



PROMOTING RECOVERY IN MENTAL HEALTH

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Member Contributions

At the Board meeting on the 17th April it was agreed that member's will not have to pay a contribution for coming to sessions for a trial period of 6 months. If anyone would like to make a donation at a session a collection box will be available for this.

Members will still be asked to make a contribution towards any outings and lunch clubs during this period and the amount will be notified to members by staff.

If you have any questions regarding this trial please do not hesitate to speak with staff or contact the office.

Car Boot Sale Sunday 6th May

It's time for the Car Boots again. Anyone wanting to donate anything please hand it in to the office next week. Please call the office before dropping things off to ensure someone is there to take them in. If you could price the goods as well that would be helpful. You can also offer to help on the day. Just let Marlene or Gwen know.

Thank you

Marlene & Gwen

MAY 2012 PROGRAMME

Monday 30 th April	Computer Class Aberdeen College supported class for Pillar Kincardine members only	12.15 – 2.15 pm	Stonehaven Community Education Centre (Lounge)
Monday 30 th April	A Safe Place to Write Creative Writing with Alistair Lawrie	6.30 – 8.30 pm	Bervie School, Inverbervie

Tuesday 1 st May	Meet & Eat Cookery, healthy eating and nutrition. Exercise class and relaxation in chairs with Jacquie D. Service & Session Feedback	11.30 – 2.30 pm 12.15 – 1.00 pm 2.00 – 2.30 pm	South Church, Stonehaven
Wednesday 2 nd May	Meristem Project Working at the allotment with Stuart Irvine	10.30 – 12.30 pm	Meet at Barclay Street at 10.30 am
Wednesday 2 nd May	Women's Group Mutual Support Group with Marlene and Gwen	1.00 – 3.00 pm	The Waterfront Cafe, Stonehaven
Thursday 3 rd May	NO Drop In Stonehaven Community Education Centre closed due to Elections		
Sunday 6 th May	CAR BOOT SALE Come and help with the fundraising.	9.00 - 1.00 pm	Market Square, Stonehaven
Monday 7 st May	NO Computer Class		
Monday 7 st May	NO A Safe Place to Write		
Tuesday 8 th May	Meet & Eat Cookery, healthy eating and nutrition. Exercise class and relaxation in chairs with Jacquie D. Service & Session Feedback	11.30 – 2.30 pm 12.15 – 1.00 pm 2.00 – 2.30 pm	South Church, Stonehaven
Wednesday 9 th May	Meristem Project Working at the allotment	10.30 – 12.30 pm	Meet at Barclay Street at 10.30 am
Wednesday 9 th May	Active Recovery Group Walk and Coffee	1.00 – 3.00 pm	Meet at Barclay Street at 1 pm

Thursday 10 th May	Drop In Healthy Microwave Cooking and Baking	6.00 – 9.00 pm	Stonehaven Community Education Centre (Outside Hall)
Monday 14 th May	Computer Class Aberdeen College supported class for Pillar Kincardine members only	12.15 – 2.15 pm	Stonehaven Community Education Centre (Lounge)
Monday 14 th May	A Safe Place to Write Creative Writing with Alistair Lawrie	6.30 – 8.30 pm	Bervie School, Inverbervie
Tuesday 15 th May	Meet & Eat Cookery, healthy eating and nutrition. Exercise class and relaxation in chairs with Jacquie D. Service & Session Feedback	11.30 – 2.30 pm 12.15 – 1.00 pm 2.00 – 2.30 pm	South Church, Stonehaven
Wednesday 16 th May	Meristem Project Working at the allotment	10.30 – 12.30 pm	Meet at Barclay Street at 10.30 am
Wednesday 16 th May	Women's Group Mutual Support Group Relaxation Techniques	1.00 – 3.00 pm	South Church, Stonehaven
Thursday 17 th May	Drop In Leather Work (finish your wallet or book cover with Kevin)	6.00 – 9.00 pm	Stonehaven Community Education Centre (Outside Hall)
Monday 21 st May	Computer Class Aberdeen College supported class for Pillar Kincardine members only	12.15 – 2.15 pm	Stonehaven Community Education Centre (Lounge)
Monday 21 st May	A Safe Place to Write Creative Writing with Alistair Lawrie	6.30 – 8.30 pm	Bervie School, Inverbervie

Tuesday 22 nd May	Meet & Eat Cookery, healthy eating and nutrition. Exercise class and relaxation in chairs with Jacquie D. Service & Session Feedback	11.30 – 2.30 pm 12.15 – 1.00 pm 2.00 – 2.30 pm	South Church, Stonehaven
Wednesday 23 rd May	Meristem Project Working at the allotment	10.30 – 12.30 pm	Meet at Barclay Street at 10.30 am
Wednesday 23 rd May	Active Recovery Group Walk and Coffee	1.00 – 3.00 pm	Meet at Barclay Street at 1 pm
Thursday 24 th May	Drop In Healthy Microwave Cooking and Baking	6.00 – 9.00 pm	Stonehaven Community Education Centre (Outside Hall)
Monday 28 th May	LAST Computer Class Aberdeen College supported class for Pillar Kincardine members only	12.15 – 2.15 pm	Stonehaven Community Education Centre (Lounge)
Monday 28 th May	LAST A Safe Place to Write Creative Writing with Alistair Lawrie	6.30 – 8.30 pm	Bervie School, Inverbervie
Tuesday 29 th May	Meet & Eat Cookery, healthy eating and nutrition. Exercise class with Jacquie D. Jude Knox (Aberdeenshire Signposting Project) Service & Session Feedback	11.30 – 2.30 pm 2.00 – 2.30 pm	South Church, Stonehaven
Wednesday 30 th May	Meristem Project Working at the allotment	10.30 – 12.30 pm	Meet at Barclay Street at 10.30 am
Wednesday 30 th May	Women's Group Mutual Support Group	1.00 – 3.00 pm	South Church, Stonehaven
Thursday 31 st May	Drop In Scrapbooking for Recording Memories	6.00 – 9.00 pm	Stonehaven Community Education Centre (Outside Hall)

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