

What's On at The GALE Centre in March?

Opening Hours

Monday	10am-5.30pm
Tuesday	10am - 9pm
Wed - Sat	10am - 5.30pm
Sunday	10.30am - 4.30pm

Open House Evening Tuesday; 5 - 9pm

The GALE Centre will be open until 9pm this Tuesday, we'll have the fire on, space to sit and relax and a homemade evening meal available.

What's cooking?

6 March - Pie Night! - choose from Veggie or Meaty pies

If you plan to eat from our menu in The GALE Centre we would kindly ask you to book in advance. If you wish to do so just send us an email, give us a call or pop in and say hello! **You're also welcome to bring your own food and drink if you prefer.** The whole purpose of our open house Tuesdays is to have a **sociable evening together**, so please do come along and help make it work!

Strupag - Gaelic for Cuppa!

21 March; 12 - 2pm



Join us for a sociable community get together over a light lunch. Everyone welcome, whether you live locally or are just

passing through. There is no charge for the lunch but donations of food or cash are always welcome.

Exhibition

Elizabeth Larson Knitwear

19 March - 15 April

We're excited to announce that Jan Appleton, owner of Elizabeth Larsen Knitwear designs will be showcasing some of her work at the GALE Centre! She knits in her workshop at her home near to Gairloch. Her knitwear is influenced by the outstanding natural beauty of the Scottish Highlands and the colours, textures and landscape around her. Come along and find out more!



GALE Centre News

Ewe Too

GALE staff and volunteers joined a second Ewe Too event on 23 February at Gairloch Church of Scotland Hall. The emerging theme of the group is a desire to build a more inclusive and supportive community and we discussed how we might achieve this over lunch. The need to make better use of existing local activities and services was seen as a priority.

The group is now working on developing a short series of activities and taster sessions over the coming weeks. More information will follow in the Gairloch Times.

Seed Swap

Our 2018 Seed Swap has got off to a fantastic start thanks to the



generous donations of seeds from

local people and other seed swapping organisations - specifically Ullapool Seed Savers. We'd also like to thank MacDonalds Hardware in Dingwall for donating a box of plant food sachets for the event. Our range of seeds will be available to browse throughout March so come along and help yourself to whatever takes your fancy, there is plenty for everyone. Let's hope we now get a great growing season!

People News

Malcolm Purvis of Mellon Charles is leaving us after serving as a volunteer on our Board of Directors for the past two years. GALE staff and volunteers held a meal and get together to bid him farewell at the end of February. We wish Malcolm well as he continues his contribution to our community in other ways, specifically in his new role with the Aultbea Hall Committee.



Malcolm's farewell dinner at the GALE centre!

Mother's Day

Don't forget it's Mother's Day on the 11th March! Pop in and pick up a card or a gift. Our Supported Volunteers have made some lovely cards. Alternatively, our team of volunteers have been busy making bath bombs! Through the project our volunteers share their knowledge of enterprising skills. The money raised helps to pay for materials and to provide places for those with additional support needs. All the bath bombs are handmade blending only natural ingredients. They are wonderfully softening and soothing to the skin



GALE is a membership organisation open to all. It is a Scottish Registered Charity and works on social, economic and environmental projects that help to build strong, resilient communities in the Gairloch and Loch Ewe area. Become a member to support our work or contact us to find out more about any of our projects.



so why not treat your mum to a special bath? :)

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