

# NOVEMBER 2017 PROGRAMME



42 – 46 Barclay Street  
Stonehaven, AB39 2AX  
Tel: 01569 767222

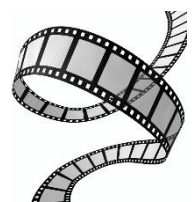
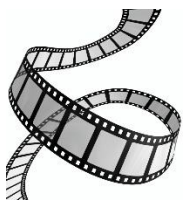
Email: [info@pillarkincardine.co.uk](mailto:info@pillarkincardine.co.uk)  
Web: [www.pillarkincardine.co.uk](http://www.pillarkincardine.co.uk)



We are proud to announce the release of a short film made by Pillar

## The Journey – Navigating a Route to Wellness

visit [www.pillarkincardine.co.uk](http://www.pillarkincardine.co.uk)



|  |   |                 |                                 |
|--|---|-----------------|---------------------------------|
| <b>Wednesday</b><br><b>1<sup>st</sup> November</b> | <b>Service development session</b><br><i>Comments &amp; suggestions welcome</i><br><i>e-mail <a href="mailto:info@pillarkincardine.co.uk">info@pillarkincardine.co.uk</a></i> | Morning         |                                 |
|  | <b>Mind &amp; Body Programme</b><br><i>For women looking to improve their mental and physical wellbeing.</i>  | 1.00 – 3.00 pm  | Stonehaven Community Centre     |
| <b>Thursday</b><br><b>2<sup>nd</sup> November</b>  | <b>Personalised Support Plans</b><br><i>By Appointment only</i>   | 10.00 – 4.00 pm | Pillar office or by arrangement |

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|---|--|-------------|----------------------------------|
| <b>Saturday</b><br><b>4<sup>th</sup> November</b> | <b>Pop Up Shop</b><br><i>Nearly new for a pound or two</i> | 10.am – 1pm | Pillar Office,<br>Barclay Street |
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| <b>Monday</b><br><b>6<sup>th</sup> November</b>    | <b>Porty Paths</b><br><i>Health Walk in Portlethen followed by coffee and chat in Community centre</i>       | 10.30 - 12.30pm | Meet at Library (in Portlethen Academy) |
| <b>Tuesday</b><br><b>7<sup>th</sup> November</b>   | <b>Support Plans</b><br><i>By Appointment only</i>   | 10am – 11.30am  | South Church Hall,<br>Stonehaven        |
|  | <b>Meet &amp; Eat</b><br><i>Healthy eating and mindful exercise</i>  | 11.30 - 2.00pm  |   |
| <b>Wednesday</b><br><b>8<sup>th</sup> November</b> | <b>Health Walk</b><br><i>Health Walk in Stonehaven</i>   | 10.30am         | Meet at Pillar Office                   |
|  | <b>Mind &amp; Body Programme</b><br><i>For women looking to improve their mental and physical wellbeing.</i> | 1.00 – 3.00 pm  | South Church Hall,<br>Stonehaven        |
| <b>Thursday</b><br><b>9<sup>th</sup> November</b>  | <b>Personalised Support Plans</b><br><i>By Appointment only</i>  | 10.00 – 4.00 pm | Pillar office or by arrangement         |

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| <b>Monday<br/>13<sup>th</sup> November</b>    | <b>Porty Paths</b><br><i>Health Walk in Portlethen followed by coffee and chat in Community centre</i>       | 10.30 - 12.30pm | Meet at Library (in Portlethen Academy)                 |
| <b>Tuesday<br/>14<sup>th</sup> November</b>   | <b>Support Plans</b><br><i>By Appointment only</i>   | 10 – 11.30am    | South Church Hall, Stonehaven                           |
|   | <b>Meet &amp; Eat</b><br><i>Talk from Stonehaven Flood Action</i>  | 11.30 - 2.00pm  |   |
| <b>Wednesday<br/>15<sup>th</sup> November</b> | <b>Health Walk</b><br><i>Health Walk in Stonehaven</i>   | 10.30am         | Meet at Pillar Office                                   |
|   | <b>Mind &amp; Body Programme</b><br><i>For women looking to improve their mental and physical wellbeing.</i> | 1.00 – 3.00 pm  | Meet at Pillar Office – transport provided to Bieldside |
| <b>Thursday<br/>16<sup>th</sup> November</b>  | <b>Personalised Support Plans</b><br><i>By Appointment only</i>  | 10.00 – 4.00 pm | Pillar office or by arrangement                         |

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| <b>Monday<br/>20<sup>th</sup> November</b>    | <b>Porty Paths</b><br><i>Health Walk in Portlethen followed by coffee and chat in Community centre</i>       | 10.30 - 12.30pm | Meet at Library (in Portlethen Academy) |
| <b>Tuesday<br/>21<sup>st</sup> November</b>   | <b>Support Plans</b><br><i>By Appointment only</i>   | 10 – 11.30am    | South Church Hall, Stonehaven           |
|   | <b>Meet &amp; Eat</b><br><i>Exercise session &amp; healthy eating</i>  | 11.30 - 2.00pm  |   |
| <b>Wednesday<br/>22<sup>nd</sup> November</b> | <b>Health Walk</b><br><i>Health Walk in Stonehaven</i>   | 10.30am         | Meet at Pillar Office                   |
|   | <b>Mind &amp; Body Programme</b><br><i>For women looking to improve their mental and physical wellbeing.</i> | 1.00 – 3.00 pm  | South Church Hall, Stonehaven           |
| <b>Thursday<br/>23<sup>rd</sup> November</b>  | <b>Personalised Support Plans</b><br><i>By Appointment only</i>  | 10.00 – 4.00 pm | Pillar office or by arrangement         |

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| <b>Monday<br/>27<sup>th</sup> November</b>    | <b>Porty Paths</b><br><i>Health Walk in Portlethen<br/>Fire Safety talk</i>                                  | 10.30 - 12.30pm | Meet at Library (in Portlethen Academy) |
| <b>Tuesday<br/>28<sup>th</sup> November</b>   | <b>Personal Emergency Support Plans</b><br><i>By Appointment only</i>  | 10 – 11.30am    | South Church Hall, Stonehaven           |
|   | <b>Meet &amp; Eat</b><br><i>Exercise session &amp; healthy eating</i>  | 11.30 - 2.00pm  |   |
| <b>Wednesday<br/>29<sup>th</sup> November</b> | <b>Health Walk</b><br><i>Health Walk in Stonehaven</i>   | 10.30am         | Meet at Pillar Office                   |
|   | <b>Mind &amp; Body Programme</b><br><i>For women looking to improve their mental and physical wellbeing.</i> | 1.00 – 3.00 pm  | TBC                                     |
| <b>Thursday<br/>30<sup>th</sup> November</b>  | <b>Personalised Support Plans</b><br><i>By Appointment only</i>  | 10.00 – 4.00 pm | Pillar office or by arrangement         |