

# OCTOBER 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)



## NEW - Mind & Body Programme

This 10 week programme starts 25<sup>th</sup> October and is open to women who wish to engage in a range of activities aimed at improving mental and physical wellbeing, increasing confidence and reducing social isolation.

To book a place please contact Pillar on 01569767222 or [info@pillarkincardine.co.uk](mailto:info@pillarkincardine.co.uk)

<b>Monday</b> <b>2<sup>nd</sup> October</b>	<b>Porty Paths</b> <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> <b>3<sup>rd</sup> October</b>	<b>Support Plans</b> <i>By Appointment only</i>	10 – 11.30am	South Church Hall, Stonehaven
	<b>Meet &amp; Eat</b> <i>Healthy eating</i>	11.30 – 2pm	
<b>Wednesday</b> <b>4<sup>th</sup> October</b>	<b>Allotment</b> <i>Practical tasks</i>	10.30am-12.30	Meet at Pillar Allotment
	<b>Women's Group</b>	1.00 – 3.00 pm	South Church Hall, Stonehaven
<b>Thursday</b> <b>5<sup>th</sup> October</b>	<b>Personalised Support Plans</b> <i>By Appointment only</i>	10.00 – 4.00 pm	Pillar office or by arrangement

<b>Monday</b> <b>9<sup>th</sup> October</b>	<b>Porty Paths</b> <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> <b>10<sup>th</sup> October</b>	<b>Video Premier &amp; Coffee Morning</b> <i>Celebrate World Mental Health Day with the premier of our video and a cuppa</i>	10.30am	South Church Hall, Stonehaven
<b>Wednesday</b> <b>11<sup>th</sup> October</b>	<b>Allotment</b> <i>Practical Tasks</i>	10.30am – 12.30	Meet at Pillar Allotment
	<b>Women's Group</b>	1.00 – 3.00 pm	South Church Hall, Stonehaven
<b>Thursday</b> <b>12<sup>th</sup> October</b>	<b>Personalised Support Plans</b> <i>By Appointment only</i>	10.00 – 4.00 pm	Pillar office or by arrangement

<b>Monday 16<sup>th</sup> October</b>	<b>Porty Paths</b> <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 17<sup>th</sup> October</b>	<b>Support Plans</b> <i>By Appointment only</i>	10 – 11.30am	South Church Hall, Stonehaven
	<b>Meet &amp; Eat</b> <i>Mindful exercise &amp; healthy eating</i>	11.30 - 2.00pm	
<b>Wednesday 18<sup>th</sup> October</b>	<b>Allotment</b> <i>Practical Tasks</i>	10.30am-12.30	Meet at Pillar Allotment
	<b>Women's Group</b> <i>Over to You</i>	1.00 – 3.00 pm	TBC
<b>Thursday 19<sup>th</sup> October</b>	<b>Personalised Support Plans</b> <i>By Appointment only</i>	10.00 – 4.00 pm	Pillar office or by arrangement

<b>Monday 23<sup>rd</sup> October</b>	<b>Porty Paths</b> <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 24<sup>th</sup> October</b>	<b>Support Plans</b> <i>By Appointment only</i>	10 – 11.30am	South Church Hall, Stonehaven
	<b>Meet &amp; Eat</b> <i>Exercise session &amp; healthy eating</i>	11.30 - 2.00pm	
<b>Wednesday 25<sup>th</sup> October</b>	<b>Allotment</b> <i>Practical Tasks</i>	10.30am-12.30	Pillar office or by arrangement
	<b>New Mind &amp; Body Programme</b> <i>Introductions &amp; Overview</i>		South Church Hall, Stonehaven
<b>Thursday 26<sup>th</sup> October</b>	<b>Personalised Support Plans</b> <i>By Appointment only</i>	10.00 – 4.00 pm	Pillar office or by arrangement

<b>Monday 30<sup>th</sup> October</b>	<b>Porty Paths</b> <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 31<sup>st</sup> October</b>	<b>Support Plans</b> <i>By Appointment only</i>	10 – 11.30am	South Church Hall, Stonehaven
	<b>Meet &amp; Eat</b> <i>Exercise session &amp; healthy eating</i>	11.30 - 2.00pm	



**Pillar Pop Up Shop**  
*Nearly New for a Pound or Two!*  
*Sat 4th November 10am - 1pm*  
**42 – 46 Barclay Street, Stonehaven**



Donations of unwanted gifts, nearly new items etc. gratefully received – call us on 01569767222