats, jumpers, baby clothes etc for charity contact the library for further details of groups</p>	<p>Interest</p>
<p>Glen Urquhart Shinty Club Craigmonie Centre, Glen Urquhart High School, Drumnadrochit, IV63 6XA www.glenurquhartshintyclub.com 07801820842 stewart511@btinternet.com 6-8pm Wednesdays shinty coaching for youths groups: P1+2, P3,4+5, P6+7, U14+U17 all weather pitch,</p>	<p>Sport & Outdoor Activity</p>
<p>Glenmoriston Celidh Nights Glenmoriston Millennium hall, Glenmoriston, IV63 7YG http://www.glenmoristonhall.org.uk/Whatson/page3.html 01320351231 Second Saturday each month evenings of music and dance, entertainment.</p>	<p>Social and Active</p>
<p>Glenmoriston Country Dance Club Glenmoriston Millennium Hall http://www.glenmoristonhall.org.uk/Whatson/page3.html 01320 351320 Thursdays 7.30pm - 9.30pm country dancing, scottish dances</p>	<p>Social and Active</p>
<p>Glenmoriston Craft Club Glenmoriston Millennium hall, Glenmoriston, IV63 7YG http://www.glenmoristonhall.org.uk/Whatson/page3.html 01320351291 events@glenmoristonhall.org.uk 1st and 3rd Saturday of the month, 11am - 3pm Crafts, handiwork September - June Contact - Jean Curley</p>	<p>Interest</p>
<p>Glenmoriston Indoor Bowls Club Glenmoriston Millennium hall, Glenmoriston, IV63 7YG http://www.glenmoristonhall.org.uk/Whatson/page3.html 01320 351320 Weekly on Monday afternoons and evenings</p>	<p>Sport & Outdoor Activity</p>

<p>Glenmoriston Painting Glenmoriston Millennium hall, Glenmoriston, IV63 7YG http://www.glenmoristonhall.org.uk/Whatson/page3.html 01320351229 Fridays 2pm</p>	<p>Interest</p>
<p>Glenmoriston Yoga Glenmoriston Millennium hall, Glenmoriston, IV63 7YG http://www.glenmoristonhall.org.uk/Whatson/page3.html 01320351228 Thursday 9.45am</p>	<p>Sport & Outdoor Activity</p>
<p>Glenmoriston Zumba Glenmoriston Millennium hall, Glenmoriston, IV63 7YG http://www.glenmoristonhall.org.uk/Whatson/page3.html 01320351230 Wednesday 7pm Zumba exercise class</p>	<p>Sport & Outdoor Activity</p>
<p>Glenurquhart Care Project An Fhaire, Balnain, Glen Urquhart, Drumnadrochit, Inverness www.glenurquhartcentre.org.uk 01456459007 manager.gcentre@btconnect.com 9am-5pm, Monday - Friday local care provision for the elderly and vulnerable in the communities in and around Glen Urquhart and Upper Strathglass The Centre has a spacious, bright open plan lounge and dining area where people can meet and get together. There are also three smaller rooms that can be used as a place to read, watch TV or use the computer. The kitchen provides a wholesome, home-cooked three-course lunch every day as well as our legendary home baking. We have a greenhouse where we grow flowers, pot houseplants and raise some of our own vegetables and herbs. Other facilities include a hairdressing room, laundry, hydrotherapy bath, showers and fitness equipment. We also have a services room for use by visiting care specialists.</p>	<p>Support & Information</p>
<p>Glenurquhart Highland Gathering & Games SCIO Dalmeny, East Lewiston, Drumnadrochit www.glenurquhart-highland-gathering.co.uk info@glenurquhart-highland-gathering.co.uk an annual sporting and cultural entertainment event. Volunteers are always needed to help with organisation, set up and smooth running of the games.</p>	<p>Community</p>
<p>Glen Urquhart Shinty Club Glen Urquhart High School, Drumnadrochit, IV63 6XA www.glenurquhartshintyclub.com 07801820842 stewart511@btinternet.com Shinty teams - mens 1st team, mens 2nd team, womens team, and under 17 team Glen Urquhart Shinty Club play home matches at Blairbeg Park, Drumnadrochit, Loch Ness. Check the website for fixture details.</p>	<p>Sport & Outdoor Activity</p>
<p>Glints of Gold Senior Citizens Club The Spectrum centre, Inverness, IV1 1LST http://spectrumcentre.co.uk/whatson.html kate.maclean@nhs.net 12 noon every Friday Organised by The Highland Council, the over 50s social club "Glints of Gold" is hosting a programme of events every Friday. Participants are welcome to join in for soup and sandwich lunches at £3 from 12 noon which is followed by a talk each week starting at 2pm. Contact Kate MacLean</p>	<p>Social</p>

Glints of Gold Senior Citizens Tai Chi

Sport & Outdoor Activity

The Spectrum Centre, Inverness, IV1 1LS

<http://highlandtaichi.co.uk/classes/>

07714499963 douglas@highlandtaichi.co.uk

Highland seeks to provide and promote a high standard of teaching to people in the Highlands in both taijiquan and qigong, working towards a wide range of outcomes for students. As well as the standard teaching of Taijiquan and Qigong, the school specialises in taking the training techniques associated with these traditions and applying them to specific health issues.

Many classes are run specifically for the elderly and those recovering from illness, covering general health and fitness, falls prevention and mental agility. Contact Douglas Hardie

Golden drama

Interest

Merkinch Community centre, Coronation Park, Inverness, IV3 8AD

www.merkinchcommunity.co.uk

01463239563

enquiries.merkinch@btconnect.com

12.30-2pm, Mondays

drama, theatre class, amdram

Every Monday Drama class. All ages. Contact Angela Mackenzie 01463 239563 angela.mackenzie4@highlifehighland.com

Golden Gadgets

Support & Information

Merkinch Community centre, Coronation Park, Inverness, IV3 8AD

www.merkinchcommunitycentre.co.uk

01463239563

angela.mackenzie4@highlifehighland.com

3-4pm, Wednesday

Phones, tablets, laptops, gadgets

Help and advice on all gadgets such as phones, laptops, tablets. Every Wednesday 3 to 4 pm. Contact Angela Mackenzie

Green Hive

Interest

www.greenhive.co.uk

contact through website

event timings vary, usually Friday, Saturday or Sunday fortnightly. Check website

meeting people and working with them to improve the environment

Greenhive aim to do all they can to promote the environment, protect and improve green spaces, focusing on action, learning and community connections

Health and Happiness in the Highlands

Support & Information

Unit 6a, 7 Canal Road, Inverness

www.healthhappiness.org.uk

07941428647

ellie@healthhappiness.org.uk

either offer support for those with learning disabilities or autism, or give an opportunity to volunteer

Creating opportunities in Highland for people with learning disabilities and autism to contribute their talents and fulfill their aspirations

Highland & Islands Autism Society

Support & Information

36 Cook Drive, Inverness

<http://hi-hope.org/directory/listing/highlands-islands-autism-society>

last Wednesday of each month, 7.30

This support group is mainly made up of parents of children, young people and adults who have Autism Spectrum Disorder. They are a voluntary organisation run completely by volunteers/committee members.

Meetings are held in the Mackenzie centre, Culduthel Road, Inverness

Highland and Islands Students' Association

Support & Information

12B Ness Walk, Inverness

<http://www.hisa.uhi.ac.uk/>

contact through the website

the association provides advice and peer support to all students in the highlands and islands

HISA also has several clubs for students - Art & Design, Christian Union, football (men's and women's teams), interconnect student network, basketball, golf, mountain biking & mountaineering and many more.

<p>Highland Blind Tandem Club IV2 3NF http://www.spanglefish.com/highlandblindtandemclub/ 01463 239552 blind, visually impaired, tandem riding, cycling for the partially sighted Fancy a ride but are visually impaired - no problem! Join us for an evening tandem ride round Inverness. Meet 1800 at the Velocity cafe at the top of Stephen's Brae. Contact Ron Archer</p>	<p>Sport & Outdoor Activity</p>
<p>Highland Bonsai Association Balloch Village Hall, IV2 7HQ 01349 865485 Monthly, 3rd Wednesday of the Month For those with an interest in growing miniature trees.</p>	<p>Interest</p>
<p>Highland Developmental Co-Ordination Disorders Group 78 Holm Park, Inverness www.hdcd.org.uk 07708410072 hdcd promotes the awareness and understanding of developmental coordination disorder; supports individuals and families affected by it and organises social events for individuals and their families</p>	<p>Support & Information</p>
<p>Highland Disability Sport Ness House, Drummond Road, Inverness, Inverness-shire. IV2 4NZ www.highlanddisabilitiesport.info 01463232262 hdsport1982@gmail.com helping people with disabilities to become involved in sporting activities</p>	<p>Sport & Outdoor Activity</p>
<p>Highland Disabled Ramblers Deveron street, Inverness, IV1 1LD www.highland-disabled-ramblers.org 07895066965 admin@highland-disabled-ramblers.org Highland Disabled Ramblers is a small charity run by volunteers, to enable people with mobility problems to access the countryside in a safe and companionable way. Charity no. SC 032233. We organise a programme of leisurely monthly rambles of 3 to 4 miles, within a radius of 40 miles of Inverness. Day of the week varies with the programme. Start time ~10.30am at the start of the ramble. Members book scooters in advance, which we transport to the start of each ramble, but they must make their own way to the start. Volunteers ensure the safety of members and provide companionship along the way. Membership is open to anyone over 18 years. Anyone requiring assistance needs to bring a family member, friend or carer as we do not have qualified carers. Volunteer van drivers and walking companions are most welcome (references reqd.). Contact Martin Rodgers 01463 772671 admin@highland-disabled-ramblers.org</p>	<p>Sport & Outdoor Activity</p>
<p>Highland Gospel Male Voice Choir Inshes Church, Inshes retail Park, Sir Walter Scott Drive, Inverness, IV2 3TW http://www.highlandgospelmvc.org/index.html 01997420177 hamish@albanach.net gospel singing, male voice choir, choral group, men singing AMale Voice Choir singing in four part harmony with First and Second Tenors, and First and Second Basses. We are an amateur choir and would be delighted if other Christian men would join us. Our weekly practice nights are marked by good humour, time for a cup of tea and a chat, and enthusiastic singing, with new choral pieces being added to our repertoire every session. The choir travels to all parts of the Highlands of Scotland and sometimes further afield. Contact Hamish MacKenzie 01997 420177 hamish@albanach.net</p>	<p>Interest</p>
<p>Highland Hospice Ness House, 1 Bishops Road, Inverness www.highlandhospice.org 01463243132 generalenquiries@highlandhospice.org.uk Providing patients and their loved ones with respect, dignity and choice both during the patient's illness and into bereavement.</p>	<p>Support & Information</p>

<p>Highland Multicultural Friends Cameron Youth Centre, Planefield Road, Inverness, IV3 5DN www.highlandmulticulturalfriends.org highlandmulticulturalfriends@g.mail.com Meet new friends, have help adapting to a different culture , take advantage of the classes available, such as english classes in varying forms, mother and baby group, sewing group, Tai Chi, mandarin and multicultural kids club.</p>	<p>Social</p>
<p>Highland RSPB Group Greyfriars free church, Balloan Road, Inverness, IV2 4PP http://www.rspb.org.uk/groups/highland/about/ 01463 237836 7.30 pm on the last Thursday of each month from September to April. bird watching, birding, twitcher, RSPB The RSPB Highland Group was formed in 1987 to support the work of the RSPB in the Highlands. We now have over 200 members. We run a series of eight indoor meetings and 16 outdoor excursions, and produce a newsletter for all members. Annual subscription £4.00 per person.</p>	<p>Interest</p>
<p>Highland Rugby Football Club Canal Park, Bught Lane, Inverness www.pitchero.com/clubs/highlandrfc 01463223552 contact through website dependent on team, season and weather. rugby for all ages, boys, girls, men and women</p>	<p>Sport & Outdoor Activity</p>
<p>Highland Senior Citizens Network box 301, 8 Church Street , Inverness, IV1 1EA www.hscn.co.uk 07716884989 hscn@hotmail.co.uk An opportunity for older people's groups to come together and look at common issues, share information about local services and suggest content and activities for future gatherings in your area.</p>	<p>Support & Information</p>
<p>Highlands & Islands Kidney Patients Assoc Abriachan Lodge, Loch Ness Side, Inverness www.kidney.org.uk/kpa/kpa-highlands info@hikpa.co.uk self help organisation of patients and their families and carers whose aim is to give psychological and social support and financial assistance where needed</p>	<p>Support & Information</p>
<p>Highlands and Islands Squash Association Knockaneorn Cottage, Clunas, Nairn www.highlandsquash.org clunasnairn@yahoo.co.uk playing squash, getting fit. Meeting people. The Association is responsible for promoting, organising and developing squash in the Highlands & Islands of Scotland.</p>	<p>Sport & Outdoor Activity</p>
<p>Highlands Astronomical Society Meikle, Kildrummie, By Nairn. Meeting at Smithton Culloden Free Church www.spacegazer.com webmaster@spacegazer.com 7.15pm, 1st Tuesday of each month For those interested in Astronomy</p>	<p>Interest</p>
<p>Highlife Highland 13 Ardross Street Inverness www.highlifehighland.com 01463663800 info@highlifehighland.com Budget activities for those in receipt of qualifying benefits Membership gives access to highland highlife facilities throughout the highlands, such as leisure centres, swimming pools, libraries and the Inverness Archive Centre</p>	<p>Sport & Outdoor Activity</p>

<p>Highlife Highland Botanic Gardens Bught Lane, Inverness, IV3 5SS 01463713553 inverness.botanics@highlifehighland.com 10am-5pm, 7 days Beautiful, calm, peaceful gardens.</p>	<p>Community</p>
<p>Hobbies and Crafts Merkinch Community centre, Coronation Park, Inverness, IV3 8AD 01463 239563 angela.mackenzie4@highlifehighland.com Thursdays, 10.30-12.30pm Hobbies and crafts. Contact Angela Mackenzie</p>	<p>Interest</p>
<p>Indoor Bowling Club Charleston Community complex, Inverness, IV3 8ET www.highlifehighland.com/charleston-community-campus 01463222179 gfarquhar1@btinternet.com 7.30-9pm, Tuesdays and Thursdays, Oct-March</p>	<p>Sport & Outdoor Activity</p>
<p>Invergarry Short Mat Bowls Club Glengarry Community Hall, Glengarry, PH35 4HG http://www.glengarrylife.com/page20.html 01809501357 bowls@glengarrylife.com 7-10pm, Thursday evenings Membership fee is £2.50 per person per evening and this includes refreshments. Visitors are welcome at £3.00 per head with bowls provided by us if necessary.</p>	<p>Sport & Outdoor Activity</p>
<p>Inverness Associated Presbyterian Church Parent and Toddler Group Inverness A P C, Kingsview Centre, Balnafettack Road, Inverness www.apchurches.org/congregations/inverness 01463716843 Sunday and midweek services, parent and toddler group, creche, lunches for the community see the website for details and timings of activities at the church</p>	<p>Children & Young People</p>
<p>Inverness Bell Ringers IV3 5NR http://WWW.moray.anglican.org/inverness-cathedral/ 01381 610411 inverness@sacr.org bell ringing, campanology We practice regularly on Thursday evenings from 7.30 – 9.00 pm. We ring for service on Sunday morning between 10.20 and 10.55. and weddings and civic functions Although the bells belong to the Episcopal Cathedral there is NO restriction on who can become a bell ringer. Further details can be found on 'the Inverness Cathedral' web site or the 'Scottish Association of Change Ringers' web site. A visit on a practice night will enable those interested to find out what bell ringing is all about. Contact preferable by Email. . Contact Mike Neale</p>	<p>Interest</p>
<p>Inverness Bravehearts Inverness Academy, Diriebught Road, IV2 3QR www.chss.org.yk/group/inverness-bravehearts 8088010899 6-7pm, Wednesdays provides exercise sessions and organises occasional outings Membership is open to people who have a heart condition and to family/friends</p>	<p>Support & Information</p>
<p>Inverness Caledonian Thistle Community Development Clava House, Cradlehall Business Park, Inverness www.ictfc.com/community 01463227473 community@ictfc.co.uk ICT run a variety of classes and courses to help people get exercise and socialise. courses run include walking football, holiday coaching, parents on the ball and stadium football festivals. The courses and classes are based at a variety of venues, details for all of them are available on the website.</p>	<p>Sport & Outdoor Activity</p>

Inverness Camera Club Interest
 IV2 6AS
<http://www.invernesscameraclub.co.uk/>
 01463 232141
john@jstoker.plus.com
 7.30pm, wednesdays and some Mondays, Sept - April
 camera club, photography, photos
 Inverness Camera Club (ICC) is a friendly group of photography enthusiasts who meet every Wednesday night and most Mondays evenings from September to April with a break for Christmas and New Year. Please come along if you have an interest in learning more about the art and science of photography. New possible members are welcome without annual fees for their first two weeks. Contact John Stoker

Inverness City Boxing Club Sport & Outdoor Activity
 3 Carsegate Road North, Inverness,
www.facebook.com/invernesscityboxing
 07919670851
 sports club, gym, physical fitness centre

Inverness Festival Association Interest
 11 Kenneth Street, Inverness
www.invernessmusicfestival.org
 01463716616
admin@invernessmusicfestival.org
 You don't need any knowledge of music, you may well be able to hear the competitions that you help with for free and you will make new friends. Everyone is welcome, no matter what age. The Inverness Music Festival runs for about 10 days in February/March each year. Most competitions are held in Eden Court. There are usually three 3 hour sessions daily, running between 9am and 9pm.

Inverness Foodstuff Support & Information
 Ness Bank Church Hall, Inverness
www.nessbank.net/inverness-foodstuff
 01463232540
conandjoyce@btopenworld.com
 working as a volunteer you could help the most disadvantaged in society.
 Inverness Foodstuff was set up in an attempt to address the problem of homelessness, food poverty, social isolation and food waste. We operate a Drop-in Centre on Tuesdays and Thursdays from 1pm - 3.30pm at Ness Bank Church Hall. A team of five volunteers led by a Cook prepare and cook a 3 course vegetarian meal. Another team of volunteers is responsible for setting-up the café in the hall where volunteers serve food, snacks, tea and coffee. Since January 2018 the Drop-in Centre has opened on Saturdays from 2pm - 4.30pm when soup and sandwiches are available. At all sessions digital access is available and training and assistance can be provided to those requiring help with completion of forms, updating CVs, and email access. All volunteers are encouraged to spend as much time as possible with the participants, to chat to them and to listen. If a participant is in need of advice the Team Leader will assist with this using a signposting folder which can often identify where they can get assistance. IF is also an agency for Highland Foodbank and can provide foodbank vouchers for those who qualify for an emergency supply of food. Many other agencies attend sessions regularly to offer support, advice, nursing care, and even hairdressing. Food is donated by a number of supermarkets and local shops. Oxfam provide bags of clothing each week

Inverness Horticultural Society Gardening Club Interest
 Mackenzie Centre, 23A Culduthel Road, Inverness, IV2 4YH
www.keepactive.net
 01456486656
 2nd Tuesday each month from Sept to May, 7.30-9pm
 sharing a love of gardening, meeting new people, socialising

Inverness Hospitals Broadcasting Service Interest
 Inverness Hospital Radio, Raigmore Hospital, Old Perth Road, Inverness, IV2 3UJ
<http://www.invernesshospitalradio.co.uk>
 01463704500
 operates 24/7
 hospital radio works 24 hours a day to provide a radio station for two hospitals in Inverness. Volunteering can give media skills and help meet new friends and create new interests.

Inverness Ice Centre Limited

Sport & Outdoor Activity

Inverness Ice Centre, Bught Drive, Inverness, IV3 5SR
www.inverness-ice-centre.co.uk
 01463235711
enquiries@inverness-ice-centre.co.uk

Time depends on the club or activity, check the website or call. Find a new interest and join one of the ice hockey or curling clubs, or just come along for a skating session. Its fun and good exercise. The ice centre has ice hockey curling and skating clubs for people of all ages and abilities.

inverness IcHockey Club

Sport & Outdoor Activity

Inverness Ice Centre, Bught Drive, Inverness, IV3 5SR
www.inverness-ice-centre.co.uk
 07917816939
norhoc@btinternet.com
 4.15-5.45, sundays

If you are interested in learning ice hockey, then come along. There is a selection of kit on a first come first served basis
 If you are between 5 and 18 and interested in taking up or just trying ice hockey for the first time then come along and meet us.

Inverness Local History Forum

Interest

Room 2, Spectrum Centre, 1 Margaret Street, Inverness, IV1 1LS
www.facebook.com/invernesslocalhistory
 1st Monday of each month, 2 - 3 pm

The Inverness Local History Forum is a group of volunteers researching, and preserving, the history of the Royal Burgh of Inverness and its environs

Inverness Masjid Association

Support & Information

1 Portland Place, Inverness, IV1 1NE
www.invernessmasjid.co.uk
 07714499289
info@invernessmasjid.co.uk

Inverness Masjid is an Islamic centre in Inverness that functions as a mosque, community centre and educational resource full details of prayer times, classes, sports sessions, news and events are listed on the website.

Inverness Men's Shed

Interest

3 Gordon Terrace Inverness, IV2 3 HD
www.friendship-services.com/inverness-mens-shed.asp
 01463 418122
 Tuesdays, 10am

Reduced social isolation, bringing men together for practical tasks and social contact

Inverness Mosque Sports Club

Sport & Outdoor Activity

IV3 5NR
<http://www.invernessmasjid.co.uk>
info@invernessmasjid.co.uk
 badminton, muslim, islamic

We run regular sessions of badminton in Kenneth Street Hall (Property Of St. Andrews Cathedral) These usual occur every Tuesday after 7 or if it is a nice day we play outdoor football insh'allah. Part Of the Sunnah of Our Prophet to unite the community & to promote healthy living and exercise,. Contact Dr. Waheed

Inverness Musical Theatre Company

Interest

rehearsal venue - Drakies primary school, Drumossie Avenue, Inverness, IV2 3SG
www.invernessmusicaltheatre.org.uk
invernessopera@gmail.com

an amateur dramatic society that puts on annual shows at Eden Court Theatre, offering opportunities to become involved through acting, backstage support, and front of house.

Inverness Rowing Club

Sport & Outdoor Activity

126 Culduthel Road, Inverness
www.invernessrowingclub.org.uk
secretary@invernessrowingclub.org.uk

Experienced rowers, 8-10am, sat+sun (summer) 9-11am (winter). We run regular "come and try courses" for those keen to try rowing. For complete beginners we arrange Come and Try sessions on a regular basis. Ideally we suggest that those new to rowing commit to a Come and Try day followed by 3-4 consecutive weekends rowing so that you can get a feel for the sport and a sense of progression over the 4 weeks.

<p>Inverness Singers Crown Church, kingsmills Road, Inverness, IV2 3JT, (lower hall) 01463 232835 kenmag20@btinternet.com 7.30-9.15pm, Wednesdays, Sept-March Choral group meets currently in the Crown Church Lower Hall from Tenors especially welcomed. An ability to read music is preferable but not necessary. Subscription is currently £20 per term. (£40 annually) Gives two concerts per year - one in the Spring and the other at Christmas. A donation from concert proceeds is given to a charity every year. Contact Kenneth R. Young</p>	Interest
<p>Inverness Womens Aid 2 Anderson Street, Inverness www.invernesswa.co.uk 01463220719 info@invernesswa.co.uk supporting our clients to become truly re-empowered and independent as survivors of domestic abuse Providing effective & innovative support based on a strong ethos which promotes equality and justice. Treating women, children & young people with dignity and respect. Listening to them without prejudice or judgement. Working in partnership with other professionals to assist clients and to improve their safety.</p>	Support & Information
<p>Kessock Afternoon Badminton Sessions Kessock Village Hall, Marine Park, North kessock IV1 3XS http://www.kessock-hall.net/index.asp?pageid=75153 01463 731577 targes@btinternet.com 2-4pm, Thursdays, Sept - April. Break for Christmas and New Year KABS - Not a club but just a group of folk who are finding badminton fun again. Not too serious and for all ages. Racquets, cuppa, biscuits and chat provided. Contact Joe Lindsay</p>	Sport & Outdoor Activity
<p>Kilmorack Community Hall Druim View, Torgormack, By Beaully IV4 7AL www.kilmorackhall.com 07972363584 contact through Kilmorack Hall facebook page A community hall holding regular groups and available for booking. Kimorack Hall also holds 'Happy feet' dancing group; contact Eleanor Gunn On 01463782496 - and Scottish Country Dancing</p>	Community
<p>Kilmorack Lunch Bite Druim View, Torgormack, By Beaully IV4 7AL http://www.kilmorackhall.com/index.asp?pageid=231492 01463 782496 noon -1.30pm, 1st Tuesday of each month lunch club, social. No need to book - just turn up. 1st Tuesday of the month 12-1:30pm. Contact Frances Grant</p>	Social
<p>Kiltarlity, Kirkhill and Beaully Free Church Coffee mornings Wardlaw Church, Kirkhill www.kiltarlityandkirkhill.org.uk 01463831717 mgb41@btinternet.com tuesdays, 10am-noon Tea and coffee, home baking, meet and chat with new friends. You are more than welcome to come along and bring your neighbours and friends.</p>	Social
<p>KiltarlityCraft Group Kiltarlity Village hall, Kiltarlity, nr Beaully, IV4 7HQ keepactive.net 01463741447 7-9pm, 2nd + 4th Wednesday each month Craft class. Contact - Eunice Ramsden</p>	Interest
<p>Kirkhill Lunch Club Community centre, Kirkhill, IV5 7NX www.keepactive.net 01463 831521 Wednesdays, monthly, noon - 1.30pm. Monthly lunch club. Contact Margaret Georgeson</p>	Social

Kirkhill Parent & Toddlers (Or Kirkhill Tots Toddler Group)

Children & Young People

The Former Workshop, Achnagairn, Kirkhill, Inverness-shire
 kirkhillandbunchrew.org.uk
 kirkhilltots@outlook.com
 mondays + Fridays during term time, 9.45.-11.45am

Kirkhill Tots are a baby and toddler group (children welcome up to 4 years old) that meet in the Community Centre every Wednesday and Friday during school term, If you are new to the area, please come along and see for yourself. We are a friendly bunch!

Knitting For Charity

Interest

Merkinch Community centre, Coronation Park, Inverness, IV3 8AD
 01463 239563
 angela.mackenzie4@highlifehighland.com
 Mondays, 10am - noon
 Knitting For a variety of charities Every Monday 10 to 12. Contact Angela Mackenzie

Knitting Group

Interest

crown Church, Kingsmills Road, Inverness, IV2 3JT
<http://www.crown-church.co.uk/index.asp?pageid=549587>
 01463 231140
 2-3.30pm, Mondays
 knitting, homecraft
 Mondays in the Lounge at Crown Church A get together to knit and natter. Open to anyone. . Contact Katharina Nimmo

L'Arche

Support & Information

Braerannoch, 13 Drummond Crescent. Inverness, IV2 4QR
www.community.larche.org.uk/sites/inverness
 01463239615
 reception.inverness@larche.org.uk
 people with and without learning disabilities share life together, living and/or working in Community. We always welcome people to join L'arche in a volunteering or friendship capacity. In L'Arche we celebrate people with learning disabilities and build circles of support around them. We go beyond basic needs to attend to people's emotional and spiritual lives. Communities around the world share this common philosophy and approach while reflecting the ethnic, cultural and religious composition of the areas in which they exist.

League Of Friends Of Raigmore Hospital

Support & Information

9 Heather Road, Inverness
 01463705771
 Fundraising for the benefit of patients at Raigmore Hospital. More volunteers are always welcome
 League of Friends is a small team but are very committed to raising funds for the hospital. We've held various functions over the last year including a sponsored swim; a Songs from the Shows Concert; and entertaining on a budget dinner. We also sold Christmas cards and regularly have a sales table within the hospital.

Line Dancing

Social and Active

The Spectrum Centre 1 Margaret Street, Inverness, IV1 1LS
<http://www.spectrumcentre.co.uk>
 01463 712370
 info@spectrumcentre.co.uk
 Mondays, 11am-noon
 Line dancing group . Contact Lexie Smith

Line Dancing

Social and Active

Inverness Leisure centre, Bught Lane, Inverness, IV3 5SS
<http://www.invernessleisure.co.uk/facilities/sports-centre/>
 01463667500
 info@invernessleisure.co.uk
 Tuesday 1.45-2.45pm (beginners) 8-10pm (advanced) Wed 1.45-2.45pm Thursday 1.30-2.30
 Dance, Fitness, Exercise, 50+ Activity. Learn to line dance the modern way, to a great soundtrack including rock, pop, country and Latin. Contact Kirsty Nicholson

Line Dancing (Intermediate and Advanced)

Social and Active

Phipps Hall, Beaully, IV4 7EH

<http://www.beaully.co.uk/hipps-hall-activities.html>

billnmidge@hotmail.co.uk

Thursday 19.30 - 21.30

Dance, Fitness, Exercise

Line dancing for Intermediate and advanced dancers. Line dance the modern way to a mix of rock, pop, country and latin music. Contact Margaret Mathieson

Line Dancing for Beginners

Social and Active

Phipps Hall, Beaully, IV4 7EH

<http://www.beaully.co.uk/hipps-hall-activities.html>

billnmidge@hotmail.co.uk

Thursday 18.15 to 19.30

Dance class, Fitness, Exercise

Linedance class for Beginners or those who have not danced for a while. Learn to line dance the modern way to a great soundtrack including rock, pop, country and Latin Have fun with easy dances to variety of music. Contact Margaret Mathieson

Listen Well Scotland

Support & Information

Tigh Choinnleach, Victoria Street, Nairn

www.listenwellscotland.org.uk**Loch Ness Toastmonsters**

Interest

Glen Mhor hotel, 8-17 Ness Bank, Inverness, IV2 4SG

<http://www.toastmonsters.co.uk/>

info@toastmonsters.co.uk

7pm, every Wednesday

public speaking, oratory, speaking

We're are a small group of people who are keen to improve our public speaking skills in a friendly and relaxed environment. We're looking for new members of all abilities to join us every Wednesday at 1900 in the Glen Mhor Hotel. Contact Melanie Newdick

Lochardil 678 Club

Social

Green Drive Hall, 36 Green Drive, Inverness, IV2 4EU

<http://www.greendrivehall.org.uk/index.asp?pageid=447089>

01463 236298

Thursdays, 2-4pm

Club for Senior Citizens in Lochardil Inverness Thursdays Starts: 14:00 Ends: 16:00. Contact Marion Sloan

Lovat Shinty Club

Sport & Outdoor Activity

2 Allarburn Park, Kiltarlity, Inverness-shire

www.spanglefish.com/kirkhillandkiltarlityfirstshinty

the club plays at Balgate Drive, Kiltarlity

Lovat Shinty Club is a shinty club from Kiltarlity, Inverness-shire, Scotland. The club was formed in 1888 and has a healthy rivalry with near neighbours Beaully.

Lunch Club

Social

Loch Inn, Canalside, Fort Augustus, PH32 4AU

01320 366278

12.30pm

lunch club

Mondays at Loch Inn. All Seniors welcome. Contact Barbara Murray

Lunch Club

Social

Ness Bank Church Hall, Inverness

<http://www.nessbank.net>

01463 772020 joseph.thompson965@btinternet.com

12.30-2pm

lunch club, social, music, quiz

The Lunch club caters for elderly people who live on their own, and provides a nutritious meal cooked by the Calman Trust (which works with homeless and vulnerable young people), and is followed by some entertainment, e.g. music, talks, a quiz etc. 12.30 to 2pm at a subsidised cost of £3 each. Contact Billy Thompson

- Lunch Club** Social
 The Salvation Army, 20 Tomnahurich Street, Inverness, IV3 5DD
<http://www.salvationarmy.org.uk/inverness#contact>
 01463 225276
 12 noon , Thursdays
 lunch, social meetup, lunches club, lunch club, group
 Lunch Club for the elderly and the needy. Contact Kate Donaldson
- Made Up Inverness** Interest
 The Spectrum Centre 1 Margaret Street, Inverness, IV1 1LS
<http://www.madeupinverness.moonfruit.com/home/4587874126>
elisabethwood@outlook.com
 Knitting, Crochet and Sewing, homecraft, crafting
 Knitting, Crochet and Sewing lessons in Inverness Highlands. Example : How to cast on and introduce you to knit stitch. You will learn how to make a sweet little square Swatch to take home with you. Contact Elisabeth Wood
- Magic Movers (50+ Keep Fit)** Sport & Outdoor Activity
 Hilton Community Centre, Hilton Village, Inverness, IV2 4HT
<http://www.hiltoncommunitycentre.org/about-the-centre/centre-classes-and-activities/>
 01463 712844
hiltoncc@highlifehighland.com
 10-11am, Thursdays
 Enjoy an hour of good exercise, good music and good company with Lorraine our fitness guru. The exercises are targetted at the 50+ age group, and we have a huge selection of equipment and resources to use. Afterwards, join the other members in the cafe for tea and a cake. Contact Lorraine
- Manna House Trust** Support & Information
 48 Huntly Street, Inverness
www.destinyhighlands.co.uk
info@destinyhighlands.com
 Tuesday nights
 a soup kitchen run 'café style' where those coming in are treated with dignity, and have their order taken at their table not just for the homeless, but for those struggling to manage. Many that attend have problems, but are treated with the same respect as any customer in a cafe
- Meeting Place** Support & Information
 The Meeting Place, The Cabins, SCY Centre grounds, Keppoch Road, Culloden
www.the-meeting-place.org.uk
 01463798535
 adult learners develop their skills in IT and multimedia with valuable support from young peer mentors
- Men's Bowling Club** Sport & Outdoor Activity
 Crown Church, Kingsmills Road, Inverness
<http://www.crown-church.co.uk/index.asp?pageid=149730>
 01463231140
 Tuesdays 7.30-9.30pm Sept-April, in the Upper Hall at Crown Church from mid-September until April We play short carpet bowls on two carpets and can accommodate sixteen bowlers at the same time. The evenings are friendly and sociable and you can be sure of a warm welcome. Contact Katharina Nimmo
- Mens Group** Social
 IV1 1EP
<http://www.friendship-services.com/>
 01463 790410 alan@friendship-services.com
 Thursday 10.30 to 11.30. Over 50s, group, older people, activities, , wellbeing. Men are welcome to come along for a chat activities and talks. Contact Alan Michael
- Merkinch Friendship Club** Social
 Merkinch Community centre, Coronation Park, Inverness, IV3 8AD
<http://highlifehighland.com/community-centres/merkinch-community-centre>
 01463239563
angela.mackenzie4@highlifehighland.com
 12.15-2.30pm every Wednesday
 Lunch Club
 Enjoy a 2 course lunch followed by entertainment £4 per person. Booking in advance. Contact Angela Mackenzie

<p>Merkinch after school club Merkinch Community centre, Coronation Park, Inverness, IV3 8AD www.merkinchcommunitycentre.co.uk 01463240085 2.15-5.30pm, Monday to Friday after school child care, contact 'Flipperz'</p>	<p>Children & Young People</p>
<p>Merkinch Highland dancing class Merkinch Community centre, Coronation Park, Inverness, IV3 8AD www.merkinchcommunitycentre.co.uk 01463729477 Monday, 5.30-7.30pm, Thursday, 4-7pm highland dancing classes, contact the Fraser school of highland dancing</p>	<p>Sport & Outdoor Activity</p>
<p>Merkinch Social circle Merkinch Community centre, Coronation Park, Inverness, IV3 8AD www.merkinchcommunitycentre.co.uk 01463239563 Thurs, 10am-12.30pm Hobbies, IT, fun and friendship</p>	<p>Social</p>
<p>Merkinch Pop Choir Merkinch Community centre, Coronation Park, Inverness, IV3 8AD www.merkinchcommunitycentre.co.uk 01463239563 Thurs, 6-7pm choir for ages 7 - 14</p>	<p>Children & Young People</p>
<p>Merkinch Falcon Club Merkinch Community centre, Coronation Park, Inverness, IV3 8AD www.merkinchcommunitycentre.co.uk 01463239563 Thurs, 7-9pm Social club for adults with learning disabilities</p>	<p>Support & Information</p>
<p>Mikeysline and the Hive project 19 Academy Street, Inverness www.mikeysline.co.uk 07779303303 text only. calls on 01462729000 thehiveproject@hotmail.com The Hive drop in centre Sun, Mon, Wed & Thur - 6-10pm: Fri & Sat-6-11pm Textline - weekdays 6-10pm, weekends 7pm-7am Help fight the highland wide problem of chronic loneliness, provide a light in the dark for those in the depths of depression, offer a distraction from thoughts leading towards self harm and tackle headon the staggering rate of suicide in the highlands. Have you been to the depths that comes with depression, yet managed to pull yourself out? Have you ever been so crippled by anxiety you couldn't leave the house, yet managed to overcome the feelings eventually? If you felt up to it, we would love to share your story with others in the hope of inspiring them. We would change names for anonymity, of course.</p>	<p>Support & Information</p>
<p>Moniack Mhor Limited Teavarran, Kiltarlity, Inverness-Shire www.moniackmhor.org.uk 01463741675 info@moniackmhor.org.uk Moniack Mhor Creative Writing Centre is in the beautiful Scottish Highlands, just fourteen miles from the city of Inverness. Since our first course in 1993 Moniack Mhor has been running creative writing courses tutored by some of the finest authors in the</p>	<p>Interest</p>
<p>Morning Call 28 Culloden Road, Balloch, Inverness www.friendship-services/morning-call.asp 01463790410 The Morning Call Service provides a daily telephone call to individuals who live alone who wish the reassurance of knowing that they will be contacted each day to make sure they are not in difficulty. New volunteers are always welcome.</p>	<p>Support & Information</p>

MS Therapy Centre Inverness Ltd

Support & Information

Multiple Sclerosis Therapy Centre, Burnett Road, Inverness
www.theoxygenworks.com
 01463240365
contact@theoxygenworks.com

Since we opened we have been providing practical and emotional support to all of our members. We offer access to a wide range of therapies, allowing our members the opportunity to self-manage their symptoms. Although originating to assist people living with MS.

Muir of Ord T'ai Chi club

Sport & Outdoor Activity

Village Hall, Muir of Ord, IV6 7TA
<https://www.facebook.com/muiroford>
 Monday evenings 18.30 to 20.30
 self-defense, calisthenics, fitness, health, relaxation, stretching, exercise
 T'ai Chi in the Village Hall. . Contact Douglas Hardy

Muirtown After School Klub (Mask)

Children & Young People

Burnfoot House, Canal Road, Inverness
<https://muirtownps.wordpress.com/school-activities-and-clubs/muirtown-after-schools-club-masc/>
 MASK is a committee run provision providing quality care with a manager in place along with 3 qualified members of staff. The Breakfast Club begins at 8.00 am. The After School Club is open from 2.45-5.45 pm.

Munlochy Animal Aid (MAA)

Interest

Woodend North Kessock, Inverness, IV1 3ZD
<https://www.supportadoptionforpets.co.uk/rescue-centres/munlochy-animal-aid/munlochy-animal-aid-1380>
 01463811722
 Animal rescue and rehoming centre.

Music Nairn

Interest

Delnieswood, 16 Moss-side Drive, Nairn
www.musicnairn.org.uk
 The promotion of classical music, both old and new, is an important part of our function and we are very keen to encourage youngsters (students are offered significant discounts) and to promote local musical activity. monthly concerts at the Nairn community and arts centre

Nairn Area Amateur Athletic Club

Sport & Outdoor Activity

Tigh-Na-Coille, Mill Road, Nairn
www.naaac.co.uk
nairnathleticclub@gmail.com
 Nairn Area Amateur Athletics Club (NAAAC) is a small, friendly club catering for all abilities and all aspects of the sport of athletics, ranging from track and field to cross country. Club training mainly takes place at our track 'The Maggot'. Winter training takes place at various venues in Nairn including Kingsteps and the Nairn Community Centre.

Nairn Arts Society

Interest

Laing Hall, King Street, Nairn, IV12 4NZ
www.nairnartssociety.co.uk
 Monday - 6.30-9pm, Tuesday - 10-noon, Wednesday- 10-noon and 2-4pm, Friday - 2-4pm
 Welcome to Nairn Art Society. Our doors are open to anyone who loves painting, drawing and all things arty. We meet throughout the week in Laing Hall which is situated on King Street across from The Little Theatre. Drop in during the listed times to have a chat

Nairn Citizens Advice Bureau Limited

Support & Information

6 High Street, Nairn IV12 4BJ
nairncab.org.uk
 01667456677
info@nairncab.org.uk
 Mon-Thur - 10am-3pm, thur-5.30-7.30, fri-10am-1pm, Saturday, by appointment only
 provides free, confidential and independent advice to anyone who needs it.
 volunteers are given training to help them use the resources to give clients accurate and helpful advice, and to be able to listen and communicate with clients.

<p>Nairn Coastal Rowing Club Waverley Lodge, Lodgehill Road, Nairn, Highland www.nairncoastalrowing.co.uk info@nairncoastalrowing.co.uk Nairn Coastal Rowing club has been established by a group of people who are keen to see a coastal rowing skiff taking to the waters off our town, which is so closely associated with the sea.</p>	Sport & Outdoor Activity
<p>Nairn Community & Arts Centre Nairn Community & Arts Centre, King Street, Nairn www.nairncc.co.uk 01667453476 info@nairncc.co.uk This bright, modern, adaptable building with excellent conference & art facilities has become a vital part of the community. There are many different events, groups and classes based at the community and arts centre - music and film shows, youth and childrens groups and classes including a gaelic playgroup daily, fitness and dance classes including pilates, zumba, tae kwando, yoga and over 50's fitness class, and art and craft groups. Please contact by phone or look at the website to see what is available.</p>	Community
<p>Nairn Drama Limited 36 Balmakeith Park, Nairn, Highlands www.nairndrama.org.uk 01667258657 enquiries@nairndrama.org.uk most mondays, 7.30pm The Nairn Drama Club is an amateur drama club that was established in 1946, and owns and runs the Little Theatre in Nairn. Each year the club produces a number of shows, of varying genres, with the annual Christmas panto being the largest production of all.</p>	Interest
<p>Nairn Hydrotherapy Trust Cawdor Road, Nairn, IV12 5ED 01667455351 Mon, 9am-1pm:Tues,9am-2.30pm:Wed,9am-2pm+7-8pm:Thur,9am-1pm:Fri,9am-2.30pm:Sat,9am-noon hydrotherapy pool .</p>	Community
<p>Nairn Men's Shed Platform 1, Nairn Railway station, Nairn www.scottishmsa.org.uk Tues - 10 - noon Social group reducing social isolation</p>	Social
<p>Nairn Museum Ltd Viewfield House, Viewfield Drive, Nairn, Nairnshire www.nairnmuseum.co.uk 01667456791 manager@nairnmuseum.co.uk daily, 10am-4.30pm The museum is looking for some additional volunteers for the new season. If you have an interest in Nairn's history and enjoy meeting the public, get in touch . Mornings 10-1 and afternoons 1-4:30. Plenty of tea and biscuits provided!</p>	Community
<p>Nairn Photographic Society Dalriada, Altonburn Road, Nairn www.nairncameraclub.co.uk president@nairncameraclub.co.uk Tues - 7.30 meets in the community centre, Nairn, Sept-April</p>	Interest
<p>Nairn Senior Citizens Luncheon & Social Club 24 Lodgehill Park, Nairn nairncc.co.uk/activities Mon+Thurs-12.30pm lunch.social afternoons and outings</p>	Social

<p>Nairn Sports Club Viewfield Drive, Nairn www.nairnsportsclub.com 01667454523 nairnsportsclub@yahoo.co.uk 9am-9pm, Mon-Fri We aim to reach out to all groups within the community offering a safe and supportive sporting environment.</p>	<p>Sport & Outdoor Activity</p>
<p>Nairnshire Dragons Nairn Academy, Duncan drive, Nairn, IV12 4RD www.nairnshiredragons.co.uk American football team based in Nairn</p>	<p>Sport & Outdoor Activity</p>
<p>Nature Walks for Wellbeing Various meeting points www.scottishwaterwaystrust.org.uk 01463 725561 stephen@scottishwaterwaystrust.org.uk Nature walks in and around inverness self referral or any professional</p>	<p>Sport & Outdoor Activity</p>
<p>Ness Bridge Club The Caledonian Thistle Club, 28 Greig Street, Inverness www.bridgewebs.com/ness 01463240768 Monday, 6.50 for 7pm the club offers a varied programme of match point and teams play</p>	<p>Interest</p>
<p>New Start Hawthorn Project Fairfield Road, Inverness IV3 5LL 01463711481 educational training provider</p>	<p>Support & Information</p>
<p>New Start Highland 9 Carsegate Road North, Inverness www.newstarthighland.org 01463715615 We tackle poverty, homelessness and long term unemployment in the Highlands Whether you have a few hours to spare in the week, miss the craic at work, or need community involvement for your university application, Duke of Edinburgh Award, Queen's Award or the Saltire Award, NSH offers plenty of scope. Sp don't be shy about getting in touch – there's always a place for you to help.</p>	<p>Support & Information</p>
<p>North Kessock Amenities Association 49 Bellfield Road, North Kessock, Inverness www.kessock-hall.net nkaa@googlegroups.com the Committee would love to hear from anyone who would like to help. It is all voluntary, and the only commitment you need to make is to do only as much as you wish. The kind of people who are needed are - old people, young people, people who have lived</p>	<p>Community</p>
<p>North Kessock Carefree Club Kessock Village Hall, Marine Park, North kessock IV1 3XS http://www.kessock-hall.net/calendar.asp?intent=details&eventID=188806 01463 731513 Wednesdays, 2-4pm social, games, bowls, board games A warm welcome awaits retirees of whatever age for tea and biscuits, scrabble, whist bowls or any board game. Contact K Blakey</p>	<p>Social</p>
<p>North of Scotland Archaeological Society SCIO 7 Ruisaurie, Beauly, Inverness-shire www.nosas.co.uk Learn new skills by taking part in archaeological digs and projects,working with experienced archaeologists in the field.</p>	<p>Interest</p>

<p>Old Folks Bowling Cameron Youth Centre, Planefield Road, Inverness, IV3 5DN http://www.cameronyouthcentre.org/about-the-centre/activities/ 01463 234785 lee3xq@btinternet.com Mon & Tues, 1.30-4pm Indoor bowling for seniors. Monday and Tuesday 1.30 to 4pm. Contact Joan Durward</p>	<p>Sport & Outdoor Activity</p>
<p>Osprey House Raigmore Avenue 01463 716 888 Rolling two week well-being programme for those suffering from stress induced addictions Self referral / any professional</p>	<p>Support & Information</p>
<p>Out Of The Box (Scotland) Limited 15 Castle Heather Road, Inverness www.outofthebox.me.uk 07793000309 info@outofthebox.me.uk We provide Christian outreach using puppetry, song and other forms of performing arts across Scotland. We want to encourage children to be both confident individuals and responsible citizens.</p>	<p>Interest</p>
<p>Over 50s Art Class Phipps Hall, Station Road, Beauly http://www.beauly.co.uk/hipps-hall-activities.html 01463 782390 Wednesday and Friday 11am-1pm Art Class, Over 50s activity, drawing, painting. Contact Ann Galloway</p>	<p>Social and Active</p>
<p>Over 50s Badminton Phipps Hall, Station Road, Beauly http://www.beauly.co.uk/hipps-hall-activities.html 01463 782447 Monday and Thursday 10am - 12.30pm Badminton, Fitness, Over 50s activity. Contact Joan Maclean</p>	<p>Sport & Outdoor Activity</p>
<p>Over 50s Fitness Club Kilchuimen Academy, Fort Augustus, PH32 4DL 01320 366438 Tuesdays 5.30 - 7.30 keep fit, exercise over 50's keep fit at Fort Augustus Academy. Contact Roy Thurston</p>	<p>Sport & Outdoor Activity</p>
<p>Over 60s Club Balloch Hall, Culloden Road, Inverness, IV2 7HQ http://ballochhall.co.uk/wordpress/?page_id=32 01463 790547 Monthly on the 1st & 3rd Wednesday 2pm-4pm Over sixties social club. Contact George Mudd</p>	<p>Social</p>
<p>Over 60s Club Village Hall, Muir of Ord, IV6 7TA 01463 870955 Thursday mornings at 10am The over 60s club meets on. Contact Eleanor Innes</p>	<p>Social</p>
<p>Over 60s Coffee Club Dores Inn, Dores, Inverness, IV2 6TR http://www.doresonlochness.co.uk/over_60_club.html 01463 751203 meets monthly on a Wednesday morning coffee club, social Over 60s Coffee Club . Contact Dores Inn</p>	<p>Social</p>

<p>Over 60's Club Balloch Village Hall, IV2 7HQ 01463 790547 Monthly, 1st and 3rd Wednesday, 2pm - 4pm</p>	<p>Social</p>
<p>Over 60's Exercise Class The Spectrum Centre, 1 Margaret Street, Inverness, IV1 1LS http://www.spectrumcentre.co.uk 01463 221842 info@spectrumcentre.co.uk Mondays:- 10.00-11.00 keep fit, exercise Over 60's Exercise Class. Contact Wendy Jack</p>	<p>Sport & Outdoor Activity</p>
<p>Over 60s Lunch IV4 7HW 01463 741257 Thursdays, noon Lunch club, social. Contact Robbie Sheriffs</p>	<p>Social</p>
<p>Partnerships For Wellbeing Limited 31-33 Wells Street, Inverness www.pwf.org.uk 01463729997 For Step it up highland - 01463729997 or email walking@pwf.org.uk, for Inverness Voluntary Transport Scheme - 01463226662 Or email transport@pwf.org.uk</p>	<p>Sport & Outdoor Activity</p>
<p>Pelvic Instability Network Scotland Willowburn, 8 Broallan, Beauly, Inverness-shire 01463782801 info@pelvicinstability.org.uk We offer confidential support to anyone affected by pelvic girdle pain regardless of where they live. This includes partners, family members and friends.</p>	<p>Support & Information</p>
<p>Petty and Ardersier Community Heritage The Old School, Station Road, Ardersier archhighland.org.uk last thursdaof the month, 6.30pm meetigs held in the PACE heritage café in Ardersier</p>	<p>Interest</p>
<p>Pilates Class Balloch Village Hall, IV2 7HQ www.cathybiggar.co.uk 07792326393 cathybiggarpilates@gmail.com Monday, (term time only) exercise class</p>	<p>Sport & Outdoor Activity</p>
<p>Poker Night Benleva Hotel, Drumnadrochit, IV63 6UH http://www.highlandpoker.co.uk/index.asp?pageid=241295 01456 450080 Monday, 8.30pm poker, gaming, cards Poker card game.. Contact Allan or Stephen</p>	<p>Interest</p>
<p>Pop-In over 50s Smithton and Culloden Free Church, Murray Road, Smithton, Inverness IV2 7YU 01463 790410 alan@friendship-services.com lunch, social activities, social meetup, lunches club, lunch club Company, coffee, chat and activities. Contact Alan Michael</p>	<p>Social</p>

Preserve and Revamp Culloden and Smithton

Community

8 Smithton Villas, SMithton, Inverness

www.facebook.com/cullodenPARC

07526292791

parcs2018@gmail.com

We are a group of local people working to improve community outdoor spaces by creating more inviting places to be and running events to bring the community together. PARCS now also host the community newsletter - the Culloden and Smithton Juggernaut.

Raigmore Bowling

Sport & Outdoor Activity

Raigmore Community Centre, IV3 5HS

<http://highlifehighland.com/community-centres/raigmore-community-centre>

01463 220126 raigmorecc@highlifehighland.com

Wednesdays 2-4pm

indoor bowling club, activity, sports, bowls

Raigmore Bowlers – . Contact Christine Nicholls

Raigmore Community Centre

Community

Raigmore Community centre, 125 Aston Road, Inverness, IV2 3UY

<https://www.highlifehighland.com/raigmore-community-centre/>

01463 713756 raigmorecc@highlifehighland.com

Raigmore Community Centre offers a wide range of classes and clubs for all ages. Rooms can also be booked for meetings, birthday parties or private lets.

Key Features: Junior and senior youth clubs; Youth drop in room; Parent & Toddlers; Activities for 50+

Rainbows

Children & Young People

Balloch Village Hall, IV2 7HQ

07874170850

Monday, term time only

Pre-brownies group for 5-7year old girls

Reach4Reality SCIO

Children & Young People

Hilton Lighthouse, 4 Tomatin Road, Inverness

reach4reality.org.uk

07796905339

info@reach4reality.org.uk

Reach4Reality is a local Christian charity working with young people from the Highlands, aged 9-18, with social interaction difficulties such as autistic spectrum disorder or a related condition. We provide positive activities for the young people.

Rusties

Social and Active

Raigmore Community centre, 125 Aston Road, Inverness, IV2 3UY

<http://highlifehighland.com/community-centres/raigmore-community-centre>

01463713756, 07722177779

raigmorecc@highlifehighland.com

Thursday 10 to 12

Senior exercise, tea, bingo, quiz, talks. We do 1 hour keep fit and then have a cup of tea and a chat. We do quizzes, bingo etc and sometimes there is a speaker. Contact Val Rose

Safe Strong And Free Project

Children & Young People

Rooms 11 & 12, Highland Rail House, 26 Station Square, Inverness

www.safestrongandfree.org.uk

01463712669 info@safestrongandfree.org.uk

The Safe Strong and Free Project (Ssf) is a Primary Abuse Prevention Programme. It is a Highland charity which aims to reduce the vulnerability of young children to abuse and assault.

Salsa North

Sport & Outdoor Activity

The Spectrum Centre, 1 Margaret Street, Inverness, IV1 1LS

<http://www.salsanorth.co.uk/index.asp>

jermaine@salsanorth.co.uk

Wednesday evening.

salsa, latin dancing, samba dancing, rumba dancing

Latin dance classes Beginners and all ages welcomed. Contact Jermaine McCracken

<p>Scottish Country Dance Club Village Hall, Muir of Ord, IV6 7TA 01463 870860 Mondays 7.30 to 9pm country dancing, scottish dance Scottish country dancing. Contact Mrs E Cromb</p>	<p>Social and Active</p>
<p>Scottish Highlands & Islands and Moray Chinese Association 1 Ardconnel Terrace, Inverness www.shimca@weebly.com 07595895450 shimca.org.uk@gmail.com After school club, luncheon club, english class, traditional fan and ribbon dance group, handle China Visa applications and room for hire.</p>	<p>Community</p>
<p>Scrabble Club Village Hall, Muir of Ord, IV6 7TA 01463 870077 Monday, 2pm scrabble, games, social Scrabble Club for ALL ages. Church hall on Seaforth Road. Contact Christine Hammond</p>	<p>Interest</p>
<p>Scrabble Club Ness Bank Church Hall, Inverness, IV2 4SF http://www.nessbank.net/page5.htm 01463 233974 Wednesday evenings 7.30 to 10pm Scrabble, social New Members very welcome. Contact Alistair Dowling</p>	<p>Interest</p>
<p>Senior Badminton Glengarry Community Hall, Invergarry PH35 4HG http://www.glengarrylife.com 01809 501413 badminton Badminton arranged on demand depending on numbers interested. Enquiries welcome . Open to all ages . Contact Eileen Rogers</p>	<p>Sport & Outdoor Activity</p>
<p>Senior Bowling Club Glenmoriston Hall, Invermoriston, http://www.glenmoristonhall.org.uk/Whatson/page3.html 01320 351313 Monday afternoons and evenings bowling, indoor bowls The bowls club meets each week . Contact Betty Draper</p>	<p>Sport & Outdoor Activity</p>
<p>Senior Bowls The Spectrum Centre, 1 Margaret Street, Inverness, IV1 1LS http://www.spectrumcentre.co.uk/index.asp?pageid=581814 01463 221842 info@spectrumcentre.co.uk Tuesdays 14.00-16.00. indoor bowling club, activity, sports, bowls Senior bowling club. Contact Wendy Jack</p>	<p>Sport & Outdoor Activity</p>
<p>Senior Citizens Bowling Phipps Hall, Beauly, IV4 7EH http://www.beauly.co.uk/hipps-hall-activities.html 01463 782411 see any other notes for timings of different groups Bowls, Social, Fitness, Over 60s activity Indoor Bowls - social activity which can also improve fitness, coordination and skill development. Tuesday and Friday afternoons 2 - 5 pm (winter only) specifically for senior citizens Tuesday and Friday evenings 7 - 10pm (winter only) open to all. Contact Archie Nutt</p>	<p>Sport & Outdoor Activity</p>

<p>Senior Citizens Group Ardersier War Memorial Hall, Station Road, Ardersier, IV2 7SS http://ardersier.org/senior-citizens/ 01667 462428 Every 2nd Friday of the month, 7.30-9m Held in the Senior Citizens Hall. Speakers and activities. All welcome. Contact Isabel Fraser</p>	<p>Social</p>
<p>Senior Citizens Keep Fit Ardersier War Memorial Hall, Station Road, Ardersier, IV2 7SS 01667 462428 keep fit, exercise Keep fit at the Old School Hall 10 to 11 am followed by tea/coffee. Contact Isabel Fraser</p>	<p>Sport & Outdoor Activity</p>
<p>Senior Citizens lunch Royal Highland Hotel, 18 Academy Street, Inverness, IV1 1LG 01463 831161 lizsyred@tiscali.co.uk Every 3rd Sunday of the month, 1pm lunch, social activities, social meetup, lunches, club lunch, club group If you are over 60 then you are welcome throughout the year. £4 each. Sit down 1pm for a 2 course meal. Must ring main contact by the preceding Thursday to book. Contact Liz Syred</p>	<p>Social</p>
<p>Senior Swimming Culloden Leisure Centre, IV2 7JZ https://www.facebook.com/CullodenLeisureCentre 01463 792794 Tuesdays 3.45-4.45, Saturdays 11am-noon swimming Seniors swimming sessions . Contact Reception</p>	<p>Sport & Outdoor Activity</p>
<p>Seniors Lunch Club Farr Community Hall, Inverarnie Park, IV2 6AX http://www.strathnairn.org.uk/farrhall.asp 01808 521205 Second Friday of the month. Contact Christina Murray</p>	<p>Social</p>
<p>Sewing and patchwork Charleston Community complex, Inverness, IV3 8ET 01463 220128 pat13knit@aol.com Wednesday, 7-9pm, September-June sewing, patchwork, homecraft, crafts Sewing and patchwork we also do knitting, crochet, beadwork but any craft can be taught depending what people want my mobile no: 07917 420800. Contact Pat Macleod</p>	<p>Interest</p>
<p>Sight Action Beechwood House, 69-71 Old Perth Road, Inverness, IV2 3JH www.sightaction.org.uk 01463233663 admin@highlandsensory.org.uk We can help visually impaired people cope safely and confidently around the home with improved independent living skills. We have a range of equipment available in our resource centres for you to use or to purchase. We can arrange to visit you at home to help our staff gain greater understanding of your situation. They can then identify ways to help you overcome the difficulties imposed by poor vision. Training could include: Orientation and mobility, Independent liv</p>	<p>Support & Information</p>
<p>Signpost INC 5/7 Tomnahurich Street, Inverness www.signpost-inc.org 1463711393 reception@signpost-inc.org 10-4 Mon-Thurs Operates a handypersons service carrying out jobs around the home.</p>	<p>Support & Information</p>

<p>Skills Exchange Charleston Community complex, Inverness, IV3 8ET 01463 220128 charleston_complex@hotmail.com Wednesdays 10 am to 12 noon sewing , crochet, card making Exchange skills such as sewing , crocheting , card making. Contact Jane MacLellan</p>	<p>Interest</p>
<p>Smithton Culloden Youth Club Scy Centre, Keppoch Road, Culloden, Inverness www.facebook.com/pages/Smithton-Culloden-Youth-club 01463793284 mon-sat, 9am -5pm, Sun, 10am - 4pm</p>	<p>Children & Young People</p>
<p>Smithton Lunch Club Smithton and Culloden Free Church, Murray Road, Smithton, Inverness IV2 7YU http://smithton.smithtonchurch.com/connect/seniors/ 01463 793191 office@smithtonchurch.com Tuesdays 12.30 to 13.30 lunch, social activities ,social meetup, lunches club, lunch club, group. Soup and sandwiches, pudding and message from a speaker. Lifts can be arranged by emailing the office. Contact Ali Macdonald</p>	<p>Social</p>
<p>SNAP Special Needs Action Project Drummond School, Drummond Road, Inverness www.snapinverness.com 01463233006 Special Needs Action Project is a voluntary sector organisation that offers a range of services during Out of School hours for children and young people who have learning disabilities. To be eligible for SNAP, the children / young adults must be between the age of 5 and 30, live within the Inverness area OR attend School within the Inverness area. SNAP has a team of volunteers who help the Team Workers at After School Clubs. Volunteers usually commit to working at one After School Club per week.</p>	<p>Children & Young People</p>
<p>Sounds Familiar Craigmonie Hotel, IV2 3HX Audrey Whyte 01463 233231 soundsfamiliarmusic@aol.com First and third Tuesdays of the month at 1430 Sounds Familiar singing group for People with Dementia and their Carers. Come along and enjoy the benefits of singing together in a relaxed and friendly group. You'll be made very welcome.</p>	<p>Support & Information</p>
<p>Stay Safe Highland Kirksyde Cottage, Cawdor, Nairn www.staysafehighland.org 07553353825 info@staysafehighland.org Stay Safe Highland is a Scottish charity (SC 044253) concerned with personal and community safety of older people across the Highlands. Older volunteers are available to talk to groups who meet during the daytime.</p>	<p>Support & Information</p>
<p>Step it up Highland 31-33 Walls Street, Inverness www.pfw.org.uk/projects/step-it-up-highland 01463 729 997 walking@pfw.org.uk Health walks to promote walking to people from all walks of life Self referral</p>	<p>Sport & Outdoor Activity</p>
<p>Stratherrick Public Hall - Badminton club Mirkwood, Gorthleck, Inverness www.stratherrick.net/stratherrick-hall 01456486707 Monday, 7-9pm Badminton</p>	<p>Sport & Outdoor Activity</p>

<p>Strathdearn Daycare Strathdearn Primary School, Tomatin www.careandlearningalliance.co.uk/strathdearn-daycare 07756856777</p>	Children & Young People
<p>There are two childcare sessions available, Monday to Friday during term-time only. The first session is called Full Wrap Around care and the second is the Out of School Club. Both sessions will be held in the Nursery. You don't need to use the Strathdearn Daycare Centre on a regular basis, you can take advantage of our ad hoc service. If this may be of interest to you, we would recommend registering your child(red) as soon as possible so that the service is immediately available at the time you need it. Once registered, all you need to do is call the centre when want to book a session on 07756 856 777, this can even be the same day you require the service – particularly helpful during an emergency.</p>	
<p>Stratherrick Public Hall - karate Mirkwood, Gorthleck, Inverness www.stratherrick.net/stratherrick-hall 01456486205 Saturday, 10am-noon</p>	Sport & Outdoor Activity
<p>Stratherrick Public Hall - youth club Mirkwood, Gorthleck, Inverness www.stratherrick.net/stratherrick-hall 01456486435 Friday, 7 - 8.30pm Primary5's -primary7's</p>	Children & Young People
<p>Stratherrick Public Hall -Parent, baby and toddler group Mirkwood, Gorthleck, Inverness www.stratherrick.net/stratherrick-hall 01456486400 Wednesday, 10.30am - 12.30pm</p>	Children & Young People
<p>Stratherrick Public Hall -scottish country dancing Mirkwood, Gorthleck, Inverness www.stratherrick.net/stratherrick-hall 01456486464 Wednesday, 7.30-9.30pm</p>	Social and Active
<p>Strathglass Bowling Club Cannich Hall, Cannich, Beauly, IV4 7LT http://cannich-hall.co.uk/blog/groups-clubs/ 01456 415314 info@cannich-hall.co.uk</p>	Sport & Outdoor Activity
<p>Monday afternoons. For anyone who is interested in playing Outdoor & Indoor Bowls. Provides exercise, company and fun. Meets weekly in the main hall in winter, outdoors in summer. Bowling started in November 1980 with over 40 members. Contact Jane Stokes</p>	
<p>Strathnairn Community Access & Transport Association Rose Cottage, Farr, Inverness</p>	Support & Information
<p>Strathnairn Community Woodland Project Ardvar, Croftcroy, Farr, Inverness</p>	Community
<p>Strokeness 8 Simpson Street, Nairn, Highland strokeness.org.uk</p>	Support & Information
<p>Strokeness is a support group for stroke survivors run by stroke survivors. We also offer support to families and carers.</p>	
<p>Tai Chi Merkinch Community centre, Coronation Park, Inverness, IV3 8AD http://www.merkinchcommunitycentre.co.uk/programs/ 01463 239563 angela.mackenzie4@highlifehighland.com mondays, noon-1pm Tai Chi, exercise, keep fit. Contact Angela Mackenzie</p>	Sport & Outdoor Activity

- Tai Chi** Sport & Outdoor Activity
 Inverness Leisure centre, Bught Lane, Inverness, IV3 5SS
<http://www.invernessleisure.co.uk/facilities/sports-centre/>
 01463 667500 info@invernessleisure.co.uk
 Friday 1110-1200.
 Fitness, Health, Exercise
 A powerful, full-body energy ritual that improves balance, flexibility, vitality and circulation. It addresses the health of mind and spirit as well as the body, reducing stress, anxiety, and depression and enhancing self-esteem. Contact Kirsty Nicholson
- T'ai Chi** Sport & Outdoor Activity
 Phipps Hall, Beauly, IV4 7EH
<http://www.beauly.co.uk/hipps-hall-activities.html>
 07714 499963
 Tuesday mornings 10.00 to 11.00
 Self-defence, calisthenics, fitness, health, relaxation, stretching, exercise. Contact Douglas Hardy
- Tap Dancing** Sport & Outdoor Activity
 Merkinch Community centre, Coronation Park, Inverness, IV3 8AD
<http://www.merkinchcommunitycentre.co.uk/programs/>
 01463 239563
 angela.mackenzie4@highlifehighland.com
 Monday, 11 - noon
 Tap dancing, dance, exercise. Contact Angela Mackenzie
- The Arts Society Highland** Interest
 Grianan, Balinrait, Cawdor, Nairn
www.theartssocietyhighland.org.uk
info@theartssocietyhighland.org.uk
 2nd Thursday of the month, 2.15pm
 At The Arts Society Highland we have an inspiring programme of lectures given by some of the country's top experts, days of special interest and visits to historic buildings in the area and beyond. Members can also enjoy study days and tours organised
- The Barn, Church of Scotland, Culloden** Interest
 The Barn, Church of Scotland, Culloden House Avenue, Culloden, Inverness
www.churchofscotland.org
 01463798946
admin@barnchurch.org.uk
 church based groups throughout the week, such as boys brigade, craft group, mens group, womens group, lunch club. Check the website for what is available.
- The Bowling Club** Sport & Outdoor Activity
 The Village Hall Fort Augustus, PH32 4DG
<http://www.fortaugustus-glenmoriston-cc.co.uk/groups/index.php>
 01320 366659
 Wednesday 2-4pm and 7- 9pm
 bowling, indoor bowls
 Contact Sandra Ainsworth
- The city of Inverness Youth Pipe Band** Sport & Outdoor Activity
 Kessock Village Hall, Marine Park, North kessock IV1 3XS
<http://www.kessock-hall.net/index.asp?pageid=75153#bowls>
 01463 793502
 Tues+Sat, 7.30pm
 Indoor bowls on Tuesdays and Saturday nights at 1930. Bowls available but bring smooth flat soled footwear. Contact James Dingwall
- The Energy Advisory Service SCIO (TEAS SCIO)** Support & Information
 Macleod & Maccallum, 28 Queensgate, Inverness
www.tighean.co.uk
 01851706121
info@thighean.co.uk
 energy saving advice and support

The Evergreen Club

Social

Cawdor Parish Church, Nairn, IV12 5XP

info@cawdorparishchurch.co.uk

<http://www.cawdorparishchurch.co.uk/evergreen.htm>

Lunch club open to all seniors in the community. Fortnightly on Wednesdays at 1pm. Contact Mrs Liz Macintosh 01667 455540

The Fitness League

Sport & Outdoor Activity

Culcabock and Drakies Community Centre, Grebe Avenue, Inverness, IV2 3TD

01463717433

7.30-9.30pm, Mondays

ladies stretch and tone exercise class

The Friendship Club

Social

Ardersier War Memorial Hall, Station Road, Ardersier, IV2 7SS

<http://ardersier.org/senior-citizens/>

friendship, social

Last Tuesday of each month at 2pm. Speakers, DVD, Tea /coffee. All welcome. Contact Isabel Fraser 01667 462428

The Gathering

Social

Inverness East Parish Church, Academy Street, Inverness, IV1 1LU

<http://www.invernesseast.com/activities/community/the-gathering/>

01463238770

3rd Thursday of the month (except July and August) from 10.30am – 12.30pm

The Gathering is an opportunity for older people within the congregation to get together, make new friends and share friendship over tea/coffee and baking. Everyone is welcome so please come and join us. If transport is a problem please contact June at 01463 238770. Contact June McGowan dolina.coventry@invernesseast.com**The Great Glen Walking Club**

Sport & Outdoor Activity

UHI, 12b Ness Walk, Inverness, IV3 5XP

<http://greatglen.org/index.php>

01463 238770

greatglen.org@gmail.com

once a week at weekends

Based in Inverness, our aim is to provide companionable walking for all through our exciting walks programme. We meet and visit all corners of the Scottish Highlands. New members are very welcome - we pride ourselves in being a friendly club, and hope that you will find us so. Contact The Secretary

The Handyperson's Project

Support & Information

5-7 Tomnahurich Street

www.signpost-inc.org

1463711393

hp.manager@signpost-inc.org

Volunteering providing support to those vulnerable providing a range of tasks and jobs to enable people to remain in their own homes

Self Referral

The Inverness Men's Shed

Interest

Kintail House, Beechwood Business Park, Inverness

www.friendship-services.com/inverness-mens-shed.asp

01463418122

Tuesdays, 10am

The men's shed is a place for men to get together, enjoy the craic, have a cuppa, and maybe make stuff!

The Macular Society

Support & Information

Inverness East Parish Church, Academy Street, Inverness, IV1 1LU

<https://www.macularsociety.org/groups/inverness-support-group>

03003030111

info@macularsociety.org

1.30 - 3.30pm

We provide free information and support to those with macular disease, along with their family and friends, to help people retain their independence. Our support services include a helpline, counselling, local support groups, patient information, buddies. The Macular Society meet every third Thursday of the month in the East Church Hall, Inverness, East Church, Academy Street, Inverness, IV1 1LU

<p>The Monday Club The Spectrum Centre, 1 Margaret Street, Inverness, IV1 1LS http://www.spectrumcentre.co.uk/index.asp?pageid=581814 01463 712060 Monday, 7.30-9pm social, learning disabilities, games Meets in the Spectrum Centre. The Club is a meeting place for adults with learning disabilities and they can chat and play games like dominoes, draughts, etc. Contact Graeme Taylor</p>	<p>Social</p>
<p>The Olive Grove 6 Southside Road, Inverness, IV2 3AU http://www.crown-church.co.uk/index.asp?pageid=149175 01463 236841 eileenardern@hotmail.com 10am- 4pm Mon -Frid, 11am- 2pm Sat A tea room which is a place of warm welcome and hospitality, and offers the premises to local groups to rent outside of opening hours. The tearoom is entirely run by volunteers, mostly from the local churches, and all profits are distributed to local causes. Serves fairly traded tea, coffee and hot chocolate, and homemade soup, homemade bread and delicious scones and cakes freshly made on the premises, along with a selection of sandwiches, toasted sandwiches, bacon rolls, paninis etc. Vegetarians and those on gluten free diets can be catered for. Contact Eileen Ardern</p>	<p>Social</p>
<p>The Sheiling Project Sam Harrison Dunmaglass, Struy, Beauly, IV4 7JX www.thesheilingproject.org 07584855846 Outdoor camp for family breaks, school residential holidays, DofE courses, craft holidays and more</p>	<p>Children & Young People</p>
<p>The Shirlie Project 40 Longman Drive, Inverness IV1 1SU www.shirlie.co.uk 01463 716 179 reception@shirlie.co.uk 9-5 Mon-Fri Job coaching, employment advice and support for school leavers and those with mental health and additional support needs. Self referral/ any professional</p>	<p>Support & Information</p>
<p>The Touring Network (Highlands & Islands) Ltd 67a, Castle Street, Inverness www.thetouringnetwork.com 01463231328 hello@thetouringnetwork.com Supporting promoters to stage professional music, dance, theatre and children's events across the highlands and islands.</p>	<p>Children & Young People</p>
<p>The Visiting Service of the North of Scotland PO box 5743, Inverness, IV1 9DN www.friendship-services.com The visiting service for the north of Scotland is making a significant difference to the lives of many people who may be virtually housebound, lonely and isolated. We visit them and if they meet our basic criteria we endeavour to match them with a volunteer check the website for different volunteering opportunities.</p>	<p>Support & Information</p>
<p>TOFFS - The Over Fifties Fitness Session Inverness Leisure centre, Bught Lane, Inverness, IV3 5SS http://www.invernessleisure.co.uk/facilities/sports-centre/ 01463 667500 info@invernessleisure.co.uk Mon, Wed & Fri 9.30am - noon Fitness, exercise class, Over 50 activities. We offer a wide range of activities for all fitness levels and abilities. Whether you are looking to improve your health and lifestyle, feel good about yourself, socialise or try something new, we will have something for you! Contact Kirsty Nicholson</p>	<p>Sport & Outdoor Activity</p>

<p>Tomatin Art Club Strathdearn Hall, Tomatin, IV13 7YN http://www.strathdearn.org/events-calendar.html 01808 511271 Thursday at 1.30-4pm Art, drawing, painting. Findhorn Room, Strathdearn Hall. Contact Betty Watson</p>	Interest
<p>Tomatin Coffee Morning Strathdearn Hall, Tomatin, IV13 7YN http://www.strathdearn.org/events-calendar.html 01808 531220 Wednesday mornings Coffee Morning, social. Contact Carol James</p>	Social
<p>Trees for Life Trees for life, 566 East Whins, The Park, Findhorn, Forres, IV36 3TH www.treesforlife.org.uk 01309691292 info@treesforlife.org.uk Help restore the Caledonian Forest, volunteers needed</p>	Interest
<p>Try Anything Once! Charleston Academy Community Complex, Inverness, IV3 8ET https://www.facebook.com/pages/charleston-academy-community-complex/470408369704894 01463 792672 caroline.keiro_kirk@btinternet.com 1.15-3.15pm, Tuesday afternoons, term time only Refreshments, older people, be social, cafe, social, friendship, activities. The group have various speakers, do beetle drives and bingo, visit local attractions . Contact Caroline Keiro</p>	Social
<p>University of the Third Age Smithton and Culloden Free Church, Murray Road, Smithton, Inverness IV2 7YU http://u3asites.org.uk/code/u3asite.php?site=174 learning, life experience, Archaeology, Bridge, Current Affairs, Walking, Music, Family History, History, Geology, Philosophy, Reading, Book Appreciation, Art Appreciation, Photography, Nature Wanders, Information Technology. Retired and semi-retired people come together and learn together, not for qualifications but for its own reward: the sheer joy of discovery! Members share their skills and life experiences: the learners teach and the teachers learn, and there is no distinction between them. Our general meetings meet every fortnight, alternatively at Smithton Free Church, Inverness and Gordon Memorial Hall, Rosemarkie. Everyone is welcome to come along and find out what it is like before joining. For more information please refer to the 'U3A in Scotland' website. Activities and groups include: Archaeology Art Appreciation Bridge Current Affairs Dancing Family History Food & Health Geology History Information Technology Music Nature Study Philosophy Photography Psychology Reading Theatre Science Walking. Contact 01463 710648</p>	Interest
<p>Upper Glen Urquhart Playgroup Higher Crochail, Cannich Mon & Wed, 10am-noon pre school playgroup meet in the Balnain Hall</p>	Children & Young People
<p>Velocity Café 1 Crown Avenue, Inverness www.velocitylove.co.uk 01463 419956 / 07864 905627 mc2hvelocity@gmail.com Cycle maintenance workshops, social cycles, activity agreements</p>	Interest
<p>Watermill Foundation Limited The Old Mill, Cantray Bridge, Cawdor, Nairn www.highlandcycleabilitycentre.com 01667493789 highlandcycleabilitycentre@yahoo.co.uk Helping disabled riders is at the forefront of what we do. Due to their disability, circumstances or other people's assumptions, many disabled people may never have had the opportunity to ride a bike. The Trust has a range of standard and adapted bicycles 'running bikes' (tricycles which do not have pedals) and all group activities are supported.</p>	Sport & Outdoor Activity

Whist Club

Cannich Hall, Beauliy, IV4 7LJ
<http://cannich-hall.co.uk/blog/groups-clubs/>
 01456 415236
info@cannich-hall.co.uk

3rd Thursday of the month

Whist, cards. All welcome. Usually runs the third Thursday of each month. Contact Judith Myers

Interest

Wing Tsjun Scotland - Adults

St Ronans, 7 Abban Street, Inverness
www.wingtsjun.scotland.co.uk
 07773027713

7-8.30pm, Tues+Thur

Kung Fu school of self defence. Meet at Charleston Academy

Sport & Outdoor Activity

Wing Tsjun Scotland - kids

St Ronans, 7 Abban Street, Inverness
www.wingtsjun.scotland.co.uk
 07835912956

mini dragons - 5-6pm, Tues + Thur, Dragons-6-7pm

Kung Fu school of self defence. Meet at Charleston Academy

Sport & Outdoor Activity

Woodlands Trust

www.woodlandtrust.org.uk
 03303333300

We fight to protect Scotland's ancient woods. You can campaign with us.

From planting trees or keeping an eye on local woods to monitoring planning applications or giving talks – volunteers make a vital contribution to our work, and feel immense satisfaction as a result!

Interest

WRI

Kiltarlity Hall, Beauliy, IV4 7HQ
<http://www.kiltarlity.info/index.asp?pageid=25>
 01463 741447

7.00 - 10.00pm

womens group,

WRI 1st Wed of each month. . Contact Eunice Ramsden

Support & Information

Inverness and Inverness-Shire (Category A-Z)

<p>Balloch Brownies Balloch Village Hall, IV2 7HQ http://ballochhall.co.uk/wordpress/?page_id=33 01463 793743 jenny.card@btinternet.com Weekly (term time) Wednesday 5.15pm - 6.45pm</p>	<p>Children & Young People</p>
<p>Balloch Toddlers Balloch Village Hall, IV2 7HQ http://ballochhall.co.uk/wordpress/?page_id=33 01463 791915 Weekly (term time only) Thursday 10am - 12noon Mother and toddler group. Socialising for parents/carers and peer interaction for the toddlers</p>	<p>Children & Young People</p>
<p>Croileagan Gaelic Playgroup Nairn Community & Arts Centre, King Street, Nairn www.nairncc.co.uk 01463453476 info@nairncc.co.uk Mon—Fri, 9.15-12.25am Gaelic nursery school,</p>	<p>Children & Young People</p>
<p>Crown Corner Club c/o 5 Sunnybank Road, Inverness www.crown-church.co.uk 07796400625 2.45-5.45pm Mon-Fri, Term time Holidays 8.30am -5.30pm (full day) & 8.30am -1pm or 1pm -5.30pm (half day timings) Safe and secure child-friendly environment providing out of school hours and holiday child care</p>	<p>Children & Young People</p>
<p>Drumnadrochit Toddler Group The Church of Scotland Hall, Drumnadrochit www.drumnadrochittoddlegroup.org info@drumnadrochittoddlegroup.org 9.45-11.45am, Wednesdays and Fridays Mother and toddler group. Socialising for parents/carers and peer interaction for the toddlers</p>	<p>Children & Young People</p>
<p>Eden Court Highlands Eden Court Theatre & Cinema, Bishops Road, Inverness www.eden-court.co.uk 01463234234 boxoffice@eden-court.co.uk Eden Court runs shows, films, and classes in drama and dance throughout the year. Summer events for children</p>	<p>Children & Young People</p>
<p>Friends of Birnie c/o The Birnie Centre, Raigmore Hospital, Inverness, IV2 3UJ www.friendsofthebirnie.com 01463711189 Contact through the website Friends of the Birnie' is a charity made up of a group of parents and carers who have children with additional needs. We run a support group on Wednesdays every week during term time. Specialist therapy toys and equipment, outings and Christmas parties</p>	<p>Children & Young People</p>
<p>Girlguiding Inverness-shire 20 Brude's Hill, Inverness www.facebook.com/girlguidinginv contact through the website meeting times vary with each group to inspire and empower girls to be anything they want to be. Girlguiding scotland is for girls aged 5-7 in Rainbows, 7-10 in Brownies, 10-14 in guides and in the senior section ages 14-25</p>	<p>Children & Young People</p>
<p>Inverness Associated Presbyterian Church Inverness A P C, Kingsview Centre, Balnafettack Road, Inverness www.apchurches.org/congregations/inverness 01463716843 Sunday and midweek services, parent and toddler group, creche, lunches for the community see the website for details and timings of activities at the church</p>	<p>Children & Young People</p>

<p>Kirkhill Parent & Toddlers (Or Kirkhill Tots Toddler Group) The Former Workshop, Achnagairn, Kirkhill, Inverness-shire kirkhillandbunchrew.org.uk kirkhilltots@outlook.com mondays + Fridays during term time, 9.45.-11.45am Kirkhill Tots are a baby and toddler group (children welcome up to 4 years old) that meet in the Community Centre every Wednesday and Friday during school term, If you are new to the area, please come along and see for yourself. We are a friendly bunch!</p>	Children & Young People
<p>Merkinch after school club Merkinch Community centre, Coronation Park, Inverness, IV3 8AD www.merkinchcommunitycentre.co.uk 01463240085 2.15-5.30pm, Monday to Friday after school child care, contact 'Flipperz'</p>	Children & Young People
<p>Merkinch Pop Choir Merkinch Community centre, Coronation Park, Inverness, IV3 8AD www.merkinchcommunitycentre.co.uk 01463239563 Thurs, 6-7pm choir for ages 7 - 14</p>	Children & Young People
<p>Muirtown After School Klub (Mask) Burnfoot House, Canal Road, Inverness https://muirtownps.wordpress.com/school-activities-and-clubs/muirtown-after-schools-club-masc/ MASK is a committee run provision providing quality care with a manager in place along with 3 qualified members of staff. The Breakfast Club begins at 8.00 am. The After School Club is open from 2.45-5.45 pm. For further information regarding bookings an</p>	Children & Young People
<p>Rainbows Balloch Village Hall, IV2 7HQ 07874170850 Monday, term time only Pre-brownies group for 5-7year old girls</p>	Children & Young People
<p>Safe Strong And Free Project Rooms 11 & 12, Highland Rail House, 26 Station Square, Inverness www.safestrongandfree.org.uk 01463712669 info@safestrongandfree.org.uk The Safe Strong and Free Project (Ssf) is a Primary Abuse Prevention Programme. It is a Highland charity which aims to reduce the vulnerability of young children to abuse and assault.</p>	Children & Young People
<p>Smithton Culloden Youth Club Scy Centre, Keppoch Road, Culloden, Inverness www.facebook.com/pages/Smithton-Culloden-Youth-club 01463793284 mon-sat, 9am -5pm, Sun, 10am - 4pm youth club</p>	Children & Young People
<p>SNAP Special Needs Action Project Drummond School, Drummond Road, Inverness www.snapinverness.com 01463233006 Special Needs Action Project is a voluntary sector organisation that offers a range of services during Out of School hours for children and young people who have learning disabilities. To be eligible for SNAP, the children / young adults must be between the age of 5 and 30, live within the Inverness area OR attend School within the Inverness area. SNAP has a team of volunteers who help the Team Workers at After School Clubs. Volunteers</p>	Children & Young People

<p>Strathdearn Daycare Strathdearn Primary School, Tomatin www.careandlearningalliance.co.uk/strathdearn-daycare 07756856777</p>	Children & Young People
<p>There are two childcare sessions available, Monday to Friday during term-time only. The first session is called Full Wrap Around care and the second is the Out of School Club. Both sessions will be held in the Nursery. You don't need to use the Strathdearn Daycare Centre on a regular basis, you can take advantage of our ad hoc service. If this may be of interest to you, we would recommend registering your child(red) as soon as possible.</p>	
<p>Stratherrick Public Hall - youth club Mirkwood, Gorthleck, Inverness www.stratherrick.net/stratherrick-hall 01456486435 Friday, 7 - 8.30pm Primary5's -primary7's</p>	Children & Young People
<p>Stratherrick Public Hall -Parent, baby and toddler group Mirkwood, Gorthleck, Inverness www.stratherrick.net/stratherrick-hall 01456486400 Wednesday, 10.30am - 12.30pm</p>	Children & Young People
<p>The Sheiling Project Sam Harrison Dunmaglass, Struy, Beauly, IV4 7JX www.thesheilingproject.org 07584855846</p>	Children & Young People
<p>Outdoor camp for family breaks, school residential holidays, DofE courses, craft hoildays and more</p>	
<p>The Touring Network (Highlands & Islands) Ltd 67a, Castle Street, Inverness www.thetouringnetwork.com 01463231328 hello@thetouringnetwork.com</p>	Children & Young People
<p>Supporting promoters to stage professional music, dance, theatre and children's events across the highlands and islands.</p>	
<p>Upper Glen Urquhart Playgroup Higher Crochail, Cannich Mon+Wed, 10am-noon pre school playgroup meet in the Balnain Hall</p>	Children & Young People
<p>Active Scotland online directory www.activescotland.org.uk Find activities close to your home Postcode search</p>	Community
<p>Adults Aerobics Charleston Academy Community Complex, Inverness, IV3 8ET https://www.facebook.com/pages/charleston-academy-community-complex/470408369704894 01463 220128 caroline.keiro_kirk@btinternet.com Mondays 6 to 7.30pm fitness, physical activity, exercise, relaxation, be active, Aerobics Aerobic exercise for seniors. Contact Caroline Keiro</p>	Community
<p>Aultnaskiach Dell SCIO Moorlands, 11 Drummond Road, Inverness http://aultnaskiachdell.blogspot.co.uk/ info@aultnaskiach.org.uk</p>	Community
<p>Community Woodland: information on their activities are recorded on their blog. Opportunities to get involved should be checked with the group directly.</p>	

<p>Culcabock & Drakies Community Hall Association Grebe Avenue, Inverness, IV2 3TD 01463717433 supporting the community through the provision of a centre where many different groups meet, and is available for community and private hire.</p>	<p>Community</p>
<p>Davidson (Nairn) Charitable Trust 20 High Street, Nairn 01667453278 info.nairn@r-r-urquhart.com Grants between £250 and £10.000 for the benefit of the community of Nairnarea or district through the relief of poverty and needs of the elderly, provision of recreation and leisure in the interests of social welfare</p>	<p>Community</p>
<p>Dunain Community Woodland 11 Balnafettack Road, Inverness www.dunainwood.co.uk The Fasgadh project has recovered the woods which are now accessible and available to the community and community groups.</p>	<p>Community</p>
<p>Friends of Merkinch Local Nature Reserve 40 Craigton Avenue, Inverness, IV3 8AZ www.merkinchlnr.org.uk 07795253727 To increase the health and well-being benefits to individuals and communities through active involvement with the Reserve.To celebrate the wildlife value of the reserve through the conservation and sustainable management of its habitats and species.To max</p>	<p>Community</p>
<p>Glenurquhart Highland Gathering & Games SCIO Dalmeny, East Lewiston, Drumnadrochit www.glenurquhart-highland-gathering.co.uk info@glenurquhart-highland-gathering.co.uk an annual sporting and cultural entertainment event. Volunteers are always needed to help with organisation, set up and smooth running of the games.</p>	<p>Community</p>
<p>Highlife Highland Botanic Gardens Bught Lane,Inverness, IV3 5SS 01463713553 inverness.botanics@highlifehighland.com 10am-5pm, 7 days Beautiful, calm, peaceful gardens.</p>	<p>Community</p>
<p>Kilmorack Community Hall Druim View, Torgormack, By Beaully IV4 7AL www.kilmorackhall.com 07972363584 Contact through Kilmorack Hall Facebook page. A community hall holding regular groups and available for booking. Kimorack Hall also holds 'Happy feet' dancing group; contact Eleanor Gunn On 01463782496 - and Scottish Country Dancing</p>	<p>Community</p>
<p>Nairn Community & Arts Centre Nairn Community & Arts Centre, King Street, Nairn www.nairncc.co.uk 01667453476 info@nairncc.co.uk This bright, modern, adaptable building with excellent conference & art facilities has become a vital part of the community. There are many different events, groups and classes based at the community and arts centre - music and film shows, youth and childrens groups and classes including a gaelic playgroup daily, fitness and dance classes including pilates, zumba, tae Kwando.</p>	<p>Community</p>
<p>Nairn Hydrotherapy Trust Cawdor Road, Nairn, IV12 5ED 01667455351 Mon, 9am-1pm:Tues,9am-2.30pm:Wed,9am-2pm+7-8pm:Thur,9am-1pm:Fri,9am-2.30pm:Sat,9am-noon hydrotherapy pool</p>	<p>Community</p>

<p>.Nairn Museum Ltd Viewfield House, Viewfield Drive, Nairn, Nairnshire www.nairnmuseum.co.uk 01667456791 manager@nairnmuseum.co.uk daily, 10am-4.30pm The museum is looking for some additional volunteers for the new season. If you have an interest in Nairn’s history and enjoy meeting the public, get in touch . Mornings 10-1 and afternoons 1-4:30. Plenty of tea and biscuits provided!</p>	<p>Community</p>
<p>North Kessock Amenities Association 49 Bellfield Road, North Kessock, Inverness www.kessock-hall.net nkaa@googlegroups.com the Committee would love to hear from anyone who would like to help. It is all voluntary, and the only commitment you need to make is to do only as much as you wish. The kind of people who are needed are - old people, young people, people who have lived</p>	<p>Community</p>
<p>Preserve and Revamp Culloden and Smithton 8 Smithton Villas, SMithton, Inverness www.facebook.com/cullodenPARC 07526292791 parcs2018@gmail.com We are a group of local people working to improve community outdoor spaces by creating more inviting places to be and running events to bring the community together. PARCS now also host the community newsletter - the Culloden and Smithton Juggernaut.</p>	<p>Community</p>
<p>Raigmore Community Centre Raigmore Community centre, 125 Aston Road, Inverness, IV2 3UY https://www.highlifehighland.com/raigmore-community-centre/ 01463 713756 raigmorecc@highlifehighland.com Raigmore Community Centre offers a wide range of classes and clubs for all ages. Rooms can also be booked for meetings, birthday parties or private lets. Key Features: Junior and senior youth clubs; Youth drop in room; Parent & Toddlers; Activities for 50+</p>	<p>Community</p>
<p>Scottish Highlands & Islands and Moray Chinese Association 1 Ardconnel Terrace, Inverness www.shimca@weebly.com 07595895450 shimca.org.uk@gmail.com After school club, luncheon club, english class, traditional fan and ribbon dance group, handle China Visa applications and room for hire.</p>	<p>Community</p>
<p>Strathnairn Community Woodland Project Ardvar, Croftcroy, Farr, Inverness</p>	<p>Community</p>
<p>The Good Craic Cafe & Charity Shop 1 Harris Road, Inverness</p>	<p>Community</p>
<p>Aigas Community Forest North View, Crask of Aigas, Beauly, Inverness-shire www.aigasforest.org.uk We are a community run social enterprise managing the 260ha Aigas Forest as a productive, working forest providing social, economic and environmental benefits for residents of and visitors to Lower Strathglass.</p>	<p>Interest</p>
<p>Art Class Balnain, IV63 6TJ 01456 476240 Wednesdays,2-4pm Art, drawing, painting. Art Class Wednesdays 2 to 4pm. Contact Anna Macdonald</p>	<p>Interest</p>

<p>Barn Church Arts and Crafts Club Barn Church, Culloden House Avenue, Culloden, Inverness, IV2 7AB http://www.barnchurch.org.uk/whats-on/fellowship-food-fun/ 01463 798946 admin@barnchurch.org.uk Every second Wednesday morning 10.00 to 12.00 Arts and Crafts, embroidery, genealogy, card making, hobbies Every second Wednesday morning 10.00 to 12.00 come along and try your hand at card making, sketching , sewing, photography, computing , genealogy, music. Anyone welcome. No charge, donations welcome. . Contact Mr Paul Haringman 01463 798946 cw@barnchu</p>	Interest
<p>Beaully Men's Shed Beaully Shinty Clubhouse, beaully https://kilmorackcc.org/beaully-cares/ 01463 782989 jamesmclardy02@hotmail.com Fridays, 10am - 12noon; Tuesday 2pm - 4pm Meet in the old shinty building, tes, coffee ad chat always available. Working on the building and projects as agreed within the group.</p>	Interest
<p>Black Isle Men's Shed Ness Cottage, Ness Road, Fortrose, Highland http://bimshed.uk/ Contact through the website BIMS is open to all men and we would welcome any help and support in these early days so just get in touch if you think you can help or if you think you might want to attend any of our meetings.</p>	Interest
<p>Blackthorn Allotments Association 83 Holm Farm Road, Inverness https://www.facebook.com/pg/BlackthornAllotments/about/?ref=page_internal blackthornallotments@outlook.com</p>	Interest
<p>Bridge Club Phipps Hall, Station Road, Beaully 01463 783774 Tuesday 7pm - 10pm card games, over 50s activity, bridge</p>	Interest
<p>Coach House Retreat Centre The Coach House, Kilmuir, North Kessock, Inverness www.coachhousekilmuir.org 01463 731386 coachhouse@kilmuir.fsbusiness.co.uk Retreat centre offering everything from individual retreats through to group, themed and workshop based retreats. Fees are applicable but grants mat be available so best to get in touch.</p>	Interest
<p>Coille Alba The Old School, Errogie, Inverness www.coillealba.org.uk john.parrot@coillealba.org.uk Small not-profit-sharing organisation based in Inverness. Our mission is to support the sustainable management of native woodlands for the benefit of woodland owners, local communities and the wider public. They are looking for volunteers who could help</p>	Interest
<p>Craigmonie Centre Adult Classes and Workshops Glen Urquhart High School, Drumadrochit, IV63 6XA http://www.craigmoniecentre.co.uk/index.asp?pageid=972 01456459224 fran.davison@highlifeighland.com Times and dates vary according to subject. Adult learning, such as dance, Gaelic classes etc. activities vary according to availability of instructors. Contact centre to check what is on.</p>	Interest

<p>Craigmonie Craft Club Glen Urquhart High School, Drumnadrochit, IV63 6XA www.craigmoniecentre.co.uk 01456459224 fran.davidson@highlifehighland.com 7.00—9. 30pm, Tuesdays. a variety of crafting, tea & coffee and company</p>	<p>Interest</p>
<p>Crown Church Band Crown Church, Kingsmills Road, Inverness, IV2 3JT www.crown-church.co.uk 01463 231140 Contact through the website or phone the office number given Practices are on Monday at 7pm</p>	<p>Interest</p>
<p>Crown Church Choir Crown Church, Kingsmills Road, Inverness, IV2 3JT www.crown-church.co.uk 01463 231140 Thursdays at 7pm in the Small Hall The choir has been going for many years. We have about 16 members and we aim to sing something every Sunday. We sing music from classical to modern, Mozart to African worship songs. We are always open to new members and are extremely friendly, caring peop</p>	<p>Interest</p>
<p>Crown Church Guild Crown Church, Kingsmills Road, Inverness, IV2 3JT http://www.crown-church.co.uk 01463231140 contact through website 7-9pm, 2nd and 4th Tuesday each month, October to March An opportunity for mostly ladies of the Church - and friends (men are also very welcome) to socialise and enjoy an evening's entertainment</p>	<p>Interest</p>
<p>Croy Guild Croy Church Hall, Croy, Inverness, IV2 5PG 01667462081 2.30 -pm Tuesdays fortnightly social, entertainment</p>	<p>Interest</p>
<p>Dalneigh Bingo James Cameron Community Centre, Limetree Avenue, Inverness IV3 5RH https://www.facebook.com/jccinverness 01463718773 jamescameroncc@highlifehighland.com 7-9pm, last Friday of each month Come and try your luck, fabulous prizes to be won at our extremely popular family bingo. Half way through we stop for tea and cake, or juice for the kids. It's really fun, and a great way to meet new friends. Organised and run by Dalneigh Residents.</p>	<p>Interest</p>
<p>Family Prize Bingo IV2 4HT http://www.hiltoncommunitycentre.org/weekly-activities//centre 01463 712844 hiltoncc@highlifehighland.com 1st Friday of each month Family Prize Bingo (Monthly) Once a month on a Friday (1st Friday) we have a Family Prize Bingo night open to all ages run by the centre.</p>	<p>Interest</p>
<p>Feis Inbhir Narainn Cala Na Sithe, Gollanfield, Inverness www.nairnfeis.co.uk 07917724985 contact through the website classes throughout the year for all levels in fiddle, clarsach, guitar, accordion, whistle, keyboard and chanter also hold workshops, groupwork, jam sessions and ceilidh</p>	<p>Interest</p>

<p>Florians Drama Club Florians Theatre, Bught Drive, Inverness, IV3 5ST http://www.florians.org.uk/ secretary@florians.org.uk Based around productions and times are not set. Advise that contact is made through the website Amateur Drama Club based in Inverness with roots that go back to the entertainment of troops stationed in the town in WW2. You can get involved as a 'Friend' of the small theatre. A youth group meets weekly on Monday 6.00pm 7 .30pm and uses drama base</p>	<p>Interest</p>
<p>FlyTying Group Bught Stop, Torvean Avenue, Inverness 01463 711784 Thursdays, 7.30pm fly tying, fishing, angling, fishing flies The classes are held in the Bught Stop on Torvean Avenue, Inverness. John and his fellow instructors – who include David Wade, David Kinghorn and Bill Malcolm – pass on the secrets of tying the top trout and salmon flies. Total proceeds from a charge o</p>	<p>Interest</p>
<p>Gaelic Service IV1 1LU http://www.invernesseast.com/about/worship/ 01463 236695 dolina.coventry@invernesseast.com 2nd Sunday of the month at 3.00pm gaelic service, gaelic worship</p>	<p>Interest</p>
<p>Glen Urquhart Library Craigmorie Centre, Glen Urquhart High School, Drumnadrochit, IV63 6XA www.craigmoniecentre.co.uk 01456459223 glenurquhart.library@highlifehighland.com mon-thur-9.15-noon, 1-5pm, thur-6-8pm, fri-9-1pm, sat-9-1pm Glen Urquhart Library has many activities, including a Scrabble group, Short story reading group, Creative writers, and a knitting group, making hats, jumpers, baby clothes etc for charity contact the library for further details of groups</p>	<p>Interest</p>
<p>Glenmoriston Craft Club Glenmoriston Millennium hall, Glenmoriston, IV63 7YG http://www.glenmoristonhall.org.uk/Whatson/page3.html 01320351291 events@glenmoristonhall.org.uk 1st and 3rd Saturday of the month, 11am - 3pm Crafts, handiwork September - June Contact - Jean Curley</p>	<p>Interest</p>
<p>Glenmoriston Painting Glenmoriston Millennium hall, Glenmoriston, IV63 7YG http://www.glenmoristonhall.org.uk/Whatson/page3.html 01320351229 Fridays 2pm</p>	<p>Interest</p>
<p>Golden drama Merkinch Community centre, Coronation Park, Inverness, IV3 8AD www.merkinchcommunity.co.uk 01463239563 enquiries.merkinch@btconnect.com 12.30-2pm, mondays drama, theatre class, amdram Every Monday Drama class. All ages. Contact Angela Mackenzie 01463 239563 angela.mackenzie4@highlifehighland.com</p>	<p>Interest</p>
<p>Green Hive www.greenhive.co.uk event timings vary, usually Friday, Saturday or Sunday fortnightly. Check website meeting people and working with them to improve the environment Greenhive aim to do all they can to promote the environment, protect and improve green spaces, focusing on action, learning and community connections.</p>	<p>Interest</p>

- Highland Bonsai Association** Interest
 Balloch Village Hall, IV2 7HQ
 01349 865485
 Monthly, 3rd Wednesday of the Month
 For those with an interest in growing miniature trees.
- Highland Gospel Male Voice Choir** Interest
 Inshes Church, Inshes retail Park, Sir Walter Scott Drive, Inverness, IV2 3TW
<http://www.highlandgospelmvc.org/index.html>
 01997420177
 hamish@albanach.net
 A Male Voice Choir singing in four part harmony with First and Second Tenors, and First and Second Basses. We are an amateur choir and would be delighted if other Christian men would join us. Our weekly practice nights are marked by good humour, time for
- Highland RSPB Group** Interest
 Greyfriars free church, Balloan Road, Inverness, IV2 4PP
<http://www.rspb.org.uk/groups/highland/about/>
 01463 237836
 7.30 pm on the last Thursday of each month from September to April.
 The RSPB Highland Group was formed in 1987 to support the work of the RSPB in the Highlands. We now have over 200 members. We run a series of eight indoor meetings and 16 outdoor excursions, and produce a newsletter for all members. Annual subscription.
- Highlands Astronomical Society** Interest
 Meikle, Kildrummie, By Nairn. Meeting at Smithton Culloden Free Church
www.spacegazer.com
webmaster@spacegazer.com
 7.15pm, 1st Tuesday of each month
 For those interested in Astronomy
- Hobbies and Crafts** Interest
 Merkinch Community centre, Coronation Park, Inverness, IV3 8AD
 01463 239563 angela.mackenzie4@highlifehighland.com
 Thursdays, 10.30-12.30pm
 Hobbies and crafts. Contact Angela Mackenzie
- Inverness Bell Ringers** Interest
 IV3 5NR
<http://WWW.moray.anglican.org/inverness-cathedral/>
 01381 610411 inverness@sacr.org
 bell ringing, campanology
 We practice regularly on Thursday evenings from 7.30 – 9.00 pm. We ring for service on Sunday morning between 10.20 and 10.55. and weddings and civic functions Although the bells belong to the Episcopal Cathedral there is NO restriction on who can become a member.
- Inverness Camera Club** Interest
 IV2 6AS
<http://www.invernesscameraclub.co.uk/>
 01463 232141 john@jstoker.plus.com
 7.30pm, Wednesdays and some Mondays, Sept - April
 camera club, photography, photos
 Inverness Camera Club (ICC) is a friendly group of photography enthusiasts who meet every Wednesday night and most Mondays evenings from September to April with a break for Christmas and New Year. Please come along if you have an interest in learning more.
- Inverness Festival Association** Interest
 11 Kenneth Street, Inverness
www.invernessmusicfestival.org
 01463716616 admin@invernessmusicfestival.org
 You don't need any knowledge of music, you may well be able to hear the competitions that you help with for free and you will make new friends. Everyone is welcome, no matter what age.
 The Inverness Music Festival runs for about 10 days in February/March each year. Most competitions are held in Eden Court. There are usually three 3 hour sessions daily, running between 9am and 9pm.

<p>Inverness Horticultural Society Gardening Club Mackenzie Centre, 23A Culduthel Road, Inverness, IV2 4YH www.keepactive.net 01456486656 2nd Tuesday each month from Sept to May, 7.30-9pm Sharing a love of gardening, meeting new people, socialising.</p>	<p>Interest</p>
<p>Inverness Hospitals Broadcasting Service Inverness Hospital Radio, Raigmore Hospital, Old Perth Road, Inverness, IV2 3UJ http://www.invernesshospitalradio.co.uk 01463704500 Hospital radio works 24 hours a day to provide a radio station for two hospitals in Inverness. Volunteering can give media skills and help meet new friends and create new interests.</p>	<p>Interest</p>
<p>Inverness Local History Forum Room 2, Spectrum Centre, 1 Margaret Street, Inverness, IV1 1LS www.facebook.com/invernesslocalhistory 1st Monday of each month, 2 - 3 pm The Inverness Local History Forum is a group of volunteers researching, and preserving, the history of the Royal Burgh of Inverness and its environs.</p>	<p>Interest</p>
<p>Inverness Men's Shed 3 Gordon Terrace Inverness, IV2 3 HD www.friendship-services.com/inverness-mens-shed.asp 01463 418122 Tuesdays, 10am Reduced social isolation, bringing men together for practical tasks and social contact</p>	<p>Interest</p>
<p>Inverness Musical Theatre Company rehearsal venue - Drakies primary school, Drumossie Avenue, Inverness, IV2 3SG www.invernessmusicaltheatre.org.uk invernessopera@gmail.com an amateur dramatic society that puts on annual shows at Eden Court Theatre, offering opportunities to become involved through acting, backstage support, and front of house.</p>	<p>Interest</p>
<p>Inverness Singers Crown Church, kingsmills Road, Inverness, IV2 3JT, (lower hall) 01463 232835 kenmag20@btinternet.com 7.30-9.15pm, Wednesdays, Sept-March choir, choral, group singing, vocal Choral group meets currently in the Crown Church Lower Hall. Tenors especially welcomed. An ability to read music is preferable but not necessary. Subscription is currently £20 per term. (£40 annually) Gives two concerts per year.</p>	<p>Interest</p>
<p>KiltarlityCraft Group Kiltarlity Village hall, Kiltarlity, nr Beauly, IV4 7HQ keepactive.net 01463741447 7-9pm, 2nd + 4th Wednesday each month Craft class. Contact - Eunice Ramsden</p>	<p>Interest</p>
<p>Knitting For Charity Merkinch Community centre, Coronation Park, Inverness, IV3 8AD 01463 239563 angela.mackenzie4@highlifehighland.com Mondays, 10am - noon Knitting For a variety of charities Every Monday 10 to 12. Contact Angela Mackenzie</p>	<p>Interest</p>
<p>Knitting Group crown Church, Kingsmills Road, Inverness, IV2 3JT http://www.crown-church.co.uk/index.asp?pageid=549587 01463 231140 2-3.30pm, Mondays Mondays in the Lounge at Crown Church A get together to knit and natter. Open to anyone. . Contact Katharina Nimmo</p>	<p>Interest</p>

- Loch Ness Toastmonsters** Interest
 Glen Mhor hotel, 8-17 Ness Bank, Inverness, IV2 4SG
<http://www.toastmonsters.co.uk/>
info@toastmonsters.co.uk
 7pm, every Wednesday
 public speaking, oratory, speaking. We're are a small group of people who are keen to improve our public speaking skills in a friendly and relaxed environment. We're looking for new members of all abilities to join us every Wednesday at 1900 in the Glen Mhor Hotel. Contact Melanie Newdick
- Made Up Inverness** Interest
 The Spectrum Centre 1 Margaret Street, Inverness, IV1 1LS
<http://www.madeupinverness.moonfruit.com/home/4587874126>
elisabethwood@outlook.com
 Knitting, Crochet and Sewing lessons in Inverness Highlands. Example : How to cast on and introduce you to knit stitch. You will learn how to make a sweet little square Swatch to take home with you. Contact Elisabeth Wood
- Moniack Mhor Limited** Interest
 Teavarran, Kiltarlity, Inverness-Shire
www.moniackmhor.org.uk
 01463741675
info@moniackmhor.org.uk
 Moniack Mhor Creative Writing Centre is in the beautiful Scottish Highlands, just fourteen miles from the city of Inverness. Since our first course in 1993 Moniack Mhor has been running creative writing courses tutored by some of the finest authors in the
- Munlochy Animal Aid (MAA)** Interest
 Woodend North Kessock, Inverness, IV1 3ZD
<https://www.supportadoptionforpets.co.uk/rescue-centres/munlochy-animal-aid/munlochy-animal-aid-1380>
 01463811722
 Animal resuce and rehoming centre.
- Music Nairn** Interest
 Delnieswood, 16 Moss-side Drive, Nairn
www.musicnairn.org.uk
 The promotion of classical music, both old and new, is an important part of our function and we are very keen to encourage youngsters (students are offered significant discounts) and to promote local musical activity. monthly concerts at the Nairn community and arts centre
- Nairn Arts Society** Interest
 Laing Hall, King Street, Nairn, IV12 4NZ
www.nairnartsociety.co.uk
 Monday - 6.30-9pm, Tuesday - 10-noon, Wednesday- 10-noon and 2-4pm, Friday - 2-4pm
 Welcome to Nairn Art Society. Our doors are open to anyone who loves painting, drawing and all things arty. We meet throughout the week in Laing Hall which is situated on King Street across from The Little Theatre. Drop in during the listed times to have a chat
- Nairn Drama Limited** Interest
 36 Balmakeith Park, Nairn, Highlands
www.nairndrama.org.uk
 01667258657
enquiries@nairndrama.org.uk
 most Mondays, 7.30pm
 The Nairn Drama Club is an amateur drama club that was established in 1946, and owns and runs the Little Theatre in Nairn. Each year the club produces a number of shows, of varying genres, with the annual Christmas panto being the largest production of al
- Nairn Photographic Society** Interest
 Dalriada, Altonburn Road, Nairn
www.nairncameraclub.co.uk
president@nairncameraclub.co.uk
 Tues - 7.30
 meets in the community centre, Nairn, Sept-April

<p>Ness Bridge Club The Caledonian Thistle Club, 28 Greig Street, Inverness www.bridgewebs.com/ness 01463240768 Monday, 6.50 for 7pm The club offers a varied programme of match point and teams play</p>	<p>Interest</p>
<p>North of Scotland Archaeological Society SCIO 7 Ruisaurie, Beauly, Inverness-shire www.nosas.co.uk Learn new skills by taking part in archaeological digs and projects, working with experienced archaeologists in the field.</p>	<p>Interest</p>
<p>Out Of The Box (Scotland) Limited 15 Castle Heather Road, Inverness www.outofthebox.me.uk 07793000309 info@outofthebox.me.uk We provide Christian outreach using puppetry, song and other forms of performing arts across Scotland. We want to encourage children to be both confident individuals and responsible citizens.</p>	<p>Interest</p>
<p>Petty and Ardersier Community Heritage The Old School, Station Road, Ardersier archhighland.org.uk last Thursday of the month, 6.30pm Meetings held in the PACE heritage café in Ardersier</p>	<p>Interest</p>
<p>Poker Night Benleva Hotel, Drumnadrochit, IV63 6UH http://www.highlandpoker.co.uk/index.asp?pageid=241295 01456 450080 Monday, 8.30pm poker, gaming, cards Poker card game.. Contact Allan or Stephen</p>	<p>Interest</p>
<p>Scrabble Club Village Hall, Muir of Ord, IV6 7TA 01463 870077 Monday, 2pm scrabble, games, social Scrabble Club for ALL ages. Church hall on Seaforth Road. Contact Christine Hammond</p>	<p>Interest</p>
<p>Scrabble Club Ness Bank Church Hall, Inverness, IV2 4SF http://www.nessbank.net/page5.htm 01463 233974 Wednesday evenings 7.30 to 10pm Scrabble, social. New Members very welcome. Contact Alistair Dowling</p>	<p>Interest</p>
<p>Sewing and patchwork Charleston Community complex, Inverness, IV3 8ET 01463 220128 pat13knit@aol.com Wednesday, 7-9pm, September-June sewing, patchwork, homecraft, crafts Sewing and patchwork we also do knitting, crochet, beadwork but any craft can be taught depending what people want my mobile no: 07917 420800. Contact Pat Macleod</p>	<p>Interest</p>
<p>Skills Exchange Charleston Community complex, Inverness, IV3 8ET 01463 220128 charleston_complex@hotmail.com Wednesdays 10 am to 12 noon Exchange skills such as sewing , crocheting , card making. Contact Jane MacLellan</p>	<p>Interest</p>

<p>The Arts Society Highland Grianan, Balinrait, Cawdor, Nairn www.theartsocietyhighland.org.uk info@theartsocietyhighland.org.uk 2nd Thursday of the month, 2.15pm At The Arts Society Highland we have an inspiring programme of lectures given by some of the country`s top experts, days of special interest and visits to historic buildings in the area and beyond. Members can also enjoy study days and tours organised.</p>	<p>Interest</p>
<p>The Barn, Church of Scotland, Culloden The Barn, Church of Scotland, Culloden House Avenue, Culloden, Inverness www.churchofscotland.org 01463798946 admin@barnchurch.org.uk Church based groups throughout the week, such as boys brigade, craft group, men's group, women's group, lunch club. Check the website for what is available.</p>	<p>Interest</p>
<p>The Inverness Men's Shed Kintail House, Beechwood Business Park, Inverness www.friendship-services.com/inverness-mens-shed.asp 01463418122 Tuesdays, 10am The men's shed is a place for men to get together, enjoy the craic, have a cuppa, and maybe make stuff!</p>	<p>Interest</p>
<p>Tomatin Art Club Strathdearn Hall, Tomatin, IV13 7YN http://www.strathdearn.org/events-calendar.html 01808 511271 Thursday at 1.30-4pm art, drawing, painting Findhorn Room, Strathdearn Hall. Contact Betty Watson</p>	<p>Interest</p>
<p>Trees for Life Trees for life, 566 East Whins, The Park, Findhorn, Forres, IV36 3TH www.treesforlife.org.uk 01309691292 info@treesforlife.org.uk Help restore the Caledonian Forest, volunteers needed</p>	<p>Interest</p>
<p>University of the Third Age Smithton and Culloden Free Church, Murray Road, Smithton, Inverness IV2 7YU http://u3asites.org.uk/code/u3asite.php?site=174 learning, life experience, Archaeology, Bridge, Current Affairs, Walking, Music, Family History, History, Geology, Philosophy, Reading, Book Appreciation, Art Appreciation, Photography, Nature Wanders, Information Technology University of the Third Age (U3A) movement is a unique and exciting organisation which provides, through its local U3As, life-enhancing and life-changing opportunities. Retired and semi-retired people come together and learn together.</p>	<p>Interest</p>
<p>Velocity Café 1 Crown Avenue, Inverness www.velocitylove.co.uk 01463 419956 / 07864 905627 mc2hvelocity@gmail.com Cycle maintenace workshops, social cycle's, activity agreements</p>	<p>Interest</p>
<p>Whist Club Cannich Hall, Beauly, IV4 7LJ http://cannich-hall.co.uk/blog/groups-clubs/ 01456 415236 info@cannich-hall.co.uk 3rd Thursday of the month whist, cards All welcome. Usually runs the third Thursday of each month. Contact Judith Myers</p>	<p>Interest</p>

Woodlands Trust	Interest
<p>www.woodlandtrust.org.uk 03303333300 We fight to protect Scotland's ancient woods. You can campaign with us. From planting trees or keeping an eye on local woods to monitoring planning applications or giving talks – volunteers make a vital contribution to our work, and feel immense satisfaction as a result!</p>	
50+ Kandu Club	Social
<p>Hilton Community Centre, Hilton Village, Inverness, IV2 4HT http://www.hiltoncommunitycentre.org/about-the-centre/centre-classes-and-activities/ 01463 221694 hiltoncc@highlifehighland.com Mondays 2-4pm. Bingo, talks, walks, over 50 activities. We have talks, demos, trips out and bingo once a month. If you enjoy meeting people and making new friends over a good cup of tea and a biscuit, then come along and join in. Contact Gillian</p>	
Ardersier And District Senior Citizens Social Club	Social
<p>18 Reaybank Road, Ardersier, Inverness 01667462428 2-4pm every second Friday promoting the welfare of older members of the community through social gatherings and talks meetings held at the senior citizens hall, clachan road, Adersier, IV2 7SS</p>	
Ardersier Lunch Club	Social
<p>Adersier War Memorial hall, Adersier, IV2 7SU https://www.facebook.com/pages/Ardersier-War-Memorial-Hall/497567986981399 01667 462 701 lunch club, social, friendship Meets weekly in Memorial Hall. Contact Pat Barrett 01667 462 701</p>	
Barn Church Coffee Morning	Social
<p>Barn Church, Culloden House Avenue, Culloden, Inverness, IV2 7AB http://www.barnchurch.org.uk/whats-on/fellowship-food-fun/ 01463 791556 admin@barnchurch.org.uk Every second Wednesday morning 10 – 11.30am The Barn is open for coffee and chat (alternates with Crafts and Hobbies Workshop). All welcome – a place to meet old friends and new, and free wifi access is available. Contact Dorothy Maclellan</p>	
Barn Church Lunch Club	Social
<p>Barn Church, Culloden House Avenue, Culloden, Inverness, IV2 7AB http://www.barnchurch.org.uk/whats-on/fellowship-food-fun/ 01464 791556 admin@barnchurch.org.uk Every Thursday, 12 noon - 2pm Open to all older people of communities of Smithton, Culloden and Balloch. Lunch served 12.30 every Thursday followed by praise, prayer and speaker of varied interests. Various outings also arranged. Lifts to and from the club available.</p>	
Beauly and District Care Project - Afternoon Teas Kilmorack	Social
<p>Kilmorack Hall https://kilmorackcc.org/beauly-cares/ 01463 782496 3rd Tuesday of the month Cost £1.50 per person</p>	
Beauly and District Care Project - Afternoon Teas Kirkhill	Social
<p>Kirkhill Community Centre https://kilmorackcc.org/beauly-cares/ 01463 782496 Last Thursday of the month, 3pm Cost £1.50 per person</p>	

<p>Beauly and District Care Project - Lunch Church of Scotland hall, Croyard Road, Beauly beaulycare.org 07745904617 bdcareproject@yahoo.com Monday 1pm - 2.30pm lunch with musical entertainment, cost £4 and transport is usually available via volunteer driver scheme.</p>	<p>Social</p>
<p>Cradlehall Senior Citizens Club Cradlehall Primary School, Cradlehall Park, Inverness, IV2 5DB 01463790620 2-4pm, 1st +3rd Thursday each month older people, be social, friendship, social club, senior citizen Senior Citizens Club - September to May. Just come along and enjoy a cuppa.</p>	<p>Social</p>
<p>Crown Church Friendship Group Crown Church, Kingsmills Road, Inverness, IV2 3JT www.crown-church.co.uk 01463 231140 Fortnightly on Fridays 2-4pm September to April This Club is aimed at the 50+ age group both male and female and anyone (including people from other churches) is welcome. There is usually a speaker followed by afternoon tea and a time for fellowship together. Transport to and from the Club can be arran</p>	<p>Social</p>
<p>Crown Church Knit and natter Crown Church, Kingsmills Road, Inverness, IV2 3JT www.crown-church.co.uk 01465 231140 Monday 2pm Please feel free to come along to the church lounge any Monday at 2pm to knit and natter. Please note there is also a sewing group on Thursday mornings but details need to be accessed via the church office</p>	<p>Social</p>
<p>Crown Church Mostly men crown Church, Kingsmills Road, Inverness, IV2 3JT http://www.crown-church.co.uk 01463231140 Meets the last Thursday of the month from 9pm men's friendship, men group, men social What is it? It is a chance for, well, men mostly to meet for a blether over a drink at one of the pubs near the church. Sometimes we talk about weighty matters of religion or state but other times....we don't.</p>	<p>Social</p>
<p>Crown Church Mostly Women crown Church, Kingsmills Road, Inverness, IV2 3JT http://www.crown-church.co.uk 01463231140 meets last Wednesday of every month at 8pm (during term time) women social, needlecraft, sewing We meet at the Heathmount Hotel. Mostly Women is a social get together for anyone that wishes to come. The idea is to bring along your knitting, sewing or craft, have a coffee and cake and chat, exchange craft ideas and maybe learn a new skill.</p>	<p>Social</p>
<p>Croy Lunch Club IV2 5PG 01463791669 1-3pm, Wednesdays, fortnightly lunch club, friendship All welcome. Contact Margaret Johnston 01463 791669</p>	<p>Social</p>
<p>Dalneigh 50 Plus Group James Cameron Community Centre, Limetree Avenue, Inverness IV3 5RH https://www.facebook.com/jccinverness 01463718773 jamescameroncc@highlifehighland.com 2-4pm, Thursdays during term time Friendship and fun for older adults in Dalneigh area. We have a varied programme of activities including advice and information speakers, shopping trips, visits and talks from interesting people, games and activities, day trips, and we enjoy tea and cake.</p>	<p>Social</p>

<p>Derby and Joan Club Telford Centre, Abertarff Place, Fort Augustus, PH32 4DR 01320366278 noon-1.30pm, Thursdays, monthly scrabble, whist, games Last Thursday EACH MONTH. Scrabble, whist followed by cup of tea. All seniors welcome. Contact Barbara Murray</p>	Social
<p>Free North Church Lunch Bank Street, Inverness, IV1 1QU http://freenorthchurch.org/whats-on/ 01463 231981 colin.macleod@freenorthchurch.org Second Tuesday of the month 12.30 until around 2pm We provide a lunch in the hall, at which many enjoy food, fellowship, support and a short time of worship. There is no charge for this, but there is an offering plate should you wish to make a donation. This is a great opportunity to make new friends.</p>	Social
<p>Friendship Club Crown Church, Kingsmills Road, Inverness, IV2 3JT http://www.crown-church.co.uk 01463 231140 2-4pm Fridays, September to april older people, be social, afternoon tea, friendship, social club, senior citizen, fellowship In the Lounge at Crown Church. This Club is aimed at the 50+ age group both male and female and anyone (including people from other churches) is welcome. There is usually a speaker followed by afternoon tea and a time for fellowship together.</p>	Social
<p>Glints of Gold Senior Citizens Club The Spectrum centre, Inverness, IV1 1LST http://spectrumcentre.co.uk/whatson.html kate.maclean@nhs.net 12 noon every Friday friends, be social, lunch, company, social meetup, lunches club, lunch club, group Organised by The Highland Council, the over 50s social club "Glints of Gold" is hosting a programme of events every Friday. Participants are welcome to join in for soup and sandwich lunches at £3 from 12 noon which is followed by a talk each week.</p>	Social
<p>Highland Multicultural Friends Cameron Youth Centre, Planefield Road, Inverness, IV3 5DN www.highlandmulticulturalfriends.org highlandmulticulturalfriends@g.mail.com Meet new friends, have help adapting to a different culture, take advantage of the classes available, such as english classes in varying forms, mother and baby group, sewing group, Tai Chi, mandarin and multicultural kids club.</p>	Social
<p>Kilmorack Lunch Bite Druim View, Torgormack, By Beaully IV4 7AL http://www.kilmorackhall.com/index.asp?pageid=231492 01463 782496 noon -1.30pm, 1st Tuesday of each month lunch club, social No need to book - just turn up. 1st Tuesday of the month 12-1:30pm. Contact Frances Grant</p>	Social
<p>Kiltarlity, Kirkhill and Beaully Free Church Coffee mornings Wardlaw Church, Kirkhill www.kiltarlityandkirkhill.org.uk 01463831717 mgb41@btinternet.com Tuesdays, 10am-noon Tea and coffee, home baking, meet and chat with new friends. You are more than welcome to come along and bring your neighbours and friends.</p>	Social
<p>Kirkhill Lunch Club Community centre, Kirkhill, IV5 7NX www.keepactive.net 01463 831521 wednesdays, monthly, noon - 1.30pm Monthly lunch club. Contact Margaret Georgeson</p>	Social

<p>Lochardil 678 Club Green Drive Hall, 36 Green Drive, Inverness, IV2 4EU http://www.greendrivehall.org.uk/index.asp?pageid=447089 01463 236298 Thursdays, 2-4pm Club for Senior Citizens in Lochardil Inverness Thursdays Starts: 14:00 Ends: 16:00. Contact Marion Sloan</p>	<p>Social</p>
<p>Lunch Club Loch Inn, Canalside, Fort Augustus, PH32 4AU 01320 366278 12.30pm Mondays at Loch Inn. All Seniors welcome. Contact Barbara Murray</p>	<p>Social</p>
<p>Lunch Club Ness Bank Church Hall, Inverness http://www.nessbank.net 01463 772020 joseph.thompson965@btinternet.com 12.30-2pm The Lunch club caters for elderly people who live on their own, and provides a nutritious meal cooked by the Calman Trust (which works with homeless and vulnerable young people), and is followed by some entertainment, e.g. music, talks, a quiz.</p>	<p>Social</p>
<p>Lunch Club The Salvation Army, 20 Tomnahurich Street, Inverness, IV3 5DD http://www.salvationarmy.org.uk/inverness#contact 01463 225276 12 noon , Thursdays Lunch Club for the elderly and the needy. Contact Kate Donaldson</p>	<p>Social</p>
<p>Men's Group IV1 1EP http://www.friendship-services.com/ 01463 790410 alan@friendship-services.com Thursday 10.30 to 11.30 Men are welcome to come along for a chat activities and talks. Contact Alan Michael</p>	<p>Social</p>
<p>Merkinch Friendship Club Merkinch Community centre, Coronation Park, Inverness, IV3 8AD http://highlifehighland.com/community-centres/merkinch-community-centre 01463239563 angela.mackenzie4@highlifehighland.com 12.15-2.30pm every Wednesday Lunch Club. Enjoy a 2 course lunch followed by entertainment £4 per person. Booking in advance. Contact Angela Mackenzie</p>	<p>Social</p>
<p>Merkinch Social circle Merkinch Community centre, Coronation Park, Inverness, IV3 8AD www.merkinchcommunitycentre.co.uk 01463239563 Thurs, 10am-12.30pm Hobbies, IT, fun and friendship</p>	<p>Social</p>
<p>Nairn Men's Shed Platform 1, Nairn Railway station, Nairn www.scottishmsa.org.uk Tues - 10 - noon Social group reducing social isolation</p>	<p>Social</p>
<p>Nairn Senior Citizens Luncheon & Social Club 24 Lodgehill Park, Nairn nairncc.co.uk/activities Mon+Thurs-12.30pm lunch.social afternoons and outings</p>	<p>Social</p>

<p>North Kessock Carefree Club Kessock Village Hall, Marine Park, North kessock IV1 3XS http://www.kessock-hall.net/calendar.asp?intent=details&eventID=188806 01463 731513 Wednesdays, 2-4pm A warm welcome awaits retirees of whatever age for tea and biscuits, scrabble, whist bowls or any board game.</p>	<p>Social</p>
<p>Over 60s Club Balloch Hall, Culloden Road, Inverness, IV2 7HQ http://ballochhall.co.uk/wordpress/?page_id=32 01463 790547 Monthly on the 1st & 3rd Wednesday 2pm-4pm Over sixties social club. . Contact George Mudd</p>	<p>Social</p>
<p>Over 60s Club Village Hall, Muir of Ord, IV6 7TA 01463 870955 Thursday mornings at 10am The over 60s club meets on. Contact Eleanor Innes</p>	<p>Social</p>
<p>Over 60's Club Balloch Village Hall, IV2 7HQ 01463 790547 Monthly, 1st and 3rd Wednesday, 2pm - 4pm</p>	<p>Social</p>
<p>Over 60s Coffee Club Dores Inn, Dores, Inverness, IV2 6TR http://www.doresonlochness.co.uk/over_60_club.html 01463 751203 meets monthly on a Wednesday morning coffee club, social Over 60s Coffee Club . Contact Dores Inn</p>	<p>Social</p>
<p>Over 60s Lunch IV4 7HW 01463 741257 Thursdays, noon lunch club, social Contact Robbie Sherriffs</p>	<p>Social</p>
<p>Pop-In over 50s Smithton and Culloden Free Church, Murray Road, Smithton, Inverness IV2 7YU 01463 790410 alan@friendship-services.com lunch, social activities, social meetup, lunches club, lunch club Company, coffee, chat and activities. Contact Alan Michael</p>	<p>Social</p>
<p>Senior Citizens Group Ardersier War Memorial Hall, Station Road, Ardersier, IV2 7SS http://ardersier.org/senior-citizens/ 01667 462428 Every 2nd Friday of the month, 7.30-9m friendship, social Held in the Senior Citizens Hall. Speakers and activities. All welcome. Contact Isabel Fraser</p>	<p>Social</p>
<p>Senior Citizens lunch Royal Highland Hotel, 18 Academy Street, Inverness, IV1 1LG 01463 831161 lizsyred@tiscali.co.uk Every 3rd Sunday of the month, 1pm lunch, social activities, social meetup, lunches, club lunch, club group If you are over 60 then you are welcome throughout the year. £4 each. Sit down 1pm for a 2 course meal. Must ring main contact by the preceding Thursday to book. Contact Liz Syred</p>	<p>Social</p>

- Seniors Lunch Club** Social
 Farr Community Hall, Inverarnie Park, IV2 6AX
<http://www.strathnairn.org.uk/farrhall.asp>
 01808 521205
 lunch club
 second Friday of the month. Contact Christina Murray
- Smithton Lunch Club** Social
 Smithton and Culloden Free Church, Murray Road, Smithton, Inverness IV2 7YU
<http://smithton.smithtonchurch.com/connect/seniors/>
 01463 793191 office@smithtonchurch.com
 Tuesdays 12.30 to 13.30
 lunch, social activities ,social meetup, lunches club, lunch club, group
 Soup and sandwiches, pudding and message from a speaker. Lifts can be arranged by emailing the office. Contact Ali Macdonald
- The Evergreen Club** Social
 Cawdor Parish Church, Nairn, IV12 5XP
<http://www.cawdorparishchurch.co.uk/evergreen.htm>
 seniors lunch
 Lunch club open to all seniors in the community. Fortnightly on Wednesdays at 1pm. Contact Mrs Liz Macintosh 01667 455540 info@cawdorparishchurch.co.uk
- The Friendship Club** Social
 Ardersier War Memorial Hall, Station Road, Ardersier, IV2 7SS
<http://ardersier.org/senior-citizens/>
 friendship, social
 Last Tuesday of each month at 2pm. Speakers , DVD, Tea /coffee. All welcome. Contact Isabel Fraser 01667 462428
- The Gathering** Social
 Inverness East Parish Church, Academy Street, Inverness, IV1 1LU
<http://www.invernesseast.com/activities/community/the-gathering/>
 01463238770
 3rd Thursday of the month (except July and August) from 10.30am – 12.30pm
 social, baking, tea, coffee, friendship
 The Gathering is an opportunity for older people within the congregation to get together, make new friends and share friendship over tea/coffee and baking. Everyone is welcome so please come and join us. If transport is a problem please contact.
- The Monday Club** Social
 The Spectrum Centre, 1 Margaret Street, Inverness, IV1 1LS
<http://www.spectrumcentre.co.uk/index.asp?pageid=581814>
 01463 712060
 Monday, 7.30-9pm
 social, learning disabilities, games
 Meets in the Spectrum Centre. The Club is a meeting place for adults with learning disabilities and they can chat and play games like dominoes, draughts, etc. Contact Graeme Taylor
- The Olive Grove** Social
 6 Southside Road, Invernes, IV2 3AU
<http://www.crown-church.co.uk/index.asp?pageid=149175>
 01463 236841
 eileenardern@hotmail.com
 10am- 4pm Mon -Frid, 11am- 2pm Sat
 Refreshments, older people, be social, cafe, social, friendship, activities
 A tea room which is a place of warm welcome and hospitality, and offers the premises to local groups to rent outside of opening hours. The tearoom is entirely run by volunteers, mostly from the local churches, and all profits are distributed to local causes.
- Tomatin Coffee Morning** Social
 Strathdearn Hall, Tomatin, IV13 7YN
<http://www.strathdearn.org/events-calendar.html>
 01808 531220
 Coffee Morning, social. Wednesday morning get together. Contact Carol James

- Try Anything Once!** Social
 Charleston Academy Community Complex, Inverness, IV3 8ET
<https://www.facebook.com/pages/charleston-academy-community-complex/470408369704894>
 01463 792672
 caroline.keiro_kirk@btinternet.com
 1.15-3.15pm, Tuesday afternoons, term time only
 Refreshments, older people, be social, cafe, social, friendship, activities. The group have various speakers, do beetle drives and bingo, visit local attractions . Contact Caroline Keiro
- Drakies Mature Movers** Social and Active
 Grebe Avenue, Inverness, IV2 3TD
www.community-council.org/culcabockandrakies
 01463221185
 home.janet@btinternet.com
 1.45-3.45, Mondays
 Keep fit, exercise class, teas, social
- Free North Church Activity Group** Social and Active
 Bank Street, Inverness, IV1 1QU
<http://freenorthchurch.org/whats-on/>
 01463 231981
 colin.macleod@freenorthchurch.org
 fourth Tuesday of the month 10.00-11.30am
 We run a Hobby Group in the hall. The focus of this group is to enjoy one another's company and engage in simple craftwork, if desired. Tea and coffee are provided. Contact Colin Macleod
- Glenmoriston Celidh Nights** Social and Active
 Glenmoriston Millennium hall, Glenmoriston, IV63 7YG
<http://www.glenmoristonhall.org.uk/Whatson/page3.html>
 01320351231
 Second Saturday each month
 evenings of music and dance, entertainment.
- Glenmoriston Country Dance Club** Social and Active
 Glenmoriston Millennium Hall
<http://www.glenmoristonhall.org.uk/Whatson/page3.html>
 01320 351320
 Thursdays 7.30pm - 9.30pm
 country dancing, Scottish dances
- Line Dancing** Social and Active
 The Spectrum Centre 1 Margaret Street, Inverness, IV1 1LS
<http://www.spectrumcentre.co.uk>
 01463 712370
 info@spectrumcentre.co.uk
 Mondays, 11am-noon
 Line dancing group . Contact Lexie Smith
- Line Dancing** Social and Active
 Inverness Leisure centre, Bught Lane, Inverness, IV3 5SS
<http://www.invernessleisure.co.uk/facilities/sports-centre/>
 01463667500
 info@invernessleisure.co.uk
 Tuesday 1.45-2.45pm (beginners) 8-10pm (advanced) Wed 1.45-2.45pm Thursday 1.30-2.30
 Learn to line dance the modern way, to a great soundtrack including rock, pop, country and Latin. Contact Kirsty Nicholson
- Line Dancing (Intermediate and Advanced)** Social and Active
 Phipps Hall, Beauly, IV4 7EH
<http://www.beauly.co.uk/hipps-hall-activities.html>
 billnmidge@hotmail.co.uk
 Thursday 19.30 - 21.30
 Dance, Fitness, Exercise
 Line dancing for Intermediate and advanced dancers. Line dance the modern way to a mix of rock, pop, country and latin music. Contact Margaret Mathieson

<p>Line Dancing for Beginners Phipps Hall, Beauly, IV4 7EH http://www.beauly.co.uk/hipps-hall-activities.html billnmidge@hotmail.co.uk Thursday 18.15 to 19.30 Dance class, Fitness, Exercise Linedance class for Beginners or those who have not danced for a while. Learn to line dance the modern way to a great soundtrack including rock, pop, country and Latin Have fun with easy dances to variety of music. Contact Margaret Mathieson</p>	<p>Social and Active</p>
<p>Over 50s Art Class Phipps Hall, Station Road, Beauly http://www.beauly.co.uk/hipps-hall-activities.html 01463 782390 Wednesday and Friday 11am-1pm Art Class, Over 50s activity, drawing, painting. Contact Ann Galloway</p>	<p>Social and Active</p>
<p>Rusties Raigmore Community centre, 125 Aston Road, Inverness, IV2 3UY http://highlifehighland.com/community-centres/raigmore-community-centre 01463713756, 07722177779 raigmorecc@highlifehighland.com Thursday 10 to 12 Senior exercise, tea, bingo, quiz, talks We do 1 hour keep fit and then have a cup of tea and a chat. We do quizzes, bingo etc and sometimes there is a speaker. Contact Val Rose</p>	<p>Social and Active</p>
<p>Scottish Country Dance Club Village Hall, Muir of Ord, IV6 7TA 01463 870860 Mondays 7.30 to 9pm country dancing, scottish dance Scottish country dancing. Contact Mrs E Cromb</p>	<p>Social and Active</p>
<p>Stratherrick Public Hall -scottish country dancing Mirkwood, Gorthleck, Inverness www.stratherrick.net/stratherrick-hall 01456486464 Wednesday, 7.30-9.30pm</p>	<p>Social and Active</p>
<p>50+ Fitness Session Inverness Leisure Centre, Bught Lane, Inverness, IV3 5SS http://www.invernessleisure.co.uk/facilities/sports-centre/ 01463 667500 info@invernessleisure.co.uk Mon, Wed, Fri - 10.15-11am Fitness, Exercise Class, Over 50 activities Gentle, dynamic movements set to easy listening music. Ideal for improving mobility and flexibility. Contact Kirsty Nicholson</p>	<p>Sport & Outdoor Activity</p>
<p>Abriachan Forest Trust Wester Ladycairn, Abriachan, Inverness www.abriachan.org.uk 01463 861 259 visit@abriachan.org.uk explore and enjoy the forest, and find out more through the community involvement training Explore the varied habitats in Abriachan - the hill top bogs and heather moorland, peaty lochs, the burns, the woodland and gorges. Discover how sensitive management is making a difference for biodiversity.</p>	<p>Sport & Outdoor Activity</p>
<p>ActivNess activness.org info@activness.org Stepping Stone Coaching and Equipment Library to help the inactive become more active Our coaching services are aimed specifically at those who experience chronic stress, anxiety, or depression. We also offer coaching to anyone who may want a little more help or understanding when it comes to enjoying a more active life.</p>	<p>Sport & Outdoor Activity</p>

Adult Country Dancing

Sport & Outdoor Activity

Crown Church, Kingsmills Road, Inverness, IV2 3JT
<http://www.crown-church.co.uk/index.asp?pageid=417427>
 01463231140
 Wed, 7.30-9pm
 gentle exercise, company, dance, country dance, Social Exercise
 Wednesdays, 7.30-9.30 pm in the Upper Hall at Crown Church. Very sociable activity suitable for all ages and levels of ability and fitness. You don't need experience and you don't need a partner. Contact Katharina Nimmo 01463 231140
office@crowchurch

Aqua Aerobics

Sport & Outdoor Activity

Inverness Leisure Centre, Bught Lane, Inverness, IV3 5SS
<http://www.invernessleisure.co.uk/facilities/sports-centre>
 01463 667500
info@invernessleisure.co.uk
 monday-8.15-9pm, Tuesday-9.45-10.30am
 Fitness, Exercise class, Aqua Aerobics
 A fun, energetic class which is kind to the joints and suitable for all fitness levels and abilities. Aqua Aerobics is also beneficial to those rehabilitating from injury. Contact Kirsty Nicholson

Ardersier Boat Club

Sport & Outdoor Activity

61-62 High Street, Ardersier
<https://www.facebook.com/ardersierboaty/>
ardersierboatclub@outlook.com
 Ardersier Boat Club (ABC) aims to bring people together for fun, fitness and socialising with other coastal communities. With our boats and barbeque, and regular Beach Cleans, we are keen to support safe boaty activities and environmental awareness in Ardersier.

Balloch Badminton

Sport & Outdoor Activity

Balloch Village Hall, IV2 7HQ
http://ballochhall.co.uk/wordpress/?page_id=32
 01463 792234
 Weekly (term time only) Thursday 7.30pm - 9pm
 Badminton club

Balloch Indoor Bowling Club

Sport & Outdoor Activity

Balloch Village Hall, IV2 7HQ
http://ballochhall.co.uk/wordpress/?page_id=32
 01463 790446
allan.m.robertson@talk21.com
 Weekly (Sept. - April) Tuesday and Friday 7.30pm - 9.30pm
 bowling, indoor bowling, bowls

Cradlehall Senior indoor Bowling

Sport & Outdoor Activity

Cradlehall Primary School, Cradlehall Park, Inverness, IV2 5DB
 01463790834 or 01463 790620
 contact by phone
 indoor bowling club, activity, sports, bowls
 Indoor bowling for seniors.

Culloden Moor Football and Coaching Club

Sport & Outdoor Activity

Balloch Village Hall, IV2 7HQ
lee.macrae@outlook.com
 Saturday morning (term time) 9.30am - 11am
 football training

Dalneigh Bowling

Sport & Outdoor Activity

James Cameron Community Centre, Limetree Avenue, Inverness IV3 5RH
<https://www.facebook.com/jccinverness>
 01463718773
jamescameroncc@highlifehighland.com
 2-4pm, Tuesday and Thursday
 On every Tuesday and Thursday, 2pm-4pm A great way to have gently exercise, for the body and the brain. We have sociable competition with each other, but its all in good fun. Stop for tea and cake half way through.

Drakies Senior Bowling

Grebe Avenue, Inverness, IV2 3TD
www.community-council.org/culcabockanddrakies
 01463237033
 7-9.30pm, Wdnesdays
 indoor bowling club
 September - April

Sport & Outdoor Activity

Duncraig Bowling Club

IV3 5DN
<http://www.cameronyouthcentre.org/about-the-centre/activities/noremacac@yahoo.co.uk>
 Fridays at 5.45pm – 9.00pm.
 indoor bowling club, activity, sports, bowls
 Indoor bowling. Contact Cecille Cameron

Sport & Outdoor Activity

Easyline

Inverness Leisure Centre, Bught Lane, Inverness, IV3 5SS
<http://www.invernessleisure.co.uk/facilities/sports-centre/>
 01463 667500
info@invernessleisure.co.uk
 Monday & Wednesday 11.15-12 noon
 Keep Fit, Exercise Class
 Resistance based class using intelligent machines: the more you push or pull, the greater the resistance. Excellent for beginners or injury rehabilitation. . Contact Kirsty Nicholson

Sport & Outdoor Activity

Glen Urquhart Shinty Club

Craigmonie Centre, Glen Urquhart High School, Drumnadrochit, IV63 6XA
www.glenurquhartshintyclub.com
 07801820842
stewart511@btinternet.com
 6-8pm Wednesdays
 shinty coaching for youths groups: P1+2, P3,4+5, P6+7, U14+U17
 all weather pitch,

Sport & Outdoor Activity

Glen Urquhart Shinty Club

Glen Urquhart High School, Drumnadrochit, IV63 6XA
www.glenurquhartshintyclub.com
 07801820842
stewart511@btinternet.com
 Shinty teams - mens 1st team, mens 2nd team, womens team, and under 17 team
 Glen Urquhart Shinty Club play home matches at Blairbeg Park, Drumnadrochit, Loch Ness. Check the website for fixture details.

Sport & Outdoor Activity

Glenmoriston Indoor Bowls Club

Glenmoriston Millennium hall, Glenmoriston, IV63 7YG
<http://www.glenmoristonhall.org.uk/Whatson/page3.html>
 01320 351320
 Weekly on Monday afternoons and evenings

Sport & Outdoor Activity

Glenmoriston Yoga

Glenmoriston Millennium hall, Glenmoriston, IV63 7YG
<http://www.glenmoristonhall.org.uk/Whatson/page3.html>
 01320351228
 Thursday 9.45am

Sport & Outdoor Activity

Glenmoriston Zumba

Glenmoriston Millennium hall, Glenmoriston, IV63 7YG
<http://www.glenmoristonhall.org.uk/Whatson/page3.html>
 01320351230
 Wednesday 7pm
 Zumba exercise class

Sport & Outdoor Activity

- Glints of Gold Senior Citizens Tai Chi** Sport & Outdoor Activity
 The Spectrum Centre, Inverness, IV1 1LS
<http://highlandtaichi.co.uk/classes/>
 07714499963
douglas@highlandtaichi.co.uk
 keep fit, oriental exercise
 Highland seeks to provide and promote a high standard of teaching to people in the Highlands in both taijiquan and qigong, working towards a wide range of outcomes for students.
- Highland Blind Tandem Club** Sport & Outdoor Activity
 IV2 3NF
<http://www.spanglefish.com/highlandblindtandemclub/>
 01463 239552
 Blind, visually impaired, tandem riding, cycling for the partially sighted
 Fancy a ride but are visually impaired - no problem! Join us for an evening tandem ride round Inverness. Meet 1800 at the Velocity cafe at the top of Stephen's Brae. Contact Ron Archer
- Highland Disability Sport** Sport & Outdoor Activity
 Ness House, Drummond Road, Inverness, Inverness-shire. IV2 4NZ
www.highlanddisabilitysport.info
 01463232262
hdsport1982@gmail.com
 helping people with disabilities to become involved in sporting activities
- Highland Disabled Ramblers** Sport & Outdoor Activity
 Deveron street, Inverness, IV1 1LD
www.highland-disabled-ramblers.org
 07895066965
admin@highland-disabled-ramblers.org
 Disability rambling, mobility scooter countryside outing, scooter outings. Highland Disabled Ramblers is a small charity run by volunteers, to enable people with mobility problems to access the countryside in a safe and companionable way. Charity no. SC 032233. We organise a programme of leisurely monthly rambles of 3 to 4 mile
- Highland Rugby Football Club** Sport & Outdoor Activity
 Canal Park, Bught Lane, Inverness
www.pitchero.com/clubs/highlandrhc
 01463223552
 contact through website
 dependent on team, season and weather. Rugby for all ages, boys, girls, men and women.
- Highlands and Islands Squash Association** Sport & Outdoor Activity
 Knockaneorn Cottage, Clunas, Nairn
www.highlandsquash.org
clunasnairn@yahoo.co.uk
 playing squash, getting fit. Meeting people.
 The Association is responsible for promoting, organising and developing squash in the Highlands & Islands of Scotland.
- Highlife Highland** Sport & Outdoor Activity
 13 Ardross Street Inverness
www.highlifehighland.com
 01463663800
info@highlifehighland.com
 Budget activities for those in receipt of qualifying benefits
 Membership gives access to highland highlife facilities throughout the highlands, such as leisure centres, swimming pools, libraries and the Inverness Archive Centre.
- Indoor Bowling Club** Sport & Outdoor Activity
 Charleston Community complex, Inverness, IV3 8ET
www.highlifehighland.com/charleston-community-campus
 01463222179
gfarquhar1@btinternet.com
 7.30-9pm, Tuesdays and Thursdays, Oct-March
 indoor bowling club, activity, sports, bowls

Invergarry Short Mat Bowls Club

Sport & Outdoor Activity

Glengarry Community Hall, Glengarry, PH35 4HG

<http://www.glengarrylife.com/page20.html>

01809501357

bowls@glengarrylife.com

7-10pm, Thursday evenings

Membership fee is £2.50 per person per evening and this includes refreshments. Visitors are welcome at £3.00 per head with bowls provided by us if necessary.

Inverness Caledonian Thistle Community Development

Sport & Outdoor Activity

Clava House, Cradlehall Business Park, Inverness

www.ictfc.com/community

01463227473

community@ictfc.co.uk

ICT run a variety of classes and courses to help people get exercise and socialise. Courses run include walking football, holiday coaching, parents on the ball and stadium football festivals. The courses and classes are based at a variety of venues, details for all of them are available on the website.

Inverness City Boxing Club

Sport & Outdoor Activity

3 Carsegate Road North, Inverness,

www.facebook.com/invernesscityboxing

07919670851

sports club, gym, physical fitness centre

Inverness Ice Centre Limited

Sport & Outdoor Activity

Inverness Ice Centre, Bught Drive, Inverness, IV3 5SR

www.inverness-ice-centre.co.uk

01463235711 enquiries@inverness-ice-centre.co.uk

time depends on the club or activity, check the website or call

find a new interest and join one of the ice hockey or curling clubs, or just come along for a skating session. Its fun and good exercise. The ice centre has ice hockey curling and skating clubs for people of all ages and abilities.

inverness IcHockey Club

Sport & Outdoor Activity

Inverness Ice Centre, Bught Drive, Inverness, IV3 5SR

www.inverness-ice-centre.co.uk

07917816939

norhoc@btinternet.com

4.15-5.45, Sundays

If you are interested in learning ice hockey, then come along. There is a selection of kit on a first come first served basis

If you are between 5 and 18 and interested in taking up or just trying ice hockey for the first time then come along and meet us.

Inverness Mosque Sports Club

Sport & Outdoor Activity

IV3 5NR

<http://www.invernessmasjid.co.uk>

info@invernessmasjid.co.uk

badminton, muslim, islamic

We run regular sessions of badminton in Kenneth Street Hall (Property Of St. Andrews Cathedral) These usual occur every Tuesday after 7 or if it is a nice day we play outdoor football insh'allah. Part Of the Sunnah of Our Prophet to unite the community.

Inverness Rowing Club

Sport & Outdoor Activity

126 Culduthel Road, Inverness

www.invernessrowingclub.org.uk

secretary@invernessrowingclub.org.uk

experienced rowers, 8-10am, sat+sun (summer) 9-11am (winter)

We run regular "come and try courses" for those keen to try rowing.

For complete beginners we arrange Come and Try sessions on a regular basis. Ideally we suggest that those new to rowing commit to a Come and Try day followed by 3-4 consecutive weekends rowing so that you can get a feel for the sport and a sense of progress.

Kessock Afternoon Badminton Sessions

Sport & Outdoor Activity

Kessock Village Hall, Marine Park, North kessock IV1 3XS

<http://www.kessock-hall.net/index.asp?pageid=75153>

01463 731577

targes@btinternet.com

2-4pm, Thursdays, Sept - April. Break for Christmas and New Year

KABS - Not a club but just a group of folk who are finding badminton fun again. Not too serious and for all ages. Racquets, cuppa, biscuits and chat provided. Contact Joe Lindsay

Lovat Shinty Club

Sport & Outdoor Activity

2 Allarburn Park, Kiltarlity, Inverness-shire

www.spanglefish.com/kirkhillandkiltarlityfirstshinty

the club plays at Balgate Drive, Kiltarlity

Lovat Shinty Club is a shinty club from Kiltarlity, Inverness-shire, Scotland. The club was formed in 1888 and has a healthy rivalry with near neighbours Beaully.

Magic Movers (50+ Keep Fit)

Sport & Outdoor Activity

Hilton Community Centre, Hilton Village, Inverness, IV2 4HT

<http://www.hiltoncommunitycentre.org/about-the-centre/centre-classes-and-activities/>

01463 712844

hiltoncc@highlifehighland.com

10-11am, Thursdays

Enjoy an hour of good exercise, good music and good company with Lorraine our fitness guru. The exercises are targeted at the 50+ age group, and we have a huge selection of equipment and resources to use. Afterwards, join the other members in the café.

Men's Bowling Club

Sport & Outdoor Activity

Crown Church, Kingsmills Road, Inverness

<http://www.crown-church.co.uk/index.asp?pageid=149730>

01463231140

7.30-9pm, Tuesdays, Sept-April

Tuesdays 7.30-9.30 pm in the Upper Hall at Crown Church from mid-September until April We play short carpet bowls on two carpets and can accommodate sixteen bowlers at the same time. The evenings are friendly and sociable and you can be sure of a warm welcome.

Merkinch Highland dancing class

Sport & Outdoor Activity

Merkinch Community centre, Coronation Park, Inverness, IV3 8AD

www.merkinchcommunitycentre.co.uk

01463729477

Monday, 5.30-7.30pm, Thursday, 4-7pm

highland dancing classes, contact the Fraser school of highland dancing.

Muir of Ord T'ai Chi club

Sport & Outdoor Activity

Village Hall, Muir of Ord, IV6 7TA

<https://www.facebook.com/muiroford>

Monday evenings 18.30 to 20.30

self-defence, calisthenics, fitness, health, relaxation, stretching, exercise

T'ai Chi in the Village Hall. Contact Douglas Hardy

Nairn Area Amateur Athletic Club

Sport & Outdoor Activity

Tigh-Na-Coille, Mill Road, Nairn

www.naaac.co.uk

nairnathleticclub@gmail.com

Nairn Area Amateur Athletics Club (NAAAC) is a small, friendly club catering for all abilities and all aspects of the sport of athletics, ranging from track and field to cross country. Club training mainly takes place at our track 'The Maggot'.

Nairn Coastal Rowing Club

Sport & Outdoor Activity

Waverley Lodge, Lodgehill Road, Nairn, Highland

www.nairncoastalrowing.co.uk

info@nairncoastalrowing.co.uk

Nairn Coastal Rowing club has been established by a group of people who are keen to see a coastal rowing skiff taking to the waters off our town, which is so closely associated with the sea.

<p>Nairn Sports Club Viewfield Drive, Nairn www.nairnsportsclub.com 01667454523 nairnsportsclub@yahoo.co.uk 9am-9pm, mon-fri We aim to reach out to all groups within the community offering a safe and supportive sporting environment.</p>	<p>Sport & Outdoor Activity</p>
<p>Nairnshire Dragons Nairn Academy, Duncan drive, Nairn, IV12 4RD www.nairnshiredragons.co.uk American football team based in Nairn</p>	<p>Sport & Outdoor Activity</p>
<p>Nature Walks for Wellbeing Various meeting points www.scottishwaterwaystrust.org.uk 01463 725561 stephen@scottishwaterwaystrust.org.uk Nature walks in and around inverness. Self referral or any professional</p>	<p>Sport & Outdoor Activity</p>
<p>Old Folks Bowling Cameron Youth Centre, Planefield Road, Inverness, IV3 5DN http://www.cameronyouthcentre.org/about-the-centre/activities/ 01463 234785 lee3xq@btinternet.com Mon & Tues,1.30-4pm Indoor bowling for seniors. Monday and Tuesday 1.30 to 4pm. Contact Joan Durward</p>	<p>Sport & Outdoor Activity</p>
<p>Over 50s Badminton Phipps Hall, Station Road, Beauly http://www.beauly.co.uk/hipps-hall-activities.html 01463 782447 Monday and Thursday 10am - 12.30pm Badminton, Fitness, Over 50s activity Contact Joan Maclean</p>	<p>Sport & Outdoor Activity</p>
<p>Over 50s Fitness Club Kilchuimen Academy, Fort Augustus, PH32 4DL 01320 366438 Tuesdays 5.30 - 7.30 keep fit, exercise over 50's keep fit at Fort Augustus Academy. Contact Roy Thurston</p>	<p>Sport & Outdoor Activity</p>
<p>Over 60's Exercise Class The Spectrum Centre, 1 Margaret Street, Inverness, IV1 1LS http://www.spectrumcentre.co.uk/index.asp?pageid=581814 01463 221842 info@spectrumcentre.co.uk Mondays:- 10.00-11.00 Over 60's Exercise Class. Contact Wendy Jack</p>	<p>Sport & Outdoor Activity</p>
<p>Partnerships For Wellbeing Limited 31-33 Wells Street, Inverness www.pwf.org.uk 01463729997 For Step it up highland - 01463729997 or email walking@pwf.org.uk, for Inverness Voluntary Transport Scheme - 01463226662 Or email transport@pwf.org.uk</p>	<p>Sport & Outdoor Activity</p>
<p>Pilates Class Balloch Village Hall, IV2 7HQ www.cathybiggar.co.uk 07792326393 cathybiggapilates@gmail.com Monday, (term time only)</p>	<p>Sport & Outdoor Activity</p>

<p>Raigmore Bowling Raigmore Community Centre, IV3 5HS http://highlifehighland.com/community-centres/raigmore-community-centre 01463 220126 raigmorecc@highlifehighland.com Wednesdays 2-4pm indoor bowling club, activity, sports, bowls</p>	Sport & Outdoor Activity
<p>Salsa North The Spectrum Centre, 1 Margaret Street, Inverness, IV1 1LS http://www.salsanorth.co.uk/index.asp jermaine@salsanorth.co.uk Wednesday evening. Latin dance classes Beginners and all ages welcomed. Contact Jermaine McCracken</p>	Sport & Outdoor Activity
<p>Senior Badminton Glengarry Community Hall, Invergarry PH35 4HG http://www.glengarrylife.com 01809 501413 Badminton arranged on demand depending on numbers interested. Enquiries welcome . Open to all ages . Contact Eileen Rogers</p>	Sport & Outdoor Activity
<p>Senior Bowling Club Glenmoriston Hall, Invermoriston, http://www.glenmoristonhall.org.uk/Whatson/page3.html 01320 351313 Monday afternoons and evenings The bowls club meets each week . Contact Betty Draper</p>	Sport & Outdoor Activity
<p>Senior Bowls The Spectrum Centre, 1 Margaret Street, Inverness, IV1 1LS http://www.spectrumcentre.co.uk/index.asp?pageid=581814 01463 221842 info@spectrumcentre.co.uk Tuesdays 14.00-16.00.</p>	Sport & Outdoor Activity
<p>Senior Citizens Bowling Phipps Hall, Beauly, IV4 7EH http://www.beauly.co.uk/hipps-hall-activities.html 01463 782411 see any other notes for timings of different groups Bowls, Social, Fitness, Over 60s activity Indoor Bowls - social activity which can also improve fitness, coordination and skill development. Tuesday and Friday afternoons 2 - 5 pm (winter only) specifically for senior citizens Tuesday and Friday evenings 7 - 10pm (winter only) open to all.</p>	Sport & Outdoor Activity
<p>Senior Citizens Keep Fit Ardersier War Memorial Hall, Station Road, Ardersier, IV2 7SS 01667 462428 Keep fit at the Old School Hall 10 to 11 am followed by tea/coffee. Contact Isabel Fraser</p>	Sport & Outdoor Activity
<p>Senior Swimming Culloden Leisure Centre, IV2 7JZ https://www.facebook.com/CullodenLeisureCentre 01463 792794 Tuesdays 3.45-4.45, Saturdays 11am-noon swimming Seniors swimming sessions . Contact Reception</p>	Sport & Outdoor Activity

<p>Step it up Highland 31-33 Walls Street, Inverness www.pfw.org.uk/projects/step-it-up-highland 01463 729 997 walking@pfw.org.uk Health walks to promote walking to people from all walks of life Self referral</p>	<p>Sport & Outdoor Activity</p>
<p>Stratherrick Public Hall - Badminton club Mirkwood, Gorthleck, Inverness www.stratherrick.net/stratherrick-hall 01456486707 Monday, 7-9pm</p>	<p>Sport & Outdoor Activity</p>
<p>Stratherrick Public Hall - karate Mirkwood, Gorthleck, Inverness www.stratherrick.net/stratherrick-hall 01456486205 Saturday, 10am-noon</p>	<p>Sport & Outdoor Activity</p>
<p>Strathglass Bowling Club Cannich Hall, Cannich, Beauly, IV4 7LT http://cannich-hall.co.uk/blog/groups-clubs/ 01456 415314 info@cannich-hall.co.uk Monday afternoons, For anyone who is interested in playing Outdoor & Indoor Bowls. Provides exercise, company and fun. Meets weekly in the main hall in winter, outdoors in summer. Bowling started in November 1980 with over 40 members. Contact Jane Stokes</p>	<p>Sport & Outdoor Activity</p>
<p>Tai Chi Merkinch Community centre, Coronation Park, Inverness, IV3 8AD http://www.merkinchcommunitycentre.co.uk/programs/ 01463 239563 angela.mackenzie4@highlifehighland.com mondays, noon-1pm Tai Chi, exercise, keep fit Contact Angela Mackenzie</p>	<p>Sport & Outdoor Activity</p>
<p>Tai Chi Inverness Leisure centre, Bught Lane, Inverness, IV3 5SS http://www.invernessleisure.co.uk/facilities/sports-centre/ 01463 667500 info@invernessleisure.co.uk Friday 1110-1200. Fitness, Health, Exercise A powerful, full-body energy ritual that improves balance, flexibility, vitality and circulation. It addresses the health of mind and spirit as well as the body, reducing stress, anxiety, and depression and enhancing self-esteem. Contact Kirsty Nichol</p>	<p>Sport & Outdoor Activity</p>
<p>T'ai Chi Phipps Hall, Beauly, IV4 7EH http://www.beauly.co.uk/hipps-hall-activities.html 07714 499963 Tuesday mornings 10.00 to 11.00 self-defense, calisthenics, fitness, health, relaxation, stretching, exercise. Contact Douglas Hardy</p>	<p>Sport & Outdoor Activity</p>
<p>Tap Dancing Merkinch Community centre, Coronation Park, Inverness, IV3 8AD http://www.merkinchcommunitycentre.co.uk/programs/ 01463 239563 angela.mackenzie4@highlifehighland.com Monday, 11 - noon Tap Dancing Contact Angela Mackenzie</p>	<p>Sport & Outdoor Activity</p>

- The Bowling Club** Sport & Outdoor Activity
The Village Hall Fort Augustus, PH32 4DG
<http://www.fortaugustus-glenmoriston-cc.co.uk/groups/index.php>
01320 366659
Wednesday 2-4pm and 7- 9pm
Contact Sandra Ainsworth
- The city of Inverness Youth Pipe Band** Sport & Outdoor Activity
Kessock Village Hall, Marine Park, North kessock IV1 3XS
<http://www.kessock-hall.net/index.asp?pageid=75153#bowls>
01463 793502
Tues & Sat, 7.30pm
Indoor bowls on Tuesdays and Saturday nights at 1930. Bowls available but bring smooth flat soled footwear. Contact James Dingwall
- The Fitness League** Sport & Outdoor Activity
Culcabock and Drakies Community Centre, Grebe Avenue, Inverness, IV2 3TD
01463717433
7.30-9.30pm, Mondays
ladies stretch and tone exercise class
- The Great Glen Walking Club** Sport & Outdoor Activity
UHI, 12b Ness Walk, Inverness, IV3 5XP
<http://greatglen.org/index.php>
01463 238770
greatglen.org@gmail.com
once a week at weekends
walking, rambling
Based in Inverness, our aim is to provide companionable walking for all through our exciting walks programme. We meet and visit all corners of the Scottish Highlands. New members are very welcome - we pride ourselves in being a friendly club.
- TOFFS - The Over Fifties Fitness Session** Sport & Outdoor Activity
Inverness Leisure centre, Bught Lane, Inverness, IV3 5SS
<http://www.invernessleisure.co.uk/facilities/sports-centre/>
01463 667500
info@invernessleisure.co.uk
Mon, Wed & Fri 9.30am - noon
fitness, exercise class, Over 50 activities
We offer a wide range of activities for all fitness levels and abilities. Whether you are looking to improve your health and lifestyle, feel good about yourself, socialise or try something new, we will have something for you! . Contact Kirsty Nicholson
- Watermill Foundation Limited** Sport & Outdoor Activity
The Old Mill, Cantray Bridge, Cawdor, Nairn
www.highlandcycleabilitycentre.com
01667493789
highlandcycleabilitycentre@yahoo.co.uk
Helping disabled riders is at the forefront of what we do. Due to their disability, circumstances or other people's assumptions, many disabled people may never have had the opportunity to ride a bike. We are here to help change that. The Trust has a range of standard and adapted bicycles.
- Wing Tsjun Scotland - Adults** Sport & Outdoor Activity
St Ronans, 7 Abban Street, Inverness
www.wingtsjun.scotland.co.uk
07773027713
7-8.30pm, Tues & Thur
meet at Charleston Academy
- Wing Tsjun Scotland - kids** Sport & Outdoor Activity
St Ronans, 7 Abban Street, Inverness
www.wingtsjun.scotland.co.uk
07835912956
mini dragons - 5-6pm, Tues & Thur, Dragons-6-7pm
meet at Charleston Academy

Befrienders Highland Limited

Support & Information

1st Floor, 42 Academy Street, Inverness

www.befriendershighland.org.uk

01463 712791

Contact through the website

Various befriending services both for groups and individuals, please see website for more details and referral process.

Volunteering opportunities available too.

Birchwood Highland

Support & Information

59 Tomnahurich Street, Inverness

www.birchwoodhighland.org.uk

(01463) 236 507

Contact through the website

9am - 5pm

Offer a range of services for mental health recovery including: Recovery centre - residential unit, care at home, housing support, self directed support, dementia and services for young people.

Black Isle Cares

Support & Information

62 Feddon Hill, Ross-shire

www.blackislecares.com

Contact through the website

Black Isle Cares is a charity registered in 2015 to facilitate improvement of care services on the Black Isle, especially for our older population.

Blythwood Care

Support & Information

Blythwood Depot, Highland Deephaven, Industrial Estate, Evanton, Ross-Shire

www.blythwood.org

Various volunteer roles and the charity shops also offer quality second hand goods.

Boleskine Community Care

Support & Information

Garradh Beithe, Lochgarthside, Gorthleck, Inverness, Highland

www.boleskine-communitycare.org.uk

01456 486247

Contact through the website

The Hub is open Tuesday and Thursday 10am - 3pm

Boleskine Community Care (BCC) works innovatively bringing together private and voluntary sectors to successfully deliver a range of care and support services in the Stratherrick and Foyers community. They provide Care at Home and Volunteer Services.

Caring And Sharing Highland

Support & Information

54 Culcabock Avenue, Inverness

<http://www.caringandsharing.co.uk/index.asp>

01463 226404

izzie.macdonald@talktalk.net

The organisation aims to support unpaid carers and vulnerable older people with a view to improving their quality of life.

Volunteering opportunities to help them raise money for local good causes.

Comann Nam Parant (Naiseanta)

Support & Information

5 Caolshraid Mhicheil, Inbhir Nis, Siorrachd Rois

<https://www.parant.org.uk/index.php>

Contact through the website

national organisation which offers advice and support on Gaelic medium education to parents.

Crocus Group

Support & Information

Unit 9 & 10, 20 Carsegate Road North, Carse Industrial Estate, Inverness

www.crocusgroup.org.uk

01479714568

hannah@crocusgroup.org.uk

helping and supporting bereaved children and young people

Cruse Bereavement Care Scotland

Online Service

www.crusescotland.org.uk

08456002227

support@crusescotland.org.uk

Counselling, support, education and advice

Self referral / any professional

Support & Information

Dementia Café Inverness

2 Strothers Lane, Inverness, IV1 1LR

<http://www.alzscot.org/>

01463711707

jsykes@alzscot.org

once a month on a Thursday afternoon. Contact for dates.

dementia support, cafe

Dementia Cafes exist to give you the chance to meet others dealing with the same experiences as you. They offer support and information in a relaxed cafe environment. Meetings usually take place once a month. Contact us in advance please.

Support & Information

For the Right Reasons

38/40 Grant Street, Inverness

ftrr.org.uk

01463237969

fortherightreasons@rocketmail.com

to support people in the inverness area who have had the courage to free themselves from drug and alcohol abuse. We provide work in our print shop, charity shop and recycling centre as a means to help people build self esteem, learn new skills and strength.

Support & Information

Glenurquhart Care Project

An Fhaire, Balnain, Glen Urquhart, Drumnadrochit, Inverness

www.glenurquhartcentre.org.uk

01456459007

manager.gcentre@btconnect.com

9am-5pm, Monday - Friday

local care provision for the elderly and vulnerable in the communities in and around Glen Urquhart and Upper Strathglass

The Centre has a spacious, bright open plan lounge and dining area where people can meet and get together. There are also three smaller rooms that can be used as a place to read, watch TV or use the computer.

Support & Information

Golden Gadgets

Merkinch Community centre, Coronation Park, Inverness, IV3 8AD

www.merkinchcommunitycentre.co.uk

01463239563

angela.mackenzie4@highlifehighland.com

3-4pm, Wednesday

Phones, tablets, laptops, gadgets

Help and advice on all gadgets such as phones, laptops, tablets. Every Wednesday 3 to 4 pm. Contact Angela Mackenzie

Support & Information

Health and Happiness in the Highlands

Unit 6a, 7 Canal Road, Inverness

www.healthhappiness.org.uk

07941428647

ellie@healthhappiness.org.uk

either offer support for those with learning disabilities or autism, or give an opportunity to volunteer

Creating opportunities in Highland for people with learning disabilities an autism to contribute their talents and fulfil their aspirations

Support & Information

Highland & Islands Autism Society

36 Cook Drive, Inverness

<http://hi-hope.org/directory/listing/highlands-islands-autism-society>

last Wednesday of each month, 7.30

This support group is mainly made up of parents of children, young people and adults who have Autism Spectrum Disorder. They are a voluntary organisation run completely by volunteers/committee members.

Meeting are held in the Mackenzie centre, Culduthel Road, Inverness

Support & Information

<p>Highland and Islands Students' Association 12B Ness Walk, Inverness http://www.hisa.uhi.ac.uk/ contact through the website the association provides advice and peer support to all students in the highlands and islands HISA also has several clubs for students - Art & design, Christian union, football (men's and women's teams), interconnect student network, basketball, golf, mountain biking & mountaineering and many more.</p>	<p>Support & Information</p>
<p>Highland Developmental Co-Ordination Disorders Group 78 Holm Park, Inverness www.hdcd.org.uk 07708410072 hdcd promotes the awareness and understanding of developmental coordination disorder; supports individuals and families affected by it and organises social events for individuals and their families.</p>	<p>Support & Information</p>
<p>Highland Hospice Ness House, 1 Bishops Road, Inverness www.highlandhospice.org 01463243132 generalenquiries@highlandhospice.org.uk Providing patients and their loved ones with respect, dignity and choice both during the patient's illness and into bereavement</p>	<p>Support & Information</p>
<p>Highland Senior Citizens Network box 301, 8 Church Street , Inverness, IV1 1EA www.hscn.co.uk 07716884989 hscn@hotmail.co.uk An opportunity for older people's groups to come together and look at common issues, share information about local services and suggest content and activities for future gatherings in your area.</p>	<p>Support & Information</p>
<p>Highlands & Islands Kidney Patients Assoc. Abriachan Lodge, Loch Ness Side, Inverness www.kidney.org.uk/kpa/kpa-highlands info@hikpa.co.uk self help organisation of patients and their families and carers whose aim is to give psychological and social support and financial assistance where needed.</p>	<p>Support & Information</p>
<p>Inverness Bravehearts Inverness Academy, Diriebught Road, IV2 3QR www.chss.org.yk/group/inverness-bravehearts 8088010899 6-7pm, Wednesdays provides exercise sessions and organises occasional outings Membership is open to people who have a heart condition and to family/friends</p>	<p>Support & Information</p>
<p>Inverness Foodstuff Ness Bank Church Hall, Inverness www.nessbank.net/inverness-foodstuff 01463232540 conandjoyce@btopenworld.com working as a volunteer you could help the most disadvantaged in society. Inverness Foodstuff was set up in an attempt to address the problem of homelessness, food poverty, social isolation and food waste. We operate a Drop-in Centre on Tuesdays and Thursdays from 1pm - 3.30pm at Ness Bank Church Hall. A team of five volunteers</p>	<p>Support & Information</p>
<p>Inverness Masjid Association 1 Portland Place, Inverness, IV1 1NE www.invernessmasjid.co.uk 07714499289 info@invernessmasjid.co.uk Inverness Masjid is an Islamic centre in Inverness that functions as a mosque, community centre and educational resource full details of prayer times, classes, sports sessions, news and events are listed on the website.</p>	<p>Support & Information</p>

Inverness Womens Aid

2 Anderson Street, Inverness
 www.invernesswa.co.uk
 01463220719
 info@invernesswa.co.uk

supporting our clients to become truly re-empowered and independent as survivors of domestic abuse
 Providing effective & innovative support based on a strong ethos which promotes equality and justice. Treating women, children & young people with dignity and respect. Listening to them without prejudice or judgement.

Support & Information

L'Arche

Braerannoch, 13 Drummond Crescent. Inverness, IV2 4QR
 www.community.larche.org.uk/sites/inverness
 01463239615
 reception.inverness@larche.org.uk

people with and without learning disabilities share life together, living and/or working in Community. We always welcome people to join L'arche in a volunteering or friendship capacity.
 In L'Arche we celebrate people with learning disabilities and build circles of support around them. We go beyond basic needs to attend to people's emotional and spiritual lives. Communities around the world share this common philosophy and approach while

Support & Information

League Of Friends Of Raigmore Hospital

9 Heather Road, Inverness
 01463705771

Fundraising for the benefit of patients at Raigmore Hospital. More volunteers are always welcome
 League of Friends is a small team but are very committed to raising funds for the hospital. We've held various functions over the last year including a sponsored swim; a Songs from the Shows Concert; and entertaining on a budget dinner.

Support & Information

Listen Well Scotland

Tigh Choinneach, Victoria Street, Nairn
 www.listenwellscotland.org.uk

Support & Information

Manna House Trust

48 Huntly Street, Inverness
 www.destinyhighlands.co.uk
 info@destinyhighlands.com
 Tuesday nights

a soup kitchen run 'café style' where those coming in are treated with dignity, and have their order taken at their table not just for the homeless, but for those struggling to manage. Many that attend have problems, but are treated with the same respect as any customer in a cafe

Support & Information

Meeting Place

The Meeting Place, The Cabins, SCY Centre grounds, Keppoch Road, Culloden
 www.the-meeting-place.org.uk
 01463798535

adult learners develop their skills in IT and multimedia with valuable support from young peer mentors

Support & Information

Merkinch Falcon Club

Merkinch Community centre, Coronation Park, Inverness, IV3 8AD
 www.merkinchcommunitycentre.co.uk
 01463239563
 Thurs, 7-9pm
 Social club for adults with learning disabilities

Support & Information

Mikeysline and the Hive project

19 Academy Street, Inverness
 www.mikeysline.co.uk
 07779303303 text only. calls on 01462729000
 thehiveproject@hotmail.com

the Hive drop in centre sun,mon,wed+thur - 6-10pm: fri+sat-6-11pm textline - weekdays 6-10pm,weekends 7pm-7am
 Help fight the highland wide problem of chronic loneliness, provide a light in the dark for those in the depths of depression, offer a distraction from thoughts leading towards self harm and tackle head on the staggering rate of suicide in the highlands.

Support & Information

Morning Call

Support & Information

28 Culloden Road, Balloch, Inverness
www.friendship-services/morning-call.asp
 01463790410

The Morning Call Service provides a daily telephone call to individuals who live alone who wish the reassurance of knowing that they will be contacted each day to make sure they are not in difficulty. New volunteers are always welcome.

MS Therapy Centre Inverness Ltd

Support & Information

Multiple Sclerosis Therapy Centre, Burnett Road, Inverness
www.theoxygenworks.com
 01463240365
contact@theoxygenworks.com

Since we opened we have been providing practical and emotional support to all of our members. We offer access to a wide range of therapies, allowing our members the opportunity to self-manage their symptoms. Although originating to assist people living with MS.

Nairn Citizens Advice Bureau Limited

Support & Information

6 High Street, Nairn IV12 4BJ
nairncab.org.uk
 01667456677
info@nairncab.org.uk

mon-thur - 10am-3pm, thur-5.30-7.30, fri-10am-1pm, Saturday, by appointment only
 provides free, confidential and independent advice to anyone who needs it.

volunteers are given training to help them use the resources to give clients accurate and helpful advice, and to be able to listen and communicate with clients.

New Start Hawthorn Project

Support & Information

Fairfield Road, Inverness IV3 5LL
 01463711481
 educational training provider

New Start Highland

Support & Information

9 Carsegate Road North, Inverness
www.newstarthighland.org
 01463715615

We tackle poverty, homelessness and long term unemployment in the Highlands

Whether you have a few hours to spare in the week, miss the craic at work, or need community involvement for your university application, Duke of Edinburgh Award, Queen's Award or the Saltire Award, NSH offers plenty of scope.

Osprey House

Support & Information

Raigmore Avenue
 01463 716 888

Rolling two week well-being programme for those suffering from stress induced addictions
 Self referral / any professional

Pelvic Instability Network Scotland

Support & Information

Willowburn, 8 Broallan, Beauly, Inverness-shire
 01463782801
info@pelvicinstability.org.uk

We offer confidential support to anyone affected by pelvic girdle pain regardless of where they live. This includes partners, family members and friends.

Reach4Reality SCIO

Support & Information

Hilton Lighthouse, 4 Tomatin Road, Inverness
reach4reality.org.uk
 07796905339
info@reach4reality.org.uk

Reach4Reality is a local Christian charity working with young people from the Highlands, aged 9-18, with social interaction difficulties such as autistic spectrum disorder or a related condition. We provide positive activities for the young people, in the

<p>Sight Action Beechwood House, 69-71 Old Perth Road, Inverness, IV2 3JH www.sightaction.org.uk 01463233663 admin@highlandsensory.org.uk We can help visually impaired people cope safely and confidently around the home with improved independent living skills. We have a range of equipment available in our resource centres for you to use or to purchase. We can arrange to visit you at home to help our staff gain greater understanding of your situation. They can then identify ways to help you overcome the difficulties imposed by poor vision. Training could include: Orientation and mobility, Independent liv</p>	Support & Information
<p>Signpost INC 5/7 Tomnahurich Street, Inverness www.signpost-inc.org 1463711393 reception@signpost-inc.org 10-4 Mon-Thurs Operates a handypersons service carrying out jobs around the home.</p>	Support & Information
<p>Sounds Familiar Craigmonie Hotel, IV2 3HX Audrey Whyte 01463 233231 soundsfamiliarmusic@aol.com First and third Tuesdays of the month at 1430 dementia, non verbal communicate Sounds Familiar singing group for People with Dementia and their Carers. Come along and enjoy the benefits of singing together in a relaxed and friendly group. You'll be made very welcome.</p>	Support & Information
<p>Stay Safe Highland Kirksyde Cottage, Cawdor, Nairn www.staysafehighland.org 07553353825 info@staysafehighland.org Stay Safe Highland is a Scottish charity (SC 044253) concerned with personal and community safety of older people across the Highlands. Older volunteers are available to talk to groups who meet during the daytime.</p>	Support & Information
<p>Strathnairn Community Access & Transport Association Rose Cottage, Farr, Inverness</p>	Support & Information
<p>Strokeness 8 Simpson Street, Nairn, Highland strokeness.org.uk Strokeness is a support group for stroke survivors run by stroke survivors. We also offer support to families and carers.</p>	Support & Information
<p>The Energy Advisory Service SCIO (TEAS SCIO) Macleod & Maccallum, 28 Queensgate, Inverness www.tighean.co.uk 01851706121 info@thighean.co.uk energy saving advice and support</p>	Support & Information
<p>The Handyperson's Project 5-7 Tomnahurich Street www.signpost-inc.org 1463711393 hp.manager@signpost-inc.org Volunteering providing support to those vulnerable providing a range of tasks and jobs to enable people to remain in their own homes</p>	Support & Information

The Macular Society

Support & Information

Inverness East Parish Church, Academy Street, Inverness, IV1 1LU
<https://www.macularsociety.org/groups/inverness-support-group>
 03003030111 info@macularsociety.org
 1,30 - 3.30pm

We provide free information and support to those with macular disease, along with their family and friends, to help people retain their independence. Our support services include a helpline, counselling, local support groups, patient information, buddies. The Macular Society meet every third Thursday of the month in the East Church Hall, Inverness, East Church, Academy Street, Inverness, IV1 1LU

The Shirlie Project

Support & Information

40 Longman Drive, Inverness IV1 1SU
www.shirlie.co.uk
 01463 716 179
 reception@shirlie.co.uk
 9-5 Mon-Fri

Job coaching, employment advice and support for school leavers and those with mental health and additional support needs. Self referral/ any professional

The Visiting Service of the North of Scotland

Support & Information

PO box 5743, Inverness, IV1 9DN
www.friendship-services.com

The visiting service for the north of Scotland is making a significant difference to the lives of many people who may be virtually housebound, lonely and isolated. We visit them and if they meet our basic criteria we endeavour to match them with a volunteer. Check the website for different volunteering opportunities.

WRI

Support & Information

Kiltarlity Hall, Beauliy, IV4 7HQ
<http://www.kiltarlity.info/index.asp?pageid=25>
 01463 741447
 7.00 - 10.00pm
 women's group,
 WRI 1st Wed of each month. Contact Eunice Ramsden



Badenoch and Strathspey A-Z

Abernethy Angling Association

Allens, Deshar Rd, Boat of Garten
<http://abernethyangling.co.uk/>
01479831372
secretary@abernethyangling.co.uk
day and weekly permits.

Interest

Abernethy Golf Club

abernethy golf club , nethybridge
www.abernethygolfclub.com
01479821305
info@abernethygolfclub.com
golf club

Sport and Outdoor Activity

Abernethy outdoor centre

abernethy outdoor centre Nethybridge
abernethy.org
01479821279
various outdoor pursuits
Abernethy outdoor centre

Sport and Outdoor Activity

Abernethy Scottish country dance club

Community Centre Nethybridge
nethybridge.com
01479821393
Monday, 7.30
September to March,

Social and Active

Abernethy sports club

abernethy outdoor centre Nethybridge
abernethy.org
01479821279
contact for details and times
use of swimming pool facilities, outdoor activities, bunkhouse

Sport and Outdoor Activity

Active outdoors

www.activeoutdoorpursuits.com
01540210000
mountaineering , biking etc

Sport and Outdoor Activity

Adventures on horse back

Alvie estate , Kincaig
<http://www.alvie-estate.co.uk/activities/horse-riding>
07831495397
pony trekking

Sport and Outdoor Activity

Alvie estate activities

<http://www.alvie-estate.co.uk/>
01540651255
zip-wires, clay pigeon shooting, archery, walking fishing, riding. Bird watching
Alvie estate activities

Sport and Outdoor Activity

Anne the Osteopath

WestwoodPerth road newtonmore
<http://www.anne-the-osteopath.co.uk/>
01540673767
enquiries@anne-the-osteopath.co.uk
by appointment

Support and Information

<p>Aviemore Art club St Andrew's Church Hall, Aviemore 01479 812608 sangstermolly@aol.com Thursday 2-4pm, Feb. - Nov</p>	<p>Interest</p>
<p>Aviemore bowls club Dalfaber drive Aviemore http://bowlsclub.org/club/2234/ 07709678181 norriemacleodabc@gmail.com Club nights Monday & Wednesday</p>	<p>Sport and Outdoor Activity</p>
<p>Aviemore Chiropody Clinic Aviemore Health Centre, Aviemore http://www.aviemoremedical.co.uk/ 01479 810258 by appointment</p>	<p>Support and Information</p>
<p>Aviemore Community Café st Andrew's Church Hall, Aviemore http://www.spanglefish.com/communitycafeaviemore/ Wednesday 10am - 4pm</p>	<p>Social</p>
<p>Aviemore Community Paths Aviemore, Carrbridge, Rothiemurchus, Boat of Garten cairngorm.co.uk/discover-explore/things-to-do/walking-trails 01479873535 Walking trails suited to all levels of ability, leaflet available on line or by phoning</p>	<p>Sport and Outdoor Activity</p>
<p>Aviemore leisure centre community centre Aviemore http://highlifehighland.com/leisure-facilities/aviemore 01479813140 contact for details and times swimming, studio, sports halls, fitness suite</p>	<p>Sport and Outdoor Activity</p>
<p>Aviemore walking trails http://www.mapmywalk.com/gb/aviemore-sct/ online walking trail maps</p>	<p>Sport and Outdoor Activity</p>
<p>Badenoch & Strathspey orienteering club http://www.basoc.org.uk/ Tuesday evenings, see website for more details</p>	<p>Sport and Outdoor Activity</p>
<p>Backcountry survival http://www.backcountrysurvival.co.uk/ 01479 873388 3 day training courses Bush craft, winter skills and canoe adventures</p>	<p>Sport and Outdoor Activity</p>
<p>Badenoch and Strathspey Drug and alcohol Forum Rathven, Aviemore http://www.highland-adp.org.uk/badenoch-and-strathspey dan.ymca@hotmail.co.uk The Forum is essentially a network for sharing information and carrying out small scale projects such as awareness-raising at School Parents' Nights. The Forum has a Small Grants Fund to offer low-level financial assistance to local organisations, such as youth clubs, who may deal with substance misuse. Contact the Chair for further details.</p>	<p>Support and Information</p>
<p>Badenoch and Strathspey access panel Kinvaid, west terrace, Kingussie strathspeyaccesspanel.org 01540661797 improving access to all within the community</p>	<p>Support and Information</p>

Badenoch and Strathspey Community Transport Company ct4u.co.uk 01479810004 Community transport, befriending, assisted shopping, mobility scooter hire, vehicle hire and so much more.	Support and Information
Badenoch and Strathspey conservation group http://www.bscg.org.uk/ 01479821491 conservation group with meetings and talks	Interest
Badenoch and Strathspey pipe band https://en-gb.facebook.com/badenochstrathspeypipeband/ piperspeace@aol.com Tues 7-9pm Meets MacDonald's resort Aviemore to practice, play at lots of events and comps.	Interest
Badenoch Angling association http://badenochanglingassociation.btck.co.uk/ Permits and information connected with fishing the Spey from Truim to Laggan	Interest
Badenoch arthritis care Badenoch centre, Kingussie 01540 661 988 doris.carlin@btinternet.com arthritis support group	Support and Information
Badenoch gardening club village hall newtonmore http://www.newtonmore.com/our-community/clubs-a-associations/badenoch-gardening-club.html 01540673360 badenochgardeningclub@gmail.com gardening club, talks visits, seed corn exchange	Interest
badminton club (seniors) Inverallen church hall, Grantown http://www.inverallanparishchurch.org.uk/Services%20for%20Older%20People%20in%20the%20Area.html 01479870154 wmsteele33@aol.com weekly, seniors and ladies badminton club	Sport and Outdoor Activity
Badminton club, ladies, Grantown Inverallen church hall, Grantown www.grantownonline.com/community/ladies-badminton-club/ 01479872494 Mondays 11am - 12.30pm badminton club, ladies, Grantown	Sport and Outdoor Activity
Boat of Garten badminton club Boat of Garten Community hall http://www.boatofgarten.com/community/ 01479831469 Mondays, 7pm (winter only)	Sport and Outdoor Activity
Boat of Garten Community Garden Outside Boat Hotel, Boat of Garten http://www.boatofgarten.com/community/community-garden/ 01479 831 012. Volunteering for those who can commit to working in community garden 1 hour a month	Interest
Boat of Garten Golf Club Nethybridge road, Boat of Garten boatgolf.com 01479831282 office@boatgolf.com beautiful course, visitors welcome	Sport and Outdoor Activity

<p>Boat of Garten Indoor Bowling Club 01479831451 Wednesday evenings indoor bowls, winter</p>	Sport and Outdoor Activity
<p>Boat of Garten Lunch Club Boat of Garten Community Hall http://www.boatofgarten.com/lunch-club/ 01479 831 012. Tuesdays, 12.30 (winter)</p>	Social
<p>Boat of Garten wildlife group http://www.cairngormwildlife.co.uk/bogwig/index.html 01479831768 allanbantick@yahoo.co.uk wildlife group</p>	Interest
<p>Boat SWRI Boat of Garten Community Hall http://www.boatofgarten.com/community/boat-of-garten-scottish-womens-rural-institute/ 01479831060 3rd Monday of each month, Sept- April</p>	Interest
<p>Body Balance Aviemore Community Centre, Muirton, Aviemore www.highlifehighland.com 01479 813 140 Aviemore.leisure@highlifehighland.com Pilates and yoga flowing sequence exercise class</p>	Sport and Outdoor Activity
<p>Body Balance Craig Maclean Centre, Cromdale Road, Grantown-on-Spey www.highlifehighland.com 01479 870 281 craigmaclean.leisure@highlifehighland.com Pilates and yoga flowing sequence exercise class</p>	Sport and Outdoor Activity
<p>Body Balance, Badenoch centre , Kingussie www.highlifehighland.com 01540 662 485 badenoch.centre@highlifehighland.com Pilates and yoga flowing sequence exercise class body balance,</p>	Sport and Outdoor Activity
<p>Bookmark Book Groups 34 high street, Grantown http://www.thebookmark.co.uk/ 01479873433 The Bookmark currently runs three separate bookgroups. The groups are small (maximum 10 people), informal and reflect wide-ranging reading interests which often leads to lively discussion! We try to read a broad variety of material, mainly fiction (across all genres) but occasionally biography, memoirs or other non-fiction. Meetings are monthly on either Wednesday or Thursday, starting at 7pm (Grantown) or 7.30pm (Glenlivet)</p>	Interest
<p>Bothy Bikes 5 Granish Way, Dalfaber, Aviemore www.bothybikes.co.uk 01479810111 info@bothybikes.co.uk 9am - 5.30pm, 7 days a week bike hire, repair, sales and trails info</p>	Interest

<p>Caberfeidh Horizons 16 high Street Kingussie www.caberfeidhhorizons.com 01540 661000 info@caberfeidhhorizons.com 10am - 4.30pm, Mon - Sat Educational and social activates for vulnerable adults, young people, the learning disabled and long term unemployed</p>	Support and Information
<p>Cairngorm adventure guides www.cairngormadventureguides.co.uk/ 07736 933169 outdoor activities , gorgewalking etc</p>	Sport and Outdoor Activity
<p>Cairngorm bike and hike www.cairngormbikeandhike.co.uk 01479831745 Cycling. Canoeing walking</p>	Sport and Outdoor Activity
<p>Cairngorm Bridge Club St Johns Hall, Rothiemurchus, Aviemore www.bridgewebs.com/cairngorm/ 01479810882 Tuesdays 6.45pm Bridge club social, contact carol</p>	Interest
<p>Cairngorm clinic www.cairngormclinic.co.uk/ 08447361924 info@cairngormclinic.co.uk by appointment Osteopathy, remedial massage , alexander technique</p>	Support and Information
<p>Cairngorm Cycling Club www.cairngorm.cc.co.uk info@cairngormcc.co.uk Thursday evenings. Aviemore all ability cycling club. Social and competition cycling</p>	Sport and Outdoor Activity
<p>Cairngorm Gliding Club Blackmill airstrip Feshiebridge near Kingussie Inverness-shire gliding.org 07847214551 info@gliding.org year round, mainly weekends. Experienced team of qualified instructors</p>	Sport and Outdoor Activity
<p>Cairngorm Mountain cairngormmountain.org/ 01479861261 info@cairngormmountain.org Snow sports, guided walks, guided mountain bike descents, funicular railway</p>	Sport and Outdoor Activity
<p>Cairngorm runners www.cairngormrunners.org/ secretary@cairngormrunners.org mon & wed. 6.30pm Social running club beginners welcome, check facebook for start point each week.</p>	Social and Active
<p>Cairngorm Sled Dog Centre rothiemurchus estate aviemore http://www.sled-dogs.co.uk/ 07767270526 contact to arrange huskies/ sled dog treks and courses</p>	Interest

<p>Cairngorms Learning Partnership badenoch centre , kingussie https://www.clp-online.net/ 01540662420 admin.clp@btconnect.com Classes and learning initiatives A quality service and a range of courses in a variety of subjects and at different levels from short introductory sessions to degree level studies - all available from your local learning centre. Courses cover things like textiles, jewellery making, cooking, land based, business and computing—many more.</p>	<p>Interest</p>
<p>Carrbridge Golf Club carrbridgegolf.com 01479841623 secretary@carrbridgegolf.co.uk good course, visitors welcome, contact club for details</p>	<p>Sport and Outdoor Activity</p>
<p>Carrbridge trekking centre carrbridge-ponytrekkingcentre.co.uk 01479841602 phone to book pony trekking, May to October, 7 days a week</p>	<p>Sport and Outdoor Activity</p>
<p>Community Café YMCA community Centre, 80 high st., Grantown on Spey https://visitcairngorms.com/?id=291&refno=1000004986 01479873 301 info@grantownymca.co.uk Fri, 10am-2pm</p>	<p>Social</p>
<p>Contact the Elderly Sunday Afternoon Teas Grantown- on -Spey http://www.inverallanparishchurch.org.uk/Services%20for%20Older%20People%20in%20the%20Area.html 01479 870 154 wmsteele33@aol.com</p>	<p>Social</p>
<p>Craggan Fishery and Golf Course craggan outdoor centre , gos cragganoutdoors.co.uk 01479873283 info@cragganoutdoors.co.uk lots of outdoor activities</p>	<p>Sport and Outdoor Activity</p>
<p>Craigellachie National Nature Reserve www.nnr-scotland.org 01479810477 Easyish hill to walk in Aviemore</p>	<p>Sport and Outdoor Activity</p>
<p>Creag Meagaidh National Nature Reserve Nr Dalwhinnie https://www.visitscotland.com/info/see-do/creag-meagaidh-national-nature-reserve-p246941 01528544265 Mountain nature reserve, walks and volunteering opportunity .</p>	<p>Interest</p>
<p>Cromdale SWRI Cromdale village hall 01479872407 2nd Wednesday of each month meets from sept.to may</p>	<p>Interest</p>
<p>Dial a bus Grantown area dial a bus 01479872675 door to door transport service, bookable.</p>	<p>Support and Information</p>

<p>Disability Snowsport http://www.disabilitysnowsport.org.uk/ 01479861272 admin@disabilitysnowsports.org Making snow sports available to people with learning, sensory or physical disabilities They also run a series of local groups. The groups have a wide selection of adaptive snowsport equipment, which, along with dedicated trained volunteers, allows skiers and boarders with a large range of disabilities to enjoy snowsports away from the formal setting of a lesson. This enables disabled skiers and boarders to practise what they have learnt during lessons or simply enjoy a few runs together in a friendly social group. They are run by volunteers and seek to provide a safe environment for everyone taking part in the Local Groups' activities.</p>	Sport and Outdoor Activity
<p>Essence Massage Therapy kinraig http://www.essencemassagetherapy.co.uk/ 07748955922 info@essencemassagetherapy.co.uk by appointment massage therapy</p>	Interest
<p>Exercise Classes Badenoch centre , Kingussie www.highlifehighland.com 01540 662 485 badenoch.centre@highlifehighland.com contact for up to date details and times</p>	Sport and Outdoor Activity
<p>Explore Abernethy ranger service Community Centre Nethybridge grantownu3a.co.uk 01479821565 ranger@nethybridge.com weekly guided walks</p>	Social and Active
<p>Fitplus Class Badenoch centre , Kingussie www.highlifehighland.com 1540 662 485 badenoch.centre@highlifehighland.com Contact for up to date details and times. Fitness class for over 50s</p>	Sport and Outdoor Activity
<p>Fitplus , Aviemore Aviemore Community Centre, Muirton, Aviemore www.highlifehighland.com 01479 813 140 Aviemore.leisure@highlifehighland.com Contact for up to date details and times. Fitness class for over 50s</p>	Sport and Outdoor Activity
<p>Fitplus class Craig Maclean Centre, Cromdale Road, Grantown-on-Spey www.highlifehighland.com 01479 870 281 craigmaclean.leisure@highlifehighland.com Contact for up to date details and times. Fitness class for over 50s</p>	Sport and Outdoor Activity
<p>Football memories Aviemore http://www.alzscot.org/ KWright@alzscot.org Reminiscence group for dementia sufferers. Football memories</p>	Support and Information
<p>Frank Bruce sculpture trail 200m north of Feshie Bridge www.frank-bruce.org.uk cheersjohn@hotmail.com</p>	Sport and Outdoor Activity

<p>Full on adventure www.fullonadventure.co.uk 01479 420123 info@fullonadventure.co.uk outdoor activities, gorge walking etc</p>	Sport and Outdoor Activity
<p>G2 outdoor www.g2outdoor.co.uk 01479 811008 outdoor activities, gorge walking etc</p>	Sport and Outdoor Activity
<p>Grantown bowling club Heathfield road , Grantown on Spey visitgrantown.co.uk/local-info/community-groups 01479873510 Lawn bowls club</p>	Sport and Outdoor Activity
<p>Grantown bridge club St Columbas episcopal church, Grantown on Spey http://www.bridgewebs.com/grantownonspey/ 01479872672 johnf.wilson47@gmail.com Mondays, 6.45pm Bridge, October to Easter.</p>	Interest
<p>Grantown golf club Grantown Golf course, Cromdale road, Grantown www.grantownonspeygc.co.uk 01479872079 booking is recommended</p>	Sport and Outdoor Activity
<p>Grantown Initiative town house, Grantown-on-Spey https://www.grantownonline.com/ info@grantownonline.com Volunteering opportunity</p>	Community
<p>Grantown Museum Museum, Grantown on Spey http://www.grantownmuseum.co.uk/ 01479872478 Thursdays 10am-5pm Volunteering opportunity</p>	Interest
<p>Grantown Society Grantown historical society www.thegrantownsociety.org 01479872567 info@thegrantownsociety.org Historical interest society often give talks and do events. A year's membership (September to August) is only £7 per person.</p>	Interest
<p>Grantown Tennis club heathfield road , Grantown http://www.visitgrantown.co.uk/local-info/community-groups/ 01479872465 wed. evenings & Sunday afternoons Junior and adult coaching, social and competition tennis</p>	Sport and Outdoor Activity
<p>Grantown women's Guild Inverallen church hall, Grantown 01479873301 seonaid.green@tiscali.co.uk</p>	Interest

<p>Healing Rooms St Andrew's Church Hall, Aviemore 01540661918 2nd and 4th Wednesday 7-9pm Support and prayers if wished for anyone with problems or conditions</p>	Support and Information
<p>Highland Council Ranger Service highlandhighlife.com 01463663800 Guided walks and wildlife activities</p>	Sport and Outdoor Activity
<p>Highland Disabled Ramblers highland wide www.highland-disabled-ramblers.org 07895066965 admin@highland-disabled-ramblers.org We meet up at about 10.30 am at the start of the ramble, with toilet facilities nearby. We take along a picnic lunch and finish about 3.00 p.m. A very gentle 'walk' of no more than 4 miles or so is the norm and taken at a leisurely pace. On rambles we often have a ranger or professional guide with us to point out interesting objects, land features, sights, bird life or animals. Members always remain together as a group during a ramble, to have fun, to foster friendships, to be with others for safety reasons and for companionship. We have a current fleet of nine electric scooters which are stored in Inverness, and one or two large vans are hired to carry them to each ramble by our volunteers. Volunteer drivers are always needed, as too are able-bodied walkers to keep our members company, and to help with safety issues such as crossing roads.</p>	Sport and Outdoor Activity
<p>Highland Folk Museum www.highlandfolk.com 01540673551 April-Aug 10.30-5.30; Sept-Oct 11-4.30 Fantastic outdoor museum, volunteering opportunities.</p>	Interest
<p>Highland Hospice Charity shop Highland hospice shop High street grantown https://highlandhospice.org/how-you-can-help/retail 01479873454 n.m.walsh@btinternet.com volunteering opportunity</p>	Community
<p>Highland Physiotherapy http://www.highlandphysiotherapy.co.uk/ 01479811244 by appointment Acupuncture, massage kinesiology, electrotherapy, exercise rehabilitation</p>	Support and Information
<p>Highland School of Massage 3 Garraline Terrace, Kingussie http://www.highlandmassage.co.uk/index.asp 01540661689 kitandjohn@btinternet.com</p>	Support and Information
<p>Indoor Bowls Nethybridge Nethybridge community centre http://bowlsclub.org/club/285/ 01479821348 Tuesday, Thurs 7pm, Winter time only contact Dot Macdonald</p>	Sport and Outdoor Activity
<p>indoor cycling Aviemore Community Centre, Muirton, Aviemore www.highlifehighland.com 01479 813 140 Aviemore.leisure@highlifehighland.com Mon & Tues 7.15-8: Wed 7.20-7.50: Thurs 5.30-6: Fri 6-6.45 indoor cycling class</p>	Sport and Outdoor Activity

<p>Inverallen church transport group Inverallen church, Grantown http://www.inverallanparishchurch.org.uk/Church%20Organisations.html 01479870154 wmsteele33@aol.com Transport to church and related activities</p>	Support and Information
<p>Invereshie and Inshriach National Nature Reserve https://www.visitscotland.com/info/see-do/invereshie-inshriach-national-nature-reserve-p333871 01479810477 Pine forest walks and feshiebridge, the river feshie is renowned for its majestic beauty</p>	Sport and Outdoor Activity
<p>Kincraig Badminton Club Kincraig community hall http://www.kincraig.com/community/ Mondays, 8pm Badminton</p>	Sport and Outdoor Activity
<p>Kincraig Bowling Club Kincraig Community Hall http://www.kincraig.com/community/ Thursdays 8pm winter indoor bowling Kincraig bowling club</p>	Sport and Outdoor Activity
<p>Kincraig Volleyball Club Kincraig Community Hall http://www.kincraig.com/community/ 01540662280 Tuesdays 8.30pm</p>	Sport and Outdoor Activity
<p>Kingussie Golf Club Gynack Road, Kingussie www.kingussie-golf.co.uk 01540661600 info@kingussiegolfclub.co.uk</p>	Sport and Outdoor Activity
<p>kingussieparish church lunch club parish church kingussie http://www.kingussieparishchurch.org.uk/lunch_club.html 01540661690 noon-2pm, 1st & 3rd Mondays each month 60+ lunch club for parish members - October to June</p>	Social
<p>Knit and Stitch Nethybridge Church Hall, Dell Road , Nethy 01479821391 mon 7.30-9.30 weekly (monthly in summer)</p>	Interest
<p>Laggan wolfrax laggan www.lagganforest.com 01528544366 Downhill mountain bike centre</p>	Sport and Outdoor Activity
<p>Lets Relax Spa hilton hotel coylumbridge http://www.letsrelax.co.uk/ 01479 813088 by appointment thai massage therapy</p>	Support and Information

<p>Libraries - Aviemore Muirton, Aviemore, PH22 1SF http://highlifehighland.com/libraries 01479813141 Mon, Wed, Fri - 8am-10pm: Tues, Thurs - 7am - 10pm: Sat 10am - 4pm: Sun - 10.30am - 3pm</p>	Community
<p>Libraries - Grantown on Spey http://highlifehighland.com/libraries 01479873175 Mon-1pm-5pm & 6pm-8pm: Tues, Thurs,Sat - 10am-1pm: Wed-10am-1pm+2pm-5pm: Fri-10am-noon & 1pm-5pm </p>	Community
<p>Loch an Eilein nr Aviemore www.rothiemurchus.net 01479812345 Peaceful low level walk with visitor centre, expensive parking</p>	Sport and Outdoor Activity
<p>Loch an Eilein pottery loch an eilein, nr Aviemore http://www.penspots.co.uk/ 01479810837 penspots@btinternet.com Easter-October-10-5, owner prefers that visitors phone to make an appointment. Throw your own' classes Thursdays march-late oct</p>	Interest
<p>Loch Insh watersports loch Insh Outdoor Centre, Kinraig, Kingussie http://www.lochinsh.com/ 01540651272 office@lochinsh.co.uk Snow sports and water sports archery</p>	Sport and Outdoor Activity
<p>Loch Morlich http://www.lochmorlich.com 01479861221 office@lochmorlich.com Beach, walks, water sports, peaceful woodlands and water</p>	Sport and Outdoor Activity
<p>Macdonald resorts leisure pool Aviemore activity centre linked to Macdonald Hotel http://www.macdonaldhotels.co.uk 01479815100 Phone to check times and activities Swimming pool</p>	Sport and Outdoor Activity
<p>Mountain Bike Trails http://www.mtbtrails.info/ webtech@mtbtrails.info online trails maps and grading info.</p>	Sport and Outdoor Activity
<p>Naomi Russell massage http://www.naomirusselltherapies.com/ 07709634761 by appointment therapeutic massage</p>	Support and Information
<p>Nethy bridge whist club Nethy community hall nethybridge.com/community 01479 821662 margaret@balno.eclipse.co.uk Fridays at 7, fortnightly in winter, monthly in summer</p>	Interest

<p>Newtonmore Badminton club Newtonmore Primary School www.cometonewtonmore.com 01540670049 Wed-up to S1-7pm -8pm, S2 & senior-8pm -9pm Octobr to April during term time</p>	Sport and Outdoor Activity
<p>Newtonmore curling club www.cometonewtonmore.com 01540 673285</p>	Sport and Outdoor Activity
<p>Newtonmore drama group Village hall Newtonmore https://en-gb.facebook.com/Newtonmore-Drama-Group-161874569623/ 01540673817 6pm children, 7pm adults Mondays, February - December</p>	Interest
<p>Newtonmore Floral Art Club lesser village hall, Newtonmore www.cometonewtonmore.com 01540 673211 7.30pm 3rd Wed. of each month March to November</p>	Interest
<p>Newtonmore golf club www.newtonmoregolf.com 01540673878</p>	Sport and Outdoor Activity
<p>Newtonmore indoor bowls Drunfada, church terrace Newtonmore http://bowlsclub.org/club/304/ 01540673417</p>	Sport and Outdoor Activity
<p>Newtonmore mothers & toddlers Newtonmore Village Hall www.cometonewtonmore.com 07974193869 Mon, Wed & Fri - 10am - noon</p>	Children and Young People
<p>Newtonmore pipe band https://en-gb.facebook.com/badenochstrathspeypipeband/ 01540673996 pipes and drums band</p>	Interest
<p>Newtonmore riding centre baillid farm ,fort william road, newtonmmore http://www.newtonmoreridingcentre.com/ 01540670000 info@newtonmore riding centre.com</p>	Sport and Outdoor Activity
<p>Newtonmore shinty club newtonmoreshinty.com 01540673048 secretary@newtonmoreshinty.com</p>	Sport and Outdoor Activity
<p>Newtonmore tennis club golf course road, newtonmore 01540673711</p>	Sport and Outdoor Activity
<p>Osprey fishing school Avielochan, Aviemore 01479 810 632 jimcornfoot@btopenworld.com</p>	Sport and Outdoor Activity

<p>Osprey Music Group Boat of Garten Community Hall http://www.boatofgarten.com/community/the-osprey-music-society/ 01479831213 Contact for times, 10 concerts each year. Classical music group bringing in classical musicians</p>	Interest
<p>Osprey netball group Criag MacLean centre Grantown https://en-gb.facebook.com/Ospreynetballclub/ 01479841359 Monday 7-8</p>	Sport and Outdoor Activity
<p>Otago Badenoch centre , Kingussie www.highlifehighland.com 01540 662 485 badenoch.centre@highlifehighland.com Tues & Thurs - 1.15pm- 2pm Otago, strength , stability and mobility class for older people</p>	Sport and Outdoor Activity
<p>Otago Craig Maclean Centre, Cromdale Road, Grantown-on-Spey www.highlifehighland.com 01479 870 281 craigmaclean.leisure@highlifehighland.com Friday - noon - 12.45pm Otago, strength , stability and mobility class for older people</p>	Sport and Outdoor Activity
<p>Outdoor bowls Nethybridge bowling green 01479821044 Mon, Thurs 7pm, Sept - March, contact Jenny Thomas</p>	Sport and Outdoor Activity
<p>Paths for all multi-use path networks in the Cairngorms www.pathsforall.org.uk walking trails suited to all levels of ability</p>	Sport and Outdoor Activity
<p>Physiotherapy carrbridge carrbridge.cylex-uk.co.uk/company/carrbridge-physiotherapists-18757224.html 01479841514 by appointment Physiotherapy</p>	Support and Information
<p>Pony Trekking and Hacking rothiemurchus estate aviemore http://www.rothiemurchus-activities.co.uk/Activities.aspx 01479812345</p>	Sport and Outdoor Activity
<p>Registered chiropodist 64 Corrou Road, Aviemore https://en-gb.facebook.com/ahpodiatriy/ 01479811730 by appointment</p>	Support and Information
<p>Reindeer Herd Reindeer House, Glenmore, Aviemore, Inverness-shire PH22 1QU, http://www.cairngormreindeer.co.uk/Visit/VisitTrek.htm 01479861228 info@cairngormreindeer.co.uk Low level reindeer trekking and volunteering opportunities.</p>	Interest

Retreat massage therapy

<http://www.the-retreat-aviemore.com/>
01479812210
by appointment
Sports and remedial massage

Support and Information

Revack highland estate

<http://revackhighlandestate.com/>
01479872234
Walks , coffees shop , gift shop, community garden volunteering

Sport and Outdoor Activity

Riverside bowling club

Carrbridge
01479841620
contact club for times
visitors welcome, bowls and shoes available

Sport and Outdoor Activity

Rothiemurchus fishery

Rothiemurchus Centre, Rothiemurchus, By Aviemore, Inverness-shire, PH22 1QH
rothiemurchus.net/outdoor-activities-at-aviemore/fishing
01479 812345
hello@rothie.net
contact fishery for times
fish farm where you can fish for fun

Sport and Outdoor Activity

Rothiemurchus Ranger Led Activities

rothiemurchus.net/outdoor-activities-at-aviemore/ranger-led-activities
01479 812345
hello@rothie.net
contact for times
land rover tours, feed the deer, hairy coo safaris, educational tours

Sport and Outdoor Activity

Rothiemurchus segway

rothiemurchus.net/outdoor-activities-at-aviemore/segway
01479 812345
hello@rothie.net
contact for times
taster and adventure sessions

Sport and Outdoor Activity

Rothiemurchus shoot

ski road aviemore
rothiemurchus.net/outdoor-activities-at-aviemore/clay-shooting
01479 812345
hello@rothie.net
contact for times
clay pigeon shoot

Sport and Outdoor Activity

Rothiemurchus Tennis club

<https://clubspark.lta.org.uk/RothiemurchusandAviemoreTennisClub>
01479810481
tennis@birnie.co.uk
contact for times

Sport and Outdoor Activity

Rothiemurchus 'tree zone'

rothiemurchus.net/outdoor-activities-at-aviemore/treezone
01479812345
info@rothie.net
contact for times

Sport and Outdoor Activity

Lasting for 1 to 1.5 hours (very much dependant on individual ability), this exciting adventure playground is suspended from wires high up in the pine forests of Rothiemurchus with balance beams, Tarzan swings and a monster zip-wire ride. You'll face 35 different challenges on your journey through the forest canopy. TreeZone consists of two courses: The 'Tree Creeper' course is up to 20 feet off the ground and involves 12 different fun crossings. The 'Buzzard' course ranges from 20 to 40 feet off the ground and offers 23 testing challenges.

<p>Rothiemurcus River Adventures rothiemurchus.net/outdoor-activities-at-aviemore/river-adventures 01479812345 info@rothie.net contact for times Tubing, paddle boarding, rafting, kayaking, canoeing and gorge swimming Rothiemurcus river adventures</p>	<p>Sport and Outdoor Activity</p>
<p>RSPB Insh marshes reserve http://www.rspb.org.uk/discoverandenjoynature/seenature/reserves/guide/i/inshmarshes/about.aspx 01540661518 Lovely walks and nature spotting, plus volunteering opportunities</p>	<p>Interest</p>
<p>RSPB Loch Garten reserve Abernethy national nature reserve, Forest Lodge, Nethy Bridge, PH25 3EF http://www.rspb.org.uk/reserves/guide/l/lochgarten/ 01479821409 abernethy@rspb.org.uk Osprey hides</p>	<p>Sport and Outdoor Activity</p>
<p>Saint Vincents therapy garden Kingussie http://www.saintvincentsgarden.org.uk/ 01479810368 community garden, volunteering opps</p>	<p>Support and Information</p>
<p>Sewing and quilting club Cromdale village hall 01479821907 contact for time and venue monthly in hall and in people's houses</p>	<p>Interest</p>
<p>Shinty memories Kingussie http://www.alzscot.org/ KWright@alzscot.org Reminiscence group for dementia sufferers</p>	<p>Support and Information</p>
<p>Society of Badenoch and Strathspey Artists www.theionagallery.co.uk 01540662900 phillippa.mitchell@virgin.net Was founded to provide an opportunity for local artists to exhibit their work publicly and possibly reap a commercial return. Many artists work in isolation, so an art exhibition also encourages them to meet and compare progress; at the same time, it informs an appreciative audience. The Society's aim of holding an annual or biennial exhibition to show-case the best visual art in Badenoch and Strathspey seemed achievable within the locality, from the points of attracting sufficient potential exhibitors and of forming a committee of those willing to give their time and expertise.</p>	<p>Interest</p>
<p>Spey Art Group Grantown Grammar School Art room, gos https://speyartgroup.wordpress.com/ 01479872085 lizdownie1@btinternet.com Wed. nights 7-9pm, in school term Art group with instruction</p>	<p>Interest</p>
<p>Speyside paddlers https://www.grantownonline.com/community/speyside-paddlers/ 07842115003 piers@voysey.plus.com Promoting paddle sports in Badenoch and Strathspey</p>	<p>Sport and Outdoor Activity</p>

<p>Speyside way speysideway.org 01340881266 Walks along the Spey, differing abilities</p>	Sport and Outdoor Activity
<p>Speyside Wildlife www.speysidewildlife.co.uk 01479812498 sally@speysidewildlife.co.uk wildlife trips and holidays, accessible hide</p>	Interest
<p>Speysound radio Aviemore shopping centre, grampian rd, aviemore http://www.speysoundradio.com/ 01479811888 community radio station, volunteer to be a DJ</p>	Interest
<p>Spirit of the Spey Canoeing www.spiritofthespey.co.uk 01540673826 river expeditions and one day canoe coaching</p>	Sport and Outdoor Activity
<p>Strathspey Canine Club nethybridge.com/community-centre/regular-groups 01479831014 dog training, secretary - Mrs A E Fryatt</p>	Interest
<p>Strathspey curling club 01479872649 winter curling</p>	Sport and Outdoor Activity
<p>Strathspey Mountain Club http://www.strathspey.btik.com/ 01479851344 strathspeymc@gmail.com A meet is held every second weekend, either on Saturday or Sunday, with a weekend meet now and again. Every third month, on the first Monday we have an indoor meet where we discuss the previous outings and plan our programme for the next three months. Meets can vary from Munros or Corbetts to low level walks. If you would like to join us on any of the walks, simply contact our Secretary for further details. We look forward to seeing you.</p>	Sport and Outdoor Activity
<p>Strathspey Probus Club http://www.strathspeyprobus.org.uk/ mikehemsprobus@btinternet.com social fellowship club with talks</p>	Social
<p>Strathspey Railway Association www.strathspeyrailway.co.uk 01479873814 joycesimpson@compuserve.com Vintage railway , lots of volunteering opportunities</p>	Interest
<p>Sunshine club St Johns Hall Rothiemurchus, Aviemore https://www.ageuk.org.uk/scotland/about-us-/local-services-search/groups/the-strath-sunshine-club-scotland/ 01479810 940 Monday 12noon -2pm Social club.</p>	Social
<p>WRI Kingussie wade centre Spey street Kingussie http://www.swri.org.uk/WhereToFindUs/invernessshire.htm 2nd Tuesday 7.30pm</p>	Interest

<p>WRI Nethybridge Nethybridge community centre www.nethybridge.com 01479821716 7.30 last Wednesday of the month</p>	Interest
<p>The Lecht Mountain Lecht Ski Centre, Strathdon, Corgarff AB36 8YP www.lecht.co.uk 01975 651440 Snow sports , mountain biking</p>	Sport and Outdoor Activity
<p>The Tin House Glen cairn, Old Glen road, newtonmore 01540 670025 chrismacintyre@btinternet.com Textile, embroidery and needle craft courses.</p>	Interest
<p>Therapet Badenoch and Strathspey https://www.canineconcernscotland.org.uk/single-post/2016/06/29/Badenoch-and-Strathspey-Therpets-Make-A-Difference vivelfmoe@talktalk.net Volunteer to take your pet into care homes</p>	Interest
<p>Thursday club YMCA community centre, 80 high st, Grantown on Spey www.grantownonline.com/community/grantown_ymac_community_centre Social club, activities, bingo etc</p>	Social
<p>Treezone Rothiemurchus Estate, Aviemore http://www.treezone.co.uk/ 01479812345 Aerial adventure course</p>	Sport and Outdoor Activity
<p>u3a Grantown grantownu3a.co.uk 01479870154 various interest groups and talks</p>	Interest
<p>u3a botanical illustrations group Grant Arms Hotel Grantown, and field trips grantownu3a.co.uk 01479870322 botillustration@grantownu3a.co.uk Mondays, 10am watercolour illustration group, contact Lesley Badger</p>	Interest
<p>u3a bridge group grantownu3a.co.uk bridge@grantownu3a.co.uk as and when, contact peter Grant contact Peter Grant to arrange to play</p>	Interest
<p>u3a crafts group 39b strathspey drive Grantown grantownu3a.co.uk crafts@grantownu3a.co.uk alternate Tuesdays, 2pm Knitting, cross stitch, papercraft etc</p>	Interest

<p>u3a film club Grant Arms Hotel, Grantown grantownu3a.co.uk film@grantownu3a.co.uk every fourth Monday, 2pm Monthly, future films decided by the group, contact Elspeth Sage</p>	Interest
<p>u3a french group 2 Sth West High Street, Grantown grantownu3a.co.uk french@grantownu3a.co.uk Alternate Mondays, 2pm Conversational French,, contact Ann Hadley</p>	Interest
<p>u3a natural history walks grantownu3a.co.uk nathist@grantownu3a.co.uk alternate tuesdays, 10am Walks starting from Grant Arms Hotel, contact Lesley Badger</p>	Interest
<p>u3a poetry reading group grantownu3a.co.uk poetry@grantownu3a.co.uk 2nd Thursday of each month, 10.30am contact Elspeth for venue</p>	Interest
<p>u3a singing for fun group St Columbas episcopal church, grantown on spey grantownu3a.co.uk singing@grantownu3a.co.uk Fridays,2.30pm new members welcome, contact Jill Teear</p>	Interest
<p>u3a travel group grantownu3a.co.uk travel@grantownu3a.co.uk Members share information about local trips they have made, contact David Lyle</p>	Interest
<p>Craig Maclean Centre Cromdale Road, Grantown-on-Spey www.highlifehighland.com 01479 870 281 craigmaclean.leisure@highlifehighland.com Various Classes on Offer.</p>	Interest
<p>Community Centre Aviemore http://highlifehighland.com/leisure-facilities/aviemore 01479 813 140 Various fitness classes on offer.</p>	Sport and Outdoor Activity
<p>Volunteering with VABS town house, Grantown-on-Spey http://www.vabs.org.uk/ 01479873445 volunteeringwithvabs@gmail.com Lots of volunteering opportunities</p>	Interest
<p>Walkhighlands walkhighlands.co.uk online guides for walks</p>	Interest

Winter Lectures in Boat

Boat of Garten Community Hall
<http://www.boatofgarten.com/community/>
 01479 831 379
 talks for guest speakers

Interest

Woman's Guild, Kingussie

Kingussie Parish church
<http://www.kingussieparishchurch.org.uk/>
 01540661581
 2.30 -4pm, Wednesdays, Oct– April

Interest

WRI Aviemore

St Andrew's Church hall, Aviemore
 01479812608
sangstermolly@aol.com
 3rd Wednesday of month , Sept- April

Interest

Yoga

Craig Maclean Centre, Cromdale Road, Grantown-on-Spey
www.highlifehighland.com
 01479 870 281
craigmaclean.leisure@highlifehighland.com
 contact for up to date times and details

Sport and Outdoor Activity

Yoga

Boat of Garten Community Hall
<http://www.boatofgarten.com/community/>
 07958463259
 Wednesdays 9.45am

Sport and Outdoor Activity

Yoga Kingussie

Badenoch centre , Kingussie
www.highlifehighland.com
 1540 662 485
badenoch.centre@highlifehighland.com
 Contact for up to date times and details
 Vinyasa yoga.

Sport and Outdoor Activity

Yoga, Aviemore

Aviemore Community Centre, Muirton, Aviemore
www.highlifehighland.com
 01479 813 140
Aviemore.leisure@highlifehighland.com
 contact for up to date times and details

Sport and Outdoor Activity

<p>Abernethy Angling Association Allens, Deshar Rd, Boat of Garten http://abernethyangling.co.uk/ 01479831372 secretary@abernethyangling.co.uk day and weekly permits.</p>	Interest
<p>Aviemore Art club St Andrew's Church Hall, Aviemore 01479 812608 sangstermolly@aol.com Thursday 2-4pm, Feb. – Nov</p>	Interest
<p>Badenoch and Strathspey conservation group http://www.bscg.org.uk/ 01479821491 conservation group with meetings and talks</p>	Interest
<p>Badenoch and Strathspey pipe band https://en-gb.facebook.com/badenochstrathspeypipeband/ piperspeace@aol.com Tues 7-9pm Meets MacDonald's resort Aviemore to practice, play at lots of events and comps.</p>	Interest
<p>Badenoch Angling association http://badenochanglingassociation.btck.co.uk/ Permits and information connected with fishing the Spey from Truim to Laggan</p>	Interest
<p>Badenoch gardening club village hall newtonmore http://www.newtonmore.com/our-community/clubs-a-associations/badenoch-gardening-club.html 01540673360 badenochgardeningclub@gmail.com gardening club, talks visits, seed corn exchange</p>	Interest
<p>Boat of Garten Community Garden Outside Boat Hotel, Boat of Garten http://www.boatofgarten.com/community/community-garden/ 01479 831 012. Volunteering for those who can commit to working in community garden 1 hour a month</p>	Interest
<p>Boat of Garten wildlife group http://www.cairngormwildlife.co.uk/bogwig/index.html 01479831768 allanbantick@yahoo.co.uk wildlife group</p>	Interest
<p>Boat SWRI Boat of Garten Community Hall http://www.boatofgarten.com/community/boat-of-garten-scottish-womens-rural-institute/ 01479831060 3rd Monday of each month, Sept- April</p>	Interest

Bookmark Book Groups

Interest

34 high street, Grantown

<http://www.thebookmark.co.uk/>

01479873433

The Bookmark currently runs three separate bookgroups. The groups are small (maximum 10 people), informal and reflect wide-ranging reading interests which often leads to lively discussion! We try to read a broad variety of material, mainly fiction (across all genres) but occasionally biography, memoirs or other non-fiction. Meetings are monthly on either Wednesday or Thursday, starting at 7pm (Grantown) or 7.30pm (Glenlivet)

Bothy Bikes

Interest

5 Granish Way, Dalfaber, Aviemore

www.bothybikes.co.uk

01479810111

info@bothybikes.co.uk

9am - 5.30pm, 7 days a week

bike hire, repair, sales and trails info

Cairngorm Bridge Club

Interest

St Johns Hall, Rothiemurchus, Aviemore

www.bridgewebs.com/cairngorm/

01479810882

Tuesdays 6.45pm

Bridge club social, contact carol

Cairngorm Sled Dog Centre

Interest

rothiemurchus estate aviemore

<http://www.sled-dogs.co.uk/>

07767270526

contact to arrange

huskies/ sled dog treks and courses

Cairngorms Learning Partnership

Interest

badenoch centre , kingussie

<https://www.clp-online.net/>

01540662420

admin.clp@btconnect.com

Classes and learning initiatives

A quality service and a range of courses in a variety of subjects and at different levels from short introductory sessions to degree level studies - all available from your local learning centre. Courses cover things like textiles, jewellery making, cooking, land based, business and computing—many more.

Creag Meagaidh National Nature Reserve

Interest

Nr Dalwhinnie

<https://www.visitscotland.com/info/see-do/creag-meagaidh-national-nature-reserve-p246941>

01528544265

Mountain nature reserve, walks and volunteering opportunity .

Cromdale SWRI

Interest

Cromdale village hall

01479872407

2nd Wednesday of each month

meets from sept.to may

<p>Essence Massage Therapy kinraig http://www.essencemassagetherapy.co.uk/ 07748955922 info@essencemassagetherapy.co.uk by appointment massage therapy</p>	Interest
<p>Grantown bridge club St Columbas episcopal church, Grantown on Spey http://www.bridgewebs.com/grantownonspey/ 01479872672 johnf.wilson47@gmail.com Mondays, 6.45pm Bridge, October to Easter.</p>	Interest
<p>Grantown Museum Museum, Grantown on Spey http://www.grantownmuseum.co.uk/ 01479872478 Thursdays 10am-5pm Volunteering opportunity</p>	Interest
<p>Grantown Society Grantown historical society www.thegrantownsociety.org 01479872567 info@thegrantownsociety.org Historical interest society often give talks and do events. A year's membership (September to August) is only £7 per person</p>	Interest
<p>Grantown women's Guild Inverallen church hall, Grantown 01479873301 seonaid.green@tiscali.co.uk</p>	Interest
<p>Highland Folk Museum www.highlandfolk.com 01540673551 April-Aug 10.30-5.30; Sept-Oct 11-4.30 Fantastic outdoor museum, volunteering opportunities.</p>	Interest
<p>Knit and Stitch Nethybridge Church Hall, Dell Road , Nethy 01479821391 mon 7.30-9.30 weekly (monthly in summer)</p>	Interest
<p>Loch an Eilein pottery loch an eilein, nr Aviemore http://www.penspots.co.uk/ 01479810837 penspots@btinternet.com Easter-October-10-5, owner prefers that visitors phone to make an appointment. Throw your own' classes Thursdays march-late oct</p>	Interest

<p>Nethy bridge whist club Nethy community hall nethybridge.com/community 01479 821662 margaret@balno.eclipse.co.uk Fridays at 7pm, fortnightly in winter, monthly in summer</p>	<p>Interest</p>
<p>Newtonmore drama group Village hall Newtonmore https://en-gb.facebook.com/Newtonmore-Drama-Group-161874569623/ 01540673817 6pm children, 7pm adults Mondays, February – December</p>	<p>Interest</p>
<p>Newtonmore Floral Art Club lesser village hall, Newtonmore www.cometonewtonmore.com 01540 673211 7.30pm 3rd Wed. of each month March to November</p>	<p>Interest</p>
<p>Newtonmore pipe band https://en-gb.facebook.com/badenochstrathspeypipeband/ 01540673996 Pipes and drums band</p>	<p>Interest</p>
<p>Osprey Music Group Boat of Garten Community Hall http://www.boatofgarten.com/community/the-osprey-music-society/ 01479831213 Contact for times, 10 concerts each year. Classical music group bringing in classical musicians</p>	<p>Interest</p>
<p>Reindeer Herd Reindeer House, Glenmore, Aviemore, Inverness-shire PH22 1QU, http://www.cairngormreindeer.co.uk/Visit/VisitTrek.htm 01479861228 info@cairngormreindeer.co.uk Low level reindeer trekking and volunteering opportunities.</p>	<p>Interest</p>
<p>Sewing and quilting club Cromdale village hall 01479821907 contact for time and venue monthly in hall and in people's houses</p>	<p>Interest</p>
<p>Society of Badenoch and Strathspey Artists www.theionagallery.co.uk 01540662900 phillippa.mitchell@virgin.net Was founded to provide an opportunity for local artists to exhibit their work publicly and possibly reap a commercial return. Many artists work in isolation, so an art exhibition also encourages them to meet and compare progress; at the same time, it informs an appreciative audience. The Society's aim of holding an annual or biennial exhibition to show-case the best visual art in Badenoch and Strathspey seemed achievable within the locality, from the points of attracting sufficient potential exhibitors and of forming a committee of those willing to give their time and expertise.</p>	<p>Interest</p>

<p>Spey Art Group Grantown Grammar School Art room, https://speyartgroup.wordpress.com/ 01479872085 lizdownie1@btinternet.com Wed. nights 7-9pm, in school term Art group with instruction</p>	Interest
<p>RSPB Insh marshes reserve http://www.rspb.org.uk/discoverandenjoynature/seenature/reserves/guide/i/inshmarshes/about.aspx 01540661518 Lovely walks and nature spotting, plus volunteering opportunities</p>	Interest
<p>Speyside Wildlife www.speysidewildlife.co.uk 01479812498 sally@speysidewildlife.co.uk wildlife trips and holidays, accessible hide</p>	Interest
<p>Speysound radio Aviemore shopping centre, Grampian rd, Aviemore http://www.speysoundradio.com/ 01479811888 Community radio station, volunteer to be a DJ</p>	Interest
<p>Strathspey Canine Club nethybridge.com/community-centre/regular-groups 01479831014 dog training, secretary - Mrs A E Fryatt</p>	Interest
<p>Strathspey Railway Association www.strathspeyrailway.co.uk 01479873814 joycesimpson@compuserve.com Vintage railway , lots of volunteering opportunities</p>	Interest
<p>WRI Kingussie wade centre Spey street Kingussie http://www.swri.org.uk/WhereToFindUs/invernessshire.htm 2nd Tuesday 7.30pm</p>	Interest
<p>WRI Nethybridge Nethybridge community centre www.nethybridge.com 01479821716 7.30 last Wednesday of the month</p>	Interest
<p>The Tin House Glen cairn, Old Glen road, newtonmore 01540 670025 chrismacintyre@btinternet.com Textile, embroidery and needle craft courses.</p>	Interest

Therapet	Interest
Badenoch and Strathspey	
https://www.canineconcernscotland.org.uk/single-post/2016/06/29/Badenoch-and-Strathspey-Therpets-Make-A-Difference	
vivelfmoe@talktalk.net	
Volunteer to take your pet into care homes	
u3a Grantown	Interest
grantownu3a.co.uk	
01479870154	
various interest groups and talks	
u3a botanical illustrations group	Interest
Grant Arms Hotel Grantown, and field trips	
grantownu3a.co.uk	
01479870322	
botillustration@grantownu3a.co.uk	
Mondays, 10am	
watercolour illustration group, contact Lesley Badger	
u3a bridge group	Interest
grantownu3a.co.uk	
bridge@grantownu3a.co.uk	
as and when, contact peter Grant	
contact Peter Grant to arrange to play	
u3a crafts group	Interest
39b strathspey drive Grantown	
grantownu3a.co.uk	
crafts@grantownu3a.co.uk	
alternate Tuesdays, 2pm	
Knitting, cross stitch, papercraft etc	
u3a film club	Interest
Grant Arms Hotel, Grantown	
grantownu3a.co.uk	
film@grantownu3a.co.uk	
every fourth Monday, 2pm	
Monthly, future films decided by the group, contact Elspeth Sage	
u3a french group	Interest
2 Sth West High Street, Grantown	
grantownu3a.co.uk	
french@grantownu3a.co.uk	
Alternate Mondays, 2pm	
Conversational French,, contact Ann Hadley	
u3a natural history walks	Interest
grantownu3a.co.uk	
nathist@grantownu3a.co.uk	
alternate tuesdays, 10am	
Walks starting from Grant Arms Hotel, contact Lesley Badger	

<p>u3a poetry reading group grantownu3a.co.uk poetry@grantownu3a.co.uk 2nd Thursday of each month, 10.30am contact Elspeth for venue</p>	Interest
<p>u3a singing for fun group St Columbas episcopal church, grantown on spey grantownu3a.co.uk singing@grantownu3a.co.uk Fridays,2.30pm new members welcome, contact Jill Tear</p>	Interest
<p>u3a travel group grantownu3a.co.uk travel@grantownu3a.co.uk Members share information about local trips they have made, contact David Lyle</p>	Interest
<p>Craig Maclean Centre Cromdale Road, Grantown-on-Spey www.highlifehighland.com 01479 870 281 craigmaclean.leisure@highlifehighland.com Various Classes on Offer.</p>	Interest
<p>Volunteering with VABS town house, Grantown-on-Spey http://www.vabs.org.uk/ 01479873445 volunteeringwithvabs@gmail.com Lots of volunteering opportunities</p>	Interest
<p>Walkhighlands walkhighlands.co.uk online guides for walks</p>	Interest
<p>Winter Lectures in Boat Boat of Garten Community Hall http://www.boatofgarten.com/community/ 01479 831 379 talks for guest speakers</p>	Interest
<p>Woman's Guild, Kingussie Kingussie Parish church http://www.kingussieparishchurch.org.uk/ 01540661581 2.30 -4pm, Wednesdays, Oct– April</p>	Interest
<p>WRI Aviemore St Andrew's Church hall, Aviemore 01479812608 sangstermolly@aol.com 3rd Wednesday of month , Sept- April</p>	Interest

<p>Abernethy Scottish country dance club Community Centre Nethybridge nethybridge.com 01479821393 Monday, 7.30 September to March</p>	Social and Active
<p>Cairngorm runners www.cairngormrunners.org/ secretary@cairngormrunners.org mon & wed. 6.30pm Social running club beginners welcome, check Facebook for start point each week.</p>	Social and Active
<p>Explore Abernethy ranger service Community Centre Nethybridge grantownu3a.co.uk 01479821565 ranger@nethybridge.com weekly guided walks</p>	Social and Active
<p>Abernethy Golf Club abernethy golf club , nethybridge www.abernethygolfclub.com 01479821305 info@abernethygolfclub.com golf club</p>	Sport and Outdoor Activity
<p>Abernethy outdoor centre abernethy outdoor centre Nethybridge abernethy.org 01479821279 various outdoor pursuits Abernethy outdoor centre</p>	Sport and Outdoor Activity
<p>Abernethy sports club abernethy outdoor centre Nethybridge abernethy.org 01479821279 contact for details and times use of swimming pool facilities, outdoor activities, bunkhouse</p>	Sport and Outdoor Activity
<p>Active outdoors www.activeoutdoorpursuits.com 01540210000 mountaineering , biking etc</p>	Sport and Outdoor Activity
<p>Adventures on horse back Alvie estate , Kinraig http://www.alvie-estate.co.uk/activities/horse-riding 07831495397 pony trekking</p>	Sport and Outdoor Activity

<p>Alvie estate activities http://www.alvie-estate.co.uk/ 01540651255 zip-wires, clay pigeon shooting, archery, walking fishing, riding. Bird watching Alvie estate activities</p>	Sport and Outdoor Activity
<p>Anne the Osteopath WestwoodPerth road newtonmore http://www.anne-the-osteopath.co.uk/ 01540673767 enquiries@anne-the-osteopath.co.uk by appointment</p>	Support and Information
<p>Aviemore bowls club Dalfaber drive Aviemore http://bowlsclub.org/club/2234/ 07709678181 norriemacleodabc@gmail.com Club nights Monday & Wednesday</p>	Sport and Outdoor Activity
<p>Aviemore Community Paths Aviemore, Carrbridge, Rothiemurchus, Boat of Garten cairngorm.co.uk/discover-explore/things-to-do/walking-trails 01479873535 Walking trails suited to all levels of ability, leaflet available on line or by phoning</p>	Sport and Outdoor Activity
<p>Aviemore leisure centre community centre Aviemore http://highlifehighland.com/leisure-facilities/aviemore 01479813140 contact for details and times swimming, studio, sports halls, fitness suite</p>	Sport and Outdoor Activity
<p>Aviemore walking trails http://www.mapmywalk.com/gb/aviemore-sct/ online walking trail maps</p>	Sport and Outdoor Activity
<p>Badenoch & Strathspey orienteering club http://www.basoc.org.uk/ Tuesday evenings, see website for more details</p>	Sport and Outdoor Activity
<p>Backcountry survival http://www.backcountrysurvival.co.uk/ 01479 873388 3 day training courses Bush craft, winter skills and canoe adventures</p>	Sport and Outdoor Activity
<p>Badminton club (seniors) Inverallen church hall, Grantown http://www.inverallanparishchurch.org.uk/Services%20for%20Older%20People%20in%20the%20Area.html 01479870154 wmsteele33@aol.com Weekly, seniors and ladies badminton club</p>	Sport and Outdoor Activity

<p>Badminton club, ladies, Grantown Inverallen church hall, Grantown www.grantownonline.com/community/ladies-badminton-club/ 01479872494 Mondays 11am - 12.30pm badminton club, ladies, Grantown</p>	Sport and Outdoor Activity
<p>Boat of Garten badminton club Boat of Garten Community hall http://www.boatofgarten.com/community/ 01479831469 Mondays, 7pm (winter only)</p>	Sport and Outdoor Activity
<p>Boat of Garten Golf Club Nethybridge road, Boat of Garten boatgolf.com 01479831282 office@boatgolf.com beautiful course, visitors welcome</p>	Sport and Outdoor Activity
<p>Boat of Garten Indoor Bowling Club 01479831451 Wednesday evenings indoor bowls, winter</p>	Sport and Outdoor Activity
<p>Body Balance Aviemore Community Centre, Muirton, Aviemore www.highlifehighland.com 01479 813 140 Aviemore.leisure@highlifehighland.com Pilates and yoga flowing sequence exercise class</p>	Sport and Outdoor Activity
<p>Body Balance Craig Maclean Centre, Cromdale Road, Grantown-on-Spey www.highlifehighland.com 01479 870 281 craigmaclean.leisure@highlifehighland.com Pilates and yoga flowing sequence exercise class</p>	Sport and Outdoor Activity
<p>Body Balance, Badenoch centre , Kingussie www.highlifehighland.com 01540 662 485 badenoch.centre@highlifehighland.com Pilates and yoga flowing sequence exercise class body balance,</p>	Sport and Outdoor Activity
<p>Cairngorm adventure guides www.cairngormadventureguides.co.uk/ 07736 933169 outdoor activities, gorge walking etc</p>	Sport and Outdoor Activity

<p>Cairngorm bike and hike www.cairngormbikeandhike.co.uk 01479831745 Cycling. Canoeing walking</p>	Sport and Outdoor Activity
<p>Cairngorm Cycling Club www.cairngorm.cc.co.uk info@cairngormcc.co.uk Thursday evenings. Aviemore all ability cycling club. Social and competition cycling</p>	Sport and Outdoor Activity
<p>Cairngorm Gliding Club Blackmill airstrip Feshiebridge near Kingussie Inverness-shire gliding.org 07847214551 info@gliding.org year round, mainly weekends. Experienced team of qualified instructors</p>	Sport and Outdoor Activity
<p>Cairngorm Mountain cairngormmountain.org/ 01479861261 info@cairngormmountain.org Snow sports, guided walks, guided mountain bike descents, funicular railway</p>	Sport and Outdoor Activity
<p>Carrbridge Golf Club carrbridgegolf.com 01479841623 secretary@carrbridgegof.co.uk good course, visitors welcome, contact club for details</p>	Sport and Outdoor Activity
<p>Carrbridge trekking centre carrbridge-ponytrekkingcentre.co.uk 01479841602 phone to book pony trekking, May to October, 7 days a week</p>	Sport and Outdoor Activity
<p>Craggan Fishery and Golf Course craggan outdoor centre , gos cragganoutdoors.co.uk 01479873283 info@cragganoutdoors.co.uk lots of outdoor activities</p>	Sport and Outdoor Activity
<p>Craigellachie National Nature Reserve www.nnr-scotland.org 01479810477 Easyish hill to walk in Aviemore</p>	Sport and Outdoor Activity

Disability Snowsport

<http://www.disabilitysnowsport.org.uk/>

01479861272

admin@disabilitysnowsports.org

Making snow sports available to people with learning, sensory or physical disabilities

They also run a series of local groups. The groups have a wide selection of adaptive snowsport equipment, which, along with dedicated trained volunteers, allows skiers and boarders with a large range of disabilities to enjoy snowsports away from the formal setting of a lesson. This enables disabled skiers and boarders to practise what they have learnt during lessons or simply enjoy a few runs together in a friendly social group. They are run by volunteers and seek to provide a safe environment for everyone taking part in the Local Groups' activities.

Sport and Outdoor Activity

Exercise Classes

Badenoch centre , Kingussie

www.highlifehighland.com

01540 662 485

badenoch.centre@highlifehighland.com

contact for up to date details and times

Sport and Outdoor Activity

Fitplus Class

Badenoch centre , Kingussie

www.highlifehighland.com

1540 662 485

badenoch.centre@highlifehighland.com

Contact for up to date details and times. Fitness class for over 50s

Sport and Outdoor Activity

Fitplus , Aviemore

Aviemore Community Centre, Muirton, Aviemore

www.highlifehighland.com

01479 813 140

Aviemore.leisure@highlifehighland.com

Contact for up to date details and times. Fitness class for over 50s

Sport and Outdoor Activity

Fitplus class

Craig Maclean Centre, Cromdale Road, Grantown-on-Spey

www.highlifehighland.com

01479 870 281

craigmaclean.leisure@highlifehighland.com

Contact for up to date details and times. Fitness class for over 50s

Sport and Outdoor Activity

Frank Bruce sculpture trail

200m north of Feshie Bridge

www.frank-bruce.org.uk

cheersjohn@hotmail.com

Sport and Outdoor Activity

Full on adventure

www.fullonadventure.co.uk

01479 420123

info@fullonadventure.co.uk

outdoor activities, gorge walking etc

Sport and Outdoor Activity

G2 outdoor

www.g2outdoor.co.uk

01479 811008

Outdoor activities, gorge walking etc.

Sport and Outdoor Activity

<p>Grantown bowling club Heathfield road , Grantown on Spey visitgrantown.co.uk/local-info/community-groups 01479873510 Lawn bowls club</p>	Sport and Outdoor Activity
<p>Grantown golf club Grantown Golf course, Cromdale road, Grantown www.grantownonspeygc.co.uk 01479872079 booking is recommended</p>	Sport and Outdoor Activity
<p>Grantown Tennis club heathfield road , Grantown http://www.visitgrantown.co.uk/local-info/community-groups/ 01479872465 wed. evenings & Sunday afternoons Junior and adult coaching, social and competition tennis</p>	Sport and Outdoor Activity
<p>Highland Council Ranger Service highlandhighlife.com 01463663800 Guided walks and wildlife activities</p>	Sport and Outdoor Activity
<p>Highland Disabled Ramblers highland wide www.highland-disabled-ramblers.org 07895066965 admin@highland-disabled-ramblers.org We meet up at about 10.30 am at the start of the ramble, with toilet facilities nearby. We take along a picnic lunch and finish about 3.00 p.m. A very gentle 'walk' of no more than 4 miles or so is the norm and taken at a leisurely pace. On rambles we often have a ranger or professional guide with us to point out interesting objects, land features, sights, bird life or animals. Members always remain together as a group during a ramble, to have fun, to foster friendships, to be with others for safety reasons and for companionship. We have a current fleet of nine electric scooters which are stored in Inverness, and one or two large vans are hired to carry them to each ramble by our volunteers. Volunteer drivers are always needed, as too are able-bodied walkers to keep our members company, and to help with safety issues such as crossing roads.</p>	Sport and Outdoor Activity
<p>Indoor Bowls Nethybridge Nethybridge community centre http://bowlsclub.org/club/285/ 01479821348 Tuesday, Thurs 7pm, Winter time only contact Dot Macdonald</p>	Sport and Outdoor Activity
<p>Indoor cycling Aviemore Community Centre, Muirton, Aviemore www.highlifehighland.com 01479 813 140 Aviemore.leisure@highlifehighland.com Mon & Tues 7.15-8: Wed 7.20-7.50: Thurs 5.30-6: Fri 6-6.45 indoor cycling class</p>	Sport and Outdoor Activity

<p>Invereshie and Inshriach National Nature Reserve https://www.visitscotland.com/info/see-do/invereshie-inshriach-national-nature-reserve-p333871 01479810477 Pine forest walks and feshiebridge, the river feshie is renowned for its majestic beauty</p>	Sport and Outdoor Activity
<p>Kincraig Badminton Club Kincraig community hall http://www.kincraig.com/community/ Mondays, 8pm Badminton</p>	Sport and Outdoor Activity
<p>Kincraig Bowling Club Kincraig Community Hall http://www.kincraig.com/community/ Thursdays 8pm winter indoor bowling Kincraig bowling club</p>	Sport and Outdoor Activity
<p>Kincraig Volleyball Club Kincraig Community Hall http://www.kincraig.com/community/ 01540662280 Tuesdays 8.30pm</p>	Sport and Outdoor Activity
<p>Kingussie Golf Club Gynack Road, Kingussie www.kingussie-golf.co.uk 01540661600 info@kingussiegolfclub.co.uk</p>	Sport and Outdoor Activity
<p>Laggan wolfrax laggan www.lagganforest.com 01528544366 Downhill mountain bike centre</p>	Sport and Outdoor Activity
<p>Loch an Eilein nr Aviemore www.rothiemurchus.net 01479812345 Peaceful low level walk with visitor centre, expensive parking</p>	Sport and Outdoor Activity
<p>Loch Insh Watersports loch Insh Outdoor Centre, Kincraig, Kingussie http://www.lochinsh.com/ 01540651272 office@lochinsh.co.uk Snow sports and water sports archery</p>	Sport and Outdoor Activity
<p>Loch Morlich http://www.lochmorlich.com 01479861221 office@lochmorlich.com Beach, walks, water sports, peaceful woodlands and water</p>	Sport and Outdoor Activity

<p>Macdonald resorts leisure pool Aviemore activity centre linked to Macdonald Hotel http://www.macdonaldhotels.co.uk 01479815100 Phone to check times and activities Swimming pool</p>	Sport and Outdoor Activity
<p>Mountain Bike Trails http://www.mtbtrails.info/ webtech@mtbtrails.info online trails maps and grading info.</p>	Sport and Outdoor Activity
<p>Newtonmore Badminton club Newtonmore Primary School www.cometonewtonmore.com 01540670049 Wed-up to S1-7pm -8pm, S2 & senior-8pm -9pm Octobr to April during term time</p>	Sport and Outdoor Activity
<p>Newtonmore curling club www.cometonewtonmore.com 01540 673285</p>	Sport and Outdoor Activity
<p>Newtonmore golf club www.newtonmoregolf.com 01540673878</p>	Sport and Outdoor Activity
<p>Newtonmore indoor bowls Drunfada, church terrace Newtonmore http://bowlsclub.org/club/304/ 01540673417</p>	Sport and Outdoor Activity
<p>Newtonmore riding centre baillid farm ,fort william road, newtonmmore http://www.newtonmoreridingcentre.com/ 01540670000 info@newtonmore riding centre.com</p>	Sport and Outdoor Activity
<p>Newtonmore shinty club newtonmoreshinty.com 01540673048 secretary@newtonmoreshinty.com</p>	Sport and Outdoor Activity
<p>Newtonmore tennis club golf course road, newtonmore 01540673711</p>	Sport and Outdoor Activity
<p>Osprey fishing school Avielochan, Aviemore 01479 810 632 jimcornfoot@btopenworld.com</p>	Sport and Outdoor Activity

Osprey Netball Group

Criag MacLean centre Grantown
<https://en-gb.facebook.com/Ospreynetballclub/>
 01479841359
 Monday 7-8pm

Sport and Outdoor Activity

Otago

Badenoch centre , Kingussie
www.highlifehighland.com
 01540 662 485
badenoch.centre@highlifehighland.com
 Tues & Thurs - 1.15pm- 2pm
 Otago, strength , stability and mobility class for older people

Sport and Outdoor Activity

Otago

Craig Maclean Centre, Cromdale Road, Grantown-on-Spey
www.highlifehighland.com
 01479 870 281
craigmaclean.leisure@highlifehighland.com
 Friday - noon - 12.45pm
 Otago, strength , stability and mobility class for older people

Sport and Outdoor Activity

Outdoor bowls

Nethybridge bowling green
 01479821044
 Mon, Thurs 7pm, Sept - March, contact Jenny Thomas

Sport and Outdoor Activity

Paths for all

multi-use path networks in the Cairngorms
www.pathsforall.org.uk
 walking trails suited to all levels of ability

Sport and Outdoor Activity

Pony Trekking and Hacking

rothiemurchus estate aviemore
<http://www.rothiemurchus-activities.co.uk/Activities.aspx>
 01479812345

Sport and Outdoor Activity

Revack highland estate

<http://revackhighlandestate.com/>
 01479872234
 Walks , coffees shop , gift shop, community garden volunteering

Sport and Outdoor Activity

Riverside bowling club

Carrbridge
 01479841620
 contact club for times
 visitors welcome, bowls and shoes available

Sport and Outdoor Activity

Rothiemurchus fishery

Rothiemurchus Centre, Rothiemurchus, By Aviemore, Inverness-shire, PH22 1QH
rothiemurchus.net/outdoor-activities-at-aviemore/fishing
 01479 812345
hello@rothie.net
 contact fishery for times, fish farm where you can fish for fun

Sport and Outdoor Activity

Rothiemurchus Ranger Led Activities

rothiemurchus.net/outdoor-activities-at-aviemore/ranger-led-activities

01479 812345

hello@rothie.net

contact for times

land rover tours, feed the deer, hairy coo safaris, educational tours

Sport and Outdoor Activity

Rothiemurchus segway

rothiemurchus.net/outdoor-activities-at-aviemore/segway

01479 812345

hello@rothie.net

contact for times

taster and adventure sessions

Sport and Outdoor Activity

Rothiemurchus shoot

ski road aviemore

rothiemurchus.net/outdoor-activities-at-aviemore/clay-shooting

01479 812345

hello@rothie.net

contact for times

clay pigeon shoot

Sport and Outdoor Activity

Rothiemurchus Tennis club

<https://clubspark.lta.org.uk/RothiemurchusandAviemoreTennisClub>

01479810481

tennis@birnie.co.uk

contact for times

Sport and Outdoor Activity

Rothiemurchus 'tree zone'

rothiemurchus.net/outdoor-activities-at-aviemore/treezone

01479812345

info@rothie.net

contact for times

Lasting for 1 to 1.5 hours (very much dependant on individual ability), this exciting adventure playground is suspended from wires high up in the pine forests of Rothiemurchus with balance beams, Tarzan swings and a monster zip-wire ride. You'll face 35 different challenges on your journey through the forest canopy. TreeZone consists of two courses: The 'Tree Creeper' course is up to 20 feet off the ground and involves 12 different fun crossings. The 'Buzzard' course ranges from 20 to 40 feet off the ground and offers 23 testing challenges.

Sport and Outdoor Activity

Rothiemurchus River Adventures

rothiemurchus.net/outdoor-activities-at-aviemore/river-adventures

01479812345

info@rothie.net

contact for times

Tubing, paddle boarding, rafting, kayaking, canoeing and gorge swimming

Rothiemurchus river adventures

Sport and Outdoor Activity

RSPB Loch Garten reserve

Abernethy national nature reserve, Forest Lodge, Nethy Bridge, PH25 3EF

<http://www.rspb.org.uk/reserves/guide/l/lochgarten/>

01479821409

abernethy@rspb.org.uk

Osprey hides

Sport and Outdoor Activity

<p>Speyside paddlers https://www.grantownonline.com/community/speyside-paddlers/ 07842115003 piers@voysey.plus.com Promoting paddle sports in Badenoch and Strathspey</p>	Sport and Outdoor Activity
<p>Speyside way speysideway.org 01340881266 Walks along the Spey, differing abilities</p>	Sport and Outdoor Activity
<p>Spirit of the Spey Canoeing www.spiritofthespey.co.uk 01540673826 river expeditions and one day canoe coaching</p>	Sport and Outdoor Activity
<p>Strathspey curling club 01479872649 winter curling</p>	Sport and Outdoor Activity
<p>Strathspey Mountain Club http://www.strathspey.btik.com/ 01479851344 strathspeymc@gmail.com A meet is held every second weekend, either on Saturday or Sunday, with a weekend meet now and again. Every third month, on the first Monday we have an indoor meet where we discuss the previous outings and plan our programme for the next three months. Meets can vary from Munros or Corbetts to low level walks. If you would like to join us on any of the walks, simply contact our Secretary for further details. We look forward to seeing you.</p>	Sport and Outdoor Activity
<p>The Lecht Mountain Lecht Ski Centre, Strathdon, Corgarff AB36 8YP www.lecht.co.uk 01975 651440 Snow sports, mountain biking</p>	Sport and Outdoor Activity
<p>Treezone Rothiemurchus Estate, Aviemore http://www.treezone.co.uk/ 01479812345 Aerial adventure course</p>	Sport and Outdoor Activity
<p>Community Centre Aviemore http://highlifehighland.com/leisure-facilities/aviemore 01479 813 140 Various fitness classes on offer.</p>	Sport and Outdoor Activity
<p>Yoga Craig Maclean Centre, Cromdale Road, Grantown-on-Spey www.highlifehighland.com 01479 870 281 craigmaclea.leisure@highlifehighland.com contact for up to date times and details</p>	Sport and Outdoor Activity

<p>Yoga Boat of Garten Community Hall http://www.boatofgarten.com/community/ 07958463259 Wednesdays 9.45am</p>	Sport and Outdoor Activity
<p>Yoga Kingussie Badenoch centre , Kingussie www.highlifehighland.com 1540 662 485 badenoch.centre@highlifehighland.com Contact for up to date times and details Vinyasa yoga.</p>	Sport and Outdoor Activity
<p>Yoga, Aviemore Aviemore Community Centre, Muirton, Aviemore www.highlifehighland.com 01479 813 140 Aviemore.leisure@highlifehighland.com contact for up to date times and details</p>	Sport and Outdoor Activity
<p>Aviemore Chiropody Clinic Aviemore Health Centre, Aviemore http://www.aviemoremedical.co.uk/ 01479 810258 by appointment</p>	Support and Information
<p>Badenoch and Strathspey Drug and alcohol Forum Rathven, Aviemore http://www.highland-adp.org.uk/badenoch-and-strathspey dan.ymca@hotmail.co.uk The Forum is essentially a network for sharing information and carrying out small scale projects such as awareness-raising at School Parents' Nights. The Forum has a Small Grants Fund to offer low-level financial assistance to local organisations, such as youth clubs, who may deal with substance misuse. Contact the Chair for further details.</p>	Support and Information
<p>Badenoch and Strathspey access panel Kinvaid, west terrace, Kingussie strathspeyaccesspanel.org 01540661797 improving access to all within the community</p>	Support and Information
<p>Badenoch and Strathspey Community Transport Company ct4u.co.uk 01479810004 Community transport, befriending, assisted shopping, mobility scooter hire, vehicle hire and so much more.</p>	Support and Information
<p>Badenoch Arthritis Care Badenoch centre, Kingussie 01540 661 988 doris.carlin@btinternet.com arthritis support group</p>	Support and Information

<p>Caberfeidh Horizons 16 high Street Kingussie www.caberfeidhhorizons.com 01540 661000 info@caberfeidhhorizons.com 10am - 4.30pm, Mon - Sat Educational and social activates for vulnerable adults, young people, the learning disabled and long term unemployed</p>	Support and Information
<p>Cairngorm clinic www.cairngormclinic.co.uk/ 08447361924 info@caringormclinic.co.uk by appointment Osteopathy, remedial massage, alexander technique</p>	Support and Information
<p>Dial a bus Grantown area dial a bus 01479872675 Door to door transport service, bookable.</p>	Support and Information
<p>Football memories Aviemore http://www.alzscot.org/ KWright@alzscot.org Reminiscence group for dementia sufferers. Football memories</p>	Support and Information
<p>Healing Rooms St Andrew's Church Hall, Aviemore 01540661918 2nd and 4th Wednesday 7-9pm Support and prayers if wished for anyone with problems or conditions</p>	Support and Information
<p>Highland Physiotherapy http://www.highlandphysiotherapy.co.uk/ 01479811244 by appointment Acupuncture, massage kinesiology, electrotherapy, exercise rehabilitation</p>	Support and Information
<p>Highland School of Massage 3 Garraline Terrace, Kingussie http://www.highlandmassage.co.uk/index.asp 01540661689 kitandjohn@btinternet.com</p>	Support and Information
<p>Inverallen church transport group Inverallen church, Grantown http://www.inverallanparishchurch.org.uk/Church%20Organisations.html 01479870154 wmsteele33@aol.com Transport to church and related activities</p>	Support and Information

<p>Lets Relax Spa hilton hotel coylumbridge http://www.letsrelax.co.uk/ 01479 813088 by appointment thai massage therapy</p>	Support and Information
<p>Naomi Russell massage http://www.naomirusselltherapies.com/ 07709634761 by appointment therapeutic massage</p>	Support and Information
<p>Physiotherapy carrbridge carrbridge.cylex-uk.co.uk/company/carrbridge-physiotherapists-18757224.html 01479841514 by appointment Physiotherapy</p>	Support and Information
<p>Retreat massage therapy http://www.the-retreat-aviemore.com/ 01479812210 by appointment Sports and remedial massage</p>	Support and Information
<p>Registered chiropodist 64 Corrou Road, Aviemore https://en-gb.facebook.com/ahpodiatriy/ 01479811730 by appointment</p>	Support and Information
<p>Saint Vincents therapy garden Kingussie http://www.saintvincentsgarden.org.uk/ 01479810368 community garden, volunteering opps</p>	Support and Information
<p>Shinty memories Kingussie http://www.alzscot.org/ KWright@alzscot.org Reminiscence group for dementia sufferers</p>	Support and Information
<p>Aviemore Community Café st Andrew's Church Hall, Aviemore http://www.spanglefish.com/communitycafeaviemore/ Wednesday 10am - 4pm</p>	Social
<p>Boat of Garten Lunch Club Boat of Garten Community Hall http://www.boatofgarten.com/lunch-club/ 01479 831 012. Tuesdays, 12.30 (winter)</p>	Social

<p>Community Café YMCA community Centre, 80 high st., Grantown on Spey https://visitcairngorms.com/?id=291&refno=1000004986 01479873 301 info@grantownymca.co.uk Fri, 10am-2pm</p>	Social
<p>Contact the Elderly Sunday Afternoon Teas Grantown- on -Spey http://www.inverallanparishchurch.org.uk/Services%20for%20Older%20People%20in%20the%20Area.html 01479 870 154 wmsteele33@aol.com</p>	Social
<p>Kingussie parish church lunch club parish church Kingussie http://www.kingussieparishchurch.org.uk/lunch_club.html 01540661690 noon-2pm, 1st &3rd Mondays each month 60+ lunch club for parish members - October to June</p>	Social
<p>Strathspey Probus Club http://www.strathspeyprobus.org.uk/ mikehemsprobus@btinternet.com social fellowship club with talks</p>	Social
<p>Sunshine club St Johns Hall Rothiemurchus, Aviemore https://www.ageuk.org.uk/scotland/about-us-/local-services-search/groups/the-strath-sunshine-club-scotland/ 01479810 940 Monday 12noon -2pm Social club.</p>	Social
<p>Thursday club YMCA community centre, 80 high st, Grantown on Spey www.grantownonline.com/community/grantown_ymac_community_centre Social club, activities, bingo etc</p>	Social
<p>Grantown Initiative town house, Grantown-on-Spey https://www.grantownonline.com/ info@grantownonline.com Volunteering opportunity</p>	Community
<p>Highland Hospice Charity shop Highland hospice shop High street grantown https://highlandhospice.org/how-you-can-help/retail 01479873454 n.m.walsh@btinternet.com volunteering opportunity</p>	Community
<p>Libraries - Aviemore Muirton, Aviemore, PH22 1SF http://highlifehighland.com/libraries 01479813141 Mon, Wed, Fri - 8am-10pm: Tues, Thurs - 7am - 10pm: Sat 10am - 4pm: Sun - 10.30am - 3pm</p>	Community

Libraries - Grantown on Spey

<http://highlifehighland.com/libraries>

01479873175

Mon-1pm-5pm & 6pm-8pm: Tues, Thurs,Sat - 10am-1pm: Wed-10am-1pm+2pm-5pm: Fri-10am-noon & 1pm-5pm

Community

Newtonmore mothers & toddlers

Newtonmore Village Hall

www.cometoneytonmore.com

07974193869

Mon, Wed & Fri - 10am - noon

Children and Young People



www.LGOWIT.org

Highland LGOWIT groups

Living Better groups allow people with long term conditions to come together to support each other to self manage and share tips and experiences. They offer the opportunity to join in various activities and learn from specialist speakers.

Month	Day	Venue	Time
1st Week	Monday	Inverness - Trinity Church	2.00 - 4.00
	Tuesday	Tain - Alzheimer Scotland, Victoria Road	11.00 - 1.00
	Wednesday	Nairn - Dunbar Golf Club	2.00 - 4.00
	Wednesday	Inverness (eve) - Netley Centre	6.30 - 8.00
	Thursday	Dornoch - West Church Hall	2.00 - 4.00
	Friday	Wick - Pulteneytown Project	10.00 - 12.00
2nd Week	Thursday	Dingwall - Community Centre	11.00 - 1.00
	Thursday	Invergordon - County Hospital	3.00 - 4.30
3rd Week	Tuesday	Aviemore - St Andrews Church	2.00 - 3.30
	Friday	Fort William - Lochaber Hope	1.00 - 3.00
4th Week	Thursday	Invergordon - County Hospital	3.00 - 4.30
Last Week	Tuesday	Inverness - Hilton Church Hall	1.30 - 3.30
	Wednesday (Boccia)	Inverness - Spectrum Centre	2.00 - 4.00
	Thursday	Inverness - Balloch Village Hall	12.00 - 2.00
	Thursday	Thurso - Café Tempest	6.30 - 8.00
	Saturday (Boccia)	Strathpeffer - Community Centre	1.00 - 3.30
Weekly	Wednesday	Inverness - Netley Centre	2.00 - 3.30

LGOWIT is a project hosted by the Highland Third Sector Interface. The HTSI is a Registered Charity SRC 043521. This project is supported by the Transforming Self Management in Scotland Fund provided by the Scottish Government, administered by the Health and Social Care Alliance Scotland.

Alcoholics Anonymous

<https://www.alcoholics-anonymous.org.uk/AA-Meetings/Find-a-Meeting>

National Helpline 0800 9177 650

Golspie, Lawson Memorial, Sunday 8.00pm

Tain, St Andrew Episcopal Church, Friday 7.30pm

Ardgay, Church of Scotland Hall, Wednesday 8.00pm

Strathpeffer, Church of Scotland Hall, Thursday 8.00pm

Inverness, for the right reasons 38-40 Grant Street, Monday 1pm

Inverness, New Craigs hospital, Saturday 8.00pm & Wednesday 8.00pm

Inverness, Trinity Church, Thursday 8.00pm & Sunday 8.00pm

Inverness, Charleston Community Centre, Tuesday 7.00pm

Inverness Women's Group, Church of God - Friar st., Saturday 10.30am

Inverness, Church of God - Friar st., Tuesday & Thursday 12.30pm

Inverness, Bruce Gardens Centre, Wednesday & Friday 8.00pm

Inverness, Ness Bank Church, Monday 8.00pm

Inverness, Haugh Court Hall, Monday 7.00pm

Inverness, Centre for Health Science, Tuesday 7.30pm

Inverness, Beechwood House, Sunday 2.00pm

Aviemore, St Andrews Church, Saturday 8.00pm

Boat of Garten, St Columba Church Hall, Friday 8.00pm

Dalnain Bridge, Old Church Hall, Thursday 8.00pm

Kingussie, Caberfeidh House, Wednesday 8.00pm

Advocacy Highland

<http://www.advocacy-highland.org.uk/>

01463 233 460

'Do you sometimes find it hard to speak up? Do you feel no-one listens to what you say? Advocacy Highland can help you have your voice heard.'

Rape and Sexual Abuse Service Highland

<http://www.rasash.org.uk/index.php>

Support: Mon, Wed, Fri - 9.30am - 1.00pm; Tues & Thur - 1pm - 4.30pm: Tel 03330 066909

Business: 01463 257657

Rape Crisis Scotland (6pm – midnight daily): 08088 010302

At RASASH we provide free, confidential, person centred emotional and practical support, information and advocacy for survivors of sexual violence and abuse aged 13+, their non-abusing partners, family and friends. We can also provide consultation, information, guidance and training to staff from other agencies who work with survivors of sexual violence.

Befrienders Highland

<https://www.befriendershighland.org.uk/>

01463 712791

Face to Face befriending in Inverness, Nairn or Wick areas for people with mental ill health.

Distance Befriending by phone, letter or email across the Highlands & Argyll and Bute regions for people with mental ill health, for people with dementia or memory difficulties or who are adult unpaid carers.

Group Befriending - we offer a range of group befriending opportunities available to all Friends and Volunteers. We

currently have Walk and Talk groups, A gardening Group, a Cinema and discussion group. We also have groups that do not meet but communicate through BHL magazines, a Craft group and a Creative Writing group.

Helplines Partnership

<https://helplines.org/helplines/>

Find a Helpline aims to provide members of the public access to a broad representation of helplines where they can find support quickly and easily. Helplines Partnership (HLP) does not make specific recommendations. The website list a helpful directory of helplines available in Scotland.

Keep Active

<http://www.keepactive.net>

This KeepActive directory provides accurate, up to date information of organisations in the Inverness and surrounding areas which welcome participation of older people. The design specifically seeks to organise this one comprehensive resource in an easy to use format. This is maintained by volunteers in Inverness Men's Shed. The directory has a huge listing of activities and would be a good database for use in the inverness and surrounding area.

Highlife Highland

<https://www.highlifehighland.com/>

Highlife Highland offer a wide range of services, classes, and activities that fit with different needs and interests. This includes adult learning, physical activity and exercise, libraries and the archive centre.

Things to think about ...

- This directory will go immediately out of date with some of the information it contains changing shortly after publication; but it can still act as a guide to the sorts of activities happening in different areas. When people are looking to get more involved or try new activities then Community Halls have often got a website which is frequently updated with activities and classes.
- Volunteering is a great way to get involved in communities, to meet new people and learn new things. In Highland volunteering opportunities can be searched on www.highlandtsi.org.uk or discussed through the local TSI Partner, which includes for this area:
 - Voluntary Groups East Sutherland, 01408 633001
 - Ross-Shire Voluntary Action, 01349 862431
 - Signpost inc., 01463 711393
 - Voluntary Action Badenoch and Strathspey, 01479 873445

This Directory has been produced by the HTSI. The information is subject to change and should be checked regularly.

The Highland Third Sector Interface is a Scottish Registered Charity, SC043521 and a Scottish Registered Company SC425808

