

# Community Signposting Directory

June 2018





## Contents:

Ross and Cromarty A—Z	pg. 3
Ross and Cromarty Category	pg. 41
Inverness and Inverness-Shire A—Z	pg. 77
Inverness and Inverness-shire Category	pg. 115
Badenoch and Strathspey A—Z	pg. 153
Badenoch and Strathspey Category	pg. 172
Useful Information	pg. 196

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](http://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](http://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](http://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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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><b>Alness Judo Club</b>  Averon Leisure Centre, High Street, Alness, IV17 0QB &amp; 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><b>Alness Ki-Aikido Club</b>  Kendal Crescent, Alness  01349 852367</p>	Social & Active
<p><b>Alness Prize Bingo</b>  West End Community Centre, Firhill, Alness  <a href="http://www.westendcommunitycentre.org.uk/activities.html">http://www.westendcommunitycentre.org.uk/activities.html</a>  01349 884896  <a href="mailto:info@wedtendcommunitycentre.org.uk">info@wedtendcommunitycentre.org.uk</a></p>	Interest
<p><b>Alness Scrabble Club</b>  82 Obsdale Road, Alness  01349 882016</p>	Social
<p><b>Alness Senior Citizens' Friendship Club</b>  The Perrins Centre, Alness  01349 882402</p>	Social
<p><b>Alness Tang Soo Do (BKMAS)</b>  Alness Academy  01349 880856 or mob: 07899 804 517</p>	Sport & Outdoor Activity
<p><b>Alzheimer Scotland Dementia Resource Centre</b>  Dementia Resource Centre, Unit 2 Strother's Lane, Inverness  <a href="http://www.alzscot.org">www.alzscot.org</a>  01463 711707  <a href="mailto:Highlanddrc@alzscot.org">Highlanddrc@alzscot.org</a></p>	Support & Information
<p><b>amaSing</b>  Park House Studio, The Square, , STRATHPEFFER  <a href="http://www.amasing.co.uk">www.amasing.co.uk</a>  0752 7979 128  <a href="mailto:info@amaSing.co.uk">info@amaSing.co.uk</a>  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><b>Ardross Alness Bowling Club</b>  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><b>Ardross hall – luncheon club</b>  Ardross Hall  <a href="http://www.ardrosshall.org/Regular_Activities.html">http://www.ardrosshall.org/Regular_Activities.html</a>  01349 882797  <a href="mailto:margaretblackardross@gmail.com">margaretblackardross@gmail.com</a>  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

**Averon Lesiure Centre**

Sport & Outdoor Activity

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.

**Avoch Community Centre**

Sport & Outdoor Activity

Avoch Community Centre, Old Mill Road, Avoch, IV9 8PS

<https://avochcommunitycentre.wordpress.com/>

07974081937

[bookings@avochseascouts.org.uk](mailto:bookings@avochseascouts.org.uk)

Local activities include: Cubs, Sea Scouts, Toddlers Group, Football, Slimmers World, Men's Shed. Contact directly for more information

**Avoch CommunityRowing Club (Skiffies)**

Sport & Outdoor Activity

<http://theskiffies.com/>

Tel: 07917 525798

[blackisleskiff@gmail.com](mailto: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.

**Avoch Football Club**

Sport & Outdoor Activity

Coronation Park, Avoch

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

emailed though website

**Avoch Heritage Association**

Interest

Wester Brig, Henrietta Street, , Avoch

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

[jamiann@sagainternet.co.uk](mailto:jamiann@sagainternet.co.uk)

**Avoch Indoor Bowling Club**

Sport & Outdoor Activity

7 Margaret Street, Avoch

<http://www.spanglefish.com/blackisleanddistrictindoorbowlingleague/index.asp?pageid=86853>

01349 883950

**Avoch Lawn Bowling Club**

Sport & Outdoor Activity

Burnside Cottage, Avoch

<http://bowlsclub.org/club/2235/>

Tel: 01381 620603

**Bass Korean Martial Art School**

Sport & Outdoor Activity

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><b>Befrienders Highland</b>  <a href="http://www.befriendershighland.org.uk">www.befriendershighland.org.uk</a>            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><b>Birchwood Highland</b>            59 Tomnahurich Street, Inverness  <a href="http://www.birchwoodhighland.org.uk">www.birchwoodhighland.org.uk</a>            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><b>Black Isle Antiques Society</b>            Bogallan Cottage, North Kessock  <a href="http://www.black-isle.info/black-isle-antiques-society">http://www.black-isle.info/black-isle-antiques-society</a>            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><b>Black Isle Community Centre</b>            Deans Road, , , Fortrose  <a href="http://highlifehighland.com/leisure-facilities/black-isle-leisure-centre">http://highlifehighland.com/leisure-facilities/black-isle-leisure-centre</a>            01381 621252  <a href="mailto:blackisle.leisurecentre@highland.gov.uk">blackisle.leisurecentre@highland.gov.uk</a></p>	Sport & Outdoor Activity
<p><b>Black Isle Country Music Club</b>  <a href="https://www.facebook.com/Black-Isle-Country-Music-Club-126935977359288/">https://www.facebook.com/Black-Isle-Country-Music-Club-126935977359288/</a>            07521 904 436  <a href="mailto:nhe@mail.com">nhe@mail.com</a></p>	Interest
<p><b>Black Isle Lapidary Club</b>            1 Castle Street, Fortrose            Tel: 07983255105  <a href="mailto:sandy.wallace@global-resources.co.uk">sandy.wallace@global-resources.co.uk</a></p>	Interest
<p><b>Black Isle Leisure Centre</b>  <a href="https://www.highlifehighland.com/black-isle-leisure-centre/">https://www.highlifehighland.com/black-isle-leisure-centre/</a>            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><b>Black Isle Mountain Bike club</b>  <a href="http://www.bc-clubs.co.uk/blackislemtbclub/">http://www.bc-clubs.co.uk/blackislemtbclub/</a>            Tel: 01381 610334 or 07798718812  <a href="mailto:blackislemtbclub@gmail.com">blackislemtbclub@gmail.com</a>            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](mailto: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](http://www.spanglefish.com/blackislesingers)  
 01381 600558  
[blackislesingers@btinternet.com](mailto: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](http://www.caledonianridingclub.co.uk)  
 01381 620027  
[caledonianrc@aol.com](mailto: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](mailto:doreen@calman.org)  
 Training - 01349 855200      Training - [training@calman.org](mailto:training@calman.org)  
 H-Eatwell and Cookwell - 07730 141512      H-Eatwell and Cookwell - [food@calman.org](mailto: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><b>Canine Concerns Dog Training Club</b>  Killen Smithy, Killen, Avoch  <a href="http://www.canineconcerns.co.uk/">http://www.canineconcerns.co.uk/</a>  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 &amp; workshops such as Flyball, Agility, Trick Training, Keen K9's and Scentwork. Clicker training is also supported.  Canine Concerns also offers a reliable, friendly &amp; professional DOG WALKING &amp; PET CARE SERVICE in &amp; around the Inverness area.</p>	<p>Interest</p>
<p><b>Capstone Foodbank</b>  Capstone, Alness  <a href="http://www.rosskeenfreechurch.co.uk/events">http://www.rosskeenfreechurch.co.uk/events</a>  01348 852406  Tuesday and Friday 11am - 1pm</p>	<p>Support &amp; Information</p>
<p><b>Capstone Lunch Club</b>  Capstone, Alness  <a href="http://www.rosskeenfreechurch.co.uk/events">http://www.rosskeenfreechurch.co.uk/events</a>  01349 852406  Wednesdays 12noon - 2pm</p>	<p>Social</p>
<p><b>Care &amp; Learning Alliance</b>  Unit 3, Bridgend business Park, , Dingwall  <a href="https://www.careandlearningalliance.co.uk/">https://www.careandlearningalliance.co.uk/</a>  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 &amp; Young People</p>
<p><b>Carefree Club (Senior Citizens)</b>  North Kessock Hall, North Kessock  01463 731513</p>	<p>Social</p>
<p><b>Carr Gorm, Inverness</b>  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 &amp; Strathspey and Skye &amp; 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 &amp; Information</p>
<p><b>CCAST Highland</b>  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 &amp; 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](mailto: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](mailto: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](mailto: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><b>Connecting Carers</b>  <a href="http://www.connectingcarers.org">www.connectingcarers.org</a>  01463 723 561  <a href="mailto:gmacleod@connectingcarers.org.uk">gmacleod@connectingcarers.org.uk</a>  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 &amp; Information</p>
<p><b>Contact The Elderly</b>  Various  <a href="https://www.contact-the-elderly.org.uk/about-us/locations">https://www.contact-the-elderly.org.uk/about-us/locations</a>  01542 285010  <a href="mailto:denise.robson@contact-the-elderly.org.uk">denise.robson@contact-the-elderly.org.uk</a>  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><b>Cornerstone (Highland)</b>  Balconie Street, Evanton  01349830558  <a href="mailto:Shirley@cafecornerstone.plus.com">Shirley@cafecornerstone.plus.com</a>  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><b>Craighill Gaelic Nursery</b>  Craighill Primary School, , , Tain  <a href="http://www.netmums.com/highlands/local/view/education/playgroups-pre-schools-and-nursery-schools/craighill-gaelic-nursery">http://www.netmums.com/highlands/local/view/education/playgroups-pre-schools-and-nursery-schools/craighill-gaelic-nursery</a>  01862 892663</p>	<p>Children &amp; Young People</p>
<p><b>Creativity in Care</b>  Suite 333, number 24, Station Square, Inverness  <a href="http://creativityincare.org/">http://creativityincare.org/</a>  <a href="mailto:karrie@creativityincare.org">karrie@creativityincare.org</a>  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><b>Cromarty – Urquhart Snooker Club</b>  Meets in Bank Stree  <a href="http://www.cromartylive.co.uk/organisations.asp">http://www.cromartylive.co.uk/organisations.asp</a>  01381 600362  <a href="mailto:kenneth@kmacfarlanr.wanadoo.co.uk">kenneth@kmacfarlanr.wanadoo.co.uk</a></p>	<p>Interest</p>
<p><b>Cromarty Allotments &amp; Gardens Society</b>  4 Barkly Street, Cromarty  <a href="http://www.cromartygardening.com/">http://www.cromartygardening.com/</a>  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 &amp; Outdoor Activity</p>

**Cromarty and Resolis film society and film festival**

Interest

[www.cromartyandresolisfilmsociety.org](http://www.cromartyandresolisfilmsociety.org)

[info@cromartyandresolisfilmsociety.org](mailto: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](http://www.cromartyartstrust.org.uk)

01381 600354

[info@cromartyartstrust.org.uk](mailto: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](http://www.cromartyboatclub.org)

07720046107

[info@cromartyboatclub.org](mailto: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](http://www.cromartybowling.co.uk)

01349 877497

[rita.storr@btconnect.com](mailto:rita.storr@btconnect.com)

**Cromarty Camera Club**

Interest

Victoria Hall, Comarty

[www.cromartycameraclub.com](http://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](mailto: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><b>Cromarty Fourways Club</b>  Victoria Hall, Comarty  <a href="http://www.cromartylive.co.uk/organisations.asp">http://www.cromartylive.co.uk/organisations.asp</a>  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><b>Cromarty History Society &amp; Friends of Cromarty Courthouse</b>  <a href="http://www.cromartyhistory.scot/index.asp">http://www.cromartyhistory.scot/index.asp</a>  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><b>Cromarty Monday Lunch Club</b>  Tel: 01381 600230  info@cromartyarms.com</p>	Social
<p><b>Cromarty Outdoor Bowling Club</b>  Bowling Green, Cromarty  <a href="http://cromartybowling.co.uk/">http://cromartybowling.co.uk/</a>  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><b>Cromarty Tennis and Sports Club</b>  <a href="http://www.cromartytennisclub.co.uk/index.asp">http://www.cromartytennisclub.co.uk/index.asp</a>  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><b>Cruse Bereavement Care Helpline</b>  <a href="http://www.crusescotland.org.uk">www.crusescotland.org.uk</a>  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><b>Culbokie friendship club</b>  01349 877435  alister@ajrose.plus.com</p>	Social

**Culbokie Football and Recreation Association**

Sport & Outdoor Activity

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

**Culbokie Friendship Group**

Social

Findon Hall, Culbokie  
<https://blackislecares.com/activities/>  
 01349 877435

**Culbokie Indoor bowling club**

Social & Active

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

**Culbokie Kids Badminton**

Children & Young People

Findon Hall, Culbokie  
 01349 877492  
 macculloch@aol.com  
 Fridays 3.00pm - 4.00pm

**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](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

**Dingwall & District Beekeepers Association**

Interest

<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 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.

**Dingwall & District Bridge Club**

Interest

Tulloch Castle Hotel  
[http://www.bridgewebs.com/cgi-bin/bwok/bw.cgi?club=dingwall&pid=display\\_home](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><b>Dingwall Army Cadets</b>  Ferry Road, Dingwall  <a href="https://armycadets.com/county/1st-battalion-the-highlanders-acf/our-detachments/">https://armycadets.com/county/1st-battalion-the-highlanders-acf/our-detachments/</a>  Monday 7.00pm - 9.15pm  Young people aged 12 - 18. Adult volunteers also wanted.</p>	<p>Children &amp; Young People</p>
<p><b>Dingwall Art Group</b>  Dingwall Community Centre  <a href="http://www.dingwallcommunitycentre.com/">http://www.dingwallcommunitycentre.com/</a>  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><b>Dingwall Baptist Church - Play At The Church</b>  Dingwall Baptist Church, Tulloch Street, Dingwall  <a href="http://dbc.org.uk/">http://dbc.org.uk/</a>  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 &amp; Young People</p>
<p><b>Dingwall Baptist Church Bite 'n' Blether Group</b>  Dingwall Baptist Church, Tulloch Street, Dingwall  <a href="http://dbc.org.uk/">http://dbc.org.uk/</a>  01349 292256  Contact through website  Tuesday 6.30pm - 8.00pm  Free soup and refreshments, friendly atmosphere and all welcome.</p>	<p>Social</p>
<p><b>Dingwall Bowling Club</b>  Pepperside Park, Dingwall  01349 862372</p>	<p>Sport &amp; Outdoor Activity</p>
<p><b>Dingwall Camera Club</b>  Eagle House, High Street, , Dingwall  <a href="http://www.dingwallcameraclub.com/">http://www.dingwallcameraclub.com/</a>  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><b>Dingwall Choral Society</b>  <a href="http://www.dingwallchoralsociety.co.uk/">http://www.dingwallchoralsociety.co.uk/</a>  01349 830335  Thursdays (term time only) Castle Street Church of Scotland, Dingwall at 7.30pm</p>	<p>Interest</p>

**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 Dementia Carers Group**

Support & Information

Dingwall Dementia Resource Centre  
[https://www.alzscot.org/services\\_and\\_support/search/2260\\_dingwall\\_dementia\\_carers\\_group](https://www.alzscot.org/services_and_support/search/2260_dingwall_dementia_carers_group)  
 01349 808650  
[sgoller@alzscot.org](mailto: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.

**Dingwall Drop-in Youth Kafe**

Children & Young People

Temperance House, Tulloch Street, , DINGWALL  
<http://dingwallouthkafe.com/index.php/opening-hours/>  
 01349 867771  
[youthkafe@btconnect.com](mailto:youthkafe@btconnect.com)  
 Tuesday, Wednesday & Thursday 4-6pm 6.30 - 8.30pm and Friday 4 - 6pm

**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 Fire Brigade Community Group**

Community

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

**Dingwall Friday Lunch Club**

Social

Dingwall Community Centre  
<http://www.dingwallcommunitycentre.com/index.asp?pageid=282004>  
 01349 864600  
 Tel: 01349 864600

**Dingwall Gaelic Choir**

Interest

19 Telford Gardens, , , Dingwall  
<https://dingwallgaelicchoir.co.uk/>  
 1348 862877  
[info@dingwallgaelicchoir.co.uk](mailto:info@dingwallgaelicchoir.co.uk)

**Dingwall History Society**

Interest

4 Castle Gardens, , , Dingwall  
[dmacdon42@aol.com](mailto:dmacdon42@aol.com)



### 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](http://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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](http://www.evantonwood.com)  
 07947772066  
[simon.harry@forest-education.co.uk](mailto: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](mailto: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](mailto: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><b>Fingal Lodge of Freemasons</b>  Fingal Masonic Lodge, High Street, Dingwall  <a href="http://www.fingallodge318.org.uk/">http://www.fingallodge318.org.uk/</a>  <a href="mailto:enquiries@fingallodge318.org.uk">enquiries@fingallodge318.org.uk</a>  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><b>Firhill Residents Association</b>  92 Firhill, Alness  01349 884896  <a href="mailto:jennifermacleod@tiscali.co.uk">jennifermacleod@tiscali.co.uk</a>  Contact Person is Jennifer MacLeod</p>	Community
<p><b>Fortrose &amp; Rosemarkie Bowling &amp; Tennis Club</b>  7 Alexander Court, Fortrose  <a href="http://www.spanglefish.com/FortroseandRosemarkieTennisClub/">http://www.spanglefish.com/FortroseandRosemarkieTennisClub/</a>  01381 620124  <a href="mailto:fartc2014@gmail.com">fartc2014@gmail.com</a>  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><b>Fortrose and Rosemarkie Local History group</b>  <a href="http://www.spanglefish.com/fortroseandrosemarkiehistorygroup/">http://www.spanglefish.com/fortroseandrosemarkiehistorygroup/</a>  <a href="mailto:fortrosemarkie.localhistory@virgin.net">fortrosemarkie.localhistory@virgin.net</a>  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><b>Fortrose and Rosemarkie Friendship Club</b>  Seaforth lodge, Fortrose  <a href="https://blackislecares.com/activities/">https://blackislecares.com/activities/</a>  01381 620816  <a href="mailto:jmajoriet@live.co.uk">jmajoriet@live.co.uk</a>  Wednesday 2.00pm</p>	Social
<p><b>Fortrose and Rosemarkie Lunch Club</b>  The Eilean Dubh  <a href="http://www.fortrosegolfclub.co.uk">www.fortrosegolfclub.co.uk</a>  (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><b>Fortrose Dance Class For Over 50s</b>  Black Isle Leisure Centre  <a href="http://www.keepactive.net/enquiries.html?+329+activity+Dancing">http://www.keepactive.net/enquiries.html?+329+activity+Dancing</a>  01381 622553  Contact through website  Monday 10am - 11pm  £5 per session but first lesson is free</p>	Social & Active
<p><b>Fortrose Library Reading Group</b>  Fortrose Library  <a href="https://www.highlifehighland.com/libraries/fortrose-community-library/">https://www.highlifehighland.com/libraries/fortrose-community-library/</a>  Tel: 01381 622235  <a href="mailto:fortrose.library@highlifehighland.com">fortrose.library@highlifehighland.com</a>  First Wednesday of each month, afternoon and evening</p>	Interest

<p><b>Fortrose Scottish country dancing group</b>          Gordon memorial Hall, Courthill Road, , Rosemarkie  <a href="http://www.fortrosemarkie.org/grp_dance.htm">http://www.fortrosemarkie.org/grp_dance.htm</a>          Tel: 01381 621309  <a href="mailto:susanmackenzie@btinternet.com">susanmackenzie@btinternet.com</a>          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 &amp; Active</p>
<p><b>Fortrose Walking Group (Step it up Highlands)</b>  <a href="http://www.pfw.org.uk">www.pfw.org.uk</a>          Tel: 01381 620484  <a href="mailto:joan.maxwell@shorelands.co.uk">joan.maxwell@shorelands.co.uk</a></p>	<p>Social &amp; Active</p>
<p><b>Friday Craft Group for Adults</b>          Dingwall Community Centre  <a href="http://www.dingwallcommunitycentre.com/">http://www.dingwallcommunitycentre.com/</a>          01997 421325          Fridays 7.00pm - 9.00pm</p>	<p>Interest</p>
<p><b>Friends Of Highland Music - Slow Jam Nights</b>          Ness Bank Church Hall, Inverness  <a href="http://www.friends-of-highland-music.org/">http://www.friends-of-highland-music.org/</a>          01381 620412  <a href="mailto:jean.fleetwood@btinternet.com">jean.fleetwood@btinternet.com</a>          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><b>Friendship Services</b>          Various  <a href="http://www.friendship-services.com/">http://www.friendship-services.com/</a>          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 &amp; Information</p>
<p><b>Garrick Singers</b>          Tain  <a href="https://www.facebook.com/pg/garricksingers/about/?ref=page_internal">https://www.facebook.com/pg/garricksingers/about/?ref=page_internal</a>          Meets every Thursday evening between Spetember and March</p>	<p>Interest</p>
<p><b>Girlguiding Ross-shire</b>          Killearnan Activity and Training Centre, Redcastle, , Muir-of-Ord  <a href="http://www.spanglefish.com/girlguidingross-shire/">http://www.spanglefish.com/girlguidingross-shire/</a>          Contact through website          Various groups throughout area</p>	<p>Children &amp; Young People</p>
<p><b>Groam House Museum</b>          High Street, Rosemarkie,  <a href="http://www.groamhouse.org.uk/">http://www.groamhouse.org.uk/</a>          01463 811883  <a href="mailto:curator@groamhouse.org.uk">curator@groamhouse.org.uk</a>          Lectures and volunteering opporntnities at the Pictish Museum</p>	<p>Interest</p>

<p><b>Grumpy Gasps- Invergordon hospital.</b>          Community Hospital Invergordon  <a href="https://www.chss.org.uk/group/grumpy-gaspers/">https://www.chss.org.uk/group/grumpy-gaspers/</a>          Contact through website          Two Thursdays a month, 3.00pm - 4.30pm          Peer support group for people with COPD and other long term conditions</p>	<p>Support &amp; Information</p>
<p><b>Handyperson Scheme</b>          ILM (Highland)          Unit 1G          Teaninich Industrial Estate          ALNESS          Ross-shire  <a href="http://www.ilmhighland.co.uk/home-improvement-services/handyperson/">http://www.ilmhighland.co.uk/home-improvement-services/handyperson/</a>          01349 884774  <a href="mailto:ilm@ilmhighland.co.uk">ilm@ilmhighland.co.uk</a>          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>	<p>Support &amp; Information</p>
<p><b>Highland Felt Makers for Adults</b>          Dingwall Community Centre  <a href="http://www.dingwallcommunitycentre.com/">http://www.dingwallcommunitycentre.com/</a>          01463 761268          10.00am - 4.00pm. (Last Saturday of the month)</p>	<p>Interest</p>
<p><b>Highland Homeless Trust (Gateway)</b>          David Whyte House, 57 Church Street Inverness  <a href="http://homelesstrust.org.uk/">http://homelesstrust.org.uk/</a>          01463 718693  <a href="mailto:office@homelesstrust.org.uk">office@homelesstrust.org.uk</a>          Gateway Highland offer housing support, care at home and help with temporary accommodation.</p>	<p>Support &amp; Information</p>
<p><b>Highland Ki Society</b>          Kendal Crescent, Alness, IV17 0UG  <a href="http://www.highlandkisociety.co.uk/">http://www.highlandkisociety.co.uk/</a>          01349 880473          Mondays 1900 -2100 &amp; 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>	<p>Sport &amp; Outdoor Activity</p>
<p><b>Highland Livestock Heritage Society</b>          c/o dingwall and highland marts,humberston dingwall IV15 9TP  <a href="mailto:info@dingwallmart.co.uk">info@dingwallmart.co.uk</a></p>	<p>Interest</p>
<p><b>Highland Members Centre Of The National Trust For Scotland</b>  <a href="http://www.ntscentres.org.uk/highland.html">http://www.ntscentres.org.uk/highland.html</a>          01349 861023  <a href="mailto:highlandnts@gmail.com">highlandnts@gmail.com</a>          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>	<p>Interest</p>

### Highland One World Group

Children & Young People

Milburn Academy  
<http://www.highlandoneworld.org.uk/>  
 01463 729 152  
[info@highlandoneworld.org.uk](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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 &amp; 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 &amp; 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 &amp; 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 &amp; 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 &amp; 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 &amp; 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><b>Invergordon Library Traditional Board Games</b>  High Street, Invergordon  <a href="http://highlifehighland.com/libraries/invergordon-library">http://highlifehighland.com/libraries/invergordon-library</a>  01349 852698  invergordon.library@highlifehighland.com  Monday 10am - 12noon  Refresh your memory – relearn how to play Chess, Backgammon, Snakes &amp; 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><b>Invergordon Masonic Lodge</b>  Masonic Lodge, Outram Street, Invergordon  <a href="http://lodgeness.co.uk/">http://lodgeness.co.uk/</a>  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><b>Invergordon Scout Group</b>  Park Primary School, Invergordon  <a href="https://www.scouts.org.uk/get-involved/groups/1st-invergordon-(5th-ross-and-sutherland)#&amp;panel1-1">https://www.scouts.org.uk/get-involved/groups/1st-invergordon-(5th-ross-and-sutherland)#&amp;panel1-1</a>  pompeyken@yahoo.com</p>	Children & Young People
<p><b>Inverness and District Model Railway Club</b>  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, &amp; 0 Gauge, which are available to run your own stock on, or help other members.  New members can question &amp; 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><b>Inverness Field Club</b>  Meet at Millburn Academy, Inverness  <a href="http://www.invernessfieldclub.org.uk/index.asp">http://www.invernessfieldclub.org.uk/index.asp</a>  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><b>Inverness ME, Fibromyalgia and CFS Support Group</b>  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><b>Legion Scotland Dingwall Branch</b>  High Street, Dingwall  <a href="https://www.legionscotland.org.uk/dingwall-branch-club">https://www.legionscotland.org.uk/dingwall-branch-club</a>  01349 863 278</p>	Support & Information

**Made in Tain**

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

Children &amp; Young People

**Moray Firth Ringcraft Club**

North Kessock Hall, North Kessock  
 01463 729416  
[urray.labs1@btinternet.com](mailto: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

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.

Support &amp; Information

**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

The 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!

Social &amp; Active

**Muir of Ord Country Dancing Club**

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

Social &amp; 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

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.

Sport &amp; Outdoor Activity

<p><b>Muir of Ord Gardening Group</b>  <a href="https://www.facebook.com/MuirofOrdGardeningClub/">https://www.facebook.com/MuirofOrdGardeningClub/</a>  muirofordgardeners@hotmail.co.uk  No website. Informaiton avaiable through their Facebook page</p>	Interest
<p><b>Muir Of Ord Outdoor Bowling Club</b>  <a href="https://muiroford.org.uk/bowling-club/">https://muiroford.org.uk/bowling-club/</a>  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><b>Muir of Ord Over 60s club</b>  Village Hall  01463 870955  Thursday 10am - 12 noon</p>	Social
<p><b>Muir Of Ord Rovers FC u12s</b>  Pavilion, Great North Road, Muir of Ord  <a href="https://www.facebook.com/MuirOfOrdRoversU12s/">https://www.facebook.com/MuirOfOrdRoversU12s/</a>  contact through Facebook  u12s Football Club. Term time only</p>	Children & Young People
<p><b>Muir Of Ord Scrabble Club</b>  Church Hall, Seaforth Road, Muir of Ord  01463 870077 / 01463 870259  alantstewart@gmail.com  2pm - 4pm Monday afternoon  Friendly Scrabble Club.</p>	Social
<p><b>Muir of Ord Walking Group</b>  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><b>Multicultural Centre</b>  1 Ardconnel Terrace, Inverness  <a href="https://www.facebook.com/pg/iv2shimca3aeASS/about/?ref=page_internal">https://www.facebook.com/pg/iv2shimca3aeASS/about/?ref=page_internal</a>  07595895450  shimca.org.uk@gmail.com  Afterschool Club, Luncheon Club, English Class, Traditional Fan &amp; Ribbon Dance Group, handle China Visa applications and rooms for hire.</p>	Interest
<p><b>Munlochy Badminton Club</b>  Munlochy Hall, Millbank Road, Munlochy  <a href="http://www.spanglefish.com/munlochyhall/index.asp?pageid=176758">http://www.spanglefish.com/munlochyhall/index.asp?pageid=176758</a>  01463 811171  Tuesday 8.00pm - 10pm  Adults Group.</p>	Social & Active
<p><b>Munlochy Country Dancing</b>  Munlochy Hall, Millbank Road, Munlochy  <a href="http://www.spanglefish.com/munlochyhall">http://www.spanglefish.com/munlochyhall</a>  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](mailto: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](http://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](http://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](http://www.kessock-hall.net)  
 Tel: 01463 811351  
[kessock-hall@points-north.net](mailto:kessock-hall@points-north.net)

Interest

**Pet Fostering Service**

[www.pfss.org.uk](http://www.pfss.org.uk)  
 Tel: 0844 811 9909  
[info@pfss.org.uk](mailto: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><b>Portmahmack Craft Club</b>          Carnegie Hall, Portmahomack  <a href="http://www.portmahomackcommunity.org.uk/index.asp?pageid=436636">http://www.portmahomackcommunity.org.uk/index.asp?pageid=436636</a>          01862 871257          Fortnightly on Thursdays 2.00pm - 4.00pm</p>	<p>Interest</p>
<p><b>Portmahomack Indoor Bowls</b>          Carnegie Hall, Portmahomack  <a href="http://www.portmahomackcommunity.org.uk/index.asp?pageid=436635">http://www.portmahomackcommunity.org.uk/index.asp?pageid=436635</a>          01862 871203          Wednesday 2.00pm - 4.00pm</p>	<p>Sport &amp; Outdoor Activity</p>
<p><b>Portmahomack Keep Fit for Everyone</b>          Carnegie Hall, Portmahomack  <a href="http://www.portmahomackcommunity.org.uk/index.asp?pageid=436633">http://www.portmahomackcommunity.org.uk/index.asp?pageid=436633</a>          01862 87157          Wednesday 10.00am - 11.00am</p>	<p>Sport &amp; Outdoor Activity</p>
<p><b>Portmahomack Ladies Club</b>          Carnegie Hall, Portmahomack  <a href="http://www.portmahomackcommunity.org.uk/index.asp?pageid=436632">http://www.portmahomackcommunity.org.uk/index.asp?pageid=436632</a>          01862 871791          Second Tuesday of each month 7.30pm</p>	<p>Social</p>
<p><b>Portmahomack Otago Class</b>          Carnegie Hall, Portmahomack  <a href="http://www.portmahomackcommunity.org.uk/index.asp?pageid=436634">http://www.portmahomackcommunity.org.uk/index.asp?pageid=436634</a>          Wednesday 11.30am - 12.30pm</p>	<p>Sport &amp; Outdoor Activity</p>
<p><b>Portmahomack Over 60s Club</b>          Carnegie Hall, Portmahomack  <a href="http://www.portmahomackcommunity.org.uk/index.asp?pageid=436638">http://www.portmahomackcommunity.org.uk/index.asp?pageid=436638</a>          01862 871203          Last Monday of the month</p>	<p>Social</p>
<p><b>Portmahomack Table Tennis</b>          Carnegie Hall, Portmahomack  <a href="http://www.portmahomackcommunity.org.uk/index.asp?pageid=436630">http://www.portmahomackcommunity.org.uk/index.asp?pageid=436630</a>          01862 871434          Tuesday 7.30pm - 9.30pm</p>	<p>Sport &amp; Outdoor Activity</p>
<p><b>Portmahomack Yoga Classes</b>          Carnegie Hall, Portmahomack  <a href="http://www.portmahomackcommunity.org.uk/index.asp?pageid=436631">http://www.portmahomackcommunity.org.uk/index.asp?pageid=436631</a>          01862 871383          Monday 6.00pm - 7.30pm</p>	<p>Sport &amp; Outdoor Activity</p>
<p><b>Portmahomack Baby and Toddler Group</b>          Carnegie Hall, Portmahomack  <a href="http://www.portmahomackcommunity.org.uk/index.asp?pageid=436637">http://www.portmahomackcommunity.org.uk/index.asp?pageid=436637</a>          Friday 9am - 11.30am</p>	<p>Children &amp; Young People</p>

**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](mailto: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](mailto: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](mailto: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/](http://www.rossandcromartyheritage.org/)  
 01349 861555  
[rchs@maryburgh.org.uk](mailto: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](http://www.ross-sport.org)

[info@ross-sport.org](mailto: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 &amp; 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](mailto: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 &amp; Young People

**Ross County Football Club - Various Activities**

Victoria Park, Dingwall

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

[Ryan.Farquhar@rosscountyfootballclub.co.uk](mailto: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 &amp; 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 &amp; 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 &amp; 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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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><b>Sea Cadets Inverness</b>  Sea Cadets Inverness  44 Kessock Road, Inverness,  IV3 8AJ  <a href="https://www.sea-cadets.org/inverness">https://www.sea-cadets.org/inverness</a>  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 &amp; Young People</p>
<p><b>Seaboard - Corena's Self Defense</b>  Seaboard Memorial Hall, Balintore  <a href="http://www.seaboardcentre.com/regular-group-users/corena.mitchell77@gmail.com">http://www.seaboardcentre.com/regular-group-users/corena.mitchell77@gmail.com</a>  Tuesdays 4.45pm - 5.45pm  Corena runs a martial arts group for children from Primary through to Secondary school.</p>	<p>Interest</p>
<p><b>Seaboard Art Class</b>  Seaboard Memorial Hall, Balintore  <a href="http://www.seaboardcentre.com/regular-group-users/01862832888">http://www.seaboardcentre.com/regular-group-users/01862832888</a>  Wednesday 10am - 12noon  Contact the hall for more details</p>	<p>Interest</p>
<p><b>Seaboard Craft Crew</b>  Seaboard Memorial Hall, Balintore  <a href="http://www.seaboardcentre.com/regular-group-users/01862832888">http://www.seaboardcentre.com/regular-group-users/01862832888</a>  maureen@seaboardcentre.com  Monday 10.30am - 12.30am</p>	<p>Interest</p>
<p><b>Seaboard Indoor Bowlers</b>  Seaboard Memorial Hall, Balintore  <a href="http://www.seaboardcentre.com/regular-group-users/01862832888">http://www.seaboardcentre.com/regular-group-users/01862832888</a>  Monday 2.00pm - 4.00pm</p>	<p>Sport &amp; Outdoor Activity</p>
<p><b>Seaboard Lau Gar KungFu- Martial Arts</b>  Seaboard Memorial Hall, Balintore  <a href="http://www.seaboardcentre.com/regular-group-users/eskyrme@btinternet.com">http://www.seaboardcentre.com/regular-group-users/eskyrme@btinternet.com</a>  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 &amp; Outdoor Activity</p>
<p><b>Seaboard Over 60's Group</b>  Seaboard Hall, East Street, Balintore  <a href="http://www.seaboardcentre.com/regular-group-users/01862832888">http://www.seaboardcentre.com/regular-group-users/01862832888</a>  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](mailto: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](mailto: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](mailto: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](mailto:brianswanson1988@gmail.com)

**Step it Up Highland**

Sport &amp; 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

**Strathpeffer Community Centre**

Social &amp; 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](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](http://www.tain.org.uk/tain_and_district_gardeners_club)  
 01862 892302 / 07944929034  
[zawalke@dsl.pipex.com](mailto: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](http://www.tain.org.uk/the_tain_initiative)  
 07747793354  
[info@tain.org.uk](mailto: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](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](http://new.tain.org.uk/tain_pantomime_group)  
 01862 842311  
[madforbags@aol.com](mailto: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](mailto: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).

**Tain Task Force**

Community

[http://new.tain.org.uk/tain\\_task\\_force](http://new.tain.org.uk/tain_task_force)

01862 893475

[ivanbrockway@btinternet.com](mailto: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.

**Tain Tennis Club**

Sport &amp; Outdoor Activity

Knockbreck Road, Tain

<https://clubspark.lta.org.uk/TainTC>[taintennis@gmail.com](mailto: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

**Tain Youth Café YMCA**

Children &amp; Young People

17 Stafford Street, Tain

[www.tainyouthcafe.co.uk](http://www.tainyouthcafe.co.uk)

01862 894252

[graham@tainyouthcafe.co.uk](mailto: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, Bingo Night**

Social

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

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

01866 842499

[kalemercat@yahoo.com](mailto:kalemercat@yahoo.com)

Every Monday evening 7:00pm for a 7:30pm start, finishes at 9:00pm. All welcome!

**The Mercat Centre, Breakfast Club**

Children &amp; Young People

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

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

01862 842499

[kalemercat@yahoo.com](mailto: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, Camera Group**

Interest

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

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

01867 842499

[kalemercat@yahoo.com](mailto: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.

**The Mercat Centre, Chatty Crafters**

Social

The Mercat Centre, Munro Crescent, Milton, IV18 0PX  
<https://sites.google.com/site/miltonmercatterce/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/miltonmercatterce/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/miltonmercatterce/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](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](http://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](mailto:kenneth@kmacfarlane.wanadoo.co.uk)

<p><b>Victim Support</b>  Fairways House, Inverness  <a href="http://www.victimsupportsco.org.uk/">http://www.victimsupportsco.org.uk/</a>  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>	Support & Information
<p><b>West Alness Mothers and Toddlers</b>  West End Community Centre, Firhill, Alness  <a href="http://www.westendcommunitycentre.org.uk/">http://www.westendcommunitycentre.org.uk/</a>  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>	Children & Young People
<p><b>Wester Ross Green Gym</b>  <a href="http://www.tcv.org.uk/">http://www.tcv.org.uk/</a>  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>	Sport & Outdoor Activity
<p><b>Witness Service [witness support]</b>  Sheriff Court House  The Castle  Inverness  IV2 3EG  <a href="https://www.victimsupportsco.org.uk/help-for-witnesses-of-crime/ourwitnessservice/">https://www.victimsupportsco.org.uk/help-for-witnesses-of-crime/ourwitnessservice/</a>  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>	Support & Information
<p><b>Women's Institute</b>  The Perrins Centre, Alness  <a href="https://www.theswi.org.uk/">https://www.theswi.org.uk/</a>  ross-shire@theswi.org.uk  1st Tuesday of the month</p>	Interest
<p><b>Women's Institute</b>  Kiltearn Church of Scotland Hall, Evanton  <a href="https://www.theswi.org.uk/">https://www.theswi.org.uk/</a>  ross-shire@theswi.org.uk  2nd Tuesday of the month</p>	Interest
<p><b>Women's Institute</b>  Resolis Memorial Hall, Balblair  <a href="https://www.theswi.org.uk/">https://www.theswi.org.uk/</a>  ross-shire@theswi.org.uk  3rd Monday of the month</p>	Interest

<p><b>Women's Institute</b>                  Invergordon/Saltburn, Church of Scotland Hall  <a href="https://www.theswi.org.uk/">https://www.theswi.org.uk/</a>                  ross-shire@theswi.org.uk                  3rd Tuesday of the month</p>	<p>Interest</p>
<p><b>Women's Institute</b>                  Ardgay Village Hall, Ardgay  <a href="https://www.theswi.org.uk/">https://www.theswi.org.uk/</a>                  ross-shire@theswi.org.uk                  1st Monday of the month</p>	<p>Interest</p>
<p><b>Women's Institute</b>                  Dingwall, St Clements Church Hall  <a href="https://www.theswi.org.uk/">https://www.theswi.org.uk/</a>                  ross-shire@theswi.org.uk                  3rd Wednesday of the month</p>	<p>Interest</p>
<p><b>Women's Institute</b>                  Edderton, Tain Parish Church Hall  <a href="https://www.theswi.org.uk/">https://www.theswi.org.uk/</a>                  ross-shire@theswi.org.uk                  1st Wednesday of the month</p>	<p>Interest</p>
<p><b>Women's Institute</b>                  Ferintosh Hall, By Dingwall  <a href="https://www.theswi.org.uk/">https://www.theswi.org.uk/</a>                  ross-shire@theswi.org.uk                  2nd Monday of the month</p>	<p>Interest</p>
<p><b>Women's Institute</b>                  Maryburgh/Conon Leanaig Centre  <a href="https://www.theswi.org.uk/">https://www.theswi.org.uk/</a>                  ross-shire@theswi.org.uk</p>	<p>Interest</p>
<p><b>Youth Café</b>                  West End Community Centre, Firhill, Alness  <a href="http://www.westendcommunitycentre.org.uk/">http://www.westendcommunitycentre.org.uk/</a>                  01349 884896  <a href="mailto:info@westendcommunitycentre.org.uk">info@westendcommunitycentre.org.uk</a>                  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 &amp; Young People</p>



## Ross & Cromarty (Category)

<p><b>3 O'clock Club</b>  The Hut, Tulloch Castle Dr, Dingwall, Ross-Shire, IV15 9ND  <a href="http://www.childcarelocations.co.uk/childcare-service/682769/the-3'o-clock-club">http://www.childcarelocations.co.uk/childcare-service/682769/the-3'o-clock-club</a>  01349 867709  ttocc@ecosse.net  After School childcare in Dingwall, Part of CALA</p>	Children & Young People
<p><b>Black Isle Need To Play</b>  <a href="http://www.spanglefish.com/BlackIsleNeedtoPlay/">http://www.spanglefish.com/BlackIsleNeedtoPlay/</a>  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.</p>	Children & Young People
<p><b>Care &amp; Learning Alliance</b>  Unit 3, Bridgend business Park, , Dingwall  <a href="https://www.careandlearningalliance.co.uk/">https://www.careandlearningalliance.co.uk/</a>  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>	Children & Young People
<p><b>Craighill Gaelic Nursery</b>  Craighill Primary School, Tain  <a href="http://www.netmums.com/highlands/">http://www.netmums.com/highlands/</a>  01862 892663</p>	Children & Young People
<p><b>Culbokie Kids Badminton</b>  Findon Hall, Culbokie  01349 877492  macculloch@aol.com  Fridays 3.00pm - 4.00pm</p>	Children & Young People
<p><b>Dingwall Army Cadets</b>  Ferry Road, Dingwall  <a href="https://armycadets.com/county/1st-battalion-the-highlanders-acf/our-detachments/">https://armycadets.com/county/1st-battalion-the-highlanders-acf/our-detachments/</a>  Monday 7.00pm - 9.15pm  Young people aged 12 - 18. Adult volunteers also wanted.</p>	Children & Young People
<p><b>Dingwall Baptist Church - Play At The Church</b>  Dingwall Baptist Church, Tulloch Street, Dingwall  <a href="http://dbc.org.uk/">http://dbc.org.uk/</a>  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>	Children & Young People
<p><b>Dingwall Drop-in Youth Kafe</b>  Temperance House, Tulloch Street, , DINGWALL  <a href="http://dingwallyouthkafe.com/index.php/opening-hours/">http://dingwallyouthkafe.com/index.php/opening-hours/</a>  01349 867771  youthkafe@btconnect.com  Tuesday, Wednesday &amp; Thursday 4-6pm 6.30 - 8.30pm and Friday 4 - 6pm</p>	Children & Young People
<p><b>Edderton Mothers &amp; Toddlers Group</b>  Edderton Village Hall, Carriclair Crescent, Tain  <a href="https://www.careandlearningalliance.co.uk/wp-content/uploads/2015/08/CALA-Toddler-Groups-Feb-2016-1.pdf">https://www.careandlearningalliance.co.uk/wp-content/uploads/2015/08/CALA-Toddler-Groups-Feb-2016-1.pdf</a>  Wednesday, 9.30 -11.00am</p>	Children & Young People

**Girlguiding Ross-shire**

Children &amp; 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 &amp; Young People

Milburn Academy  
<http://www.highlandoneworld.org.uk/>  
 01463 729 152  
[info@highlandoneworld.org.uk](mailto: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 &amp; Young People

<http://www.hrnp.org.uk/>  
 0845 201 2609  
[info@hrnp.org.uk](mailto: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 &amp; 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](mailto: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 &amp; Young People

<http://www.spanglefish.com/InvergordonJuniorFootballClub/>  
[invergordonjfc@gmail.com](mailto: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 &amp; Young People

High Street, Invergordon  
<http://highlifehighland.com/libraries/invergordon-library>  
 1350 852698  
[invergordon.library@highlifehighland.com](mailto: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 &amp; Young People

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

<p><b>Invergordon Scout Group</b>                  Park Primary School, Invergordon  <a href="https://www.scouts.org.uk/get-involved/groups/1st-invergordon-(5th-ross-and-sutherland)#&amp;panel1-1">https://www.scouts.org.uk/get-involved/groups/1st-invergordon-(5th-ross-and-sutherland)#&amp;panel1-1</a>                  pompeyken@yahoo.com</p>	<p>Children &amp; Young People</p>
<p><b>Made in Tain</b>                  2 Bank Street, Tain  <a href="http://www.madeintain.co.uk/">http://www.madeintain.co.uk/</a>                  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 &amp; Young People</p>
<p><b>Muir Of Ord Rovers FC u12s</b>                  Pavilion, Great North Road, Muir of Ord  <a href="https://www.facebook.com/MuirOfOrdRoversU12s/">https://www.facebook.com/MuirOfOrdRoversU12s/</a>                  contact through Facebook                  u12s Football Club. Term time only</p>	<p>Children &amp; Young People</p>
<p><b>Portmahomack Baby and Toddler Group</b>                  Carnegie Hall, Portmahomack  <a href="http://www.portmahomackcommunity.org.uk/index.asp?pageid=436637">http://www.portmahomackcommunity.org.uk/index.asp?pageid=436637</a>                  Friday 9am - 11.30am</p>	<p>Children &amp; Young People</p>
<p><b>Ross Company Army Cadet Force</b>                  ACFTC, Ferry Road, Dingwall  <a href="https://armycadets.com/county/1st-battalion-the-highlanders-acf/events/ross-company-training/">https://armycadets.com/county/1st-battalion-the-highlanders-acf/events/ross-company-training/</a>                  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 &amp; Young People</p>
<p><b>Sea Cadets Inverness</b>                  Sea Cadets Inverness, 44 Kessock Road, Inverness, IV3 8AJ  <a href="https://www.sea-cadets.org/inverness">https://www.sea-cadets.org/inverness</a>                  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 &amp; Young People</p>
<p><b>SOAR Youth Projects</b>                  Joss Street Hall, 9 Joss Street, , Invergordon  <a href="http://www.spanglefish.com/soaryouthprojects/index.asp?pageid=263946">http://www.spanglefish.com/soaryouthprojects/index.asp?pageid=263946</a>                  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 &amp; Young People</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.

Children &amp; Young People

**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.

Children &amp; Young People

**The Mercat Centre, Parent and Toddler Group**

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!

Children &amp; Young People

**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!

Children &amp; Young People

**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.

Children &amp; Young People

**Alness Blythswood Shop**

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

alness@blythswood.org

Community

**Alness Horticultural Society**

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.

Community

**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](http://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><b>Tain Initiative</b>  Tain Service Point, 24 High Street, , Tain  <a href="http://www.tain.org.uk/the_tain_initiative">http://www.tain.org.uk/the_tain_initiative</a>  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><b>Tain Pantomime Group</b>  <a href="http://new.tain.org.uk/tain_pantomime_group">http://new.tain.org.uk/tain_pantomime_group</a>  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><b>Tain Task Force</b>  <a href="http://new.tain.org.uk/tain_task_force">http://new.tain.org.uk/tain_task_force</a>  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><b>Alness Prize Bingo</b>  West End Commuinity Centre, Firhill, Alness  <a href="http://www.westendcommunitycentre.org.uk/activities.html">http://www.westendcommunitycentre.org.uk/activities.html</a>  01349 884896  info@wedtendcommunitycentre.org.uk</p>	Interest
<p><b>amaSing</b>  Park House Studio, The Square, STRATHPEFFER  <a href="http://www.amasing.co.uk">www.amasing.co.uk</a>  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><b>Avoch Heritage Association</b>  Wester Brig, Henrietta Street, Avoch  <a href="http://www.avoch.org/">http://www.avoch.org/</a>  jamiann@sagainternet.co.uk</p>	Interest
<p><b>Black Isle Antiques Society</b>  Bogallan Cottage, North Kessock  <a href="http://www.black-isle.info/black-isle-antiques-society">http://www.black-isle.info/black-isle-antiques-society</a>  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><b>Black Isle Country Music Club</b>  <a href="https://www.facebook.com/Black-Isle-Country-Music-Club-126935977359288/">https://www.facebook.com/Black-Isle-Country-Music-Club-126935977359288/</a>  07521 904 436  nhe@mail.com</p>	Interest
<p><b>Black Isle Lapidary Club</b>  1 Castle Street, Fortrose  Tel: 07983255105  sandy.wallace@global-resources.co.uk</p>	Interest

<p><b>Black Isle Singers</b>  <a href="http://www.spanglefish.com/blackislesingers">www.spanglefish.com/blackislesingers</a>  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><b>Black Isle Writers group</b>  Fortrose Library  <a href="http://www.blackislewriters.org/index.asp">http://www.blackislewriters.org/index.asp</a>  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><b>Canine Concerns Dog Training Club</b>  Killen Smithy, Killen, Avoch  <a href="http://www.canineconcerns.co.uk/">http://www.canineconcerns.co.uk/</a>  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 &amp; workshops such as Flyball, Agility, Trick Training, Keen K9's and Scentwork. Clicker training is also supported. Canine Concerns also offers a reliable, friendly &amp; professional DOG WALKING &amp; PET CARE SERVICE in &amp; around the Inverness area.</p>	<p>Interest</p>
<p><b>Creativity in Care</b>  Suite 333, number 24, Station Square, Inverness  <a href="http://creativityincare.org/">http://creativityincare.org/</a>  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><b>Cromarty – Urquhart Snooker Club</b>  Meets in Bank Stree  <a href="http://www.cromartylive.co.uk/organisations.asp">http://www.cromartylive.co.uk/organisations.asp</a>  01381 600362  kenneth@kmacfarlanr.wanadoo.co.uk</p>	<p>Interest</p>
<p><b>Cromarty and Resolis film society and film festival</b>  <a href="http://www.cromartyandresolisfilmsociety.org">www.cromartyandresolisfilmsociety.org</a>  <a href="mailto:info@cromartyandresolisfilmsociety.org">info@cromartyandresolisfilmsociety.org</a>  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><b>Cromarty Art Trust</b>  Ardyne, Bank Street, Cromarty  <a href="http://www.cromartyartstrust.org.uk">www.cromartyartstrust.org.uk</a>  01381 600354  <a href="mailto:info@cromartyartstrust.org.uk">info@cromartyartstrust.org.uk</a>  Various community based activities including events, workshops etc. Please check out the website for more information.</p>	<p>Interest</p>
<p><b>Cromarty Court House Museum</b>  Cromarty Courthouse, church Street, Cromarty  <a href="http://www.cromarty-courthouse.org.uk/">http://www.cromarty-courthouse.org.uk/</a>  01381 600418  cromartycourthouse@gmail.com</p>	<p>Interest</p>



<p><b>Cromarty Camera Club</b>  Victoria Hall, Comarty  <a href="http://www.cromartycameraclub.com">www.cromartycameraclub.com</a>  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, 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>	Interest
<p><b>Cromarty History Society &amp; Friends of Cromarty Courthouse</b>  <a href="http://www.cromartyhistory.scot/index.asp">http://www.cromartyhistory.scot/index.asp</a>  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><b>Dingwall &amp; District Beekeepers Association</b>  <a href="http://www.dingwallbeekeepers.org/">http://www.dingwallbeekeepers.org/</a>  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><b>Dingwall &amp; District Bridge Club</b>  Tulloch Castle Hotel  <a href="http://www.bridgewebs.com/cgi-bin/bwok/bw.cgi?club=dingwall&amp;pid=display_home">http://www.bridgewebs.com/cgi-bin/bwok/bw.cgi?club=dingwall&amp;pid=display_home</a>  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><b>Dingwall Art Group</b>  Dingwall Community Centre  <a href="http://www.dingwallcommunitycentre.com/">http://www.dingwallcommunitycentre.com/</a>  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><b>Dingwall Camera Club</b>  Eagle House, High Street, , Dingwall  <a href="http://www.dingwallcameraclub.com/">http://www.dingwallcameraclub.com/</a>  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><b>Dingwall Choral Society</b>  <a href="http://www.dingwallchoralsociety.co.uk/">http://www.dingwallchoralsociety.co.uk/</a>  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](mailto:info@dingwallgaelicchoir.co.uk)

**Dingwall History Society** Interest  
 4 Castle Gardens, Dingwall  
[dmacdon42@aol.com](mailto:dmacdon42@aol.com)

**Dingwall Players Drama Group** Interest  
[www.dingwallplayers.org](http://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](mailto: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](mailto: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><b>Fortrose and Rosemarkie Local History group</b>  <a href="http://www.spanglefish.com/fortroseandrosemarkiehistorygroup/">http://www.spanglefish.com/fortroseandrosemarkiehistorygroup/</a>  <a href="mailto:fortrosemarkie.localhistory@virgin.net">fortrosemarkie.localhistory@virgin.net</a>  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><b>Fortrose Library Reading Group</b>  Fortrose Library  <a href="https://www.highlifehighland.com/libraries/fortrose-community-library/">https://www.highlifehighland.com/libraries/fortrose-community-library/</a>  Tel: 01381 622235  <a href="mailto:fortrose.library@highlifehighland.com">fortrose.library@highlifehighland.com</a>  First Wednesday of each month, afternoon and evening</p>	Interest
<p><b>Friday Craft Group for Adults</b>  Dingwall Community Centre  <a href="http://www.dingwallcommunitycentre.com/">http://www.dingwallcommunitycentre.com/</a>  01997 421325  Fridays 7.00pm - 9.00pm</p>	Interest
<p><b>Friends Of Highland Music - Slow Jam Nights</b>  Ness Bank Church Hall, Inverness  <a href="http://www.friends-of-highland-music.org/">http://www.friends-of-highland-music.org/</a>  01381 620412  <a href="mailto:jean.fleetwood@btinternet.com">jean.fleetwood@btinternet.com</a>  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><b>Garrick Singers</b>  <a href="https://www.facebook.com/pg/garricksingers/about/?ref=page_internal">https://www.facebook.com/pg/garricksingers/about/?ref=page_internal</a>  Meets every Thursday evening between Spetember and March</p>	Interest
<p><b>Groam House Museum</b>  High Street, Rosemarkie,  <a href="http://www.groamhouse.org.uk/">http://www.groamhouse.org.uk/</a>  01463 811883  <a href="mailto:curator@groamhouse.org.uk">curator@groamhouse.org.uk</a>  Lectures and volunteering opporntnities at the Pictish Museum</p>	Interest
<p><b>Highland Accordion And Fiddle Club Inverness</b>  The Waterside Hotel, Inverness  <a href="http://www.hafc-inverness.co.uk/">http://www.hafc-inverness.co.uk/</a>  01463 231929  <a href="mailto:hafciverness@gmail.com">hafciverness@gmail.com</a>  Third Monday of each month - September through to May</p>	Interest
<p><b>Highland Felt Makers for Adults</b>  Dingwall Community Centre  <a href="http://www.dingwallcommunitycentre.com/">http://www.dingwallcommunitycentre.com/</a>  01463 761268  10.00am - 4.00pm. (Last Saturday of the month)</p>	Interest
<p><b>Highland Livestock Heritage Society</b>  c/o dingwall and highland marts,humberston dingwall IV15 9TP  <a href="mailto:info@dingwallmart.co.uk">info@dingwallmart.co.uk</a></p>	Interest
<p><b>Highland Members Centre Of The National Trust For Scotland</b>  <a href="http://www.ntscentres.org.uk/highland.html">http://www.ntscentres.org.uk/highland.html</a>  01349 861023  <a href="mailto:highlandnts@gmail.com">highlandnts@gmail.com</a>  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><b>Highland Senior Citizens Network</b>  Box 301, 24 Station Square, Inverness,  <a href="http://www.hscn.co.uk/">http://www.hscn.co.uk/</a>  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 &amp; Strathspey, Lochaber and Skye and Lochalsh.</p>	Interest
<p><b>Highland Wood Turners Club</b>  Munloch Hall, Millbank Road, Munloch  <a href="http://www.highland-woodturners.org.uk/">http://www.highland-woodturners.org.uk/</a>  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>	Interest
<p><b>Highland Zen Group</b>  <a href="http://www.spanglefish.com/HighlandZenGroup/index.asp?pageid=268839">http://www.spanglefish.com/HighlandZenGroup/index.asp?pageid=268839</a>  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>	Interest
<p><b>Hugh Millar Cottage &amp; Museum</b>  Church Street, Cromarty  <a href="https://www.nts.org.uk/visit/places/hugh-millers-birthplace">https://www.nts.org.uk/visit/places/hugh-millers-birthplace</a>  01381 600245  millermuseum@nts.org.uk  Open March through to September. Possible volunteering opportunities, this would need to be checked at the time.</p>	Interest
<p><b>Invergordon Library Traditional Board Games</b>  High Street, Invergordon  <a href="http://highlifehighland.com/libraries/invergordon-library">http://highlifehighland.com/libraries/invergordon-library</a>  01349 852698  invergordon.library@highlifehighland.com  Monday 10am - 12noon  Refresh your memory – relearn how to play Chess, Backgammon, Snakes &amp; 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><b>Invergordon Masonic Lodge</b>  Masonic Lodge, Outram Street, Invergordon  <a href="http://lodgeness.co.uk/">http://lodgeness.co.uk/</a>  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><b>Inverness and District Model Railway Club</b>  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, &amp; 0 Gauge, which are available to run your own stock on, or help other members.  New members can question &amp; 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><b>Moray Firth Ringcraft Club</b>  North Kessock Hall, North Kessock  01463 729416  urray.labs1@btinternet.com  every Sunday at North Kessock Hall between 3.00 and 5.00pm.</p>	Interest

<p><b>Inverness Field Club</b>  Meet at Millburn Academy, Inverness  <a href="http://www.invernessfieldclub.org.uk/index.asp">http://www.invernessfieldclub.org.uk/index.asp</a>  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><b>Muir of Ord - Singing for fun</b>  <a href="https://www.facebook.com/Singing-for-Fun-Muir-of-Ord-142777855893242/">https://www.facebook.com/Singing-for-Fun-Muir-of-Ord-142777855893242/</a>  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><b>Muir of Ord Craft Group</b>  The Muir Hub  1.30pm - 3.00pm on the second Tuesday of the month  £2.00 charge with 20p for tea</p>	Interest
<p><b>Muir of Ord Gardening Group</b>  <a href="https://www.facebook.com/MuirofOrdGardeningClub/">https://www.facebook.com/MuirofOrdGardeningClub/</a>  muirofordgardeners@hotmail.co.uk  No website. Informaiton available through their Facebook page</p>	Interest
<p><b>Multicultural Centre</b>  1 Ardconnel Terrace, Inverness  <a href="https://www.facebook.com/pg/iv2shimca3aeASS/about/?ref=page_internal">https://www.facebook.com/pg/iv2shimca3aeASS/about/?ref=page_internal</a>  07595895450  shimca.org.uk@gmail.com  Afterschool Club, Luncheon Club, English Class, Traditional Fan &amp; Ribbon Dance Group, handle China Visa applications and rooms for hire.</p>	Interest
<p><b>North Kessock &amp; District local history Society</b>  Bowling Club, Ferry Brae, North Kessock, Ross-Shire, IV1 3YH  <a href="http://www.northkessockhistory.com">www.northkessockhistory.com</a>  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><b>North Kessock Gaelic Singing Group</b>  North Kessock Hall, North Kessock  <a href="http://www.kessock-hall.net">www.kessock-hall.net</a>  Tel: 01463 811351  kessock-hall@points-north.net</p>	Interest
<p><b>Portmahmack Craft Club</b>  Carnegie Hall, Portmahomack  <a href="http://www.portmahomackcommunity.org.uk/index.asp?pageid=436636">http://www.portmahomackcommunity.org.uk/index.asp?pageid=436636</a>  01862 871257  Fortnightly on Thursdays 2.00pm - 4.00pm</p>	Interest
<p><b>Royal Burgh of Tain Pipe Band</b>  34 st vincent rd, tain  <a href="http://tainpipeband.co.uk/">http://tainpipeband.co.uk/</a>  Contact through the website</p>	Interest

<p><b>Ross &amp; Cromarty Heritage Society</b>  Amenities Centre, Back Road, Maryburgh  <a href="http://www.rossandcromartyheritage.org/">www.rossandcromartyheritage.org/</a>  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><b>Ross-Shire Writers</b>  Urquhart Road, Dingwall  <a href="http://www.spanglefish.com/ross-shirewriters/">http://www.spanglefish.com/ross-shirewriters/</a>  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><b>Scottish Wildlife Trust (Highland)</b>  Glaikmore, North Kessock , , Inverness  <a href="https://scottishwildlifetrust.org.uk/local-group/north-of-scotland/">https://scottishwildlifetrust.org.uk/local-group/north-of-scotland/</a>  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><b>Seaboard - Corena's Self Defense</b>  Seaboard Memorial Hall, Balintore  <a href="http://www.seaboardcentre.com/regular-group-users/corena.mitchell77@gmail.com">http://www.seaboardcentre.com/regular-group-users/corena.mitchell77@gmail.com</a>  Tuesdays 4.45pm - 5.45pm  Corena runs a martial arts group for children from Primary through to Secondary school.</p>	<p>Interest</p>
<p><b>Seaboard Art Class</b>  Seaboard Memorial Hall, Balintore  <a href="http://www.seaboardcentre.com/regular-group-users/">http://www.seaboardcentre.com/regular-group-users/</a>  01862 832888  Wednesday 10am - 12noon  Contact the hall for more details</p>	<p>Interest</p>
<p><b>Seaboard Craft Crew</b>  Seaboard Memorial Hall, Balintore  <a href="http://www.seaboardcentre.com/regular-group-users/">http://www.seaboardcentre.com/regular-group-users/</a>  01862 832888  maureen@seaboardcentre.com  Monday 10.30am - 12.30am</p>	<p>Interest</p>
<p><b>Seaboard Sessions (Music club)</b>  Seaboard Memorial Hall, Balintore  <a href="http://www.seaboardcentre.com/regular-group-users/">http://www.seaboardcentre.com/regular-group-users/</a>  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.</p>	<p>Interest</p>

**Tain & District Flower Club**

Interest

Tain Parish Hall

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



<p><b>Alness Batist Church - Lunch Club</b>          Firhill, Alness, IV17 ORX  <a href="http://www.alnessbc.org.uk/">http://www.alnessbc.org.uk/</a>          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><b>Alness Senior Citizens' Friendship Club</b>          The Perrins Centre, Alness          01349 882402</p>	Social
<p><b>Ardross hall – luncheon club</b>          Ardoss Hall  <a href="http://www.ardrosshall.org/Regular_Activities.html">http://www.ardrosshall.org/Regular_Activities.html</a>          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><b>Capstone Lunch Club</b>          Capstone, Alness  <a href="http://www.rosskeenfreechurch.co.uk/events">http://www.rosskeenfreechurch.co.uk/events</a>          01349 852406          Wednesdays 12noon - 2pm</p>	Social
<p><b>Carefree Club (Senior Citizens)</b>          North Kessock Hall, North Kessock          01463 731513</p>	Social
<p><b>Contact The Elderly</b>          Various  <a href="https://www.contact-the-elderly.org.uk/about-us/locations">https://www.contact-the-elderly.org.uk/about-us/locations</a>          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><b>Cornerstone (Highland)</b>          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><b>Cromarty Fourways Club</b>          Victoria Hall, Comarty  <a href="http://www.cromartylive.co.uk/organisations.asp">http://www.cromartylive.co.uk/organisations.asp</a>          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><b>Cromarty Monday Lunch Club</b>          Tel: 01381 600230          info@cromartyarms.com</p>	Social
<p><b>Culbokie friendship club</b>          01349 877435          alister@ajrose.plus.com</p>	Social

<p><b>Culbokie Friendship Group</b> Findon Hall, Culbokie <a href="https://blackislecares.com/activities/">https://blackislecares.com/activities/</a> 01349 877435</p>	Social
<p><b>Dingwall Baptist Church Bite 'n' Blether Group</b> Dingwall Baptist Church, Tulloch Street, Dingwall <a href="http://dbc.org.uk/">http://dbc.org.uk/</a> 01349 292256 Contact through website Tuesday 6.30pm - 8.00pm Free soup and refreshments, friendly atmosphere and all welcome</p>	Social
<p><b>Dingwall Friday Lunch Club</b> Dingwall Community Centre <a href="http://www.dingwallcommunitycentre.com/index.asp?pageid=282004">http://www.dingwallcommunitycentre.com/index.asp?pageid=282004</a> 01349 864600 Tel: 01349 864600</p>	Social
<p><b>Dingwall Pheonix Club</b> Dingwall Community Centre <a href="http://www.dingwallcommunitycentre.com/index.asp?pageid=282004">http://www.dingwallcommunitycentre.com/index.asp?pageid=282004</a> 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><b>Dingwall Reading Group</b> Dingwall Library, Dingwall Academy, Newton Road Dingwall <a href="https://www.emergents.co.uk/wp-content/uploads/2013/07/Emergents-Info-Sheet-Writers-and-Readers-Groups.pdf">https://www.emergents.co.uk/wp-content/uploads/2013/07/Emergents-Info-Sheet-Writers-and-Readers-Groups.pdf</a> 01349 869869 <a href="mailto:dingwall.library@highlifehighland.com">dingwall.library@highlifehighland.com</a> Group 1 last Tuesday of each month, 7.00 - 8.30pm &amp; 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><b>Fortrose and Rosemarkie Friendship Club</b> Seaforth lodge, Fortrose <a href="https://blackislecares.com/activities/">https://blackislecares.com/activities/</a> 01381 620816 <a href="mailto:jmajoriet@live.co.uk">jmajoriet@live.co.uk</a> Wednesday 2.00pm</p>	Social
<p><b>Fortrose and Rosemarkie Lunch Club</b> The Eilean Dubh <a href="http://www.fortrosegolfclub.co.uk">www.fortrosegolfclub.co.uk</a> (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><b>Invergordon church of Scotland Bite and Blether</b> Castle Road, Invergordon, Ross-shire IV18 0AZ <a href="http://www.invergordonparishchurch.org.uk/index.htm">http://www.invergordonparishchurch.org.uk/index.htm</a> <a href="mailto:invergordonparishchurch@live.co.uk">invergordonparishchurch@live.co.uk</a> Mondays 2.00pm - 4.30pm</p>	Social
<p><b>Invergordon church of Scotland Soup Lunch</b> Castle Road, Invergordon, Ross-shire IV18 0AZ <a href="http://www.invergordonparishchurch.org.uk/index.htm">http://www.invergordonparishchurch.org.uk/index.htm</a> <a href="mailto:invergordonparishchurch@live.co.uk">invergordonparishchurch@live.co.uk</a> Last Thursday of the Month 12.30pm - 2.00pm</p>	Social

<p><b>Invergordon Library Knit and Natter Group</b>  High Street, Invergordon  <a href="http://highlifehighland.com/libraries/invergordon-library">http://highlifehighland.com/libraries/invergordon-library</a>  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><b>Muir of Ord Over 60s club</b>  Village Hall  01463 870955  Thursday 10am - 12 noon</p>	Social
<p><b>Muir Of Ord Scrabble Club</b>  Church Hall, Seaforth Road, Muir of Ord  01463 870077 / 01463 870259  alantstewart@gmail.com  2pm - 4pm Monday afternoon  Friendly Scrabble Club.</p>	Social
<p><b>North Kessock Care Free Club</b>  North Kessock Village Hall  www.kessock-hall.net  Tel: 01463 811949  Wednesdays 2.00pm - 4.00pm (winter months only)</p>	Social
<p><b>Phoenix Group (over 50s)</b>  Dingwall Community Centre  <a href="http://www.dingwallcommunitycentre.com/">http://www.dingwallcommunitycentre.com/</a>  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><b>Portmahomack Ladies Club</b>  Carnegie Hall, Portmahomack  <a href="http://www.portmahomackcommunity.org.uk/index.asp?pageid=436632">http://www.portmahomackcommunity.org.uk/index.asp?pageid=436632</a>  01862 871791  Second Tuesday of each month 7.30pm</p>	Social
<p><b>Portmahomack Over 60s Club</b>  Carnegie Hall, Portmahomack  <a href="http://www.portmahomackcommunity.org.uk/index.asp?pageid=436638">http://www.portmahomackcommunity.org.uk/index.asp?pageid=436638</a>  01862 871203  Last Monday of the month</p>	Social
<p><b>Resolis Friendship Club</b>  Wester Brae, Culbokie  Tel: 01349 877609</p>	Social
<p><b>Roskean Free Church Knit and Natter Group</b>  <a href="http://www.roskeanfreechurch.co.uk/events">http://www.roskeanfreechurch.co.uk/events</a>  Thursdays 10.30am - 12.30pm</p>	Social
<p><b>Seaboard Over 60's Group</b>  Seaboard Hall, East Street, Balintore  <a href="http://www.seaboardcentre.com/regular-group-users/">http://www.seaboardcentre.com/regular-group-users/</a>  01862 832 888  dsladh@aol.com  Please contact for more details</p>	Social

<p><b>St Clement's Church Soup Lunch</b>          St. Clements, 17 Castle Street, DINGWALL  <a href="https://dingwallstclements.wordpress.com/">https://dingwallstclements.wordpress.com/</a>          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><b>Strathpeffer Lunch Club</b>          Strathpeffer Highland Hotel  <a href="http://www.strathpeffer.org/content/strathpeffer-lunch-club">http://www.strathpeffer.org/content/strathpeffer-lunch-club</a>          rosreid@hotmail.co.uk          Thursday 11.45am to 1.30pm</p>	Social
<p><b>Strathpeffer Men's Shed</b>          01997 421 109          strathresidents@hotmail.co.uk</p>	Social
<p><b>Tain Over-60s club</b>          Duthac Centre, Tain, IV19 1BQ  <a href="http://www.tain.org.uk/tain_over-60s_club">http://www.tain.org.uk/tain_over-60s_club</a>          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><b>The Mercat Centre, Bingo Night</b>          The Mercat Centre, Munro Crescent, Milton, IV18 0PX  <a href="https://sites.google.com/site/miltonmercatcentre/home">https://sites.google.com/site/miltonmercatcentre/home</a>          01866 842499          kalemercat@yahoo.com          Every Monday evening 7:00pm for a 7:30pm start, finishes at 9:00pm. All welcome!</p>	Social
<p><b>The Mercat Centre, Chatty Crafters</b>          The Mercat Centre, Munro Crescent, Milton, IV18 0PX  <a href="https://sites.google.com/site/miltonmercatcentre/home">https://sites.google.com/site/miltonmercatcentre/home</a>          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><b>The Mercat Centre, Winter Friends Lunch Club</b>          The Mercat Centre, Munro Crescent, Milton, IV18 0PX  <a href="https://sites.google.com/site/miltonmercatcentre/home">https://sites.google.com/site/miltonmercatcentre/home</a>          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><b>Alness Ki-Aikido Club</b>          Kendal Crescent, Alness          01349 852367</p>	Social & Active
<p><b>Culbokie Indoor bowling club</b>          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><b>Fortrose Dance Class For Over 50s</b>  Black Isle Leisure Centre  <a href="http://www.keepactive.net/enquiries.html?+329+activity+Dancing">http://www.keepactive.net/enquiries.html?+329+activity+Dancing</a>  01381 622553  Contact through website  Monday 10am - 11pm  £5 per session but first lesson is free</p>	<p>Social &amp; Active</p>
<p><b>Fortrose Scottish country dancing group</b>  Gordon memorial Hall, Courthill Road, , Rosemarkie  <a href="http://www.fortrosemarkie.org/grp_dance.htm">http://www.fortrosemarkie.org/grp_dance.htm</a>  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 &amp; Active</p>
<p><b>Fortrose Walking Group (Step it up Highlands)</b>  <a href="http://www.pfw.org.uk">www.pfw.org.uk</a>  Tel: 01381 620484  joan.maxwell@shorelands.co.uk</p>	<p>Social &amp; Active</p>
<p><b>Muir of Ord - Table Tennis (50+)</b>  Free Church Hall, Muir of Ord  <a href="http://www.spanglefish.com/MuirofOrdPensionersTableTennisClub/">http://www.spanglefish.com/MuirofOrdPensionersTableTennisClub/</a>  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 &amp; Active</p>
<p><b>Muir of Ord Country Dancing Club</b>  Church of Scotland, Muir of Ord  01463 870860  Monday 7.30pm - 9.30pm</p>	<p>Social &amp; Active</p>
<p><b>Muir Of Ord Outdoor Bowling Club</b>  <a href="https://muiroford.org.uk/bowling-club/">https://muiroford.org.uk/bowling-club/</a>  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 &amp; Active</p>
<p><b>Muir of Ord Walking Group</b>  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 &amp; Active</p>
<p><b>Munlochy Badminton Club</b>  Munlochy Hall, Millbank Road, Munlochy  <a href="http://www.spanglefish.com/munlochyhall/index.asp?pageid=176758">http://www.spanglefish.com/munlochyhall/index.asp?pageid=176758</a>  01463 811171  Tuesday 8.00pm - 10pm  Adults Group.</p>	<p>Social &amp; Active</p>

<p><b>Munlochy Country Dancing</b>  Munlochy Hall, Millbank Road, Munlochy  <a href="http://www.spanglefish.com/munlochyhall">http://www.spanglefish.com/munlochyhall</a>  01381 620374  culdee@btinternet.com  Wednesdays 7.00pm - 10.00pm</p>	<p>Social &amp; Active</p>
<p><b>Munlochy Scottish country dancing</b>  Munlochy Hall, Millbank Road, Munlochy  <a href="http://www.spanglefish.com/munlochyhall/index.asp?pageid=176758">http://www.spanglefish.com/munlochyhall/index.asp?pageid=176758</a>  01381 620374  culdee@btinternet.com  Wednesdays 7.30pm - 10pm</p>	<p>Social &amp; Active</p>
<p><b>North Kessock Scottish Country Dancing</b>  North Kessock Village Hall  Tel: 01463 225481  Tuesday 7.00pm - 8.30pm</p>	<p>Social &amp; Active</p>
<p><b>Resolis Indoor Bowling Club</b>  4 Newhall, Balblair, Dingwall  Tel: 01381 610283  Monday 7.00pm - 9.00pm, (Winter Months)</p>	<p>Social &amp; Active</p>
<p><b>Strathpeffer Community Centre</b>  Strathpeffer Community Centre, School Road, IV14 9AG  <a href="http://www.strathpeffercommunitycentre.org.uk">http://www.strathpeffercommunitycentre.org.uk</a>  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>	<p>Social &amp; Active</p>
<p><b>Uquhart Snooker Club</b>  Meets in Bank Stree  01381 600362  kenneth@kmacfarlane.wanadoo.co.uk</p>	<p>Social &amp; Active</p>
<p><b>Alness Angling Club</b>  <a href="http://www.alnessanglingclub.com/index.asp">http://www.alnessanglingclub.com/index.asp</a>  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>	<p>Sport &amp; Outdoor Activity</p>
<p><b>Alness Area Jog Scotland</b>  Alness Academy Carpark  <a href="https://jogscotland.org.uk/joggers/find-your-nearest-jog-group/">https://jogscotland.org.uk/joggers/find-your-nearest-jog-group/</a>  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>	<p>Sport &amp; Outdoor Activity</p>
<p><b>Alness Curling Club</b>  Stanegarth, Springfield Terrace, Alness  <a href="http://www.alness.com/alness-curling-club">http://www.alness.com/alness-curling-club</a>  01349 883590  Please contact Bob Baxter for more information</p>	<p>Sport &amp; Outdoor Activity</p>
<p><b>Alness Judo Club</b>  Averon Leisure Centre, High Street, Alness, IV17 0QB &amp; 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 &amp; Outdoor Activity</p>

<p><b>Alness Hillwalkers Club</b>  <a href="http://www.spanglefish.com/HighlandHillwalkingClub/">http://www.spanglefish.com/HighlandHillwalkingClub/</a>  <a href="mailto:highlandhillwalkers@gmail.com">highlandhillwalkers@gmail.com</a></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><b>Alness Tang Soo Do (BKMAS)</b>            Alness Academy            01349 880856 or mob: 07899 804 517</p>	Sport & Outdoor Activity
<p><b>Ardross Alness Bowling Club</b>            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><b>Averon Lesiure Centre</b>            Alness  <a href="https://www.highlifehighland.com/averon-leisure-centre/all-classes/">https://www.highlifehighland.com/averon-leisure-centre/all-classes/</a>            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><b>Avoch Community Centre</b>            Avoch Community Centre, Old Mill Road, Avoch, IV9 8PS  <a href="https://avochcommunitycentre.wordpress.com/">https://avochcommunitycentre.wordpress.com/</a>            07974081937  <a href="mailto:bookings@avochseascouts.org.uk">bookings@avochseascouts.org.uk</a>            Local activities include: Cubs, Sea Scouts, Toddlers Group, Football, Slimmers World, Men's Shed. Contact directly for more information</p>	Sport & Outdoor Activity
<p><b>Avoch Community Rowing Club (Skifties)</b>  <a href="http://theskifties.com/">http://theskifties.com/</a>            Tel: 07917 525798  <a href="mailto:blackisleskiff@gmail.com">blackisleskiff@gmail.com</a>            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>	Sport & Outdoor Activity
<p><b>Avoch Football Club</b>            Coronation Park, Avoch  <a href="https://www.westsidefootballclub.co.uk/">https://www.westsidefootballclub.co.uk/</a>            emailed though website</p>	Sport & Outdoor Activity
<p><b>Avoch Indoor Bowling Club</b>            7 Margaret Street, Avoch  <a href="http://www.spanglefish.com/blackisleanddistrictindoorbowlingleague/index.asp?pageid=86853">http://www.spanglefish.com/blackisleanddistrictindoorbowlingleague/index.asp?pageid=86853</a>            01349 883950</p>	Sport & Outdoor Activity
<p><b>Avoch Lawn Bowling Club</b>            Burnside Cottage, Avoch  <a href="http://bowlsclub.org/club/2235/">http://bowlsclub.org/club/2235/</a>            Tel: 01381 620603</p>	Sport & Outdoor Activity
<p><b>Black Isle Community Centre</b>            Deans Road, , , Fortrose  <a href="http://highlifehighland.com/leisure-facilities/black-isle-leisure-centre">http://highlifehighland.com/leisure-facilities/black-isle-leisure-centre</a>            01381 621252  <a href="mailto:blackisle.leisurecentre@highland.gov.uk">blackisle.leisurecentre@highland.gov.uk</a></p>	Sport & Outdoor Activity

**Bass Korean Martial Art School**

Sport &amp; 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 &amp; 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 &amp; 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 &amp; Outdoor Activity

Dalriada, Wester Templand, , Fortrose

[www.caledonianridingclub.co.uk](http://www.caledonianridingclub.co.uk)

01381 620027

caledonianrc@aol.com

Horse Riding lessons (Paid For)

**Cameron's School of Martial Arts**

Sport &amp; 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 &amp; Outdoor Activity

[www.chanonry.org.uk](http://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 &amp; Outdoor Activity

Cromarty Bowling Club, The Causeway, Cromarty

[www.cromartybowling.co.uk](http://www.cromartybowling.co.uk)

01349 877497

rita.storr@btconnect.com



**Chapelton Equestrian Centre**

Sport &amp; Outdoor Activity

Chapelton Equestrian Centre, , , Muir of Ord  
<http://www.chapeltonequestriancentre.co.uk/>  
 01463 871061  
[info@chapeltonequestriancentre.co.uk](mailto: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 &amp; 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 &amp; Outdoor Activity

[www.cromartyboatclub.org](http://www.cromartyboatclub.org)  
 07720046107  
[info@cromartyboatclub.org](mailto: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 &amp; 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 &amp; Outdoor Activity

Bowling Green, Cromarty  
<http://cromartybowling.co.uk/>  
[a.k.e.g.wilson@btinternet.com](mailto: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 &amp; 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 &amp; Outdoor Activity

Culbokie Park, Culbokie  
<https://www.facebook.com/CulbokieAFC/>  
 07766525441  
[dmncmack@btinternet.com](mailto:dmncmack@btinternet.com)

**Dingwall Bowling Club**

Sport &amp; Outdoor Activity

Pefferside Park, Dingwall  
 01349 862372

<p><b>Dingwall Leisure Centre</b>  <a href="https://www.highlifehighland.com/dingwall-leisure-centre/all-classes/">https://www.highlifehighland.com/dingwall-leisure-centre/all-classes/</a>  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 &amp; Body Tone</p>	Sport & Outdoor Activity
<p><b>Easter Ross Archers</b>  Tain Rifle and Pistol Club Range, Tain  07725725675  Sheilabrown61@hotmail.com  Wednesdays 1900 - 2130  Aged over 8 years</p>	Sport & Outdoor Activity
<p><b>Easter Ross Archery Club</b>  Seaboard Memorial Hall, Balintore  <a href="http://www.seaboardcentre.com/regular-group-users/">http://www.seaboardcentre.com/regular-group-users/</a>  01863 832888  info@seaboardcentre.com  Wednesday 7.00pm - 9.00pm  Open to all ages and abilities</p>	Sport & Outdoor Activity
<p><b>Fairburn Activity &amp; Conference Centre Ltd</b>  Marybank, Muir of Ord  <a href="http://www.fairburnactivitycentre.co.uk/">http://www.fairburnactivitycentre.co.uk/</a>  01997 433397  enquiries@fairburncentre.com  Offer a wide range of activities (all with attached costs.)</p>	Sport & Outdoor Activity
<p><b>Fortrose &amp; Rosemarkie Bowling &amp; Tennis Club</b>  7 Alexander Court, Fortrose  <a href="http://www.spanglefish.com/FortroseandRosemarkieTennisClub/">http://www.spanglefish.com/FortroseandRosemarkieTennisClub/</a>  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 Bakering 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><b>Highland Ki Society</b>  Kendal Crescent, Alness, IV17 0UG  <a href="http://www.highlandkisociety.co.uk/">http://www.highlandkisociety.co.uk/</a>  01349 880473  Mondays 1900 -2100 &amp; 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><b>Invergordon Amateur Football Club</b>  Play at the recreation grounds in Invergordon  <a href="http://northcaleyfa.co.uk/club.php?id=3">http://northcaleyfa.co.uk/club.php?id=3</a>  01862 842926  campbell202@btinternet.com  Amature Football Club playing in the North Caledonian League</p>	Sport & Outdoor Activity

<p><b>Invergordon Boating Club</b>  <a href="http://www.invergordonboatingclub.org.uk/">http://www.invergordonboatingclub.org.uk/</a>  01381 620802  ian.kitchingham@btinternet.com</p>	Sport & Outdoor Activity
<p>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!</p>	
<p><b>Invergordon Bowling Club</b>  2 Station Rd, Invergordon IV18 0RY  <a href="http://www.spanglefish.com/invergordonbowlingclub/">http://www.spanglefish.com/invergordonbowlingclub/</a>  Tel: 01349 853051</p>	Sport & Outdoor Activity
<p>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.</p>	
<p><b>Invergordon Judo Club</b>  Invergordon Leisure Centre, Academy Road, IV18 0LD  <a href="http://www.invergordonjudoclub.co.uk/index.html">http://www.invergordonjudoclub.co.uk/index.html</a>  info@invergordonjudoclub.co.uk</p>	Sport & Outdoor Activity
<p>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</p>	
<p><b>Invergordon Lesiure Centre</b>  <a href="https://www.highlifehighland.com/invergordon-leisure-centre/all-classes/">https://www.highlifehighland.com/invergordon-leisure-centre/all-classes/</a>  01349 85689</p>	Sport & Outdoor Activity
<p>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.</p>	
<p><b>Muir of Ord Fitfellas</b>  Church of Scotland, Muir of Ord  07746951151</p>	Sport & Outdoor Activity
<p>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.</p>	
<p><b>Munlochy Table Tennis</b>  Munlochy Hall, Millbank Road, Munlochy  <a href="http://www.spanglefish.com/munlochyhall/index.asp?pageid=176759">http://www.spanglefish.com/munlochyhall/index.asp?pageid=176759</a>  01463 811171</p>	Sport & Outdoor Activity
<p>Monday 8.00pm - 10.00pm  Over 16s.</p>	
<p><b>North Kessock Bowling</b>  Ferry Brae, North Kessock, Ross-Shire, IV1 3YH  Tel: 01463 731521</p>	Sport & Outdoor Activity
<p><b>Portmahomack Indoor Bowls</b>  Carnegie Hall, Portmahomack  <a href="http://www.portmahomackcommunity.org.uk/index.asp?pageid=436635">http://www.portmahomackcommunity.org.uk/index.asp?pageid=436635</a>  01862 871203</p>	Sport & Outdoor Activity
<p>Wednesday 2.00pm - 4.00pm</p>	
<p><b>Portmahomack Keep Fit for Everyone</b>  Carnegie Hall, Portmahomack  <a href="http://www.portmahomackcommunity.org.uk/index.asp?pageid=436633">http://www.portmahomackcommunity.org.uk/index.asp?pageid=436633</a>  01862 87157</p>	Sport & Outdoor Activity
<p>Wednesday 10.00am - 11.00am</p>	

<p><b>Portmahomack Otago Class</b>                  Carnegie Hall, Portmahomack  <a href="http://www.portmahomackcommunity.org.uk/index.asp?pageid=436634">http://www.portmahomackcommunity.org.uk/index.asp?pageid=436634</a>                  Wednesday 11.30am - 12.30pm</p>	<p>Sport &amp; Outdoor Activity</p>
<p><b>Portmahomack Table Tennis</b>                  Carnegie Hall, Portmahomack  <a href="http://www.portmahomackcommunity.org.uk/index.asp?pageid=436630">http://www.portmahomackcommunity.org.uk/index.asp?pageid=436630</a>                  01862 871434                  Tuesday 7.30pm - 9.30pm; £2</p>	<p>Sport &amp; Outdoor Activity</p>
<p><b>Portmahomack Yoga Classes</b>                  Carnegie Hall, Portmahomack  <a href="http://www.portmahomackcommunity.org.uk/index.asp?pageid=436631">http://www.portmahomackcommunity.org.uk/index.asp?pageid=436631</a>                  01862 871383                  Monday 6.00pm - 7.30pm</p>	<p>Sport &amp; Outdoor Activity</p>
<p><b>Riding for the Disabled Association</b>                  Chapelto Farm Group  <a href="http://www.rda.org.uk/locations/highland-group/#">http://www.rda.org.uk/locations/highland-group/#</a>                  01463 871061                  chapeltonfarm@btinternet.com                  Groups, events and therapy are available at different groups. Please contact for more information.</p>	<p>Sport &amp; Outdoor Activity</p>
<p><b>Ross County Football Club - Various Activities</b>                  Victoria Park, Dingwall  <a href="http://www.rosscountyfootballclub.co.uk/">http://www.rosscountyfootballclub.co.uk/</a>                  Ryan.Farquhar@rosscountyfootballclub.co.uk  <u>Football Fans In Training</u> (FFIT) is a health and wellbeing initiative targeting male &amp; 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 &amp; Outdoor Activity</p>
<p><b>Ross Sutherland Rugby Club</b>                  Naval Grounds, Castle Road, Invergordon  <a href="http://www.rosssutherlandrugby.com/">http://www.rosssutherlandrugby.com/</a>                  01349 852136                  Contact through website                  Senior, Junior, Mini and Ladies teams.</p>	<p>Sport &amp; Outdoor Activity</p>
<p><b>Ross Sutherland Seniors Golf Society</b>                  Sea Craig, 22 Academy Street, , Fortrose  <a href="http://www.spanglefish.com/RSSGS/">http://www.spanglefish.com/RSSGS/</a>                  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 &amp; Rosemarkie, Muir of Ord, Brora, Invergordon, Tarbat, Alness, Strathpeffer, Tain, Golspie, Ullapool and Bonar Bridge, then you are automatically entitled to join the Ross &amp; 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 &amp; Outdoor Activity</p>
<p><b>Seaboard Indoor Bowlers</b>                  Seaboard Memorial Hall, Balintore  <a href="http://www.seaboardcentre.com/regular-group-users/">http://www.seaboardcentre.com/regular-group-users/</a>                  01862 832888                  Monday 2.00pm - 4.00pm</p>	<p>Sport &amp; Outdoor Activity</p>

**Seaboard Lau Gar KungFu- Martial Arts**

Sport &amp; 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 &amp; Outdoor Activity

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

**Step it Up Highland**

Sport &amp; 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](mailto: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 &amp; 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 &amp; Outdoor Activity

Knockbreck Road, Tain  
<https://clubspark.lta.org.uk/TainTC>  
[taintennis@gmail.com](mailto: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 &amp; 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 &amp; Outdoor Activity

<http://www.tcv.org.uk/>  
 01463 811967  
[r.thomas@tcv.org.uk](mailto: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 &amp; Information

Seaford Road Inverness  
[www.ablecare.co.uk](http://www.ablecare.co.uk)      01463 233 900      [inverness@ablecare.co.uk](mailto: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](mailto: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 &amp; Information

**Age Scotland**

Causeway House, 160 Causewayside, Edinburgh  
[www.ageuk.org.uk/scotland](http://www.ageuk.org.uk/scotland)  
 General Enquiries: 0333 32 32 400 Age Scotland Helpline: 0800 12 44 222  
[info@agescotland.org.uk](mailto: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 &amp; 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 &amp; Information

**Alcohol Counselling Service Ross & Sutherland**

St Duthus House, St Duthus St. Tain  
[www.acsrs.org.uk](http://www.acsrs.org.uk)  
 01862 894 097  
[info@acsr.org.uk](mailto: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 &amp; Information

**Alzheimer Scotland Dementia Resource Centre**

Dementia Resource Centre, Unit 2 Strother's Lane, Inverness  
[www.alzscot.org](http://www.alzscot.org)  
 01463 711707  
[Highlanddrc@alzscot.org](mailto:Highlanddrc@alzscot.org)

Support &amp; Information

**Befrienders Highland**

[www.befriendershighland.org.uk](http://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 &amp; Information

**Birchwood Highland**

59 Tomnahurich Street, Inverness  
[www.birchwoodhighland.org.uk](http://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 &amp; Information

**Calman Trust**

Support &amp; Information

<http://www.calman.org>

Housing Support - 01349 883388

Housing Support - [doreen@calman.org](mailto:doreen@calman.org)

Training - 01349 855200

Training - [training@calman.org](mailto:training@calman.org)

H-Eatwell and Cookwell - 07730 141512

H-Eatwell and Cookwell - [food@calman.org](mailto: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 &amp; Information

Capstone, Alness

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

01348 852406

Tuesday and Friday 11am - 1pm

**Carr Gorm, Inverness**

Support &amp; Information

[www.carrgomm.org](http://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 &amp; Information

27 Lamington Street, TAIN

[www.ccast-highland.co.uk](http://www.ccast-highland.co.uk)

01862 328006 / 07708 583 962

[office@ccast-highland.co.uk](mailto: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 &amp; Information

Suie House, Market Square, Alness

Units 1 &amp; 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 &amp; Information

83 High Street, Alness

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

01349 884566

[companas@supportinmindscotland.org.uk](mailto: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 &amp; Information

83 High Street, Alness

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

01349 884566

[companas@supportinmindscotland.org.uk](mailto: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 &amp; Information

[www.connectingcarers.org](http://www.connectingcarers.org)

01463 723 561

[gmacleod@connectingcarers.org.uk](mailto: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 &amp; Information

[www.crusescotland.org.uk](http://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 &amp; Information

Church Of Scotland Parish Hall, Rose Street, Avoch

[http://www.alzscot.org/services\\_and\\_support/search/2259\\_d-caff\\_black\\_isle\\_dementia\\_caf](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 &amp; Information

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

0131 5563128 Text Phone: 0131 5570419 SMS:07775620757

[admin@deafaction.org](mailto: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



**Dingwall Dementia Carers Group**

Support &amp; Information

Dingwall Dementia Resource Centre

[https://www.alzscot.org/services\\_and\\_support/search/2260\\_dingwall\\_dementia\\_carers\\_group](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.

**Easter Ross Parkinson's Support Group**

Support &amp; Information

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.

**Friendship Services**

Support &amp; Information

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.

**Grumpy Gaspers- Invergordon hospital.**

Support &amp; Information

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

**Handyperson Scheme**

Support &amp; Information

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.

**Highland Homeless Trust (Gateway)**

Support &amp; Information

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.

**Highlife Highland Adult Literacy**

Support &amp; Information

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

**HUG Action for Mental Health**

Support &amp; Information

SPIRIT Advocaty, 23 Lotland street, Inverness

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

(01463) 719366

[hug@spiritadvocacy.org.uk](mailto: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 &amp; Information

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

[www.ilmhighland.co.uk/](http://www.ilmhighland.co.uk/)

01349 884565

[rosscare@ilmhighland.co.uk](mailto: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 &amp; 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 &amp; Information

High Street, Dingwall

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

01349 863 278

**Morning Call**

Support &amp; 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 &amp; Information

[www.pfss.org.uk](http://www.pfss.org.uk)

Tel: 0844 811 9909

[info@pfss.org.uk](mailto: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 &amp; 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 &amp; 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](mailto: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 &amp; 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 &amp; Information

[www.ross-sport.org](http://www.ross-sport.org)  
[info@ross-sport.org](mailto: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 &amp; Information

The Square, George Street, Dingwall  
<http://www.rosswa.co.uk/>  
01349 863568  
[info@rosswa.co.uk](mailto: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 &amp; 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 &amp; Information

<http://www.rsabi.org.uk>  
0300 111 4166  
[gatepost@rsabi.org.uk](mailto: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 &amp; Information

Southside Lodge. 45 Southside Road, Inverness, IV2 4XA  
<http://www.scottishhealthcouncil.org>  
01463 723930  
[highland@scottishhealthcouncil.org](mailto:highland@scottishhealthcouncil.org)

Promote and support patient involvement in public health planning.

**Shopmobility Highland**

Support &amp; 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](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](http://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](http://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](http://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><b>Adults Aerobics</b>                  Charleston Academy Community Complex, Inverness, IV3 8ET  <a href="https://www.facebook.com/pages/charleston-academy-community-complex/470408369704894">https://www.facebook.com/pages/charleston-academy-community-complex/470408369704894</a>                  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>	<p>Community</p>
<p><b>Aqua Aerobics</b>                  Inverness Leisure Centre, Bught Lane, Inverness, IV3 5SS  <a href="http://www.invernessleisure.co.uk/facilities/sports-centre">http://www.invernessleisure.co.uk/facilities/sports-centre</a>                  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>	<p>Sport &amp; Outdoor Activity</p>
<p><b>Ardersier And District Senior Citizens Social Club</b>                  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>	<p>Social</p>
<p><b>Ardersier Boat Club</b>                  61-62 High Street, Ardersier  <a href="https://www.facebook.com/ardersierboaty/">https://www.facebook.com/ardersierboaty/</a>                  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>	<p>Sport &amp; Outdoor Activity</p>
<p><b>Ardersier Lunch Club</b>                  Adersier War Memorial hall, Adersier, IV2 7SU  <a href="https://www.facebook.com/pages/Ardersier-War-Memorial-Hall/497567986981399">https://www.facebook.com/pages/Ardersier-War-Memorial-Hall/497567986981399</a>                  01667 462 701                  lunch club, social, friendship. Meets weekly in Memorial Hall. Contact Pat Barrett 01667 462 701</p>	<p>Social</p>
<p><b>Art Class</b>                  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><b>Aulnaskiach Dell SCIO</b>                  Moorlands, 11 Drummond Road, Inverness  <a href="http://aulnaskiachdell.blogspot.co.uk/">http://aulnaskiachdell.blogspot.co.uk/</a>                  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>	<p>Community</p>
<p><b>Balloch Badminton</b>                  Balloch Village Hall, IV2 7HQ  <a href="http://ballochhall.co.uk/wordpress/?page_id=32">http://ballochhall.co.uk/wordpress/?page_id=32</a>                  01463 792234                  Weekly (term time only) Thursday 7.30pm - 9pm                  Badminton club</p>	<p>Sport &amp; Outdoor Activity</p>
<p><b>Balloch Brownies</b>                  Balloch Village Hall, IV2 7HQ  <a href="http://ballochhall.co.uk/wordpress/?page_id=33">http://ballochhall.co.uk/wordpress/?page_id=33</a>                  01463 793743 jenny.card@btinternet.com                  Weekly (term time) Wednesday 5.15pm - 6.45pm</p>	<p>Children &amp; Young People</p>

<p><b>Balloch Indoor Bowling Club</b>            Balloch Village Hall, IV2 7HQ  <a href="http://ballochhall.co.uk/wordpress/?page_id=32">http://ballochhall.co.uk/wordpress/?page_id=32</a>            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><b>Balloch Toddlers</b>            Balloch Village Hall, IV2 7HQ  <a href="http://ballochhall.co.uk/wordpress/?page_id=33">http://ballochhall.co.uk/wordpress/?page_id=33</a>            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><b>Barn Church Arts and Crafts Club</b>            Barn Church, Culloden House Avenue, Culloden, Inverness, IV2 7AB  <a href="http://www.barnchurch.org.uk/whats-on/fellowship-food-fun/">http://www.barnchurch.org.uk/whats-on/fellowship-food-fun/</a>            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><b>Barn Church Coffee Morning</b>            Barn Church, Culloden House Avenue, Culloden, Inverness, IV2 7AB  <a href="http://www.barnchurch.org.uk/whats-on/fellowship-food-fun/">http://www.barnchurch.org.uk/whats-on/fellowship-food-fun/</a>            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><b>Barn Church Lunch Club</b>            Barn Church, Culloden House Avenue, Culloden, Inverness, IV2 7AB  <a href="http://www.barnchurch.org.uk/whats-on/fellowship-food-fun/">http://www.barnchurch.org.uk/whats-on/fellowship-food-fun/</a>            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><b>Beauly and District Care Project - Afternoon Teas Kilmorack</b>            Kilmorack Hall  <a href="https://kilmorackcc.org/beauly-cares/">https://kilmorackcc.org/beauly-cares/</a>            01463 782496            3rd Tuesday of the month. Cost £1.50 per person</p>	Social
<p><b>Beauly and District Care Project - Afternoon Teas Kirkhill</b>            Kirkhill Community Centre  <a href="https://kilmorackcc.org/beauly-cares/">https://kilmorackcc.org/beauly-cares/</a>            01463 782496            Last Thursday of the month, 3pm. Cost £1.50 per person</p>	Social
<p><b>Beauly and District Care Project - Lunch</b>            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

<p><b>Beauly Men's Shed</b>                  Beauly Shinty Clubhouse, beauly  <a href="https://kilmorackcc.org/beauly-cares/">https://kilmorackcc.org/beauly-cares/</a>                  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.</p>	<p>Interest</p>
<p><b>Befrienders Highland Limited</b>                  1st Floor, 42 Academy Street, Inverness  <a href="http://www.befriendershighland.org.uk">www.befriendershighland.org.uk</a>                  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.</p>	<p>Support &amp; Information</p>
<p><b>Birchwood Highland</b>                  59 Tomnahurich Street, Inverness  <a href="http://www.birchwoodhighland.org.uk">www.birchwoodhighland.org.uk</a>                  (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>	<p>Support &amp; Information</p>
<p><b>Black Isle Cares</b>                  62 Feddon Hill, Ross-shire  <a href="http://www.blackislecares.com">www.blackislecares.com</a>                  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.</p>	<p>Support &amp; Information</p>
<p><b>Black Isle Men's Shed</b>                  Ness Cottage, Ness Road, Fortrose, Highland  <a href="http://bimshed.uk/">http://bimshed.uk/</a>                  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>	<p>Interest</p>
<p><b>Blackthorn Allotments Association</b>                  83 Holm Farm Road, Inverness  <a href="https://www.facebook.com/pg/BlackthornAllotments/about/?ref=page_internal">https://www.facebook.com/pg/BlackthornAllotments/about/?ref=page_internal</a>  <a href="mailto:blackthornallotments@outlook.com">blackthornallotments@outlook.com</a></p>	<p>Interest</p>
<p><b>Blythswood Care</b>                  Blythswood Depot, Highland Deephaven, Industrial Estate, Evanton, Ross-Shire  <a href="http://www.blythswood.org">www.blythswood.org</a>                  Various volunteer roles and the charity shops also offer quality second hand goods</p>	<p>Support &amp; Information</p>
<p><b>Boleskine Community Care</b>                  Garradh Beithe, Lochgarthside, Gorthleck, Inverness, Highland  <a href="http://www.boleskine-communitycare.org.uk">www.boleskine-communitycare.org.uk</a>                  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</p>	<p>Support &amp; Information</p>
<p><b>Bridge Club</b>                  Phipps Hall, Station Road, Beauly                  01463 783774                  Tuesday 7pm - 10pm                  card games, over 50s activity, bridge</p>	<p>Interest</p>



<p><b>Caring And Sharing Highland</b>  54 Culcabock Avenue, Inverness  <a href="http://www.caringandsharing.co.uk/index.asp">http://www.caringandsharing.co.uk/index.asp</a>  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><b>Coach House Retreat Centre</b>  The Coach House, Kilmuir, North Kessock, Inverness  <a href="http://www.coachhousekilmuir.org">www.coachhousekilmuir.org</a>  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><b>Coille Alba</b>  The Old School, Erroglie, Inverness  <a href="http://www.coillealba.org.uk">www.coillealba.org.uk</a>  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><b>Comann Nam Parant (Naiseanta)</b>  5 Caolshraid Mhicheil, Inbhir Nis, Siorrachd Rois  <a href="https://www.parant.org.uk/index.php">https://www.parant.org.uk/index.php</a>  Contact through the website  national organisation which offers advice and support on Gaelic medium education to parents.</p>	Support & Information
<p><b>Cradlehall Senior Citizens Club</b>  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><b>Cradlehall Senior indoor Bowling</b>  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><b>Craigmonie Centre Adult Classes and Workshops</b>  Glen Urquhart High School, Drumnadrochit, IV63 6XA  <a href="http://www.craigmoniecentre.co.uk/index.asp?pageid=972">http://www.craigmoniecentre.co.uk/index.asp?pageid=972</a>  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><b>Craigmonie Craft Club</b>  Glen Urquhart High School, Drumnadrochit, IV63 6XA  <a href="http://www.craigmoniecentre.co.uk">www.craigmoniecentre.co.uk</a>  01456459224  fran.davidson@highlifehighland.com  7-930pm, tuesdays  a variety of crafting, tea &amp; coffee and company</p>	Interest

<p><b>Crocus Group</b>  Unit 9 &amp; 10, 20 Carsegate Road North, Carse Industrial Estate, Inverness  <a href="http://www.crocusgroup.org.uk">www.crocusgroup.org.uk</a>  01479714568  <a href="mailto:hannah@crocusgroup.org.uk">hannah@crocusgroup.org.uk</a>  helping and supporting bereaved children and young people</p>	<p>Support &amp; Information</p>
<p><b>Croileagan Gaelic Playgroup</b>  Nairn Community &amp; Arts Centre, King Street, Nairn  <a href="http://www.nairncc.co.uk">www.nairncc.co.uk</a>  01463453476  <a href="mailto:info@nairncc.co.uk">info@nairncc.co.uk</a>  mon-fri, 9.15-12.25am  gaelic nursery school.</p>	<p>Children &amp; Young People</p>
<p><b>Crown Church Band</b>  Crown Church, Kingsmills Road, Inverness, IV2 3JT  <a href="http://www.crown-church.co.uk">www.crown-church.co.uk</a>  01463 231140  Contact through the website or phone the office number given  Practices are on Monday at 7pm</p>	<p>Interest</p>
<p><b>Crown Church Choir</b>  Crown Church, Kingsmills Road, Inverness, IV2 3JT  <a href="http://www.crown-church.co.uk">www.crown-church.co.uk</a>  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><b>Crown Church Friendship Group</b>  Crown Church, Kingsmills Road, Inverness, IV2 3JT  <a href="http://www.crown-church.co.uk">www.crown-church.co.uk</a>  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><b>Crown Church Guild</b>  Crown Church, Kingsmills Road, Inverness, IV2 3JT  <a href="http://www.crown-church.co.uk">http://www.crown-church.co.uk</a>  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><b>Crown Church Knit and natter</b>  Crown Church, Kingsmills Road, Inverness, IV2 3JT  <a href="http://www.crown-church.co.uk">www.crown-church.co.uk</a>  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><b>Crown Corner Club</b>  c/o 5 Sunnybank Road, Inverness  <a href="http://www.crown-church.co.uk">www.crown-church.co.uk</a>  07796400625  2.45-5.45 mon-fri, term time:Holidays 8.30-5.30 (full day) 8.30-1 &amp; 1-5.30 (half day timings)  safe and secure child-friendly environment providing out of school hours and holiday child care</p>	<p>Children &amp; Young People</p>

<p><b>Crown Church Mostly men</b>  crown Church, Kingsmills Road, Inverness, IV2 3JT  <a href="http://www.crown-church.co.uk">http://www.crown-church.co.uk</a>  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><b>Crown Church Mostly Women</b>  crown Church, Kingsmills Road, Inverness, IV2 3JT  <a href="http://www.crown-church.co.uk">http://www.crown-church.co.uk</a>  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><b>Croy Guild</b>  Croy Church Hall, Croy, Inverness, IV2 5PG  01667462081  2.30 -pm Tuesdays fortnightly  social, entertainment</p>	<p>Interest</p>
<p><b>Croy Lunch Club</b>  IV2 5PG  01463791669  1-3pm, Wednesdays, fortnightly  lunch club, friendship  All welcome. Contact Margaret Johnston 01463 791669</p>	<p>Social</p>
<p><b>Cruse Bereavement Care Scotland</b>  Online Service  <a href="http://www.crusescotland.org.uk">www.crusescotland.org.uk</a>  08456002227  <a href="mailto:support@crusescotland.org.uk">support@crusescotland.org.uk</a>  Counselling, support, education and advice  Self referral / any professional</p>	<p>Support &amp; Information</p>
<p><b>Culcabock &amp; Drakies Community Hall Association</b>  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><b>Culloden Moor Football and Coaching Club</b>  Balloch Village Hall, IV2 7HQ  <a href="mailto:lee.macrae@outlook.com">lee.macrae@outlook.com</a>  Saturday morning (term time) 9.30am - 11am  football training</p>	<p>Sport &amp; Outdoor Activity</p>
<p><b>Dalneigh 50 Plus Group</b>  James Cameron Community Centre, Limetree Avenue, Inverness IV3 5RH  <a href="https://www.facebook.com/jccinverness">https://www.facebook.com/jccinverness</a>  01463718773     <a href="mailto:jamescameroncc@highlifehighland.com">jamescameroncc@highlifehighland.com</a>  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](mailto: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](mailto: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](mailto: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](mailto: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](http://www.community-council.org/culcabockanddrakies)  
 01463221185  
[home.janet@btinternet.com](mailto: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](http://www.community-council.org/culcabockanddrakies)  
 01463237033  
 7-9.30pm, Wdnesdays  
 indoor bowling club  
 September - April

<p><b>Drumnadrochit Toddler Group</b>  The Church of Scotland Hall, Drumnadrochit  <a href="http://www.drumnadrochittoddlegroup.org">www.drumnadrochittoddlegroup.org</a>  <a href="mailto:info@drumnadrochittoddlergroup.org">info@drumnadrochittoddlergroup.org</a>  9.45-11.45am, wednesdays and fridays  mother and toddler group. Socialising for parents/carers and peer interaction for the toddlers</p>	Children & Young People
<p><b>Dunain Community Woodland</b>  11 Balnafettack Road, Inverness  <a href="http://www.dunainwood.co.uk">www.dunainwood.co.uk</a>  The Fasgadh project has recovered the woods which are now accessible and available to the community and community groups</p>	Community
<p><b>Duncraig Bowling Club</b>  IV3 5DN  <a href="http://www.cameronyouthcentre.org/about-the-centre/activities/noremacac@yahoo.co.uk">http://www.cameronyouthcentre.org/about-the-centre/activities/noremacac@yahoo.co.uk</a>  Fridays at 5.45pm – 9.00pm.  indoor bowling club, activity, sports, bowls  Indoor bowling. Contact Cecille Cameron</p>	Sport & Outdoor Activity
<p><b>Easyline</b>  Inverness Leisure Centre, Bught Lane, Inverness, IV3 5SS  <a href="http://www.invernessleisure.co.uk/facilities/sports-centre/">http://www.invernessleisure.co.uk/facilities/sports-centre/</a>  01463 667500  <a href="mailto:info@invernessleisure.co.uk">info@invernessleisure.co.uk</a>  Monday &amp; 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>	Sport & Outdoor Activity
<p><b>Eden Court Highlands</b>  Eden Court Theatre &amp; Cinema, Bishops Road, Inverness  <a href="http://www.eden-court.co.uk">www.eden-court.co.uk</a>  01463234234  <a href="mailto:boxoffice@eden-court.co.uk">boxoffice@eden-court.co.uk</a>  event dependant  Eden Court runs shows, films, and classes in drama and dance throughout the year. Summer events for children.</p>	Children & Young People
<p><b>Family Prize Bingo</b>  IV2 4HT  <a href="http://www.hiltoncommunitycentre.org/weekly-activities//centre">http://www.hiltoncommunitycentre.org/weekly-activities//centre</a>  01463 712844  <a href="mailto:hiltoncc@highlifehighland.com">hiltoncc@highlifehighland.com</a>  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>	Interest
<p><b>Feis Inbhir Narainn</b>  Cala Na Sithe, Gollanfield, Inverness  <a href="http://www.nairnfeis.co.uk">www.nairnfeis.co.uk</a>  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>	Interest
<p><b>Florians Drama Club</b>  Florians Theatre, Bught Drive, Inverness, IV3 5ST  <a href="http://www.florians.org.uk/">http://www.florians.org.uk/</a>  <a href="mailto:secretary@florians.org.uk">secretary@florians.org.uk</a>  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>	Interest

<p><b>FlyTying Group</b>                  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><b>For the Right Reasons</b>                  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 &amp; Information</p>
<p><b>Free North Church Activity Group</b>                  Bank Street, Inverness, IV1 1QU  <a href="http://freenorthchurch.org/whats-on/">http://freenorthchurch.org/whats-on/</a>                  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><b>Free North Church Lunch</b>                  Bank Street, Inverness, IV1 1QU  <a href="http://freenorthchurch.org/whats-on/">http://freenorthchurch.org/whats-on/</a>                  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><b>Friends of Birnie</b>                  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 &amp; Young People</p>
<p><b>Friends of Merkinch Local Nature Reserve</b>                  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><b>Friendship Club</b>                  Crown Church, Kingsmills Road, Inverness, IV2 3JT  <a href="http://www.crown-church.co.uk">http://www.crown-church.co.uk</a>                  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><b>Gaelic Service</b>            IV1 1LU  <a href="http://www.invernesseast.com/about/worship/">http://www.invernesseast.com/about/worship/</a>            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><b>Girlguiding Inverness-shire</b>            20 Brude's Hill, Inverness  <a href="http://www.facebook.com/girlguidinginv">www.facebook.com/girlguidinginv</a>            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 &amp; Young People</p>
<p><b>Glen Urquhart Library</b>            Craigmonie Centre, Glen Urquhart High School, Drumnadrochit, IV63 6XA  <a href="http://www.craigmoniecentre.co.uk">www.craigmoniecentre.co.uk</a>            01456459223  <a href="mailto:glenurquhart.library@highlifehighland.com">glenurquhart.library@highlifehighland.com</a>            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><b>Glen Urquhart Shinty Club</b>            Craigmonie Centre, Glen Urquhart High School, Drumnadrochit, IV63 6XA  <a href="http://www.glenurquhartshintyclub.com">www.glenurquhartshintyclub.com</a>            07801820842  <a href="mailto:stewart511@btinternet.com">stewart511@btinternet.com</a>            6-8pm Wednesdays            shinty coaching for youths groups: P1+2, P3,4+5, P6+7, U14+U17            all weather pitch,</p>	<p>Sport &amp; Outdoor Activity</p>
<p><b>Glenmoriston Celidh Nights</b>            Glenmoriston Millennium hall, Glenmoriston, IV63 7YG  <a href="http://www.glenmoristonhall.org.uk/Whatson/page3.html">http://www.glenmoristonhall.org.uk/Whatson/page3.html</a>            01320351231            Second Saturday each month            evenings of music and dance, entertainment.</p>	<p>Social and Active</p>
<p><b>Glenmoriston Country Dance Club</b>            Glenmoriston Millennium Hall  <a href="http://www.glenmoristonhall.org.uk/Whatson/page3.html">http://www.glenmoristonhall.org.uk/Whatson/page3.html</a>            01320 351320            Thursdays 7.30pm - 9.30pm            country dancing, scottish dances</p>	<p>Social and Active</p>
<p><b>Glenmoriston Craft Club</b>            Glenmoriston Millennium hall, Glenmoriston, IV63 7YG  <a href="http://www.glenmoristonhall.org.uk/Whatson/page3.html">http://www.glenmoristonhall.org.uk/Whatson/page3.html</a>            01320351291  <a href="mailto:events@glenmoristonhall.org.uk">events@glenmoristonhall.org.uk</a>            1st and 3rd Saturday of the month, 11am - 3pm            Crafts, handiwork            September - June Contact - Jean Curley</p>	<p>Interest</p>
<p><b>Glenmoriston Indoor Bowls Club</b>            Glenmoriston Millennium hall, Glenmoriston, IV63 7YG  <a href="http://www.glenmoristonhall.org.uk/Whatson/page3.html">http://www.glenmoristonhall.org.uk/Whatson/page3.html</a>            01320 351320            Weekly on Monday afternoons and evenings</p>	<p>Sport &amp; Outdoor Activity</p>

<p><b>Glenmoriston Painting</b>                  Glenmoriston Millennium hall, Glenmoriston, IV63 7YG  <a href="http://www.glenmoristonhall.org.uk/Whatson/page3.html">http://www.glenmoristonhall.org.uk/Whatson/page3.html</a>                  01320351229                  Fridays 2pm</p>	<p>Interest</p>
<p><b>Glenmoriston Yoga</b>                  Glenmoriston Millennium hall, Glenmoriston, IV63 7YG  <a href="http://www.glenmoristonhall.org.uk/Whatson/page3.html">http://www.glenmoristonhall.org.uk/Whatson/page3.html</a>                  01320351228                  Thursday 9.45am</p>	<p>Sport &amp; Outdoor Activity</p>
<p><b>Glenmoriston Zumba</b>                  Glenmoriston Millennium hall, Glenmoriston, IV63 7YG  <a href="http://www.glenmoristonhall.org.uk/Whatson/page3.html">http://www.glenmoristonhall.org.uk/Whatson/page3.html</a>                  01320351230                  Wednesday 7pm                  Zumba exercise class</p>	<p>Sport &amp; Outdoor Activity</p>
<p><b>Glenurquhart Care Project</b>                  An Fhaire, Balnain, Glen Urquhart, Drumnadrochit, Inverness  <a href="http://www.glenurquhartcentre.org.uk">www.glenurquhartcentre.org.uk</a>                  01456459007  <a href="mailto:manager.gcentre@btconnect.com">manager.gcentre@btconnect.com</a>                  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 &amp; Information</p>
<p><b>Glenurquhart Highland Gathering &amp; Games SCIO</b>                  Dalmeny, East Lewiston, Drumnadrochit  <a href="http://www.glenurquhart-highland-gathering.co.uk">www.glenurquhart-highland-gathering.co.uk</a>  <a href="mailto:info@glenurquhart-highland-gathering.co.uk">info@glenurquhart-highland-gathering.co.uk</a>                  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><b>Glen Urquhart Shinty Club</b>                  Glen Urquhart High School, Drumnadrochit, IV63 6XA  <a href="http://www.glenurquhartshintyclub.com">www.glenurquhartshintyclub.com</a>                  07801820842  <a href="mailto:stewart511@btinternet.com">stewart511@btinternet.com</a>                  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 &amp; Outdoor Activity</p>
<p><b>Glints of Gold Senior Citizens Club</b>                  The Spectrum centre, Inverness, IV1 1LST  <a href="http://spectrumcentre.co.uk/whatson.html">http://spectrumcentre.co.uk/whatson.html</a>  <a href="mailto:kate.maclean@nhs.net">kate.maclean@nhs.net</a>                  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](http://www.merkinchcommunity.co.uk)

01463239563

[enquiries.merkinch@btconnect.com](mailto: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](mailto:angela.mackenzie4@highlifehighland.com)

### Golden Gadgets

Support & Information

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

[www.merkinchcommunitycentre.co.uk](http://www.merkinchcommunitycentre.co.uk)

01463239563

[angela.mackenzie4@highlifehighland.com](mailto: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](http://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](http://www.healthhappiness.org.uk)

07941428647

[ellie@healthhappiness.org.uk](mailto: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><b>Highland Blind Tandem Club</b>            IV2 3NF  <a href="http://www.spanglefish.com/highlandblindtandemclub/">http://www.spanglefish.com/highlandblindtandemclub/</a>            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 &amp; Outdoor Activity</p>
<p><b>Highland Bonsai Association</b>            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><b>Highland Developmental Co-Ordination Disorders Group</b>            78 Holm Park, Inverness  <a href="http://www.hdcd.org.uk">www.hdcd.org.uk</a>            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 &amp; Information</p>
<p><b>Highland Disability Sport</b>            Ness House, Drummond Road, Inverness, Inverness-shire. IV2 4NZ  <a href="http://www.highlanddisabilitiesport.info">www.highlanddisabilitiesport.info</a>            01463232262  <a href="mailto:hdsport1982@gmail.com">hdsport1982@gmail.com</a>            helping people with disabilities to become involved in sporting activities</p>	<p>Sport &amp; Outdoor Activity</p>
<p><b>Highland Disabled Ramblers</b>            Deveron street, Inverness, IV1 1LD  <a href="http://www.highland-disabled-ramblers.org">www.highland-disabled-ramblers.org</a>            07895066965  <a href="mailto:admin@highland-disabled-ramblers.org">admin@highland-disabled-ramblers.org</a>            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 <a href="mailto:admin@highland-disabled-ramblers.org">admin@highland-disabled-ramblers.org</a></p>	<p>Sport &amp; Outdoor Activity</p>
<p><b>Highland Gospel Male Voice Choir</b>            Inshes Church, Inshes retail Park, Sir Walter Scott Drive, Inverness, IV2 3TW  <a href="http://www.highlandgospelmvc.org/index.html">http://www.highlandgospelmvc.org/index.html</a>            01997420177  <a href="mailto:hamish@albanach.net">hamish@albanach.net</a>            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 <a href="mailto:hamish@albanach.net">hamish@albanach.net</a></p>	<p>Interest</p>
<p><b>Highland Hospice</b>            Ness House, 1 Bishops Road, Inverness  <a href="http://www.highlandhospice.org">www.highlandhospice.org</a>            01463243132  <a href="mailto:generalenquiries@highlandhospice.org.uk">generalenquiries@highlandhospice.org.uk</a>            Providing patients and their loved ones with respect, dignity and choice both during the patient's illness and into bereavement.</p>	<p>Support &amp; Information</p>

<p><b>Highland Multicultural Friends</b>  Cameron Youth Centre, Planefield Road, Inverness, IV3 5DN  <a href="http://www.highlandmulticulturalfriends.org">www.highlandmulticulturalfriends.org</a>  <a href="mailto:highlandmulticulturalfriends@g.mail.com">highlandmulticulturalfriends@g.mail.com</a>  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><b>Highland RSPB Group</b>  Greyfriars free church, Balloan Road, Inverness, IV2 4PP  <a href="http://www.rspb.org.uk/groups/highland/about/">http://www.rspb.org.uk/groups/highland/about/</a>  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><b>Highland Rugby Football Club</b>  Canal Park, Bught Lane, Inverness  <a href="http://www.pitchero.com/clubs/highlandrfc">www.pitchero.com/clubs/highlandrfc</a>  01463223552  contact through website  dependent on team, season and weather.  rugby for all ages, boys, girls, men and women</p>	<p>Sport &amp; Outdoor Activity</p>
<p><b>Highland Senior Citizens Network</b>  box 301, 8 Church Street , Inverness, IV1 1EA  <a href="http://www.hscn.co.uk">www.hscn.co.uk</a>  07716884989  <a href="mailto:hscn@hotmail.co.uk">hscn@hotmail.co.uk</a>  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 &amp; Information</p>
<p><b>Highlands &amp; Islands Kidney Patients Assoc</b>  Abriachan Lodge, Loch Ness Side, Inverness  <a href="http://www.kidney.org.uk/kpa/kpa-highlands">www.kidney.org.uk/kpa/kpa-highlands</a>  <a href="mailto:info@hikpa.co.uk">info@hikpa.co.uk</a>  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 &amp; Information</p>
<p><b>Highlands and Islands Squash Association</b>  Knockaneorn Cottage, Clunas, Nairn  <a href="http://www.highlandsquash.org">www.highlandsquash.org</a>  <a href="mailto:clunasnairn@yahoo.co.uk">clunasnairn@yahoo.co.uk</a>  playing squash, getting fit. Meeting people.  The Association is responsible for promoting, organising and developing squash in the Highlands &amp; Islands of Scotland.</p>	<p>Sport &amp; Outdoor Activity</p>
<p><b>Highlands Astronomical Society</b>  Meikle, Kildrummie, By Nairn. Meeting at Smithton Culloden Free Church  <a href="http://www.spacegazer.com">www.spacegazer.com</a>  <a href="mailto:webmaster@spacegazer.com">webmaster@spacegazer.com</a>  7.15pm, 1st Tuesday of each month  For those interested in Astronomy</p>	<p>Interest</p>
<p><b>Highlife Highland</b>  13 Ardross Street Inverness  <a href="http://www.highlifehighland.com">www.highlifehighland.com</a>  01463663800  <a href="mailto:info@highlifehighland.com">info@highlifehighland.com</a>  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 &amp; Outdoor Activity</p>

<p><b>Highlife Highland Botanic Gardens</b>                  Bught Lane, Inverness, IV3 5SS                  01463713553                  inverness.botanics@highlifehighland.com                  10am-5pm, 7 days                  Beautiful, calm, peaceful gardens.</p>	<p>Community</p>
<p><b>Hobbies and Crafts</b>                  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><b>Indoor Bowling Club</b>                  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 &amp; Outdoor Activity</p>
<p><b>Invergarry Short Mat Bowls Club</b>                  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 &amp; Outdoor Activity</p>
<p><b>Inverness Associated Presbyterian Church Parent and Toddler Group</b>                  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 &amp; Young People</p>
<p><b>Inverness Bell Ringers</b>                  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><b>Inverness Bravehearts</b>                  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 &amp; Information</p>
<p><b>Inverness Caledonian Thistle Community Development</b>                  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 &amp; Outdoor Activity</p>

**Inverness Camera Club** Interest  
 IV2 6AS  
<http://www.invernesscameraclub.co.uk/>  
 01463 232141  
[john@jstoker.plus.com](mailto: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](http://www.facebook.com/invernesscityboxing)  
 07919670851  
 sports club, gym, physical fitness centre

**Inverness Festival Association** Interest  
 11 Kenneth Street, Inverness  
[www.invernessmusicfestival.org](http://www.invernessmusicfestival.org)  
 01463716616  
[admin@invernessmusicfestival.org](mailto: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](http://www.nessbank.net/inverness-foodstuff)  
 01463232540  
[conandjoyce@btopenworld.com](mailto: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](http://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**

Inverness Ice Centre, Bught Drive, Inverness, IV3 5SR  
[www.inverness-ice-centre.co.uk](http://www.inverness-ice-centre.co.uk)  
 01463235711  
[enquiries@inverness-ice-centre.co.uk](mailto:enquiries@inverness-ice-centre.co.uk)

Sport & Outdoor Activity

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**

Inverness Ice Centre, Bught Drive, Inverness, IV3 5SR  
[www.inverness-ice-centre.co.uk](http://www.inverness-ice-centre.co.uk)  
 07917816939  
[norhoc@btinternet.com](mailto:norhoc@btinternet.com)  
 4.15-5.45, sundays

Sport & Outdoor Activity

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**

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

Interest

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**

1 Portland Place, Inverness, IV1 1NE  
[www.invernessmasjid.co.uk](http://www.invernessmasjid.co.uk)  
 07714499289  
[info@invernessmasjid.co.uk](mailto:info@invernessmasjid.co.uk)

Support & Information

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**

3 Gordon Terrace Inverness, IV2 3 HD  
[www.friendship-services.com/inverness-mens-shed.asp](http://www.friendship-services.com/inverness-mens-shed.asp)  
 01463 418122  
 Tuesdays, 10am

Interest

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

**Inverness Mosque Sports Club**

IV3 5NR  
<http://www.invernessmasjid.co.uk>  
[info@invernessmasjid.co.uk](mailto:info@invernessmasjid.co.uk)  
 badminton, muslim, islamic

Sport & Outdoor Activity

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**

rehearsal venue - Drakies primary school, Drumossie Avenue, Inverness, IV2 3SG  
[www.invernessmusicaltheatre.org.uk](http://www.invernessmusicaltheatre.org.uk)  
[invernessopera@gmail.com](mailto:invernessopera@gmail.com)

Interest

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**

126 Culduthel Road, Inverness  
[www.invernessrowingclub.org.uk](http://www.invernessrowingclub.org.uk)  
[secretary@invernessrowingclub.org.uk](mailto:secretary@invernessrowingclub.org.uk)

Sport & Outdoor Activity

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><b>Inverness Singers</b>            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><b>Inverness Womens Aid</b>            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 &amp; innovative support based on a strong ethos which promotes equality and justice. Treating women, children &amp; 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><b>Kessock Afternoon Badminton Sessions</b>            Kessock Village Hall, Marine Park, North kessock IV1 3XS  <a href="http://www.kessock-hall.net/index.asp?pageid=75153">http://www.kessock-hall.net/index.asp?pageid=75153</a>            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><b>Kilmorack Community Hall</b>            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><b>Kilmorack Lunch Bite</b>            Druim View, Torgormack, By Beaully IV4 7AL  <a href="http://www.kilmorackhall.com/index.asp?pageid=231492">http://www.kilmorackhall.com/index.asp?pageid=231492</a>            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><b>Kiltarlity, Kirkhill and Beaully Free Church Coffee mornings</b>            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><b>KiltarlityCraft Group</b>            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><b>Kirkhill Lunch Club</b>            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](http://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, 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

**Line Dancing for Beginners**

Social and Active

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

**Listen Well Scotland**

Support & Information

Tigh Choinnleach, Victoria Street, Nairn

[www.listenwellscotland.org.uk](http://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](http://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 Beauly.

**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](mailto: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](mailto: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](http://www.destinyhighlands.co.uk)  
[info@destinyhighlands.com](mailto: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](http://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](mailto: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](mailto: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><b>Merkinch after school club</b>          Merkinch Community centre, Coronation Park, Inverness, IV3 8AD  <a href="http://www.merkinchcommunitycentre.co.uk">www.merkinchcommunitycentre.co.uk</a>          01463240085          2.15-5.30pm, Monday to Friday          after school child care, contact 'Flipperz'</p>	<p>Children &amp; Young People</p>
<p><b>Merkinch Highland dancing class</b>          Merkinch Community centre, Coronation Park, Inverness, IV3 8AD  <a href="http://www.merkinchcommunitycentre.co.uk">www.merkinchcommunitycentre.co.uk</a>          01463729477          Monday, 5.30-7.30pm, Thursday, 4-7pm          highland dancing classes, contact the Fraser school of highland dancing</p>	<p>Sport &amp; Outdoor Activity</p>
<p><b>Merkinch Social circle</b>          Merkinch Community centre, Coronation Park, Inverness, IV3 8AD  <a href="http://www.merkinchcommunitycentre.co.uk">www.merkinchcommunitycentre.co.uk</a>          01463239563          Thurs, 10am-12.30pm          Hobbies, IT, fun and friendship</p>	<p>Social</p>
<p><b>Merkinch Pop Choir</b>          Merkinch Community centre, Coronation Park, Inverness, IV3 8AD  <a href="http://www.merkinchcommunitycentre.co.uk">www.merkinchcommunitycentre.co.uk</a>          01463239563          Thurs, 6-7pm          choir for ages 7 - 14</p>	<p>Children &amp; Young People</p>
<p><b>Merkinch Falcon Club</b>          Merkinch Community centre, Coronation Park, Inverness, IV3 8AD  <a href="http://www.merkinchcommunitycentre.co.uk">www.merkinchcommunitycentre.co.uk</a>          01463239563          Thurs, 7-9pm          Social club for adults with learning disabilities</p>	<p>Support &amp; Information</p>
<p><b>Mikeysline and the Hive project</b>          19 Academy Street, Inverness  <a href="http://www.mikeysline.co.uk">www.mikeysline.co.uk</a>          07779303303 text only. calls on 01462729000  <a href="mailto:thehiveproject@hotmail.com">thehiveproject@hotmail.com</a>          The Hive drop in centre Sun, Mon, Wed &amp; Thur - 6-10pm: Fri &amp; 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 &amp; Information</p>
<p><b>Moniack Mhor Limited</b>          Teavarran, Kiltarlity, Inverness-Shire  <a href="http://www.moniackmhor.org.uk">www.moniackmhor.org.uk</a>          01463741675  <a href="mailto:info@moniackmhor.org.uk">info@moniackmhor.org.uk</a>          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><b>Morning Call</b>          28 Culloden Road, Balloch, Inverness  <a href="http://www.friendship-services/morning-call.asp">www.friendship-services/morning-call.asp</a>          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 &amp; Information</p>

**MS Therapy Centre Inverness Ltd**

Support & Information

Multiple Sclerosis Therapy Centre, Burnett Road, Inverness  
[www.theoxygenworks.com](http://www.theoxygenworks.com)  
 01463240365  
[contact@theoxygenworks.com](mailto: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](http://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](http://www.naaac.co.uk)  
[nairnathleticclub@gmail.com](mailto: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](http://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](http://nairncab.org.uk)  
 01667456677  
[info@nairncab.org.uk](mailto: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><b>Nairn Coastal Rowing Club</b>  Waverley Lodge, Lodgehill Road, Nairn, Highland  <a href="http://www.nairncoastalrowing.co.uk">www.nairncoastalrowing.co.uk</a>  <a href="mailto:info@nairncoastalrowing.co.uk">info@nairncoastalrowing.co.uk</a>  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><b>Nairn Community &amp; Arts Centre</b>  Nairn Community &amp; Arts Centre, King Street, Nairn  <a href="http://www.nairncc.co.uk">www.nairncc.co.uk</a>  01667453476  <a href="mailto:info@nairncc.co.uk">info@nairncc.co.uk</a>  This bright, modern, adaptable building with excellent conference &amp; 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><b>Nairn Drama Limited</b>  36 Balmakeith Park, Nairn, Highlands  <a href="http://www.nairndrama.org.uk">www.nairndrama.org.uk</a>  01667258657  <a href="mailto:enquiries@nairndrama.org.uk">enquiries@nairndrama.org.uk</a>  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><b>Nairn Hydrotherapy Trust</b>  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><b>Nairn Men's Shed</b>  Platform 1, Nairn Railway station, Nairn  <a href="http://www.scottishmsa.org.uk">www.scottishmsa.org.uk</a>  Tues - 10 - noon  Social group reducing social isolation</p>	Social
<p><b>Nairn Museum Ltd</b>  Viewfield House, Viewfield Drive, Nairn, Nairnshire  <a href="http://www.nairnmuseum.co.uk">www.nairnmuseum.co.uk</a>  01667456791  <a href="mailto:manager@nairnmuseum.co.uk">manager@nairnmuseum.co.uk</a>  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><b>Nairn Photographic Society</b>  Dalriada, Altonburn Road, Nairn  <a href="http://www.nairncameraclub.co.uk">www.nairncameraclub.co.uk</a>  <a href="mailto:president@nairncameraclub.co.uk">president@nairncameraclub.co.uk</a>  Tues - 7.30  meets in the community centre, Nairn, Sept-April</p>	Interest
<p><b>Nairn Senior Citizens Luncheon &amp; Social Club</b>  24 Lodgehill Park, Nairn  <a href="http://nairncc.co.uk/activities">nairncc.co.uk/activities</a>  Mon+Thurs-12.30pm  lunch.social afternoons and outings</p>	Social

<p><b>Nairn Sports Club</b> 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 &amp; Outdoor Activity</p>
<p><b>Nairnshire Dragons</b> Nairn Academy, Duncan drive, Nairn, IV12 4RD www.nairnshiredragons.co.uk American football team based in Nairn</p>	<p>Sport &amp; Outdoor Activity</p>
<p><b>Nature Walks for Wellbeing</b> 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 &amp; Outdoor Activity</p>
<p><b>Ness Bridge Club</b> 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><b>New Start Hawthorn Project</b> Fairfield Road, Inverness IV3 5LL 01463711481 educational training provider</p>	<p>Support &amp; Information</p>
<p><b>New Start Highland</b> 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 &amp; Information</p>
<p><b>North Kessock Amenities Association</b> 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><b>North Kessock Carefree Club</b> Kessock Village Hall, Marine Park, North kessock IV1 3XS http://www.kessock-hall.net/calendar.asp?intent=details&amp;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><b>North of Scotland Archaeological Society SCIO</b> 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><b>Old Folks Bowling</b> Cameron Youth Centre, Planefield Road, Inverness, IV3 5DN <a href="http://www.cameronyouthcentre.org/about-the-centre/activities/">http://www.cameronyouthcentre.org/about-the-centre/activities/</a> 01463 234785 lee3xq@btinternet.com Mon &amp; Tues, 1.30-4pm Indoor bowling for seniors. Monday and Tuesday 1.30 to 4pm. Contact Joan Durward</p>	Sport & Outdoor Activity
<p><b>Osprey House</b> Raigmore Avenue 01463 716 888 Rolling two week well-being programme for those suffering from stress induced addictions Self referral / any professional</p>	Support & Information
<p><b>Out Of The Box (Scotland) Limited</b> 15 Castle Heather Road, Inverness <a href="http://www.outofthebox.me.uk">www.outofthebox.me.uk</a> 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>	Interest
<p><b>Over 50s Art Class</b> Phipps Hall, Station Road, Beauly <a href="http://www.beauly.co.uk/hipps-hall-activities.html">http://www.beauly.co.uk/hipps-hall-activities.html</a> 01463 782390 Wednesday and Friday 11am-1pm Art Class, Over 50s activity, drawing, painting. Contact Ann Galloway</p>	Social and Active
<p><b>Over 50s Badminton</b> Phipps Hall, Station Road, Beauly <a href="http://www.beauly.co.uk/hipps-hall-activities.html">http://www.beauly.co.uk/hipps-hall-activities.html</a> 01463 782447 Monday and Thursday 10am - 12.30pm Badminton, Fitness, Over 50s activity. Contact Joan Maclean</p>	Sport & Outdoor Activity
<p><b>Over 50s Fitness Club</b> 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>	Sport & Outdoor Activity
<p><b>Over 60s Club</b> Balloch Hall, Culloden Road, Inverness, IV2 7HQ <a href="http://ballochhall.co.uk/wordpress/?page_id=32">http://ballochhall.co.uk/wordpress/?page_id=32</a> 01463 790547 Monthly on the 1st &amp; 3rd Wednesday 2pm-4pm Over sixties social club. Contact George Mudd</p>	Social
<p><b>Over 60s Club</b> Village Hall, Muir of Ord, IV6 7TA 01463 870955 Thursday mornings at 10am The over 60s club meets on. Contact Eleanor Innes</p>	Social
<p><b>Over 60s Coffee Club</b> Dores Inn, Dores, Inverness, IV2 6TR <a href="http://www.doresonlochness.co.uk/over_60_club.html">http://www.doresonlochness.co.uk/over_60_club.html</a> 01463 751203 meets monthly on a Wednesday morning coffee club, social Over 60s Coffee Club . Contact Dores Inn</p>	Social

<p><b>Over 60's Club</b>                  Balloch Village Hall, IV2 7HQ                  01463 790547                  Monthly, 1st and 3rd Wednesday, 2pm - 4pm</p>	<p>Social</p>
<p><b>Over 60's Exercise Class</b>                  The Spectrum Centre, 1 Margaret Street, Inverness, IV1 1LS  <a href="http://www.spectrumcentre.co.uk">http://www.spectrumcentre.co.uk</a>                  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 &amp; Outdoor Activity</p>
<p><b>Over 60s Lunch</b>                  IV4 7HW                  01463 741257                  Thursdays, noon                  Lunch club, social. Contact Robbie Sheriffs</p>	<p>Social</p>
<p><b>Partnerships For Wellbeing Limited</b>                  31-33 Wells Street, Inverness  <a href="http://www.pwf.org.uk">www.pwf.org.uk</a>                  01463729997                  For Step it up highland - 01463729997 or email <a href="mailto:walking@pwf.org.uk">walking@pwf.org.uk</a>, for Inverness Voluntary Transport Scheme - 01463226662 Or email <a href="mailto:transport@pwf.org.uk">transport@pwf.org.uk</a></p>	<p>Sport &amp; Outdoor Activity</p>
<p><b>Pelvic Instability Network Scotland</b>                  Willowburn, 8 Broallan, Beauly, Inverness-shire                  01463782801  <a href="mailto:info@pelvicinstability.org.uk">info@pelvicinstability.org.uk</a>                  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 &amp; Information</p>
<p><b>Petty and Ardersier Community Heritage</b>                  The Old School, Station Road, Ardersier  <a href="http://archhighland.org.uk">archhighland.org.uk</a>                  last thursdaof the month, 6.30pm                  meetigs held in the PACE heritage café in Ardersier</p>	<p>Interest</p>
<p><b>Pilates Class</b>                  Balloch Village Hall, IV2 7HQ  <a href="http://www.cathybiggar.co.uk">www.cathybiggar.co.uk</a>                  07792326393  <a href="mailto:cathybiggarpilates@gmail.com">cathybiggarpilates@gmail.com</a>                  Monday, (term time only)                  exercise class</p>	<p>Sport &amp; Outdoor Activity</p>
<p><b>Poker Night</b>                  Benleva Hotel, Drumnadrochit, IV63 6UH  <a href="http://www.highlandpoker.co.uk/index.asp?pageid=241295">http://www.highlandpoker.co.uk/index.asp?pageid=241295</a>                  01456 450080                  Monday, 8.30pm                  poker, gaming, cards                  Poker card game.. Contact Allan or Stephen</p>	<p>Interest</p>
<p><b>Pop-In over 50s</b>                  Smithton and Culloden Free Church, Murray Road, Smithton, Inverness IV2 7YU                  01463 790410  <a href="mailto:alan@friendship-services.com">alan@friendship-services.com</a>                  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](http://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 &amp; 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 &amp; Young People

Balloch Village Hall, IV2 7HQ

07874170850

Monday, term time only

Pre-brownies group for 5-7year old girls

**Reach4Reality SCIO**

Children &amp; Young People

Hilton Lighthouse, 4 Tomatin Road, Inverness

[reach4reality.org.uk](http://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 &amp; Young People

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

[www.safestrongandfree.org.uk](http://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 &amp; 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><b>Scottish Country Dance Club</b>                  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><b>Scottish Highlands &amp; Islands and Moray Chinese Association</b>                  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><b>Scrabble Club</b>                  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><b>Scrabble Club</b>                  Ness Bank Church Hall, Inverness, IV2 4SF  <a href="http://www.nessbank.net/page5.htm">http://www.nessbank.net/page5.htm</a>                  01463 233974                  Wednesday evenings 7.30 to 10pm                  Scrabble, social                  New Members very welcome. Contact Alistair Dowling</p>	<p>Interest</p>
<p><b>Senior Badminton</b>                  Glengarry Community Hall, Invergarry PH35 4HG  <a href="http://www.glengarrylife.com">http://www.glengarrylife.com</a>                  01809 501413                  badminton                  Badminton arranged on demand depending on numbers interested. Enquiries welcome . Open to all ages . Contact Eileen Rogers</p>	<p>Sport &amp; Outdoor Activity</p>
<p><b>Senior Bowling Club</b>                  Glenmoriston Hall, Invermoriston,  <a href="http://www.glenmoristonhall.org.uk/Whatson/page3.html">http://www.glenmoristonhall.org.uk/Whatson/page3.html</a>                  01320 351313                  Monday afternoons and evenings                  bowling, indoor bowls                  The bowls club meets each week . Contact Betty Draper</p>	<p>Sport &amp; Outdoor Activity</p>
<p><b>Senior Bowls</b>                  The Spectrum Centre, 1 Margaret Street, Inverness, IV1 1LS  <a href="http://www.spectrumcentre.co.uk/index.asp?pageid=581814">http://www.spectrumcentre.co.uk/index.asp?pageid=581814</a>                  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 &amp; Outdoor Activity</p>
<p><b>Senior Citizens Bowling</b>                  Phipps Hall, Beauly, IV4 7EH  <a href="http://www.beauly.co.uk/hipps-hall-activities.html">http://www.beauly.co.uk/hipps-hall-activities.html</a>                  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 &amp; Outdoor Activity</p>

<p><b>Senior Citizens Group</b>  Ardersier War Memorial Hall, Station Road, Ardersier, IV2 7SS  <a href="http://ardersier.org/senior-citizens/">http://ardersier.org/senior-citizens/</a>  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><b>Senior Citizens Keep Fit</b>  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 &amp; Outdoor Activity</p>
<p><b>Senior Citizens lunch</b>  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><b>Senior Swimming</b>  Culloden Leisure Centre, IV2 7JZ  <a href="https://www.facebook.com/CullodenLeisureCentre">https://www.facebook.com/CullodenLeisureCentre</a>  01463 792794  Tuesdays 3.45-4.45, Saturdays 11am-noon  swimming  Seniors swimming sessions . Contact Reception</p>	<p>Sport &amp; Outdoor Activity</p>
<p><b>Seniors Lunch Club</b>  Farr Community Hall, Inverarnie Park, IV2 6AX  <a href="http://www.strathnairn.org.uk/farrhall.asp">http://www.strathnairn.org.uk/farrhall.asp</a>  01808 521205  Second Friday of the month. Contact Christina Murray</p>	<p>Social</p>
<p><b>Sewing and patchwork</b>  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><b>Sight Action</b>  Beechwood House, 69-71 Old Perth Road, Inverness, IV2 3JH  <a href="http://www.sightaction.org.uk">www.sightaction.org.uk</a>  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 &amp; Information</p>
<p><b>Signpost INC</b>  5/7 Tomnahurich Street, Inverness  <a href="http://www.signpost-inc.org">www.signpost-inc.org</a>  1463711393  reception@signpost-inc.org  10-4 Mon-Thurs  Operates a handypersons service carrying out jobs around the home.</p>	<p>Support &amp; Information</p>

<p><b>Skills Exchange</b>                  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><b>Smithton Culloden Youth Club</b>                  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 &amp; Young People</p>
<p><b>Smithton Lunch Club</b>                  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><b>SNAP Special Needs Action Project</b>                  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 &amp; Young People</p>
<p><b>Sounds Familiar</b>                  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 &amp; Information</p>
<p><b>Stay Safe Highland</b>                  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 &amp; Information</p>
<p><b>Step it up Highland</b>                  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 &amp; Outdoor Activity</p>
<p><b>Stratherrick Public Hall - Badminton club</b>                  Mirkwood, Gorthleck, Inverness                  www.stratherrick.net/stratherrick-hall                  01456486707                  Monday, 7-9pm                  Badminton</p>	<p>Sport &amp; Outdoor Activity</p>

<p><b>Strathdearn Daycare</b>          Strathdearn Primary School, Tomatin  <a href="http://www.careandlearningalliance.co.uk/strathdearn-daycare">www.careandlearningalliance.co.uk/strathdearn-daycare</a>          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><b>Stratherrick Public Hall - karate</b>          Mirkwood, Gorthleck, Inverness  <a href="http://www.stratherrick.net/stratherrick-hall">www.stratherrick.net/stratherrick-hall</a>          01456486205          Saturday, 10am-noon</p>	Sport & Outdoor Activity
<p><b>Stratherrick Public Hall - youth club</b>          Mirkwood, Gorthleck, Inverness  <a href="http://www.stratherrick.net/stratherrick-hall">www.stratherrick.net/stratherrick-hall</a>          01456486435          Friday, 7 - 8.30pm          Primary5's -primary7's</p>	Children & Young People
<p><b>Stratherrick Public Hall -Parent, baby and toddler group</b>          Mirkwood, Gorthleck, Inverness  <a href="http://www.stratherrick.net/stratherrick-hall">www.stratherrick.net/stratherrick-hall</a>          01456486400          Wednesday, 10.30am - 12.30pm</p>	Children & Young People
<p><b>Stratherrick Public Hall -scottish country dancing</b>          Mirkwood, Gorthleck, Inverness  <a href="http://www.stratherrick.net/stratherrick-hall">www.stratherrick.net/stratherrick-hall</a>          01456486464          Wednesday, 7.30-9.30pm</p>	Social and Active
<p><b>Strathglass Bowling Club</b>          Cannich Hall, Cannich, Beauly, IV4 7LT  <a href="http://cannich-hall.co.uk/blog/groups-clubs/">http://cannich-hall.co.uk/blog/groups-clubs/</a>          01456 415314  <a href="mailto:info@cannich-hall.co.uk">info@cannich-hall.co.uk</a>          Monday afternoons. For anyone who is interested in playing Outdoor &amp; 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>	Sport & Outdoor Activity
<p><b>Strathnairn Community Access &amp; Transport Association</b>          Rose Cottage, Farr, Inverness</p>	Support & Information
<p><b>Strathnairn Community Woodland Project</b>          Ardvar, Croftcroy, Farr, Inverness</p>	Community
<p><b>Strokeness</b>          8 Simpson Street, Nairn, Highland  <a href="http://strokeness.org.uk">strokeness.org.uk</a>          Strokeness is a support group for stroke survivors run by stroke survivors. We also offer support to families and carers.</p>	Support & Information
<p><b>Tai Chi</b>          Merkinch Community centre, Coronation Park, Inverness, IV3 8AD  <a href="http://www.merkinchcommunitycentre.co.uk/programs/">http://www.merkinchcommunitycentre.co.uk/programs/</a>          01463 239563      <a href="mailto:angela.mackenzie4@highlifehighland.com">angela.mackenzie4@highlifehighland.com</a>          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](http://www.theartssocietyhighland.org.uk)  
[info@theartssocietyhighland.org.uk](mailto: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](http://www.churchofscotland.org)  
 01463798946  
[admin@barnchurch.org.uk](mailto: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](http://www.tighean.co.uk)  
 01851706121  
[info@thighean.co.uk](mailto: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 &amp; 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](mailto:dolina.coventry@invernesseast.com)**The Great Glen Walking Club**

Sport &amp; Outdoor Activity

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

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

01463 238770

[greatglen.org@gmail.com](mailto: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 &amp; Information

5-7 Tomnahurich Street

[www.signpost-inc.org](http://www.signpost-inc.org)

1463711393

[hp.manager@signpost-inc.org](mailto: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](http://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 &amp; Information

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

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

03003030111

[info@macularsociety.org](mailto: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><b>The Monday Club</b>                  The Spectrum Centre, 1 Margaret Street, Inverness, IV1 1LS  <a href="http://www.spectrumcentre.co.uk/index.asp?pageid=581814">http://www.spectrumcentre.co.uk/index.asp?pageid=581814</a>                  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><b>The Olive Grove</b>                  6 Southside Road, Inverness, IV2 3AU  <a href="http://www.crown-church.co.uk/index.asp?pageid=149175">http://www.crown-church.co.uk/index.asp?pageid=149175</a>                  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><b>The Sheiling Project Sam Harrison</b>                  Dunmaglass, Struy, Beauly, IV4 7JX  <a href="http://www.thesheilingproject.org">www.thesheilingproject.org</a>                  07584855846                  Outdoor camp for family breaks, school residential holidays, DofE courses, craft holidays and more</p>	<p>Children &amp; Young People</p>
<p><b>The Shirlie Project</b>                  40 Longman Drive, Inverness IV1 1SU  <a href="http://www.shirlie.co.uk">www.shirlie.co.uk</a>                  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 &amp; Information</p>
<p><b>The Touring Network (Highlands &amp; Islands) Ltd</b>                  67a, Castle Street, Inverness  <a href="http://www.thetouringnetwork.com">www.thetouringnetwork.com</a>                  01463231328                  hello@thetouringnetwork.com                  Supporting promoters to stage professional music, dance, theatre and children's events across the highlands and islands.</p>	<p>Children &amp; Young People</p>
<p><b>The Visiting Service of the North of Scotland</b>                  PO box 5743, Inverness, IV1 9DN  <a href="http://www.friendship-services.com">www.friendship-services.com</a>                  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 &amp; Information</p>
<p><b>TOFFS - The Over Fifties Fitness Session</b>                  Inverness Leisure centre, Bught Lane, Inverness, IV3 5SS  <a href="http://www.invernessleisure.co.uk/facilities/sports-centre/">http://www.invernessleisure.co.uk/facilities/sports-centre/</a>                  01463 667500                  info@invernessleisure.co.uk                  Mon, Wed &amp; 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 &amp; Outdoor Activity</p>



<p><b>Tomatin Art Club</b>          Strathdearn Hall, Tomatin, IV13 7YN  <a href="http://www.strathdearn.org/events-calendar.html">http://www.strathdearn.org/events-calendar.html</a>          01808 511271          Thursday at 1.30-4pm          Art, drawing, painting. Findhorn Room, Strathdearn Hall. Contact Betty Watson</p>	Interest
<p><b>Tomatin Coffee Morning</b>          Strathdearn Hall, Tomatin, IV13 7YN  <a href="http://www.strathdearn.org/events-calendar.html">http://www.strathdearn.org/events-calendar.html</a>          01808 531220          Wednesday mornings          Coffee Morning, social. Contact Carol James</p>	Social
<p><b>Trees for Life</b>          Trees for life, 566 East Whins, The Park, Findhorn, Forres, IV36 3TH  <a href="http://www.treesforlife.org.uk">www.treesforlife.org.uk</a>          01309691292  <a href="mailto:info@treesforlife.org.uk">info@treesforlife.org.uk</a>          Help restore the Caledonian Forest, volunteers needed</p>	Interest
<p><b>Try Anything Once!</b>          Charleston Academy Community Complex, Inverness, IV3 8ET  <a href="https://www.facebook.com/pages/charleston-academy-community-complex/470408369704894">https://www.facebook.com/pages/charleston-academy-community-complex/470408369704894</a>          01463 792672      <a href="mailto:caroline.keiro_kirk@btinternet.com">caroline.keiro_kirk@btinternet.com</a>          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><b>University of the Third Age</b>          Smithton and Culloden Free Church, Murray Road, Smithton, Inverness IV2 7YU  <a href="http://u3asites.org.uk/code/u3asite.php?site=174">http://u3asites.org.uk/code/u3asite.php?site=174</a>          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 &amp; Health Geology History Information Technology Music Nature Study Philosophy Photography Psychology Reading Theatre Science Walking. Contact 01463 710648</p>	Interest
<p><b>Upper Glen Urquhart Playgroup</b>          Higher Crochail, Cannich          Mon &amp; Wed, 10am-noon          pre school playgroup          meet in the Balnain Hall</p>	Children & Young People
<p><b>Velocity Café</b>          1 Crown Avenue, Inverness  <a href="http://www.velocitylove.co.uk">www.velocitylove.co.uk</a>          01463 419956 / 07864 905627  <a href="mailto:mc2hvelocity@gmail.com">mc2hvelocity@gmail.com</a>          Cycle maintenance workshops, social cycles, activity agreements</p>	Interest
<p><b>Watermill Foundation Limited</b>          The Old Mill, Cantray Bridge, Cawdor, Nairn  <a href="http://www.highlandcycleabilitycentre.com">www.highlandcycleabilitycentre.com</a>          01667493789  <a href="mailto:highlandcycleabilitycentre@yahoo.co.uk">highlandcycleabilitycentre@yahoo.co.uk</a>          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](mailto: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](http://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](http://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](http://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><b>Balloch Brownies</b>                  Balloch Village Hall, IV2 7HQ  <a href="http://ballochhall.co.uk/wordpress/?page_id=33">http://ballochhall.co.uk/wordpress/?page_id=33</a>                  01463 793743      jenny.card@btinternet.com                  Weekly (term time) Wednesday 5.15pm - 6.45pm</p>	<p>Children &amp; Young People</p>
<p><b>Balloch Toddlers</b>                  Balloch Village Hall, IV2 7HQ  <a href="http://ballochhall.co.uk/wordpress/?page_id=33">http://ballochhall.co.uk/wordpress/?page_id=33</a>                  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 &amp; Young People</p>
<p><b>Croileagan Gaelic Playgroup</b>                  Nairn Community &amp; Arts Centre, King Street, Nairn  <a href="http://www.nairncc.co.uk">www.nairncc.co.uk</a>                  01463453476      info@nairncc.co.uk                  Mon—Fri, 9.15-12.25am                  Gaelic nursery school,</p>	<p>Children &amp; Young People</p>
<p><b>Crown Corner Club</b>                  c/o 5 Sunnybank Road, Inverness  <a href="http://www.crown-church.co.uk">www.crown-church.co.uk</a>                  07796400625                  2.45-5.45pm Mon-Fri, Term time                  Holidays 8.30am -5.30pm (full day) &amp; 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 &amp; Young People</p>
<p><b>Drumnadrochit Toddler Group</b>                  The Church of Scotland Hall, Drumnadrochit  <a href="http://www.drumnadrochittoddlegroup.org">www.drumnadrochittoddlegroup.org</a>  <a href="mailto:info@drumnadrochittoddlegroup.org">info@drumnadrochittoddlegroup.org</a>                  9.45-11.45am, Wednesdays and Fridays                  Mother and toddler group. Socialising for parents/carers and peer interaction for the toddlers</p>	<p>Children &amp; Young People</p>
<p><b>Eden Court Highlands</b>                  Eden Court Theatre &amp; Cinema, Bishops Road, Inverness  <a href="http://www.eden-court.co.uk">www.eden-court.co.uk</a>                  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 &amp; Young People</p>
<p><b>Friends of Birnie</b>                  c/o The Birnie Centre, Raigmore Hospital, Inverness, IV2 3UJ  <a href="http://www.friendsofthebirnie.com">www.friendsofthebirnie.com</a>                  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 &amp; Young People</p>
<p><b>Girlguiding Inverness-shire</b>                  20 Brude's Hill, Inverness  <a href="http://www.facebook.com/girlguidinginv">www.facebook.com/girlguidinginv</a>                  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 &amp; Young People</p>
<p><b>Inverness Associated Presbyterian Church</b>                  Inverness A P C, Kingsview Centre, Balnafettack Road, Inverness  <a href="http://www.apchurches.org/congregations/inverness">www.apchurches.org/congregations/inverness</a>                  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 &amp; Young People</p>

<p><b>Kirkhill Parent &amp; Toddlers (Or Kirkhill Tots Toddler Group)</b>                  The Former Workshop, Achnagairn, Kirkhill, Inverness-shire  <a href="http://kirkhillandbunchrew.org.uk">kirkhillandbunchrew.org.uk</a>  <a href="mailto:kirkhilltots@outlook.com">kirkhilltots@outlook.com</a>                  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>	<p>Children &amp; Young People</p>
<p><b>Merkinch after school club</b>                  Merkinch Community centre, Coronation Park, Inverness, IV3 8AD  <a href="http://www.merkinchcommunitycentre.co.uk">www.merkinchcommunitycentre.co.uk</a>                  01463240085                  2.15-5.30pm, Monday to Friday                  after school child care, contact 'Flipperz'</p>	<p>Children &amp; Young People</p>
<p><b>Merkinch Pop Choir</b>                  Merkinch Community centre, Coronation Park, Inverness, IV3 8AD  <a href="http://www.merkinchcommunitycentre.co.uk">www.merkinchcommunitycentre.co.uk</a>                  01463239563                  Thurs, 6-7pm                  choir for ages 7 - 14</p>	<p>Children &amp; Young People</p>
<p><b>Muirtown After School Klub (Mask)</b>                  Burnfoot House, Canal Road, Inverness  <a href="https://muirtownps.wordpress.com/school-activities-and-clubs/muirtown-after-schools-club-masc/">https://muirtownps.wordpress.com/school-activities-and-clubs/muirtown-after-schools-club-masc/</a>                  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>	<p>Children &amp; Young People</p>
<p><b>Rainbows</b>                  Balloch Village Hall, IV2 7HQ                  07874170850                  Monday, term time only                  Pre-brownies group for 5-7year old girls</p>	<p>Children &amp; Young People</p>
<p><b>Safe Strong And Free Project</b>                  Rooms 11 &amp; 12, Highland Rail House, 26 Station Square, Inverness  <a href="http://www.safestrongandfree.org.uk">www.safestrongandfree.org.uk</a>                  01463712669  <a href="mailto:info@safestrongandfree.org.uk">info@safestrongandfree.org.uk</a>                  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>	<p>Children &amp; Young People</p>
<p><b>Smithton Culloden Youth Club</b>                  Scy Centre, Keppoch Road, Culloden, Inverness  <a href="http://www.facebook.com/pages/Smithton-Culloden-Youth-club">www.facebook.com/pages/Smithton-Culloden-Youth-club</a>                  01463793284                  mon-sat, 9am -5pm, Sun, 10am - 4pm                  youth club</p>	<p>Children &amp; Young People</p>
<p><b>SNAP Special Needs Action Project</b>                  Drummond School, Drummond Road, Inverness  <a href="http://www.snapinverness.com">www.snapinverness.com</a>                  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>	<p>Children &amp; Young People</p>

<p><b>Strathdearn Daycare</b>                  Strathdearn Primary School, Tomatin  <a href="http://www.careandlearningalliance.co.uk/strathdearn-daycare">www.careandlearningalliance.co.uk/strathdearn-daycare</a>                  07756856777                  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>Children &amp; Young People</p>
<p><b>Stratherrick Public Hall - youth club</b>                  Mirkwood, Gorthleck, Inverness  <a href="http://www.stratherrick.net/stratherrick-hall">www.stratherrick.net/stratherrick-hall</a>                  01456486435                  Friday, 7 - 8.30pm                  Primary5's -primary7's</p>	<p>Children &amp; Young People</p>
<p><b>Stratherrick Public Hall -Parent, baby and toddler group</b>                  Mirkwood, Gorthleck, Inverness  <a href="http://www.stratherrick.net/stratherrick-hall">www.stratherrick.net/stratherrick-hall</a>                  01456486400                  Wednesday, 10.30am - 12.30pm</p>	<p>Children &amp; Young People</p>
<p><b>The Sheiling Project Sam Harrison</b>                  Dunmaglass, Struy, Beauly, IV4 7JX  <a href="http://www.thesheilingproject.org">www.thesheilingproject.org</a>                  07584855846                  Outdoor camp for family breaks, school residential holidays, DofE courses, craft hoildays and more</p>	<p>Children &amp; Young People</p>
<p><b>The Touring Network (Highlands &amp; Islands) Ltd</b>                  67a, Castle Street, Inverness  <a href="http://www.thetouringnetwork.com">www.thetouringnetwork.com</a>                  01463231328  <a href="mailto:hello@thetouringnetwork.com">hello@thetouringnetwork.com</a>                  Supporting promoters to stage professional music, dance, theatre and children's events across the highlands and islands.</p>	<p>Children &amp; Young People</p>
<p><b>Upper Glen Urquhart Playgroup</b>                  Higher Crochail, Cannich                  Mon+Wed, 10am-noon                  pre school playgroup                  meet in the Balnain Hall</p>	<p>Children &amp; Young People</p>
<p><b>Active Scotland</b>                  online directory  <a href="http://www.activescotland.org.uk">www.activescotland.org.uk</a>                  Find activities close to your home                  Postcode search</p>	<p>Community</p>
<p><b>Adults Aerobics</b>                  Charleston Academy Community Complex, Inverness, IV3 8ET  <a href="https://www.facebook.com/pages/charleston-academy-community-complex/470408369704894">https://www.facebook.com/pages/charleston-academy-community-complex/470408369704894</a>                  01463 220128      <a href="mailto:caroline.keiro_kirk@btinternet.com">caroline.keiro_kirk@btinternet.com</a>                  Mondays 6 to 7.30pm                  fitness, physical activity, exercise, relaxation, be active, Aerobics                  Aerobic exercise for seniors. Contact Caroline Keiro</p>	<p>Community</p>
<p><b>Aultnaskiach Dell SCIO</b>                  Moorlands, 11 Drummond Road, Inverness  <a href="http://aultnaskiachdell.blogspot.co.uk/">http://aultnaskiachdell.blogspot.co.uk/</a>  <a href="mailto:info@aultnaskiach.org.uk">info@aultnaskiach.org.uk</a>                  Community Woodland: information on their activities are recorded on their blog. Opportunities to get involved should be checked with the group directly.</p>	<p>Community</p>

<p><b>Culcabock &amp; Drakies Community Hall Association</b>          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><b>Davidson (Nairn) Charitable Trust</b>          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><b>Dunain Community Woodland</b>          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><b>Friends of Merkinch Local Nature Reserve</b>          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><b>Glenurquhart Highland Gathering &amp; Games SCIO</b>          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><b>Highlife Highland Botanic Gardens</b>          Bught Lane, Inverness, IV3 5SS          01463713553          inverness.botanics@highlifehighland.com          10am-5pm, 7 days          Beautiful, calm, peaceful gardens.</p>	<p>Community</p>
<p><b>Kilmorack Community Hall</b>          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><b>Nairn Community &amp; Arts Centre</b>          Nairn Community &amp; Arts Centre, King Street, Nairn          www.nairncc.co.uk          01667453476          info@nairncc.co.uk          This bright, modern, adaptable building with excellent conference &amp; 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><b>Nairn Hydrotherapy Trust</b>          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><b>.Nairn Museum Ltd</b>  Viewfield House, Viewfield Drive, Nairn, Nairnshire  <a href="http://www.nairnmuseum.co.uk">www.nairnmuseum.co.uk</a>  01667456791      <a href="mailto:manager@nairnmuseum.co.uk">manager@nairnmuseum.co.uk</a>  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><b>North Kessock Amenities Association</b>  49 Bellfield Road, North Kessock, Inverness  <a href="http://www.kessock-hall.net">www.kessock-hall.net</a>  <a href="mailto:nkaa@googlegroups.com">nkaa@googlegroups.com</a>  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><b>Preserve and Revamp Culloden and Smithton</b>  8 Smithton Villas, SMithton, Inverness  <a href="http://www.facebook.com/cullodenPARC">www.facebook.com/cullodenPARC</a>  07526292791  <a href="mailto:parcs2018@gmail.com">parcs2018@gmail.com</a>  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><b>Raigmore Community Centre</b>  Raigmore Community centre, 125 Aston Road, Inverness, IV2 3UY  <a href="https://www.highlifehighland.com/raigmore-community-centre/">https://www.highlifehighland.com/raigmore-community-centre/</a>  01463 713756      <a href="mailto:raigmorecc@highlifehighland.com">raigmorecc@highlifehighland.com</a>  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 &amp; Toddlers; Activities for 50+</p>	<p>Community</p>
<p><b>Scottish Highlands &amp; Islands and Moray Chinese Association</b>  1 Ardconnel Terrace, Inverness  <a href="http://www.shimca@weebly.com">www.shimca@weebly.com</a>  07595895450  <a href="mailto:shimca.org.uk@gmail.com">shimca.org.uk@gmail.com</a>  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><b>Strathnairn Community Woodland Project</b>  Ardvar, Croftcroy, Farr, Inverness</p>	<p>Community</p>
<p><b>The Good Craic Cafe &amp; Charity Shop</b>  1 Harris Road, Inverness</p>	<p>Community</p>
<p><b>Aigas Community Forest</b>  North View, Crask of Aigas, Beaully, Inverness-shire  <a href="http://www.aigasforest.org.uk">www.aigasforest.org.uk</a>  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><b>Art Class</b>  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><b>Barn Church Arts and Crafts Club</b>  Barn Church, Culloden House Avenue, Culloden, Inverness, IV2 7AB  <a href="http://www.barnchurch.org.uk/whats-on/fellowship-food-fun/">http://www.barnchurch.org.uk/whats-on/fellowship-food-fun/</a>  01463 798946      <a href="mailto:admin@barnchurch.org.uk">admin@barnchurch.org.uk</a>  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 <a href="mailto:cw@barnchu">cw@barnchu</a></p>	Interest
<p><b>Beaully Men's Shed</b>  Beaully Shinty Clubhouse, beaully  <a href="https://kilmorackcc.org/beaully-cares/">https://kilmorackcc.org/beaully-cares/</a>  01463 782989  <a href="mailto:jamesmclardy02@hotmail.com">jamesmclardy02@hotmail.com</a>  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><b>Black Isle Men's Shed</b>  Ness Cottage, Ness Road, Fortrose, Highland  <a href="http://bimshed.uk/">http://bimshed.uk/</a>  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><b>Blackthorn Allotments Association</b>  83 Holm Farm Road, Inverness  <a href="https://www.facebook.com/pg/BlackthornAllotments/about/?ref=page_internal">https://www.facebook.com/pg/BlackthornAllotments/about/?ref=page_internal</a>  <a href="mailto:blackthornallotments@outlook.com">blackthornallotments@outlook.com</a></p>	Interest
<p><b>Bridge Club</b>  Phipps Hall, Station Road, Beaully  01463 783774  Tuesday 7pm - 10pm  card games, over 50s activity, bridge</p>	Interest
<p><b>Coach House Retreat Centre</b>  The Coach House, Kilmuir, North Kessock, Inverness  <a href="http://www.coachhousekilmuir.org">www.coachhousekilmuir.org</a>  01463 731386      <a href="mailto:coachhouse@kilmuir.fsbusiness.co.uk">coachhouse@kilmuir.fsbusiness.co.uk</a>  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><b>Coille Alba</b>  The Old School, Errogie, Inverness  <a href="http://www.coillealba.org.uk">www.coillealba.org.uk</a>  <a href="mailto:john.parrot@coillealba.org.uk">john.parrot@coillealba.org.uk</a>  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><b>Craigmonie Centre Adult Classes and Workshops</b>  Glen Urquhart High School, Drumadrochit, IV63 6XA  <a href="http://www.craigmoniecentre.co.uk/index.asp?pageid=972">http://www.craigmoniecentre.co.uk/index.asp?pageid=972</a>  01456459224  <a href="mailto:fran.davison@highlifeighland.com">fran.davison@highlifeighland.com</a>  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><b>Craigmonie Craft Club</b>                  Glen Urquhart High School, Drumnadrochit, IV63 6XA  <a href="http://www.craigmoniecentre.co.uk">www.craigmoniecentre.co.uk</a> 01456459224  <a href="mailto:fran.davidson@highlifehighland.com">fran.davidson@highlifehighland.com</a>                  7.00—9. 30pm, Tuesdays. a variety of crafting, tea &amp; coffee and company</p>	<p>Interest</p>
<p><b>Crown Church Band</b>                  Crown Church, Kingsmills Road, Inverness, IV2 3JT  <a href="http://www.crown-church.co.uk">www.crown-church.co.uk</a>                  01463 231140                  Contact through the website or phone the office number given                  Practices are on Monday at 7pm</p>	<p>Interest</p>
<p><b>Crown Church Choir</b>                  Crown Church, Kingsmills Road, Inverness, IV2 3JT  <a href="http://www.crown-church.co.uk">www.crown-church.co.uk</a>                  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><b>Crown Church Guild</b>                  Crown Church, Kingsmills Road, Inverness, IV2 3JT  <a href="http://www.crown-church.co.uk">http://www.crown-church.co.uk</a>                  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><b>Croy Guild</b>                  Croy Church Hall, Croy, Inverness, IV2 5PG                  01667462081                  2.30 -pm Tuesdays fortnightly                  social, entertainment</p>	<p>Interest</p>
<p><b>Dalneigh Bingo</b>                  James Cameron Community Centre, Limetree Avenue, Inverness IV3 5RH  <a href="https://www.facebook.com/jccinverness">https://www.facebook.com/jccinverness</a>                  01463718773  <a href="mailto:jamescameroncc@highlifehighland.com">jamescameroncc@highlifehighland.com</a>                  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><b>Family Prize Bingo</b>                  IV2 4HT  <a href="http://www.hiltoncommunitycentre.org/weekly-activities//centre">http://www.hiltoncommunitycentre.org/weekly-activities//centre</a>                  01463 712844  <a href="mailto:hiltoncc@highlifehighland.com">hiltoncc@highlifehighland.com</a>                  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><b>Feis Inbhir Narainn</b>                  Cala Na Sithe, Gollanfield, Inverness  <a href="http://www.nairnfeis.co.uk">www.nairnfeis.co.uk</a>                  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><b>Florians Drama Club</b>          Florians Theatre, Bught Drive, Inverness, IV3 5ST  <a href="http://www.florians.org.uk/">http://www.florians.org.uk/</a>  <a href="mailto:secretary@florians.org.uk">secretary@florians.org.uk</a>          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>	Interest
<p><b>FlyTying Group</b>          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>	Interest
<p><b>Gaelic Service</b>          IV1 1LU  <a href="http://www.invernesseast.com/about/worship/">http://www.invernesseast.com/about/worship/</a>          01463 236695  <a href="mailto:dolina.coventry@invernesseast.com">dolina.coventry@invernesseast.com</a>          2nd Sunday of the month at 3.00pm          gaelic service, gaelic worship</p>	Interest
<p><b>Glen Urquhart Library</b>          Craigmorie Centre, Glen Urquhart High School, Drumnadrochit, IV63 6XA  <a href="http://www.craigmoniecentre.co.uk">www.craigmoniecentre.co.uk</a>          01456459223  <a href="mailto:glenurquhart.library@highlifehighland.com">glenurquhart.library@highlifehighland.com</a>          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>	Interest
<p><b>Glenmoriston Craft Club</b>          Glenmoriston Millennium hall, Glenmoriston, IV63 7YG  <a href="http://www.glenmoristonhall.org.uk/Whatson/page3.html">http://www.glenmoristonhall.org.uk/Whatson/page3.html</a>          01320351291  <a href="mailto:events@glenmoristonhall.org.uk">events@glenmoristonhall.org.uk</a>          1st and 3rd Saturday of the month, 11am - 3pm          Crafts, handiwork          September - June Contact - Jean Curley</p>	Interest
<p><b>Glenmoriston Painting</b>          Glenmoriston Millennium hall, Glenmoriston, IV63 7YG  <a href="http://www.glenmoristonhall.org.uk/Whatson/page3.html">http://www.glenmoristonhall.org.uk/Whatson/page3.html</a>          01320351229          Fridays 2pm</p>	Interest
<p><b>Golden drama</b>          Merkinch Community centre, Coronation Park, Inverness, IV3 8AD  <a href="http://www.merkinchcommunity.co.uk">www.merkinchcommunity.co.uk</a>          01463239563      <a href="mailto:enquiries.merkinch@btconnect.com">enquiries.merkinch@btconnect.com</a>          12.30-2pm, mondays          drama, theatre class, amdram          Every Monday Drama class. All ages. Contact Angela Mackenzie 01463 239563 <a href="mailto:angela.mackenzie4@highlifehighland.com">angela.mackenzie4@highlifehighland.com</a></p>	Interest
<p><b>Green Hive</b>  <a href="http://www.greenhive.co.uk">www.greenhive.co.uk</a>          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>	Interest

- 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](http://www.spacegazer.com)  
[webmaster@spacegazer.com](mailto: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](mailto: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](mailto: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](mailto: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](http://www.invernessmusicfestival.org)  
 01463716616 [admin@invernessmusicfestival.org](mailto: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><b>Inverness Horticultural Society Gardening Club</b>  Mackenzie Centre, 23A Culduthel Road, Inverness, IV2 4YH  <a href="http://www.keepactive.net">www.keepactive.net</a>  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><b>Inverness Hospitals Broadcasting Service</b>  Inverness Hospital Radio, Raigmore Hospital, Old Perth Road, Inverness, IV2 3UJ  <a href="http://www.invernesshospitalradio.co.uk">http://www.invernesshospitalradio.co.uk</a>  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><b>Inverness Local History Forum</b>  Room 2, Spectrum Centre, 1 Margaret Street, Inverness, IV1 1LS  <a href="http://www.facebook.com/invernesslocalhistory">www.facebook.com/invernesslocalhistory</a>  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><b>Inverness Men's Shed</b>  3 Gordon Terrace Inverness, IV2 3 HD  <a href="http://www.friendship-services.com/inverness-mens-shed.asp">www.friendship-services.com/inverness-mens-shed.asp</a>  01463 418122  Tuesdays, 10am  Reduced social isolation, bringing men together for practical tasks and social contact</p>	<p>Interest</p>
<p><b>Inverness Musical Theatre Company</b>  rehearsal venue - Drakies primary school, Drumossie Avenue, Inverness, IV2 3SG  <a href="http://www.invernessmusicaltheatre.org.uk">www.invernessmusicaltheatre.org.uk</a>  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><b>Inverness Singers</b>  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><b>KiltarlityCraft Group</b>  Kiltarlity Village hall, Kiltarlity, nr Beauly, IV4 7HQ  <a href="http://keepactive.net">keepactive.net</a>  01463741447  7-9pm, 2nd + 4th Wednesday each month  Craft class. Contact - Eunice Ramsden</p>	<p>Interest</p>
<p><b>Knitting For Charity</b>  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><b>Knitting Group</b>  crown Church, Kingsmills Road, Inverness, IV2 3JT  <a href="http://www.crown-church.co.uk/index.asp?pageid=549587">http://www.crown-church.co.uk/index.asp?pageid=549587</a>  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](mailto: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](mailto: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](http://www.moniackmhor.org.uk)  
 01463741675  
[info@moniackmhor.org.uk](mailto: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](http://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](http://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](http://www.nairndrama.org.uk)  
 01667258657  
[enquiries@nairndrama.org.uk](mailto: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](http://www.nairncameraclub.co.uk)  
[president@nairncameraclub.co.uk](mailto:president@nairncameraclub.co.uk)  
 Tues - 7.30  
 meets in the community centre, Nairn, Sept-April

<p><b>Ness Bridge Club</b>          The Caledonian Thistle Club, 28 Greig Street, Inverness  <a href="http://www.bridgewebs.com/ness">www.bridgewebs.com/ness</a>          01463240768          Monday, 6.50 for 7pm          The club offers a varied programme of match point and teams play</p>	<p>Interest</p>
<p><b>North of Scotland Archaeological Society SCIO</b>          7 Ruisaurie, Beauly, Inverness-shire  <a href="http://www.nosas.co.uk">www.nosas.co.uk</a>          Learn new skills by taking part in archaeological digs and projects, working with experienced archaeologists in the field.</p>	<p>Interest</p>
<p><b>Out Of The Box (Scotland) Limited</b>          15 Castle Heather Road, Inverness  <a href="http://www.outofthebox.me.uk">www.outofthebox.me.uk</a>          07793000309  <a href="mailto:info@outofthebox.me.uk">info@outofthebox.me.uk</a>          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><b>Petty and Ardersier Community Heritage</b>          The Old School, Station Road, Ardersier  <a href="http://archhighland.org.uk">archhighland.org.uk</a>          last Thursday of the month, 6.30pm          Meetings held in the PACE heritage café in Ardersier</p>	<p>Interest</p>
<p><b>Poker Night</b>          Benleva Hotel, Drumnadrochit, IV63 6UH  <a href="http://www.highlandpoker.co.uk/index.asp?pageid=241295">http://www.highlandpoker.co.uk/index.asp?pageid=241295</a>          01456 450080          Monday, 8.30pm          poker, gaming, cards          Poker card game.. Contact Allan or Stephen</p>	<p>Interest</p>
<p><b>Scrabble Club</b>          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><b>Scrabble Club</b>          Ness Bank Church Hall, Inverness, IV2 4SF  <a href="http://www.nessbank.net/page5.htm">http://www.nessbank.net/page5.htm</a>          01463 233974          Wednesday evenings 7.30 to 10pm          Scrabble, social. New Members very welcome. Contact Alistair Dowling</p>	<p>Interest</p>
<p><b>Sewing and patchwork</b>          Charleston Community complex, Inverness, IV3 8ET          01463 220128      <a href="mailto:pat13knit@aol.com">pat13knit@aol.com</a>          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><b>Skills Exchange</b>          Charleston Community complex, Inverness, IV3 8ET          01463 220128  <a href="mailto:charleston_complex@hotmail.com">charleston_complex@hotmail.com</a>          Wednesdays 10 am to 12 noon          Exchange skills such as sewing , crocheting , card making. Contact Jane MacLellan</p>	<p>Interest</p>

<p><b>The Arts Society Highland</b>                  Grianan, Balinrait, Cawdor, Nairn  <a href="http://www.theartsocietyhighland.org.uk">www.theartsocietyhighland.org.uk</a>  <a href="mailto:info@theartsocietyhighland.org.uk">info@theartsocietyhighland.org.uk</a>                  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><b>The Barn, Church of Scotland, Culloden</b>                  The Barn, Church of Scotland, Culloden House Avenue, Culloden, Inverness  <a href="http://www.churchofscotland.org">www.churchofscotland.org</a>                  01463798946  <a href="mailto:admin@barnchurch.org.uk">admin@barnchurch.org.uk</a>                  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><b>The Inverness Men's Shed</b>                  Kintail House, Beechwood Business Park, Inverness  <a href="http://www.friendship-services.com/inverness-mens-shed.asp">www.friendship-services.com/inverness-mens-shed.asp</a>                  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><b>Tomatin Art Club</b>                  Strathdearn Hall, Tomatin, IV13 7YN  <a href="http://www.strathdearn.org/events-calendar.html">http://www.strathdearn.org/events-calendar.html</a>                  01808 511271                  Thursday at 1.30-4pm                  art, drawing, painting                  Findhorn Room, Strathdearn Hall. Contact Betty Watson</p>	<p>Interest</p>
<p><b>Trees for Life</b>                  Trees for life, 566 East Whins, The Park, Findhorn, Forres, IV36 3TH  <a href="http://www.treesforlife.org.uk">www.treesforlife.org.uk</a>                  01309691292  <a href="mailto:info@treesforlife.org.uk">info@treesforlife.org.uk</a>                  Help restore the Caledonian Forest, volunteers needed</p>	<p>Interest</p>
<p><b>University of the Third Age</b>                  Smithton and Culloden Free Church, Murray Road, Smithton, Inverness IV2 7YU  <a href="http://u3asites.org.uk/code/u3asite.php?site=174">http://u3asites.org.uk/code/u3asite.php?site=174</a>                  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><b>Velocity Café</b>                  1 Crown Avenue, Inverness  <a href="http://www.velocitylove.co.uk">www.velocitylove.co.uk</a>                  01463 419956 / 07864 905627  <a href="mailto:mc2hvelocity@gmail.com">mc2hvelocity@gmail.com</a>                  Cycle maintenace workshops, social cycle's, activity agreements</p>	<p>Interest</p>
<p><b>Whist Club</b>                  Cannich Hall, Beauly, IV4 7LJ  <a href="http://cannich-hall.co.uk/blog/groups-clubs/">http://cannich-hall.co.uk/blog/groups-clubs/</a>                  01456 415236  <a href="mailto:info@cannich-hall.co.uk">info@cannich-hall.co.uk</a>                  3rd Thursday of the month                  whist, cards                  All welcome. Usually runs the third Thursday of each month. Contact Judith Myers</p>	<p>Interest</p>



<p><b>Woodlands Trust</b>  <a href="http://www.woodlandtrust.org.uk">www.woodlandtrust.org.uk</a>  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>	Interest
<p><b>50+ Kandu Club</b>  Hilton Community Centre, Hilton Village, Inverness, IV2 4HT  <a href="http://www.hiltoncommunitycentre.org/about-the-centre/centre-classes-and-activities/">http://www.hiltoncommunitycentre.org/about-the-centre/centre-classes-and-activities/</a>  01463 221694      <a href="mailto:hiltoncc@highlifehighland.com">hiltoncc@highlifehighland.com</a>  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>	Social
<p><b>Ardersier And District Senior Citizens Social Club</b>  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>	Social
<p><b>Ardersier Lunch Club</b>  Adersier War Memorial hall, Adersier, IV2 7SU  <a href="https://www.facebook.com/pages/Ardersier-War-Memorial-Hall/497567986981399">https://www.facebook.com/pages/Ardersier-War-Memorial-Hall/497567986981399</a>  01667 462 701  lunch club, social, friendship  Meets weekly in Memorial Hall. Contact Pat Barrett 01667 462 701</p>	Social
<p><b>Barn Church Coffee Morning</b>  Barn Church, Culloden House Avenue, Culloden, Inverness, IV2 7AB  <a href="http://www.barnchurch.org.uk/whats-on/fellowship-food-fun/">http://www.barnchurch.org.uk/whats-on/fellowship-food-fun/</a>  01463 791556  <a href="mailto:admin@barnchurch.org.uk">admin@barnchurch.org.uk</a>  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><b>Barn Church Lunch Club</b>  Barn Church, Culloden House Avenue, Culloden, Inverness, IV2 7AB  <a href="http://www.barnchurch.org.uk/whats-on/fellowship-food-fun/">http://www.barnchurch.org.uk/whats-on/fellowship-food-fun/</a>  01464 791556  <a href="mailto:admin@barnchurch.org.uk">admin@barnchurch.org.uk</a>  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>	Social
<p><b>Beauly and District Care Project - Afternoon Teas Kilmorack</b>  Kilmorack Hall  <a href="https://kilmorackcc.org/beauly-cares/">https://kilmorackcc.org/beauly-cares/</a>  01463 782496  3rd Tuesday of the month  Cost £1.50 per person</p>	Social
<p><b>Beauly and District Care Project - Afternoon Teas Kirkhill</b>  Kirkhill Community Centre  <a href="https://kilmorackcc.org/beauly-cares/">https://kilmorackcc.org/beauly-cares/</a>  01463 782496  Last Thursday of the month, 3pm  Cost £1.50 per person</p>	Social

<p><b>Beauly and District Care Project - Lunch</b>                  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><b>Cradlehall Senior Citizens Club</b>                  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><b>Crown Church Friendship Group</b>                  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><b>Crown Church Knit and natter</b>                  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><b>Crown Church Mostly men</b>                  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><b>Crown Church Mostly Women</b>                  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><b>Croy Lunch Club</b>                  IV2 5PG                  01463791669                  1-3pm, Wednesdays, fortnightly                  lunch club, friendship                  All welcome. Contact Margaret Johnston 01463 791669</p>	<p>Social</p>
<p><b>Dalneigh 50 Plus Group</b>                  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><b>Derby and Joan Club</b>  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><b>Free North Church Lunch</b>  Bank Street, Inverness, IV1 1QU  <a href="http://freenorthchurch.org/whats-on/">http://freenorthchurch.org/whats-on/</a>  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><b>Friendship Club</b>  Crown Church, Kingsmills Road, Inverness, IV2 3JT  <a href="http://www.crown-church.co.uk">http://www.crown-church.co.uk</a>  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><b>Glints of Gold Senior Citizens Club</b>  The Spectrum centre, Inverness, IV1 1LST  <a href="http://spectrumcentre.co.uk/whatson.html">http://spectrumcentre.co.uk/whatson.html</a>  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><b>Highland Multicultural Friends</b>  Cameron Youth Centre, Planefield Road, Inverness, IV3 5DN  <a href="http://www.highlandmulticulturalfriends.org">www.highlandmulticulturalfriends.org</a>  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><b>Kilmorack Lunch Bite</b>  Druim View, Torgormack, By Beauly IV4 7AL  <a href="http://www.kilmorackhall.com/index.asp?pageid=231492">http://www.kilmorackhall.com/index.asp?pageid=231492</a>  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><b>Kiltarlity, Kirkhill and Beauly Free Church Coffee mornings</b>  Wardlaw Church, Kirkhill  <a href="http://www.kiltarlityandkirkhill.org.uk">www.kiltarlityandkirkhill.org.uk</a>  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><b>Kirkhill Lunch Club</b>  Community centre, Kirkhill, IV5 7NX  <a href="http://www.keepactive.net">www.keepactive.net</a>  01463 831521  wednesdays, monthly, noon - 1.30pm  Monthly lunch club. Contact Margaret Georgeson</p>	Social

<p><b>Lochardil 678 Club</b>                  Green Drive Hall, 36 Green Drive, Inverness, IV2 4EU  <a href="http://www.greendrivehall.org.uk/index.asp?pageid=447089">http://www.greendrivehall.org.uk/index.asp?pageid=447089</a>                  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><b>Lunch Club</b>                  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><b>Lunch Club</b>                  Ness Bank Church Hall, Inverness  <a href="http://www.nessbank.net">http://www.nessbank.net</a>                  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><b>Lunch Club</b>                  The Salvation Army, 20 Tomnahurich Street, Inverness, IV3 5DD  <a href="http://www.salvationarmy.org.uk/inverness#contact">http://www.salvationarmy.org.uk/inverness#contact</a>                  01463 225276                  12 noon , Thursdays                  Lunch Club for the elderly and the needy. Contact Kate Donaldson</p>	<p>Social</p>
<p><b>Men's Group</b>                  IV1 1EP  <a href="http://www.friendship-services.com/">http://www.friendship-services.com/</a>                  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><b>Merkinch Friendship Club</b>                  Merkinch Community centre, Coronation Park, Inverness, IV3 8AD  <a href="http://highlifehighland.com/community-centres/merkinch-community-centre">http://highlifehighland.com/community-centres/merkinch-community-centre</a>                  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><b>Merkinch Social circle</b>                  Merkinch Community centre, Coronation Park, Inverness, IV3 8AD  <a href="http://www.merkinchcommunitycentre.co.uk">www.merkinchcommunitycentre.co.uk</a>                  01463239563                  Thurs, 10am-12.30pm                  Hobbies, IT, fun and friendship</p>	<p>Social</p>
<p><b>Nairn Men's Shed</b>                  Platform 1, Nairn Railway station, Nairn  <a href="http://www.scottishmsa.org.uk">www.scottishmsa.org.uk</a>                  Tues - 10 - noon                  Social group reducing social isolation</p>	<p>Social</p>
<p><b>Nairn Senior Citizens Luncheon &amp; Social Club</b>                  24 Lodgehill Park, Nairn  <a href="http://nairncc.co.uk/activities">nairncc.co.uk/activities</a>                  Mon+Thurs-12.30pm                  lunch.social afternoons and outings</p>	<p>Social</p>

<p><b>North Kessock Carefree Club</b>            Kessock Village Hall, Marine Park, North kessock IV1 3XS  <a href="http://www.kessock-hall.net/calendar.asp?intent=details&amp;eventID=188806">http://www.kessock-hall.net/calendar.asp?intent=details&amp;eventID=188806</a>            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>	Social
<p><b>Over 60s Club</b>            Balloch Hall, Culloden Road, Inverness, IV2 7HQ  <a href="http://ballochhall.co.uk/wordpress/?page_id=32">http://ballochhall.co.uk/wordpress/?page_id=32</a>            01463 790547            Monthly on the 1st &amp; 3rd Wednesday 2pm-4pm            Over sixties social club. . Contact George Mudd</p>	Social
<p><b>Over 60s Club</b>            Village Hall, Muir of Ord, IV6 7TA            01463 870955            Thursday mornings at 10am            The over 60s club meets on. Contact Eleanor Innes</p>	Social
<p><b>Over 60's Club</b>            Balloch Village Hall, IV2 7HQ            01463 790547            Monthly, 1st and 3rd Wednesday, 2pm - 4pm</p>	Social
<p><b>Over 60s Coffee Club</b>            Dores Inn, Dores, Inverness, IV2 6TR  <a href="http://www.doresonlochness.co.uk/over_60_club.html">http://www.doresonlochness.co.uk/over_60_club.html</a>            01463 751203            meets monthly on a Wednesday morning            coffee club, social            Over 60s Coffee Club . Contact Dores Inn</p>	Social
<p><b>Over 60s Lunch</b>            IV4 7HW            01463 741257            Thursdays, noon            lunch club, social            Contact Robbie Sherriffs</p>	Social
<p><b>Pop-In over 50s</b>            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>	Social
<p><b>Senior Citizens Group</b>            Ardersier War Memorial Hall, Station Road, Ardersier, IV2 7SS  <a href="http://ardersier.org/senior-citizens/">http://ardersier.org/senior-citizens/</a>            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>	Social
<p><b>Senior Citizens lunch</b>            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>	Social

<p><b>Seniors Lunch Club</b>                  Farr Community Hall, Inverarnie Park, IV2 6AX  <a href="http://www.strathnairn.org.uk/farrhall.asp">http://www.strathnairn.org.uk/farrhall.asp</a>                  01808 521205                  lunch club                  second Friday of the month. Contact Christina Murray</p>	<p>Social</p>
<p><b>Smithton Lunch Club</b>                  Smithton and Culloden Free Church, Murray Road, Smithton, Inverness IV2 7YU  <a href="http://smithton.smithtonchurch.com/connect/seniors/">http://smithton.smithtonchurch.com/connect/seniors/</a>                  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><b>The Evergreen Club</b>                  Cawdor Parish Church, Nairn, IV12 5XP  <a href="http://www.cawdorparishchurch.co.uk/evergreen.htm">http://www.cawdorparishchurch.co.uk/evergreen.htm</a>                  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</p>	<p>Social</p>
<p><b>The Friendship Club</b>                  Ardersier War Memorial Hall, Station Road, Ardersier, IV2 7SS  <a href="http://ardersier.org/senior-citizens/">http://ardersier.org/senior-citizens/</a>                  friendship, social                  Last Tuesday of each month at 2pm. Speakers , DVD, Tea /coffee. All welcome. Contact Isabel Fraser 01667 462428</p>	<p>Social</p>
<p><b>The Gathering</b>                  Inverness East Parish Church, Academy Street, Inverness, IV1 1LU  <a href="http://www.invernesseast.com/activities/community/the-gathering/">http://www.invernesseast.com/activities/community/the-gathering/</a>                  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.</p>	<p>Social</p>
<p><b>The Monday Club</b>                  The Spectrum Centre, 1 Margaret Street, Inverness, IV1 1LS  <a href="http://www.spectrumcentre.co.uk/index.asp?pageid=581814">http://www.spectrumcentre.co.uk/index.asp?pageid=581814</a>                  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><b>The Olive Grove</b>                  6 Southside Road, Invernes, IV2 3AU  <a href="http://www.crown-church.co.uk/index.asp?pageid=149175">http://www.crown-church.co.uk/index.asp?pageid=149175</a>                  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.</p>	<p>Social</p>
<p><b>Tomatin Coffee Morning</b>                  Strathdearn Hall, Tomatin, IV13 7YN  <a href="http://www.strathdearn.org/events-calendar.html">http://www.strathdearn.org/events-calendar.html</a>                  01808 531220                  Coffee Morning, social. Wednesday morning get together. Contact Carol James</p>	<p>Social</p>

<p><b>Try Anything Once!</b>                  Charleston Academy Community Complex, Inverness, IV3 8ET  <a href="https://www.facebook.com/pages/charleston-academy-community-complex/470408369704894">https://www.facebook.com/pages/charleston-academy-community-complex/470408369704894</a>                  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>	<p>Social</p>
<p><b>Drakies Mature Movers</b>                  Grebe Avenue, Inverness, IV2 3TD  <a href="http://www.community-council.org/culcabockandrakies">www.community-council.org/culcabockandrakies</a>                  01463221185                  home.janet@btinternet.com                  1.45-3.45, Mondays                  Keep fit, exercise class, teas, social</p>	<p>Social and Active</p>
<p><b>Free North Church Activity Group</b>                  Bank Street, Inverness, IV1 1QU  <a href="http://freenorthchurch.org/whats-on/">http://freenorthchurch.org/whats-on/</a>                  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</p>	<p>Social and Active</p>
<p><b>Glenmoriston Celidh Nights</b>                  Glenmoriston Millennium hall, Glenmoriston, IV63 7YG  <a href="http://www.glenmoristonhall.org.uk/Whatson/page3.html">http://www.glenmoristonhall.org.uk/Whatson/page3.html</a>                  01320351231                  Second Saturday each month                  evenings of music and dance, entertainment.</p>	<p>Social and Active</p>
<p><b>Glenmoriston Country Dance Club</b>                  Glenmoriston Millennium Hall  <a href="http://www.glenmoristonhall.org.uk/Whatson/page3.html">http://www.glenmoristonhall.org.uk/Whatson/page3.html</a>                  01320 351320                  Thursdays 7.30pm - 9.30pm                  country dancing, Scottish dances</p>	<p>Social and Active</p>
<p><b>Line Dancing</b>                  The Spectrum Centre 1 Margaret Street, Inverness, IV1 1LS  <a href="http://www.spectrumcentre.co.uk">http://www.spectrumcentre.co.uk</a>                  01463 712370                  info@spectrumcentre.co.uk                  Mondays, 11am-noon                  Line dancing group . Contact Lexie Smith</p>	<p>Social and Active</p>
<p><b>Line Dancing</b>                  Inverness Leisure centre, Bught Lane, Inverness, IV3 5SS  <a href="http://www.invernessleisure.co.uk/facilities/sports-centre/">http://www.invernessleisure.co.uk/facilities/sports-centre/</a>                  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</p>	<p>Social and Active</p>
<p><b>Line Dancing (Intermediate and Advanced)</b>                  Phipps Hall, Beauly, IV4 7EH  <a href="http://www.beauly.co.uk/hipps-hall-activities.html">http://www.beauly.co.uk/hipps-hall-activities.html</a>                  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>	<p>Social and Active</p>

<p><b>Line Dancing for Beginners</b>  Phipps Hall, Beauly, IV4 7EH  <a href="http://www.beauly.co.uk/hipps-hall-activities.html">http://www.beauly.co.uk/hipps-hall-activities.html</a>  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><b>Over 50s Art Class</b>  Phipps Hall, Station Road, Beauly  <a href="http://www.beauly.co.uk/hipps-hall-activities.html">http://www.beauly.co.uk/hipps-hall-activities.html</a>  01463 782390  Wednesday and Friday 11am-1pm  Art Class, Over 50s activity, drawing, painting. Contact Ann Galloway</p>	<p>Social and Active</p>
<p><b>Rusties</b>  Raigmore Community centre, 125 Aston Road, Inverness, IV2 3UY  <a href="http://highlifehighland.com/community-centres/raigmore-community-centre">http://highlifehighland.com/community-centres/raigmore-community-centre</a>  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><b>Scottish Country Dance Club</b>  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><b>Stratherrick Public Hall -scottish country dancing</b>  Mirkwood, Gorthleck, Inverness  <a href="http://www.stratherrick.net/stratherrick-hall">www.stratherrick.net/stratherrick-hall</a>  01456486464  Wednesday, 7.30-9.30pm</p>	<p>Social and Active</p>
<p><b>50+ Fitness Session</b>  Inverness Leisure Centre, Bught Lane, Inverness, IV3 5SS  <a href="http://www.invernessleisure.co.uk/facilities/sports-centre/">http://www.invernessleisure.co.uk/facilities/sports-centre/</a>  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 &amp; Outdoor Activity</p>
<p><b>Abriachan Forest Trust</b>  Wester Ladycairn, Abriachan, Inverness  <a href="http://www.abriachan.org.uk">www.abriachan.org.uk</a>  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 &amp; Outdoor Activity</p>
<p><b>ActivNess</b>  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 &amp; Outdoor Activity</p>



**Adult Country Dancing**

Sport &amp; 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 &amp; 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 &amp; Outdoor Activity

61-62 High Street, Ardersier  
<https://www.facebook.com/ardersierboatclub/>  
 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 &amp; Outdoor Activity

Balloch Village Hall, IV2 7HQ  
[http://ballochhall.co.uk/wordpress/?page\\_id=32](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 &amp; Outdoor Activity

Balloch Village Hall, IV2 7HQ  
[http://ballochhall.co.uk/wordpress/?page\\_id=32](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 &amp; 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 &amp; Outdoor Activity

Balloch Village Hall, IV2 7HQ  
 lee.macrae@outlook.com

Saturday morning (term time) 9.30am - 11am

football training

**Dalneigh Bowling**

Sport &amp; 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](http://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](mailto: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](http://www.glenurquhartshintyclub.com)  
 07801820842  
[stewart511@btinternet.com](mailto: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](http://www.glenurquhartshintyclub.com)  
 07801820842  
[stewart511@btinternet.com](mailto: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

<p><b>Glints of Gold Senior Citizens Tai Chi</b>                  The Spectrum Centre, Inverness, IV1 1LS  <a href="http://highlandtaichi.co.uk/classes/">http://highlandtaichi.co.uk/classes/</a>                  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.</p>	<p>Sport &amp; Outdoor Activity</p>
<p><b>Highland Blind Tandem Club</b>                  IV2 3NF  <a href="http://www.spanglefish.com/highlandblindtandemclub/">http://www.spanglefish.com/highlandblindtandemclub/</a>                  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 &amp; Outdoor Activity</p>
<p><b>Highland Disability Sport</b>                  Ness House, Drummond Road, Inverness, Inverness-shire. IV2 4NZ  <a href="http://www.highlanddisabilitysport.info">www.highlanddisabilitysport.info</a>                  01463232262                  hdsport1982@gmail.com                  helping people with disabilities to become involved in sporting activities</p>	<p>Sport &amp; Outdoor Activity</p>
<p><b>Highland Disabled Ramblers</b>                  Deveron street, Inverness, IV1 1LD  <a href="http://www.highland-disabled-ramblers.org">www.highland-disabled-ramblers.org</a>                  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</p>	<p>Sport &amp; Outdoor Activity</p>
<p><b>Highland Rugby Football Club</b>                  Canal Park, Bught Lane, Inverness  <a href="http://www.pitchero.com/clubs/highlandrhc">www.pitchero.com/clubs/highlandrhc</a>                  01463223552                  contact through website                  dependent on team, season and weather. Rugby for all ages, boys, girls, men and women.</p>	<p>Sport &amp; Outdoor Activity</p>
<p><b>Highlands and Islands Squash Association</b>                  Knockaneorn Cottage, Clunas, Nairn  <a href="http://www.highlandsquash.org">www.highlandsquash.org</a>                  clunasnairn@yahoo.co.uk                  playing squash, getting fit. Meeting people.                  The Association is responsible for promoting, organising and developing squash in the Highlands &amp; Islands of Scotland.</p>	<p>Sport &amp; Outdoor Activity</p>
<p><b>Highlife Highland</b>                  13 Ardross Street Inverness  <a href="http://www.highlifehighland.com">www.highlifehighland.com</a>                  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 &amp; Outdoor Activity</p>
<p><b>Indoor Bowling Club</b>                  Charleston Community complex, Inverness, IV3 8ET  <a href="http://www.highlifehighland.com/charleston-community-campus">www.highlifehighland.com/charleston-community-campus</a>                  01463222179                  gfarquhar1@btinternet.com                  7.30-9pm, Tuesdays and Thursdays, Oct-March                  indoor bowling club, activity, sports, bowls</p>	<p>Sport &amp; Outdoor Activity</p>

**Invergarry Short Mat Bowls Club**

Sport &amp; 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 &amp; Outdoor Activity

Clava House, Cradlehall Business Park, Inverness

[www.ictfc.com/community](http://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 &amp; Outdoor Activity

3 Carsegate Road North, Inverness,

[www.facebook.com/invernesscityboxing](http://www.facebook.com/invernesscityboxing)

07919670851

sports club, gym, physical fitness centre

**Inverness Ice Centre Limited**

Sport &amp; Outdoor Activity

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

[www.inverness-ice-centre.co.uk](http://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 &amp; Outdoor Activity

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

[www.inverness-ice-centre.co.uk](http://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 &amp; 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 &amp; Outdoor Activity

126 Culduthel Road, Inverness

[www.invernessrowingclub.org.uk](http://www.invernessrowingclub.org.uk)

secretary@invernessrowingclub.org.uk

expeined 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 &amp; 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 &amp; Outdoor Activity

2 Allarburn Park, Kiltarlity, Inverness-shire

[www.spanglefish.com/kirkhillandkiltarlityfirstshinty](http://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 &amp; 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 &amp; 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 &amp; Outdoor Activity

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

[www.merkinchcommunitycentre.co.uk](http://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 &amp; 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 &amp; Outdoor Activity

Tigh-Na-Coille, Mill Road, Nairn

[www.naaac.co.uk](http://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 &amp; Outdoor Activity

Waverley Lodge, Lodgehill Road, Nairn, Highland

[www.nairncoastalrowing.co.uk](http://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><b>Nairn Sports Club</b>  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 &amp; Outdoor Activity</p>
<p><b>Nairnshire Dragons</b>  Nairn Academy, Duncan drive, Nairn, IV12 4RD  www.nairnshiredragons.co.uk  American football team based in Nairn</p>	<p>Sport &amp; Outdoor Activity</p>
<p><b>Nature Walks for Wellbeing</b>  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 &amp; Outdoor Activity</p>
<p><b>Old Folks Bowling</b>  Cameron Youth Centre, Planefield Road, Inverness, IV3 5DN  http://www.cameronyouthcentre.org/about-the-centre/activities/  01463 234785  lee3xq@btinternet.com  Mon &amp; Tues,1.30-4pm  Indoor bowling for seniors. Monday and Tuesday 1.30 to 4pm. Contact Joan Durward</p>	<p>Sport &amp; Outdoor Activity</p>
<p><b>Over 50s Badminton</b>  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 &amp; Outdoor Activity</p>
<p><b>Over 50s Fitness Club</b>  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 &amp; Outdoor Activity</p>
<p><b>Over 60's Exercise Class</b>  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 &amp; Outdoor Activity</p>
<p><b>Partnerships For Wellbeing Limited</b>  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 &amp; Outdoor Activity</p>
<p><b>Pilates Class</b>  Balloch Village Hall, IV2 7HQ  www.cathybiggar.co.uk  07792326393  cathybiggapilates@gmail.com  Monday, (term time only)</p>	<p>Sport &amp; Outdoor Activity</p>

<p><b>Raigmore Bowling</b>  Raigmore Community Centre, IV3 5HS  <a href="http://highlifehighland.com/community-centres/raigmore-community-centre">http://highlifehighland.com/community-centres/raigmore-community-centre</a>  01463 220126  raigmorecc@highlifehighland.com  Wednesdays 2-4pm  indoor bowling club, activity, sports, bowls</p>	Sport & Outdoor Activity
<p><b>Salsa North</b>  The Spectrum Centre, 1 Margaret Street, Inverness, IV1 1LS  <a href="http://www.salsanorth.co.uk/index.asp">http://www.salsanorth.co.uk/index.asp</a>  jermaine@salsanorth.co.uk  Wednesday evening.  Latin dance classes Beginners and all ages welcomed. Contact Jermaine McCracken</p>	Sport & Outdoor Activity
<p><b>Senior Badminton</b>  Glengarry Community Hall, Invergarry PH35 4HG  <a href="http://www.glengarrylife.com">http://www.glengarrylife.com</a>  01809 501413  Badminton arranged on demand depending on numbers interested. Enquiries welcome . Open to all ages . Contact Eileen Rogers</p>	Sport & Outdoor Activity
<p><b>Senior Bowling Club</b>  Glenmoriston Hall, Invermoriston,  <a href="http://www.glenmoristonhall.org.uk/Whatson/page3.html">http://www.glenmoristonhall.org.uk/Whatson/page3.html</a>  01320 351313  Monday afternoons and evenings  The bowls club meets each week . Contact Betty Draper</p>	Sport & Outdoor Activity
<p><b>Senior Bowls</b>  The Spectrum Centre, 1 Margaret Street, Inverness, IV1 1LS  <a href="http://www.spectrumcentre.co.uk/index.asp?pageid=581814">http://www.spectrumcentre.co.uk/index.asp?pageid=581814</a>  01463 221842  info@spectrumcentre.co.uk  Tuesdays 14.00-16.00.</p>	Sport & Outdoor Activity
<p><b>Senior Citizens Bowling</b>  Phipps Hall, Beauly, IV4 7EH  <a href="http://www.beauly.co.uk/hipps-hall-activities.html">http://www.beauly.co.uk/hipps-hall-activities.html</a>  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><b>Senior Citizens Keep Fit</b>  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><b>Senior Swimming</b>  Culloden Leisure Centre, IV2 7JZ  <a href="https://www.facebook.com/CullodenLeisureCentre">https://www.facebook.com/CullodenLeisureCentre</a>  01463 792794  Tuesdays 3.45-4.45, Saturdays 11am-noon  swimming  Seniors swimming sessions . Contact Reception</p>	Sport & Outdoor Activity

<p><b>Step it up Highland</b>          31-33 Walls Street, Inverness  <a href="http://www.pfw.org.uk/projects/step-it-up-highland">www.pfw.org.uk/projects/step-it-up-highland</a>          01463 729 997  <a href="mailto:walking@pfw.org.uk">walking@pfw.org.uk</a>          Health walks to promote walking to people from all walks of life          Self referral</p>	<p>Sport &amp; Outdoor Activity</p>
<p><b>Stratherrick Public Hall - Badminton club</b>          Mirkwood, Gorthleck, Inverness  <a href="http://www.stratherrick.net/stratherrick-hall">www.stratherrick.net/stratherrick-hall</a>          01456486707          Monday, 7-9pm</p>	<p>Sport &amp; Outdoor Activity</p>
<p><b>Stratherrick Public Hall - karate</b>          Mirkwood, Gorthleck, Inverness  <a href="http://www.stratherrick.net/stratherrick-hall">www.stratherrick.net/stratherrick-hall</a>          01456486205          Saturday, 10am-noon</p>	<p>Sport &amp; Outdoor Activity</p>
<p><b>Strathglass Bowling Club</b>          Cannich Hall, Cannich, Beauly, IV4 7LT  <a href="http://cannich-hall.co.uk/blog/groups-clubs/">http://cannich-hall.co.uk/blog/groups-clubs/</a>          01456 415314  <a href="mailto:info@cannich-hall.co.uk">info@cannich-hall.co.uk</a>          Monday afternoons,          For anyone who is interested in playing Outdoor &amp; 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 &amp; Outdoor Activity</p>
<p><b>Tai Chi</b>          Merkinch Community centre, Coronation Park, Inverness, IV3 8AD  <a href="http://www.merkinchcommunitycentre.co.uk/programs/">http://www.merkinchcommunitycentre.co.uk/programs/</a>          01463 239563  <a href="mailto:angela.mackenzie4@highlifehighland.com">angela.mackenzie4@highlifehighland.com</a>          mondays, noon-1pm          Tai Chi, exercise, keep fit          Contact Angela Mackenzie</p>	<p>Sport &amp; Outdoor Activity</p>
<p><b>Tai Chi</b>          Inverness Leisure centre, Bught Lane, Inverness, IV3 5SS  <a href="http://www.invernessleisure.co.uk/facilities/sports-centre/">http://www.invernessleisure.co.uk/facilities/sports-centre/</a>          01463 667500  <a href="mailto:info@invernessleisure.co.uk">info@invernessleisure.co.uk</a>          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 &amp; Outdoor Activity</p>
<p><b>T'ai Chi</b>          Phipps Hall, Beauly, IV4 7EH  <a href="http://www.beauly.co.uk/hipps-hall-activities.html">http://www.beauly.co.uk/hipps-hall-activities.html</a>          07714 499963          Tuesday mornings 10.00 to 11.00          self-defense, calisthenics, fitness, health, relaxation, stretching, exercise. Contact Douglas Hardy</p>	<p>Sport &amp; Outdoor Activity</p>
<p><b>Tap Dancing</b>          Merkinch Community centre, Coronation Park, Inverness, IV3 8AD  <a href="http://www.merkinchcommunitycentre.co.uk/programs/">http://www.merkinchcommunitycentre.co.uk/programs/</a>          01463 239563  <a href="mailto:angela.mackenzie4@highlifehighland.com">angela.mackenzie4@highlifehighland.com</a>          Monday, 11 - noon          Tap Dancing Contact Angela Mackenzie</p>	<p>Sport &amp; 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](mailto: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](mailto: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](http://www.highlandcycleabilitycentre.com)  
01667493789  
[highlandcycleabilitycentre@yahoo.co.uk](mailto: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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](mailto: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](http://www.crocusgroup.org.uk)

01479714568

[hannah@crocusgroup.org.uk](mailto:hannah@crocusgroup.org.uk)

helping and supporting bereaved children and young people

**Cruse Bereavement Care Scotland**

Online Service

[www.crusescotland.org.uk](http://www.crusescotland.org.uk)

08456002227

[support@crusescotland.org.uk](mailto:support@crusescotland.org.uk)

Counselling, support, education and advice

Self referral / any professional

Support &amp; Information

**Dementia Café Inverness**

2 Strothers Lane, Inverness, IV1 1LR

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

01463711707

[jsykes@alzscot.org](mailto: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 &amp; Information

**For the Right Reasons**

38/40 Grant Street, Inverness

[ftrr.org.uk](http://ftrr.org.uk)

01463237969

[fortherightreasons@rocketmail.com](mailto: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 &amp; Information

**Glenurquhart Care Project**

An Fhaire, Balnain, Glen Urquhart, Drumnadrochit, Inverness

[www.glenurquhartcentre.org.uk](http://www.glenurquhartcentre.org.uk)

01456459007

[manager.gcentre@btconnect.com](mailto: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 &amp; Information

**Golden Gadgets**

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

[www.merkinchcommunitycentre.co.uk](http://www.merkinchcommunitycentre.co.uk)

01463239563

[angela.mackenzie4@highlifehighland.com](mailto: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 &amp; Information

**Health and Happiness in the Highlands**

Unit 6a, 7 Canal Road, Inverness

[www.healthhappiness.org.uk](http://www.healthhappiness.org.uk)

07941428647

[ellie@healthhappiness.org.uk](mailto: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 &amp; 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 &amp; Information

**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.

**Highland Developmental Co-Ordination Disorders Group**

Support & Information

78 Holm Park, Inverness  
[www.hdcd.org.uk](http://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.

**Highland Hospice**

Support & Information

Ness House, 1 Bishops Road, Inverness  
[www.highlandhospice.org](http://www.highlandhospice.org)  
 01463243132

[generalenquiries@highlandhospice.org.uk](mailto:generalenquiries@highlandhospice.org.uk)

Providing patients and their loved ones with respect, dignity and choice both during the patient's illness and into bereavement

**Highland Senior Citizens Network**

Support & Information

box 301, 8 Church Street , Inverness, IV1 1EA  
[www.hscn.co.uk](http://www.hscn.co.uk)  
 07716884989  
[hscn@hotmail.co.uk](mailto: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.

**Highlands & Islands Kidney Patients Assoc.**

Support & Information

Abriachan Lodge, Loch Ness Side, Inverness  
[www.kidney.org.uk/kpa/kpa-highlands](http://www.kidney.org.uk/kpa/kpa-highlands)  
[info@hikpa.co.uk](mailto: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.

**Inverness Bravehearts**

Support & Information

Inverness Academy, Diriebught Road, IV2 3QR  
[www.chss.org.yk/group/inverness-bravehearts](http://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

**Inverness Foodstuff**

Support & Information

Ness Bank Church Hall, Inverness  
[www.nessbank.net/inverness-foodstuff](http://www.nessbank.net/inverness-foodstuff)  
 01463232540  
[conandjoyce@btopenworld.com](mailto: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

**Inverness Masjid Association**

Support & Information

1 Portland Place, Inverness, IV1 1NE  
[www.invernessmasjid.co.uk](http://www.invernessmasjid.co.uk)  
 07714499289  
[info@invernessmasjid.co.uk](mailto: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><b>Inverness Womens Aid</b>                  2 Anderson Street, Inverness  <a href="http://www.invernesswa.co.uk">www.invernesswa.co.uk</a>                  01463220719  <a href="mailto:info@invernesswa.co.uk">info@invernesswa.co.uk</a>                  supporting our clients to become truly re-empowered and independent as survivors of domestic abuse                  Providing effective &amp; innovative support based on a strong ethos which promotes equality and justice. Treating women, children &amp; young people with dignity and respect. Listening to them without prejudice or judgement.</p>	<p>Support &amp; Information</p>
<p><b>L'Arche</b>                  Braerannoch, 13 Drummond Crescent. Inverness, IV2 4QR  <a href="http://www.community.larche.org.uk/sites/inverness">www.community.larche.org.uk/sites/inverness</a>                  01463239615  <a href="mailto:reception.inverness@larche.org.uk">reception.inverness@larche.org.uk</a>                  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</p>	<p>Support &amp; Information</p>
<p><b>League Of Friends Of Raigmore Hospital</b>                  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.</p>	<p>Support &amp; Information</p>
<p><b>Listen Well Scotland</b>                  Tigh Choinneach, Victoria Street, Nairn  <a href="http://www.listenwellscotland.org.uk">www.listenwellscotland.org.uk</a></p>	<p>Support &amp; Information</p>
<p><b>Manna House Trust</b>                  48 Huntly Street, Inverness  <a href="http://www.destinyhighlands.co.uk">www.destinyhighlands.co.uk</a>  <a href="mailto:info@destinyhighlands.com">info@destinyhighlands.com</a>                  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</p>	<p>Support &amp; Information</p>
<p><b>Meeting Place</b>                  The Meeting Place, The Cabins, SCY Centre grounds, Keppoch Road, Culloden  <a href="http://www.the-meeting-place.org.uk">www.the-meeting-place.org.uk</a>                  01463798535                  adult learners develop their skills in IT and multimedia with valuable support from young peer mentors</p>	<p>Support &amp; Information</p>
<p><b>Merkinch Falcon Club</b>                  Merkinch Community centre, Coronation Park, Inverness, IV3 8AD  <a href="http://www.merkinchcommunitycentre.co.uk">www.merkinchcommunitycentre.co.uk</a>                  01463239563                  Thurs, 7-9pm                  Social club for adults with learning disabilities</p>	<p>Support &amp; Information</p>
<p><b>Mikeysline and the Hive project</b>                  19 Academy Street, Inverness  <a href="http://www.mikeysline.co.uk">www.mikeysline.co.uk</a>                  07779303303 text only. calls on 01462729000  <a href="mailto:thehiveproject@hotmail.com">thehiveproject@hotmail.com</a>                  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.</p>	<p>Support &amp; Information</p>

**Morning Call**

Support & Information

28 Culloden Road, Balloch, Inverness  
[www.friendship-services/morning-call.asp](http://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](http://www.theoxygenworks.com)  
 01463240365  
[contact@theoxygenworks.com](mailto: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](http://nairncab.org.uk)  
 01667456677

[info@nairncab.org.uk](mailto: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](http://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](mailto: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](http://reach4reality.org.uk)  
 07796905339  
[info@reach4reality.org.uk](mailto: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><b>Sight Action</b>          Beechwood House, 69-71 Old Perth Road, Inverness, IV2 3JH  <a href="http://www.sightaction.org.uk">www.sightaction.org.uk</a>          01463233663  <a href="mailto:admin@highlandsensory.org.uk">admin@highlandsensory.org.uk</a></p>	Support & Information
<p>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><b>Signpost INC</b>          5/7 Tomnahurich Street, Inverness  <a href="http://www.signpost-inc.org">www.signpost-inc.org</a>          1463711393  <a href="mailto:reception@signpost-inc.org">reception@signpost-inc.org</a>          10-4 Mon-Thurs          Operates a handypersons service carrying out jobs around the home.</p>	Support & Information
<p><b>Sounds Familiar</b>          Craigmonie Hotel, IV2 3HX          Audrey Whyte 01463 233231  <a href="mailto:soundsfamiliar@aol.com">soundsfamiliar@aol.com</a>          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><b>Stay Safe Highland</b>          Kirksyde Cottage, Cawdor, Nairn  <a href="http://www.staysafehighland.org">www.staysafehighland.org</a>          07553353825  <a href="mailto:info@staysafehighland.org">info@staysafehighland.org</a>          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><b>Strathnairn Community Access &amp; Transport Association</b>          Rose Cottage, Farr, Inverness</p>	Support & Information
<p><b>Strokeness</b>          8 Simpson Street, Nairn, Highland  <a href="http://strokeness.org.uk">strokeness.org.uk</a>          Strokeness is a support group for stroke survivors run by stroke survivors. We also offer support to families and carers.</p>	Support & Information
<p><b>The Energy Advisory Service SCIO (TEAS SCIO)</b>          Macleod &amp; Maccallum, 28 Queensgate, Inverness  <a href="http://www.tighean.co.uk">www.tighean.co.uk</a>          01851706121  <a href="mailto:info@thighean.co.uk">info@thighean.co.uk</a>          energy saving advice and support</p>	Support & Information
<p><b>The Handyperson's Project</b>          5-7 Tomnahurich Street  <a href="http://www.signpost-inc.org">www.signpost-inc.org</a>          1463711393  <a href="mailto:hp.manager@signpost-inc.org">hp.manager@signpost-inc.org</a>          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](http://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](http://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](http://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](http://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><b>Aviemore Art club</b> St Andrew's Church Hall, Aviemore 01479 812608 sangstermolly@aol.com Thursday 2-4pm, Feb. - Nov</p>	Interest
<p><b>Aviemore bowls club</b> Dalfaber drive Aviemore <a href="http://bowlsclub.org/club/2234/">http://bowlsclub.org/club/2234/</a> 07709678181 norriemacleodabc@gmail.com Club nights Monday &amp; Wednesday</p>	Sport and Outdoor Activity
<p><b>Aviemore Chiropody Clinic</b> Aviemore Health Centre, Aviemore <a href="http://www.aviemoremedical.co.uk/">http://www.aviemoremedical.co.uk/</a> 01479 810258 by appointment</p>	Support and Information
<p><b>Aviemore Community Café</b> st Andrew's Church Hall, Aviemore <a href="http://www.spanglefish.com/communitycafeaviemore/">http://www.spanglefish.com/communitycafeaviemore/</a> Wednesday 10am - 4pm</p>	Social
<p><b>Aviemore Community Paths</b> Aviemore, Carrbridge, Rothiemurchus, Boat of Garten <a href="http://cairngorm.co.uk/discover-explore/things-to-do/walking-trails">cairngorm.co.uk/discover-explore/things-to-do/walking-trails</a> 01479873535 Walking trails suited to all levels of ability, leaflet available on line or by phoning</p>	Sport and Outdoor Activity
<p><b>Aviemore leisure centre</b> community centre Aviemore <a href="http://highlifehighland.com/leisure-facilities/aviemore">http://highlifehighland.com/leisure-facilities/aviemore</a> 01479813140 contact for details and times swimming, studio, sports halls, fitness suite</p>	Sport and Outdoor Activity
<p><b>Aviemore walking trails</b> <a href="http://www.mapmywalk.com/gb/aviemore-sct/">http://www.mapmywalk.com/gb/aviemore-sct/</a> online walking trail maps</p>	Sport and Outdoor Activity
<p><b>Badenoch &amp; Strathspey orienteering club</b> <a href="http://www.basoc.org.uk/">http://www.basoc.org.uk/</a> Tuesday evenings, see website for more details</p>	Sport and Outdoor Activity
<p><b>Backcountry survival</b> <a href="http://www.backcountrysurvival.co.uk/">http://www.backcountrysurvival.co.uk/</a> 01479 873388 3 day training courses Bush craft, winter skills and canoe adventures</p>	Sport and Outdoor Activity
<p><b>Badenoch and Strathspey Drug and alcohol Forum</b> Rathven, Aviemore <a href="http://www.highland-adp.org.uk/badenoch-and-strathspey">http://www.highland-adp.org.uk/badenoch-and-strathspey</a> 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><b>Badenoch and Strathspey access panel</b> Kinvaid, west terrace, Kingussie <a href="http://strathspeyaccesspanel.org">strathspeyaccesspanel.org</a> 01540661797 improving access to all within the community</p>	Support and Information

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

<p><b>Boat of Garten Indoor Bowling Club</b> 01479831451 Wednesday evenings indoor bowls, winter</p>	Sport and Outdoor Activity
<p><b>Boat of Garten Lunch Club</b> Boat of Garten Community Hall <a href="http://www.boatofgarten.com/lunch-club/">http://www.boatofgarten.com/lunch-club/</a> 01479 831 012. Tuesdays, 12.30 (winter)</p>	Social
<p><b>Boat of Garten wildlife group</b> <a href="http://www.cairngormwildlife.co.uk/bogwig/index.html">http://www.cairngormwildlife.co.uk/bogwig/index.html</a> 01479831768 allanbantick@yahoo.co.uk wildlife group</p>	Interest
<p><b>Boat SWRI</b> Boat of Garten Community Hall <a href="http://www.boatofgarten.com/community/boat-of-garten-scottish-womens-rural-institute/">http://www.boatofgarten.com/community/boat-of-garten-scottish-womens-rural-institute/</a> 01479831060 3rd Monday of each month, Sept- April</p>	Interest
<p><b>Body Balance</b> Aviemore Community Centre, Muirton, Aviemore <a href="http://www.highlifehighland.com">www.highlifehighland.com</a> 01479 813 140 Aviemore.leisure@highlifehighland.com Pilates and yoga flowing sequence exercise class</p>	Sport and Outdoor Activity
<p><b>Body Balance</b> Craig Maclean Centre, Cromdale Road, Grantown-on-Spey <a href="http://www.highlifehighland.com">www.highlifehighland.com</a> 01479 870 281 craigmaclean.leisure@highlifehighland.com Pilates and yoga flowing sequence exercise class</p>	Sport and Outdoor Activity
<p><b>Body Balance,</b> Badenoch centre , Kingussie <a href="http://www.highlifehighland.com">www.highlifehighland.com</a> 01540 662 485 badenoch.centre@highlifehighland.com Pilates and yoga flowing sequence exercise class body balance,</p>	Sport and Outdoor Activity
<p><b>Bookmark Book Groups</b> 34 high street, Grantown <a href="http://www.thebookmark.co.uk/">http://www.thebookmark.co.uk/</a> 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><b>Bothy Bikes</b> 5 Granish Way, Dalfaber, Aviemore <a href="http://www.bothybikes.co.uk">www.bothybikes.co.uk</a> 01479810111 info@bothybikes.co.uk 9am - 5.30pm, 7 days a week bike hire, repair, sales and trails info</p>	Interest

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

<p><b>Cairngorms Learning Partnership</b>          badenoch centre , kingussie  <a href="https://www.clp-online.net/">https://www.clp-online.net/</a>          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><b>Carrbridge Golf Club</b>          carrbridgegolf.com          01479841623          secretary@carrbridgegolf.co.uk          good course, visitors welcome, contact club for details</p>	<p>Sport and Outdoor Activity</p>
<p><b>Carrbridge trekking centre</b>          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><b>Community Café</b>          YMCA community Centre, 80 high st., Grantown on Spey  <a href="https://visitcairngorms.com/?id=291&amp;refno=1000004986">https://visitcairngorms.com/?id=291&amp;refno=1000004986</a>          01479873 301          info@grantownymca.co.uk          Fri, 10am-2pm</p>	<p>Social</p>
<p><b>Contact the Elderly Sunday Afternoon Teas</b>          Grantown- on -Spey  <a href="http://www.inverallanparishchurch.org.uk/Services%20for%20Older%20People%20in%20the%20Area.html">http://www.inverallanparishchurch.org.uk/Services%20for%20Older%20People%20in%20the%20Area.html</a>          01479 870 154          wmsteele33@aol.com</p>	<p>Social</p>
<p><b>Craggan Fishery and Golf Course</b>          craggan outdoor centre , gos          cragganoutdoors.co.uk          01479873283          info@cragganoutdoors.co.uk          lots of outdoor activities</p>	<p>Sport and Outdoor Activity</p>
<p><b>Craigellachie National Nature Reserve</b>          www.nnr-scotland.org          01479810477          Easyish hill to walk in Aviemore</p>	<p>Sport and Outdoor Activity</p>
<p><b>Creag Meagaidh National Nature Reserve</b>          Nr Dalwhinnie  <a href="https://www.visitscotland.com/info/see-do/creag-meagaidh-national-nature-reserve-p246941">https://www.visitscotland.com/info/see-do/creag-meagaidh-national-nature-reserve-p246941</a>          01528544265          Mountain nature reserve, walks and volunteering opportunity .</p>	<p>Interest</p>
<p><b>Cromdale SWRI</b>          Cromdale village hall          01479872407          2nd Wednesday of each month          meets from sept.to may</p>	<p>Interest</p>
<p><b>Dial a bus</b>          Grantown area          dial a bus          01479872675          door to door transport service, bookable.</p>	<p>Support and Information</p>

<p><b>Disability Snowsport</b>  <a href="http://www.disabilitysnowsport.org.uk/">http://www.disabilitysnowsport.org.uk/</a>  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><b>Essence Massage Therapy</b>  kinraig  <a href="http://www.essencemassagetherapy.co.uk/">http://www.essencemassagetherapy.co.uk/</a>  07748955922  info@essencemassagetherapy.co.uk  by appointment  massage therapy</p>	Interest
<p><b>Exercise Classes</b>  Badenoch centre , Kingussie  <a href="http://www.highlifehighland.com">www.highlifehighland.com</a>  01540 662 485  badenoch.centre@highlifehighland.com  contact for up to date details and times</p>	Sport and Outdoor Activity
<p><b>Explore Abernethy ranger service</b>  Community Centre Nethybridge  grantownu3a.co.uk  01479821565  ranger@nethybridge.com  weekly guided walks</p>	Social and Active
<p><b>Fitplus Class</b>  Badenoch centre , Kingussie  <a href="http://www.highlifehighland.com">www.highlifehighland.com</a>  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><b>Fitplus , Aviemore</b>  Aviemore Community Centre, Muirton, Aviemore  <a href="http://www.highlifehighland.com">www.highlifehighland.com</a>  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><b>Fitplus class</b>  Craig Maclean Centre, Cromdale Road, Grantown-on-Spey  <a href="http://www.highlifehighland.com">www.highlifehighland.com</a>  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><b>Football memories</b>  Aviemore  <a href="http://www.alzscot.org/">http://www.alzscot.org/</a>  KWright@alzscot.org  Reminiscence group for dementia sufferers. Football memories</p>	Support and Information
<p><b>Frank Bruce sculpture trail</b>  200m north of Feshie Bridge  <a href="http://www.frank-bruce.org.uk">www.frank-bruce.org.uk</a>  cheersjohn@hotmail.com</p>	Sport and Outdoor Activity

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



<p><b>Healing Rooms</b>  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>	<p>Support and Information</p>
<p><b>Highland Council Ranger Service</b>  highlandhighlife.com  01463663800  Guided walks and wildlife activities</p>	<p>Sport and Outdoor Activity</p>
<p><b>Highland Disabled Ramblers</b>  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>	<p>Sport and Outdoor Activity</p>
<p><b>Highland Folk Museum</b>  www.highlandfolk.com  01540673551  April-Aug 10.30-5.30; Sept-Oct 11-4.30  Fantastic outdoor museum, volunteering opportunities.</p>	<p>Interest</p>
<p><b>Highland Hospice Charity shop</b>  Highland hospice shop High street grantown  https://highlandhospice.org/how-you-can-help/retail  01479873454  n.m.walsh@btinternet.com  volunteering opportunity</p>	<p>Community</p>
<p><b>Highland Physiotherapy</b>  http://www.highlandphysiotherapy.co.uk/  01479811244  by appointment  Acupuncture, massage kinesiology, electrotherapy, exercise rehabilitation</p>	<p>Support and Information</p>
<p><b>Highland School of Massage</b>  3 Garraline Terrace, Kingussie  http://www.highlandmassage.co.uk/index.asp  01540661689  kitandjohn@btinternet.com</p>	<p>Support and Information</p>
<p><b>Indoor Bowls Nethybridge</b>  Nethybridge community centre  http://bowlsclub.org/club/285/  01479821348  Tuesday, Thurs 7pm, Winter time only  contact Dot Macdonald</p>	<p>Sport and Outdoor Activity</p>
<p><b>indoor cycling</b>  Aviemore Community Centre, Muirton, Aviemore  www.highlifehighland.com  01479 813 140  Aviemore.leisure@highlifehighland.com  Mon &amp; Tues 7.15-8: Wed 7.20-7.50: Thurs 5.30-6: Fri 6-6.45  indoor cycling class</p>	<p>Sport and Outdoor Activity</p>

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

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

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

<p><b>Osprey Music Group</b> Boat of Garten Community Hall <a href="http://www.boatofgarten.com/community/the-osprey-music-society/">http://www.boatofgarten.com/community/the-osprey-music-society/</a> 01479831213 Contact for times, 10 concerts each year. Classical music group bringing in classical musicians</p>	Interest
<p><b>Osprey netball group</b> Criag MacLean centre Grantown <a href="https://en-gb.facebook.com/Ospreynetballclub/">https://en-gb.facebook.com/Ospreynetballclub/</a> 01479841359 Monday 7-8</p>	Sport and Outdoor Activity
<p><b>Otago</b> Badenoch centre , Kingussie <a href="http://www.highlifehighland.com">www.highlifehighland.com</a> 01540 662 485 <a href="mailto:badenoch.centre@highlifehighland.com">badenoch.centre@highlifehighland.com</a> Tues &amp; Thurs - 1.15pm- 2pm Otago, strength , stability and mobility class for older people</p>	Sport and Outdoor Activity
<p><b>Otago</b> Craig Maclean Centre, Cromdale Road, Grantown-on-Spey <a href="http://www.highlifehighland.com">www.highlifehighland.com</a> 01479 870 281 <a href="mailto:craigmaclean.leisure@highlifehighland.com">craigmaclean.leisure@highlifehighland.com</a> Friday - noon - 12.45pm Otago, strength , stability and mobility class for older people</p>	Sport and Outdoor Activity
<p><b>Outdoor bowls</b> Nethybridge bowling green 01479821044 Mon, Thurs 7pm, Sept - March, contact Jenny Thomas</p>	Sport and Outdoor Activity
<p><b>Paths for all</b> multi-use path networks in the Cairngorms <a href="http://www.pathsforall.org.uk">www.pathsforall.org.uk</a> walking trails suited to all levels of ability</p>	Sport and Outdoor Activity
<p><b>Physiotherapy</b> carrbridge <a href="http://carrbridge.cylex-uk.co.uk/company/carrbridge-physiotherapists-18757224.html">carrbridge.cylex-uk.co.uk/company/carrbridge-physiotherapists-18757224.html</a> 01479841514 by appointment Physiotherapy</p>	Support and Information
<p><b>Pony Trekking and Hacking</b> rothiemurchus estate aviemore <a href="http://www.rothiemurchus-activities.co.uk/Activities.aspx">http://www.rothiemurchus-activities.co.uk/Activities.aspx</a> 01479812345</p>	Sport and Outdoor Activity
<p><b>Registered chiropodist</b> 64 Corrou Road, Aviemore <a href="https://en-gb.facebook.com/ahpodiatriy/">https://en-gb.facebook.com/ahpodiatriy/</a> 01479811730 by appointment</p>	Support and Information
<p><b>Reindeer Herd</b> Reindeer House, Glenmore, Aviemore, Inverness-shire PH22 1QU, <a href="http://www.cairngormreindeer.co.uk/Visit/VisitTrek.htm">http://www.cairngormreindeer.co.uk/Visit/VisitTrek.htm</a> 01479861228 <a href="mailto:info@cairngormreindeer.co.uk">info@cairngormreindeer.co.uk</a> Low level reindeer trekking and volunteering opportunities.</p>	Interest

<p><b>Retreat massage therapy</b>  <a href="http://www.the-retreat-aviemore.com/">http://www.the-retreat-aviemore.com/</a>            01479812210            by appointment            Sports and remedial massage</p>	Support and Information
<p><b>Revack highland estate</b>  <a href="http://revackhighlandestate.com/">http://revackhighlandestate.com/</a>            01479872234            Walks , coffees shop , gift shop, community garden volunteering</p>	Sport and Outdoor Activity
<p><b>Riverside bowling club</b>            Carrbridge            01479841620            contact club for times            visitors welcome, bowls and shoes available</p>	Sport and Outdoor Activity
<p><b>Rothiemurchus fishery</b>            Rothiemurchus Centre, Rothiemurchus, By Aviemore, Inverness-shire, PH22 1QH  <a href="http://rothiemurchus.net/outdoor-activities-at-aviemore/fishing">rothiemurchus.net/outdoor-activities-at-aviemore/fishing</a>            01479 812345            hello@rothie.net            contact fishery for times            fish farm where you can fish for fun</p>	Sport and Outdoor Activity
<p><b>Rothiemurchus Ranger Led Activities</b>  <a href="http://rothiemurchus.net/outdoor-activities-at-aviemore/ranger-led-activities">rothiemurchus.net/outdoor-activities-at-aviemore/ranger-led-activities</a>            01479 812345            hello@rothie.net            contact for times            land rover tours, feed the deer, hairy coo safaris, educational tours</p>	Sport and Outdoor Activity
<p><b>Rothiemurchus segway</b>  <a href="http://rothiemurchus.net/outdoor-activities-at-aviemore/segway">rothiemurchus.net/outdoor-activities-at-aviemore/segway</a>            01479 812345            hello@rothie.net            contact for times            taster and adventure sessions</p>	Sport and Outdoor Activity
<p><b>Rothiemurchus shoot</b>            ski road aviemore  <a href="http://rothiemurchus.net/outdoor-activities-at-aviemore/clay-shooting">rothiemurchus.net/outdoor-activities-at-aviemore/clay-shooting</a>            01479 812345            hello@rothie.net            contact for times            clay pigeon shoot</p>	Sport and Outdoor Activity
<p><b>Rothiemurchus Tennis club</b>  <a href="https://clubspark.lta.org.uk/RothiemurchusandAviemoreTennisClub">https://clubspark.lta.org.uk/RothiemurchusandAviemoreTennisClub</a>            01479810481            tennis@birnie.co.uk            contact for times</p>	Sport and Outdoor Activity
<p><b>Rothiemurchus 'tree zone'</b>  <a href="http://rothiemurchus.net/outdoor-activities-at-aviemore/treezone">rothiemurchus.net/outdoor-activities-at-aviemore/treezone</a>            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.</p>	Sport and Outdoor Activity

<p><b>Rothiemurcus River Adventures</b>  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><b>RSPB Insh marshes reserve</b>  <a href="http://www.rspb.org.uk/discoverandenjoynature/seenature/reserves/guide/i/inshmarshes/about.aspx">http://www.rspb.org.uk/discoverandenjoynature/seenature/reserves/guide/i/inshmarshes/about.aspx</a>  01540661518  Lovely walks and nature spotting, plus volunteering opportunities</p>	<p>Interest</p>
<p><b>RSPB Loch Garten reserve</b>  Abernethy national nature reserve, Forest Lodge, Nethy Bridge, PH25 3EF  <a href="http://www.rspb.org.uk/reserves/guide/l/lochgarten/">http://www.rspb.org.uk/reserves/guide/l/lochgarten/</a>  01479821409  abernethy@rspb.org.uk  Osprey hides</p>	<p>Sport and Outdoor Activity</p>
<p><b>Saint Vincents therapy garden</b>  Kingussie  <a href="http://www.saintvincentsgarden.org.uk/">http://www.saintvincentsgarden.org.uk/</a>  01479810368  community garden, volunteering opps</p>	<p>Support and Information</p>
<p><b>Sewing and quilting club</b>  Cromdale village hall  01479821907  contact for time and venue  monthly in hall and in people's houses</p>	<p>Interest</p>
<p><b>Shinty memories</b>  Kingussie  <a href="http://www.alzscot.org/">http://www.alzscot.org/</a>  KWright@alzscot.org  Reminiscence group for dementia sufferers</p>	<p>Support and Information</p>
<p><b>Society of Badenoch and Strathspey Artists</b>  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><b>Spey Art Group</b>  Grantown Grammar School Art room, gos  <a href="https://speyartgroup.wordpress.com/">https://speyartgroup.wordpress.com/</a>  01479872085  lizdownie1@btinternet.com  Wed. nights 7-9pm, in school term  Art group with instruction</p>	<p>Interest</p>
<p><b>Speyside paddlers</b>  <a href="https://www.grantownonline.com/community/speyside-paddlers/">https://www.grantownonline.com/community/speyside-paddlers/</a>  07842115003  piers@voysey.plus.com  Promoting paddle sports in Badenoch and Strathspey</p>	<p>Sport and Outdoor Activity</p>

<p><b>Speyside way</b> speysideway.org 01340881266 Walks along the Spey, differing abilities</p>	Sport and Outdoor Activity
<p><b>Speyside Wildlife</b> www.speysidewildlife.co.uk 01479812498 sally@speysidewildlife.co.uk wildlife trips and holidays, accessible hide</p>	Interest
<p><b>Speysound radio</b> Aviemore shopping centre, grampian rd, aviemore http://www.speysoundradio.com/ 01479811888 community radio station, volunteer to be a DJ</p>	Interest
<p><b>Spirit of the Spey Canoeing</b> www.spiritofthespey.co.uk 01540673826 river expeditions and one day canoe coaching</p>	Sport and Outdoor Activity
<p><b>Strathspey Canine Club</b> nethybridge.com/community-centre/regular-groups 01479831014 dog training, secretary - Mrs A E Fryatt</p>	Interest
<p><b>Strathspey curling club</b> 01479872649 winter curling</p>	Sport and Outdoor Activity
<p><b>Strathspey Mountain Club</b> 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><b>Strathspey Probus Club</b> http://www.strathspeyprobus.org.uk/ mikehemsprobus@btinternet.com social fellowship club with talks</p>	Social
<p><b>Strathspey Railway Association</b> www.strathspeyrailway.co.uk 01479873814 joycesimpson@compuserve.com Vintage railway , lots of volunteering opportunities</p>	Interest
<p><b>Sunshine club</b> 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><b>WRI Kingussie</b> wade centre Spey street Kingussie http://www.swri.org.uk/WhereToFindUs/invernessshire.htm 2nd Tuesday 7.30pm</p>	Interest



<p><b>WRI Nethybridge</b>  Nethybridge community centre  www.nethybridge.com  01479821716  7.30 last Wednesday of the month</p>	Interest
<p><b>The Lecht Mountain</b>  Lecht Ski Centre, Strathdon, Corgarff AB36 8YP  www.lecht.co.uk  01975 651440  Snow sports , mountain biking</p>	Sport and Outdoor Activity
<p><b>The Tin House</b>  Glen cairn, Old Glen road, newtonmore  01540 670025  chrismacintyre@btinternet.com  Textile, embroidery and needle craft courses.</p>	Interest
<p><b>Therapet</b>  Badenoch and Strathspey  <a href="https://www.canineconcernscotland.org.uk/single-post/2016/06/29/Badenoch-and-Strathspey-Therpets-Make-A-Difference">https://www.canineconcernscotland.org.uk/single-post/2016/06/29/Badenoch-and-Strathspey-Therpets-Make-A-Difference</a>  vivelfmoe@talktalk.net  Volunteer to take your pet into care homes</p>	Interest
<p><b>Thursday club</b>  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><b>Treezone</b>  Rothiemurchus Estate, Aviemore  <a href="http://www.treezone.co.uk/">http://www.treezone.co.uk/</a>  01479812345  Aerial adventure course</p>	Sport and Outdoor Activity
<p><b>u3a Grantown</b>  grantownu3a.co.uk  01479870154  various interest groups and talks</p>	Interest
<p><b>u3a botanical illustrations group</b>  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><b>u3a bridge group</b>  grantownu3a.co.uk  bridge@grantownu3a.co.uk  as and when, contact peter Grant  contact Peter Grant to arrange to play</p>	Interest
<p><b>u3a crafts group</b>  39b strathspey drive Grantown  grantownu3a.co.uk  crafts@grantownu3a.co.uk  alternate Tuesdays, 2pm  Knitting, cross stitch, papercraft etc</p>	Interest

<p><b>u3a film club</b> 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><b>u3a french group</b> 2 Sth West High Street, Grantown grantownu3a.co.uk french@grantownu3a.co.uk Alternate Mondays, 2pm Conversational French,, contact Ann Hadley</p>	Interest
<p><b>u3a natural history walks</b> grantownu3a.co.uk nathist@grantownu3a.co.uk alternate tuesdays, 10am Walks starting from Grant Arms Hotel, contact Lesley Badger</p>	Interest
<p><b>u3a poetry reading group</b> grantownu3a.co.uk poetry@grantownu3a.co.uk 2nd Thursday of each month, 10.30am contact Elspeth for venue</p>	Interest
<p><b>u3a singing for fun group</b> 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><b>u3a travel group</b> grantownu3a.co.uk travel@grantownu3a.co.uk Members share information about local trips they have made, contact David Lyle</p>	Interest
<p><b>Craig Maclean Centre</b> Cromdale Road, Grantown-on-Spey www.highlifehighland.com 01479 870 281 craigmaclean.leisure@highlifehighland.com Various Classes on Offer.</p>	Interest
<p><b>Community Centre Aviemore</b> <a href="http://highlifehighland.com/leisure-facilities/aviemore">http://highlifehighland.com/leisure-facilities/aviemore</a> 01479 813 140 Various fitness classes on offer.</p>	Sport and Outdoor Activity
<p><b>Volunteering with VABS</b> town house, Grantown-on-Spey <a href="http://www.vabs.org.uk/">http://www.vabs.org.uk/</a> 01479873445 volunteeringwithvabs@gmail.com Lots of volunteering opportunities</p>	Interest
<p><b>Walkhighlands</b> 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](mailto:sangstermolly@aol.com)  
 3rd Wednesday of month , Sept- April

Interest

**Yoga**

Craig Maclean Centre, Cromdale Road, Grantown-on-Spey  
[www.highlifehighland.com](http://www.highlifehighland.com)  
 01479 870 281  
[craigmaclean.leisure@highlifehighland.com](mailto: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](http://www.highlifehighland.com)  
 1540 662 485  
[badenoch.centre@highlifehighland.com](mailto: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](http://www.highlifehighland.com)  
 01479 813 140  
[Aviemore.leisure@highlifehighland.com](mailto:Aviemore.leisure@highlifehighland.com)  
 contact for up to date times and details

Sport and Outdoor Activity



<b>Abernethy Angling Association</b>	Interest
Allens, Deshar Rd, Boat of Garten <a href="http://abernethyangling.co.uk/">http://abernethyangling.co.uk/</a> 01479831372 secretary@abernethyangling.co.uk day and weekly permits.	
<b>Aviemore Art club</b>	Interest
St Andrew's Church Hall, Aviemore 01479 812608 sangstermolly@aol.com Thursday 2-4pm, Feb. – Nov	
<b>Badenoch and Strathspey conservation group</b>	Interest
<a href="http://www.bscg.org.uk/">http://www.bscg.org.uk/</a> 01479821491 conservation group with meetings and talks	
<b>Badenoch and Strathspey pipe band</b>	Interest
<a href="https://en-gb.facebook.com/badenochstrathspeypipeband/">https://en-gb.facebook.com/badenochstrathspeypipeband/</a> piperspeace@aol.com Tues 7-9pm Meets MacDonald's resort Aviemore to practice, play at lots of events and comps.	
<b>Badenoch Angling association</b>	Interest
<a href="http://badenochanglingassociation.btck.co.uk/">http://badenochanglingassociation.btck.co.uk/</a> Permits and information connected with fishing the Spey from Truim to Laggan	
<b>Badenoch gardening club</b>	Interest
village hall newtonmore <a href="http://www.newtonmore.com/our-community/clubs-a-associations/badenoch-gardening-club.html">http://www.newtonmore.com/our-community/clubs-a-associations/badenoch-gardening-club.html</a> 01540673360 badenochgardeningclub@gmail.com gardening club, talks visits, seed corn exchange	
<b>Boat of Garten Community Garden</b>	Interest
Outside Boat Hotel, Boat of Garten <a href="http://www.boatofgarten.com/community/community-garden/">http://www.boatofgarten.com/community/community-garden/</a> 01479 831 012. Volunteering for those who can commit to working in community garden 1 hour a month	
<b>Boat of Garten wildlife group</b>	Interest
<a href="http://www.cairngormwildlife.co.uk/bogwig/index.html">http://www.cairngormwildlife.co.uk/bogwig/index.html</a> 01479831768 allanbantick@yahoo.co.uk wildlife group	
<b>Boat SWRI</b>	Interest
Boat of Garten Community Hall <a href="http://www.boatofgarten.com/community/boat-of-garten-scottish-womens-rural-institute/">http://www.boatofgarten.com/community/boat-of-garten-scottish-womens-rural-institute/</a> 01479831060 3rd Monday of each month, Sept- April	

- 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](http://www.bothybikes.co.uk)  
 01479810111  
[info@bothybikes.co.uk](mailto: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/](http://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](mailto: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><b>Essence Massage Therapy</b>  kinraig  <a href="http://www.essencemassagetherapy.co.uk/">http://www.essencemassagetherapy.co.uk/</a>  07748955922  info@essencemassagetherapy.co.uk  by appointment  massage therapy</p>	Interest
<p><b>Grantown bridge club</b>  St Columbas episcopal church, Grantown on Spey  <a href="http://www.bridgewebs.com/grantownonspey/">http://www.bridgewebs.com/grantownonspey/</a>  01479872672  johnf.wilson47@gmail.com  Mondays, 6.45pm  Bridge, October to Easter.</p>	Interest
<p><b>Grantown Museum</b>  Museum, Grantown on Spey  <a href="http://www.grantownmuseum.co.uk/">http://www.grantownmuseum.co.uk/</a>  01479872478  Thursdays 10am-5pm  Volunteering opportunity</p>	Interest
<p><b>Grantown Society</b>  Grantown historical society  <a href="http://www.thegrantownsociety.org">www.thegrantownsociety.org</a>  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><b>Grantown women's Guild</b>  Inverallen church hall, Grantown  01479873301  seonaid.green@tiscali.co.uk</p>	Interest
<p><b>Highland Folk Museum</b>  <a href="http://www.highlandfolk.com">www.highlandfolk.com</a>  01540673551  April-Aug 10.30-5.30; Sept-Oct 11-4.30  Fantastic outdoor museum, volunteering opportunities.</p>	Interest
<p><b>Knit and Stitch</b>  Nethybridge Church Hall, Dell Road , Nethy  01479821391  mon 7.30-9.30 weekly (monthly in summer)</p>	Interest
<p><b>Loch an Eilein pottery</b>  loch an eilein, nr Aviemore  <a href="http://www.penspots.co.uk/">http://www.penspots.co.uk/</a>  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><b>Nethy bridge whist club</b>  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><b>Newtonmore drama group</b>  Village hall Newtonmore  <a href="https://en-gb.facebook.com/Newtonmore-Drama-Group-161874569623/">https://en-gb.facebook.com/Newtonmore-Drama-Group-161874569623/</a>  01540673817  6pm children, 7pm adults  Mondays, February – December</p>	<p>Interest</p>
<p><b>Newtonmore Floral Art Club</b>  lesser village hall, Newtonmore  www.cometonewtonmore.com  01540 673211  7.30pm 3rd Wed. of each month  March to November</p>	<p>Interest</p>
<p><b>Newtonmore pipe band</b>  <a href="https://en-gb.facebook.com/badenochstrathspeypipeband/">https://en-gb.facebook.com/badenochstrathspeypipeband/</a>  01540673996  Pipes and drums band</p>	<p>Interest</p>
<p><b>Osprey Music Group</b>  Boat of Garten Community Hall  <a href="http://www.boatofgarten.com/community/the-osprey-music-society/">http://www.boatofgarten.com/community/the-osprey-music-society/</a>  01479831213  Contact for times, 10 concerts each year. Classical music group bringing in classical musicians</p>	<p>Interest</p>
<p><b>Reindeer Herd</b>  Reindeer House, Glenmore, Aviemore, Inverness-shire PH22 1QU,  <a href="http://www.cairngormreindeer.co.uk/Visit/VisitTrek.htm">http://www.cairngormreindeer.co.uk/Visit/VisitTrek.htm</a>  01479861228  info@cairngormreindeer.co.uk  Low level reindeer trekking and volunteering opportunities.</p>	<p>Interest</p>
<p><b>Sewing and quilting club</b>  Cromdale village hall  01479821907  contact for time and venue  monthly in hall and in people's houses</p>	<p>Interest</p>
<p><b>Society of Badenoch and Strathspey Artists</b>  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><b>Spey Art Group</b>  Grantown Grammar School Art room,  <a href="https://speyartgroup.wordpress.com/">https://speyartgroup.wordpress.com/</a>  01479872085  lizdownie1@btinternet.com  Wed. nights 7-9pm, in school term  Art group with instruction</p>	Interest
<p><b>RSPB Insh marshes reserve</b>  <a href="http://www.rspb.org.uk/discoverandenjoynature/seenature/reserves/guide/i/inshmarshes/about.aspx">http://www.rspb.org.uk/discoverandenjoynature/seenature/reserves/guide/i/inshmarshes/about.aspx</a>  01540661518  Lovely walks and nature spotting, plus volunteering opportunities</p>	Interest
<p><b>Speyside Wildlife</b>  <a href="http://www.speysidewildlife.co.uk">www.speysidewildlife.co.uk</a>  01479812498  sally@speysidewildlife.co.uk  wildlife trips and holidays, accessible hide</p>	Interest
<p><b>Speysound radio</b>  Aviemore shopping centre, Grampian rd, Aviemore  <a href="http://www.speysoundradio.com/">http://www.speysoundradio.com/</a>  01479811888  Community radio station, volunteer to be a DJ</p>	Interest
<p><b>Strathspey Canine Club</b>  <a href="http://nethybridge.com/community-centre/regular-groups">nethybridge.com/community-centre/regular-groups</a>  01479831014  dog training, secretary - Mrs A E Fryatt</p>	Interest
<p><b>Strathspey Railway Association</b>  <a href="http://www.strathspeyrailway.co.uk">www.strathspeyrailway.co.uk</a>  01479873814  joycesimpson@compuserve.com  Vintage railway , lots of volunteering opportunities</p>	Interest
<p><b>WRI Kingussie</b>  wade centre Spey street Kingussie  <a href="http://www.swri.org.uk/WhereToFindUs/invernessshire.htm">http://www.swri.org.uk/WhereToFindUs/invernessshire.htm</a>  2nd Tuesday 7.30pm</p>	Interest
<p><b>WRI Nethybridge</b>  Nethybridge community centre  <a href="http://www.nethybridge.com">www.nethybridge.com</a>  01479821716  7.30 last Wednesday of the month</p>	Interest
<p><b>The Tin House</b>  Glen cairn, Old Glen road, newtonmore  01540 670025  chrismacintyre@btinternet.com  Textile, embroidery and needle craft courses.</p>	Interest

<b>Therapet</b>	Interest
Badenoch and Strathspey	
<a href="https://www.canineconcernscotland.org.uk/single-post/2016/06/29/Badenoch-and-Strathspey-Therpets-Make-A-Difference">https://www.canineconcernscotland.org.uk/single-post/2016/06/29/Badenoch-and-Strathspey-Therpets-Make-A-Difference</a>	
vivelfmoe@talktalk.net	
Volunteer to take your pet into care homes	
<b>u3a Grantown</b>	Interest
grantownu3a.co.uk	
01479870154	
various interest groups and talks	
<b>u3a botanical illustrations group</b>	Interest
Grant Arms Hotel Grantown, and field trips	
grantownu3a.co.uk	
01479870322	
botillustration@grantownu3a.co.uk	
Mondays, 10am	
watercolour illustration group, contact Lesley Badger	
<b>u3a bridge group</b>	Interest
grantownu3a.co.uk	
bridge@grantownu3a.co.uk	
as and when, contact peter Grant	
contact Peter Grant to arrange to play	
<b>u3a crafts group</b>	Interest
39b strathspey drive Grantown	
grantownu3a.co.uk	
crafts@grantownu3a.co.uk	
alternate Tuesdays, 2pm	
Knitting, cross stitch, papercraft etc	
<b>u3a film club</b>	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	
<b>u3a french group</b>	Interest
2 Sth West High Street, Grantown	
grantownu3a.co.uk	
french@grantownu3a.co.uk	
Alternate Mondays, 2pm	
Conversational French,, contact Ann Hadley	
<b>u3a natural history walks</b>	Interest
grantownu3a.co.uk	
nathist@grantownu3a.co.uk	
alternate tuesdays, 10am	
Walks starting from Grant Arms Hotel, contact Lesley Badger	

<p><b>u3a poetry reading group</b>  grantownu3a.co.uk  poetry@grantownu3a.co.uk  2nd Thursday of each month, 10.30am  contact Elspeth for venue</p>	Interest
<p><b>u3a singing for fun group</b>  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><b>u3a travel group</b>  grantownu3a.co.uk  travel@grantownu3a.co.uk  Members share information about local trips they have made, contact David Lyle</p>	Interest
<p><b>Craig Maclean Centre</b>  Cromdale Road, Grantown-on-Spey  www.highlifehighland.com  01479 870 281  craigmaclean.leisure@highlifehighland.com  Various Classes on Offer.</p>	Interest
<p><b>Volunteering with VABS</b>  town house, Grantown-on-Spey  http://www.vabs.org.uk/  01479873445  volunteeringwithvabs@gmail.com  Lots of volunteering opportunities</p>	Interest
<p><b>Walkhighlands</b>  walkhighlands.co.uk  online guides for walks</p>	Interest
<p><b>Winter Lectures in Boat</b>  Boat of Garten Community Hall  http://www.boatofgarten.com/community/  01479 831 379  talks for guest speakers</p>	Interest
<p><b>Woman's Guild, Kingussie</b>  Kingussie Parish church  http://www.kingussieparishchurch.org.uk/  01540661581  2.30 -4pm, Wednesdays, Oct– April</p>	Interest
<p><b>WRI Aviemore</b>  St Andrew's Church hall, Aviemore  01479812608  sangstermolly@aol.com  3rd Wednesday of month , Sept- April</p>	Interest

<p><b>Abernethy Scottish country dance club</b>  Community Centre Nethybridge  nethybridge.com  01479821393  Monday, 7.30  September to March</p>	Social and Active
<p><b>Cairngorm runners</b>  www.cairngormrunners.org/  secretary@cairngormrunners.org  mon &amp; wed. 6.30pm  Social running club beginners welcome, check Facebook for start point each week.</p>	Social and Active
<p><b>Explore Abernethy ranger service</b>  Community Centre Nethybridge  grantownu3a.co.uk  01479821565  ranger@nethybridge.com  weekly guided walks</p>	Social and Active
<p><b>Abernethy Golf Club</b>  abernethy golf club , nethybridge  www.abernethygolfclub.com  01479821305  info@abernethygolfclub.com  golf club</p>	Sport and Outdoor Activity
<p><b>Abernethy outdoor centre</b>  abernethy outdoor centre Nethybridge  abernethy.org  01479821279  various outdoor pursuits  Abernethy outdoor centre</p>	Sport and Outdoor Activity
<p><b>Abernethy sports club</b>  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><b>Active outdoors</b>  www.activeoutdoorpursuits.com  01540210000  mountaineering , biking etc</p>	Sport and Outdoor Activity
<p><b>Adventures on horse back</b>  Alvie estate , Kinraig  http://www.alvie-estate.co.uk/activities/horse-riding  07831495397  pony trekking</p>	Sport and Outdoor Activity

<p><b>Alvie estate activities</b>  <a href="http://www.alvie-estate.co.uk/">http://www.alvie-estate.co.uk/</a>            01540651255            zip-wires, clay pigeon shooting, archery, walking fishing, riding. Bird watching            Alvie estate activities</p>	Sport and Outdoor Activity
<p><b>Anne the Osteopath</b>            WestwoodPerth road newtonmore  <a href="http://www.anne-the-osteopath.co.uk/">http://www.anne-the-osteopath.co.uk/</a>            01540673767            enquiries@anne-the-osteopath.co.uk            by appointment</p>	Support and Information
<p><b>Aviemore bowls club</b>            Dalfaber drive Aviemore  <a href="http://bowlsclub.org/club/2234/">http://bowlsclub.org/club/2234/</a>            07709678181            norriemacleodabc@gmail.com            Club nights Monday &amp; Wednesday</p>	Sport and Outdoor Activity
<p><b>Aviemore Community Paths</b>            Aviemore, Carrbridge, Rothiemurchus, Boat of Garten  <a href="http://cairngorm.co.uk/discover-explore/things-to-do/walking-trails">cairngorm.co.uk/discover-explore/things-to-do/walking-trails</a>            01479873535            Walking trails suited to all levels of ability, leaflet available on line or by phoning</p>	Sport and Outdoor Activity
<p><b>Aviemore leisure centre</b>            community centre Aviemore  <a href="http://highlifehighland.com/leisure-facilities/aviemore">http://highlifehighland.com/leisure-facilities/aviemore</a>            01479813140            contact for details and times            swimming, studio, sports halls, fitness suite</p>	Sport and Outdoor Activity
<p><b>Aviemore walking trails</b>  <a href="http://www.mapmywalk.com/gb/aviemore-sct/">http://www.mapmywalk.com/gb/aviemore-sct/</a>            online walking trail maps</p>	Sport and Outdoor Activity
<p><b>Badenoch &amp; Strathspey orienteering club</b>  <a href="http://www.basoc.org.uk/">http://www.basoc.org.uk/</a>            Tuesday evenings, see website for more details</p>	Sport and Outdoor Activity
<p><b>Backcountry survival</b>  <a href="http://www.backcountrysurvival.co.uk/">http://www.backcountrysurvival.co.uk/</a>            01479 873388            3 day training courses            Bush craft, winter skills and canoe adventures</p>	Sport and Outdoor Activity
<p><b>Badminton club (seniors)</b>            Inverallen church hall, Grantown  <a href="http://www.inverallanparishchurch.org.uk/Services%20for%20Older%20People%20in%20the%20Area.html">http://www.inverallanparishchurch.org.uk/Services%20for%20Older%20People%20in%20the%20Area.html</a>            01479870154            wmsteele33@aol.com            Weekly, seniors and ladies badminton club</p>	Sport and Outdoor Activity

<p><b>Badminton club, ladies, Grantown</b>  Inverallen church hall, Grantown  <a href="http://www.grantownonline.com/community/ladies-badminton-club/">www.grantownonline.com/community/ladies-badminton-club/</a>  01479872494  Mondays 11am - 12.30pm  badminton club, ladies, Grantown</p>	Sport and Outdoor Activity
<p><b>Boat of Garten badminton club</b>  Boat of Garten Community hall  <a href="http://www.boatofgarten.com/community/">http://www.boatofgarten.com/community/</a>  01479831469  Mondays, 7pm (winter only)</p>	Sport and Outdoor Activity
<p><b>Boat of Garten Golf Club</b>  Nethybridge road, Boat of Garten  boatgolf.com  01479831282  office@boatgolf.com  beautiful course, visitors welcome</p>	Sport and Outdoor Activity
<p><b>Boat of Garten Indoor Bowling Club</b>  01479831451  Wednesday evenings  indoor bowls, winter</p>	Sport and Outdoor Activity
<p><b>Body Balance</b>  Aviemore Community Centre, Muirton, Aviemore  <a href="http://www.highlifehighland.com">www.highlifehighland.com</a>  01479 813 140  Aviemore.leisure@highlifehighland.com  Pilates and yoga flowing sequence exercise class</p>	Sport and Outdoor Activity
<p><b>Body Balance</b>  Craig Maclean Centre, Cromdale Road, Grantown-on-Spey  <a href="http://www.highlifehighland.com">www.highlifehighland.com</a>  01479 870 281  craigmaclean.leisure@highlifehighland.com  Pilates and yoga flowing sequence exercise class</p>	Sport and Outdoor Activity
<p><b>Body Balance,</b>  Badenoch centre , Kingussie  <a href="http://www.highlifehighland.com">www.highlifehighland.com</a>  01540 662 485  badenoch.centre@highlifehighland.com  Pilates and yoga flowing sequence exercise class  body balance,</p>	Sport and Outdoor Activity
<p><b>Cairngorm adventure guides</b>  <a href="http://www.cairngormadventureguides.co.uk/">www.cairngormadventureguides.co.uk/</a>  07736 933169  outdoor activities, gorge walking etc</p>	Sport and Outdoor Activity

<p><b>Cairngorm bike and hike</b>  <a href="http://www.cairngormbikeandhike.co.uk">www.cairngormbikeandhike.co.uk</a>  01479831745  Cycling. Canoeing walking</p>	Sport and Outdoor Activity
<p><b>Cairngorm Cycling Club</b>  <a href="http://www.cairngorm.cc.co.uk">www.cairngorm.cc.co.uk</a>  <a href="mailto:info@cairngormcc.co.uk">info@cairngormcc.co.uk</a>  Thursday evenings. Aviemore  all ability cycling club. Social and competition cycling</p>	Sport and Outdoor Activity
<p><b>Cairngorm Gliding Club</b>  Blackmill airstrip Feshiebridge near Kingussie Inverness-shire  <a href="http://gliding.org">gliding.org</a>  07847214551  <a href="mailto:info@gliding.org">info@gliding.org</a>  year round, mainly weekends. Experienced team of qualified instructors</p>	Sport and Outdoor Activity
<p><b>Cairngorm Mountain</b>  <a href="http://cairngormmountain.org/">cairngormmountain.org/</a>  01479861261  <a href="mailto:info@cairngormmountain.org">info@cairngormmountain.org</a>  Snow sports, guided walks, guided mountain bike descents, funicular railway</p>	Sport and Outdoor Activity
<p><b>Carrbridge Golf Club</b>  <a href="http://carrbridgegolf.com">carrbridgegolf.com</a>  01479841623  <a href="mailto:secretary@carrbridgegof.co.uk">secretary@carrbridgegof.co.uk</a>  good course, visitors welcome, contact club for details</p>	Sport and Outdoor Activity
<p><b>Carrbridge trekking centre</b>  <a href="http://carrbridge-ponytrekkingcentre.co.uk">carrbridge-ponytrekkingcentre.co.uk</a>  01479841602  phone to book  pony trekking, May to October, 7 days a week</p>	Sport and Outdoor Activity
<p><b>Craggan Fishery and Golf Course</b>  craggan outdoor centre , gos  <a href="http://cragganoutdoors.co.uk">cragganoutdoors.co.uk</a>  01479873283  <a href="mailto:info@cragganoutdoors.co.uk">info@cragganoutdoors.co.uk</a>  lots of outdoor activities</p>	Sport and Outdoor Activity
<p><b>Craigellachie National Nature Reserve</b>  <a href="http://www.nnr-scotland.org">www.nnr-scotland.org</a>  01479810477  Easyish hill to walk in Aviemore</p>	Sport and Outdoor Activity

**Disability Snowsport**

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

01479861272

[admin@disabilitysnowsports.org](mailto: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](http://www.highlifehighland.com)

01540 662 485

[badenoch.centre@highlifehighland.com](mailto:badenoch.centre@highlifehighland.com)

contact for up to date details and times

Sport and Outdoor Activity

**Fitplus Class**

Badenoch centre , Kingussie

[www.highlifehighland.com](http://www.highlifehighland.com)

1540 662 485

[badenoch.centre@highlifehighland.com](mailto: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](http://www.highlifehighland.com)

01479 813 140

[Aviemore.leisure@highlifehighland.com](mailto: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](http://www.highlifehighland.com)

01479 870 281

[craigmaclean.leisure@highlifehighland.com](mailto: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](http://www.frank-bruce.org.uk)

[cheersjohn@hotmail.com](mailto:cheersjohn@hotmail.com)

Sport and Outdoor Activity

**Full on adventure**

[www.fullonadventure.co.uk](http://www.fullonadventure.co.uk)

01479 420123

[info@fullonadventure.co.uk](mailto:info@fullonadventure.co.uk)

outdoor activities, gorge walking etc

Sport and Outdoor Activity

**G2 outdoor**

[www.g2outdoor.co.uk](http://www.g2outdoor.co.uk)

01479 811008

Outdoor activities, gorge walking etc.

Sport and Outdoor Activity



<p><b>Grantown bowling club</b>            Heathfield road , Grantown on Spey  <a href="http://visitgrantown.co.uk/local-info/community-groups">visitgrantown.co.uk/local-info/community-groups</a>            01479873510            Lawn bowls club</p>	Sport and Outdoor Activity
<p><b>Grantown golf club</b>            Grantown Golf course, Cromdale road, Grantown  <a href="http://www.grantownonspeygc.co.uk">www.grantownonspeygc.co.uk</a>            01479872079            booking is recommended</p>	Sport and Outdoor Activity
<p><b>Grantown Tennis club</b>            heathfield road , Grantown  <a href="http://www.visitgrantown.co.uk/local-info/community-groups/">http://www.visitgrantown.co.uk/local-info/community-groups/</a>            01479872465            wed. evenings &amp; Sunday afternoons            Junior and adult coaching, social and competition tennis</p>	Sport and Outdoor Activity
<p><b>Highland Council Ranger Service</b>  <a href="http://highlandhighlife.com">highlandhighlife.com</a>            01463663800            Guided walks and wildlife activities</p>	Sport and Outdoor Activity
<p><b>Highland Disabled Ramblers</b>            highland wide  <a href="http://www.highland-disabled-ramblers.org">www.highland-disabled-ramblers.org</a>            07895066965  <a href="mailto:admin@highland-disabled-ramblers.org">admin@highland-disabled-ramblers.org</a>            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><b>Indoor Bowls Nethybridge</b>            Nethybridge community centre  <a href="http://bowlsclub.org/club/285/">http://bowlsclub.org/club/285/</a>            01479821348            Tuesday, Thurs 7pm, Winter time only            contact Dot Macdonald</p>	Sport and Outdoor Activity
<p><b>Indoor cycling</b>            Aviemore Community Centre, Muirton, Aviemore  <a href="http://www.highlifehighland.com">www.highlifehighland.com</a>            01479 813 140  <a href="mailto:Aviemore.leisure@highlifehighland.com">Aviemore.leisure@highlifehighland.com</a>            Mon &amp; 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><b>Invereshie and Inshriach National Nature Reserve</b>  <a href="https://www.visitscotland.com/info/see-do/invereshie-inshriach-national-nature-reserve-p333871">https://www.visitscotland.com/info/see-do/invereshie-inshriach-national-nature-reserve-p333871</a>            01479810477            Pine forest walks and feshiebridge, the river feshie is renowned for its majestic beauty</p>	Sport and Outdoor Activity
<p><b>Kincraig Badminton Club</b>            Kincraig community hall  <a href="http://www.kincraig.com/community/">http://www.kincraig.com/community/</a>            Mondays, 8pm            Badminton</p>	Sport and Outdoor Activity
<p><b>Kincraig Bowling Club</b>            Kincraig Community Hall  <a href="http://www.kincraig.com/community/">http://www.kincraig.com/community/</a>            Thursdays 8pm            winter indoor bowling            Kincraig bowling club</p>	Sport and Outdoor Activity
<p><b>Kincraig Volleyball Club</b>            Kincraig Community Hall  <a href="http://www.kincraig.com/community/">http://www.kincraig.com/community/</a>            01540662280            Tuesdays 8.30pm</p>	Sport and Outdoor Activity
<p><b>Kingussie Golf Club</b>            Gynack Road, Kingussie  <a href="http://www.kingussie-golf.co.uk">www.kingussie-golf.co.uk</a>            01540661600  <a href="mailto:info@kingussiegolfclub.co.uk">info@kingussiegolfclub.co.uk</a></p>	Sport and Outdoor Activity
<p><b>Laggan wolfrax</b>            laggan  <a href="http://www.lagganforest.com">www.lagganforest.com</a>            01528544366            Downhill mountain bike centre</p>	Sport and Outdoor Activity
<p><b>Loch an Eilein</b>            nr Aviemore  <a href="http://www.rothiemurchus.net">www.rothiemurchus.net</a>            01479812345            Peaceful low level walk with visitor centre, expensive parking</p>	Sport and Outdoor Activity
<p><b>Loch Insh Watersports</b>            loch Insh Outdoor Centre, Kincraig, Kingussie  <a href="http://www.lochinsh.com/">http://www.lochinsh.com/</a>            01540651272  <a href="mailto:office@lochinsh.co.uk">office@lochinsh.co.uk</a>            Snow sports and water sports archery</p>	Sport and Outdoor Activity
<p><b>Loch Morlich</b>  <a href="http://www.lochmorlich.com">http://www.lochmorlich.com</a>            01479861221  <a href="mailto:office@lochmorlich.com">office@lochmorlich.com</a>            Beach, walks, water sports, peaceful woodlands and water</p>	Sport and Outdoor Activity

<p><b>Macdonald resorts leisure pool</b>  Aviemore activity centre linked to Macdonald Hotel  <a href="http://www.macdonaldhotels.co.uk">http://www.macdonaldhotels.co.uk</a>  01479815100  Phone to check times and activities  Swimming pool</p>	Sport and Outdoor Activity
<p><b>Mountain Bike Trails</b>  <a href="http://www.mtbtrails.info/">http://www.mtbtrails.info/</a>  webtech@mtbtrails.info  online trails maps and grading info.</p>	Sport and Outdoor Activity
<p><b>Newtonmore Badminton club</b>  Newtonmore Primary School  <a href="http://www.cometonewtonmore.com">www.cometonewtonmore.com</a>  01540670049  Wed-up to S1-7pm -8pm, S2 &amp; senior-8pm -9pm  Octobr to April during term time</p>	Sport and Outdoor Activity
<p><b>Newtonmore curling club</b>  <a href="http://www.cometonewtonmore.com">www.cometonewtonmore.com</a>  01540 673285</p>	Sport and Outdoor Activity
<p><b>Newtonmore golf club</b>  <a href="http://www.newtonmoregolf.com">www.newtonmoregolf.com</a>  01540673878</p>	Sport and Outdoor Activity
<p><b>Newtonmore indoor bowls</b>  Drunfada, church terrace Newtonmore  <a href="http://bowlsclub.org/club/304/">http://bowlsclub.org/club/304/</a>  01540673417</p>	Sport and Outdoor Activity
<p><b>Newtonmore riding centre</b>  baillid farm ,fort william road, newtonmmore  <a href="http://www.newtonmoreridingcentre.com/">http://www.newtonmoreridingcentre.com/</a>  01540670000  info@newtonmore riding centre.com</p>	Sport and Outdoor Activity
<p><b>Newtonmore shinty club</b>  newtonmoreshinty.com  01540673048  secretary@newtonmoreshinty.com</p>	Sport and Outdoor Activity
<p><b>Newtonmore tennis club</b>  golf course road, newtonmore  01540673711</p>	Sport and Outdoor Activity
<p><b>Osprey fishing school</b>  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](http://www.highlifehighland.com)  
 01540 662 485  
[badenoch.centre@highlifehighland.com](mailto: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](http://www.highlifehighland.com)  
 01479 870 281  
[craigmaclean.leisure@highlifehighland.com](mailto: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](http://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](http://rothiemurchus.net/outdoor-activities-at-aviemore/fishing)  
 01479 812345  
[hello@rothie.net](mailto:hello@rothie.net)  
 contact fishery for times, fish farm where you can fish for fun

Sport and Outdoor Activity

<p><b>Rothiemurchus Ranger Led Activities</b>  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</p>	Sport and Outdoor Activity
<p><b>Rothiemurchus segway</b>  rothiemurchus.net/outdoor-activities-at-aviemore/segway  01479 812345  hello@rothie.net  contact for times  taster and adventure sessions</p>	Sport and Outdoor Activity
<p><b>Rothiemurchus shoot</b>  ski road aviemore  rothiemurchus.net/outdoor-activities-at-aviemore/clay-shooting  01479 812345  hello@rothie.net  contact for times  clay pigeon shoot</p>	Sport and Outdoor Activity
<p><b>Rothiemurchus Tennis club</b>  <a href="https://clubspark.lta.org.uk/RothiemurchusandAviemoreTennisClub">https://clubspark.lta.org.uk/RothiemurchusandAviemoreTennisClub</a>  01479810481  tennis@birnie.co.uk  contact for times</p>	Sport and Outdoor Activity
<p><b>Rothiemurchus 'tree zone'</b>  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.</p>	Sport and Outdoor Activity
<p><b>Rothiemurcus River Adventures</b>  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>	Sport and Outdoor Activity
<p><b>RSPB Loch Garten reserve</b>  Abernethy national nature reserve, Forest Lodge, Nethy Bridge, PH25 3EF  <a href="http://www.rspb.org.uk/reserves/guide/l/lochgarten/">http://www.rspb.org.uk/reserves/guide/l/lochgarten/</a>  01479821409  abernethy@rspb.org.uk  Osprey hides</p>	Sport and Outdoor Activity

<p><b>Speyside paddlers</b>  <a href="https://www.grantownonline.com/community/speyside-paddlers/">https://www.grantownonline.com/community/speyside-paddlers/</a>  07842115003  piers@voysey.plus.com  Promoting paddle sports in Badenoch and Strathspey</p>	<p>Sport and Outdoor Activity</p>
<p><b>Speyside way</b>  speysideway.org  01340881266  Walks along the Spey, differing abilities</p>	<p>Sport and Outdoor Activity</p>
<p><b>Spirit of the Spey Canoeing</b>  www.spiritofthespey.co.uk  01540673826  river expeditions and one day canoe coaching</p>	<p>Sport and Outdoor Activity</p>
<p><b>Strathspey curling club</b>  01479872649  winter curling</p>	<p>Sport and Outdoor Activity</p>
<p><b>Strathspey Mountain Club</b>  <a href="http://www.strathspey.btik.com/">http://www.strathspey.btik.com/</a>  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>	<p>Sport and Outdoor Activity</p>
<p><b>The Lecht Mountain</b>  Lecht Ski Centre, Strathdon, Corgarff AB36 8YP  www.lecht.co.uk  01975 651440  Snow sports, mountain biking</p>	<p>Sport and Outdoor Activity</p>
<p><b>Treezone</b>  Rothiemurchus Estate, Aviemore  <a href="http://www.treezone.co.uk/">http://www.treezone.co.uk/</a>  01479812345  Aerial adventure course</p>	<p>Sport and Outdoor Activity</p>
<p><b>Community Centre Aviemore</b>  <a href="http://highlifehighland.com/leisure-facilities/aviemore">http://highlifehighland.com/leisure-facilities/aviemore</a>  01479 813 140  Various fitness classes on offer.</p>	<p>Sport and Outdoor Activity</p>
<p><b>Yoga</b>  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</p>	<p>Sport and Outdoor Activity</p>

<p><b>Yoga</b> Boat of Garten Community Hall <a href="http://www.boatofgarten.com/community/">http://www.boatofgarten.com/community/</a> 07958463259 Wednesdays 9.45am</p>	Sport and Outdoor Activity
<p><b>Yoga Kingussie</b> Badenoch centre , Kingussie <a href="http://www.highlifehighland.com">www.highlifehighland.com</a> 1540 662 485 <a href="mailto:badenoch.centre@highlifehighland.com">badenoch.centre@highlifehighland.com</a> Contact for up to date times and details Vinyasa yoga.</p>	Sport and Outdoor Activity
<p><b>Yoga, Aviemore</b> Aviemore Community Centre, Muirton, Aviemore <a href="http://www.highlifehighland.com">www.highlifehighland.com</a> 01479 813 140 <a href="mailto:Aviemore.leisure@highlifehighland.com">Aviemore.leisure@highlifehighland.com</a> contact for up to date times and details</p>	Sport and Outdoor Activity
<p><b>Aviemore Chiropody Clinic</b> Aviemore Health Centre, Aviemore <a href="http://www.aviemoremedical.co.uk/">http://www.aviemoremedical.co.uk/</a> 01479 810258 by appointment</p>	Support and Information
<p><b>Badenoch and Strathspey Drug and alcohol Forum</b> Rathven, Aviemore <a href="http://www.highland-adp.org.uk/badenoch-and-strathspey">http://www.highland-adp.org.uk/badenoch-and-strathspey</a> <a href="mailto:dan.ymca@hotmail.co.uk">dan.ymca@hotmail.co.uk</a> 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><b>Badenoch and Strathspey access panel</b> Kinvaid, west terrace, Kingussie <a href="http://strathspeyaccesspanel.org">strathspeyaccesspanel.org</a> 01540661797 improving access to all within the community</p>	Support and Information
<p><b>Badenoch and Strathspey Community Transport Company</b> <a href="http://ct4u.co.uk">ct4u.co.uk</a> 01479810004 Community transport, befriending, assisted shopping, mobility scooter hire, vehicle hire and so much more.</p>	Support and Information
<p><b>Badenoch Arthritis Care</b> Badenoch centre, Kingussie 01540 661 988 <a href="mailto:doris.carlin@btinternet.com">doris.carlin@btinternet.com</a> arthritis support group</p>	Support and Information

<p><b>Caberfeidh Horizons</b>            16 high Street Kingussie  <a href="http://www.caberfeidhhorizons.com">www.caberfeidhhorizons.com</a>            01540 661000  <a href="mailto:info@caberfeidhhorizons.com">info@caberfeidhhorizons.com</a>            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><b>Cairngorm clinic</b>  <a href="http://www.cairngormclinic.co.uk/">www.cairngormclinic.co.uk/</a>            08447361924  <a href="mailto:info@cairngormclinic.co.uk">info@cairngormclinic.co.uk</a>            by appointment            Osteopathy, remedial massage, alexander technique</p>	Support and Information
<p><b>Dial a bus</b>            Grantown area            dial a bus            01479872675            Door to door transport service, bookable.</p>	Support and Information
<p><b>Football memories</b>            Aviemore  <a href="http://www.alzscot.org/">http://www.alzscot.org/</a>  <a href="mailto:KWright@alzscot.org">KWright@alzscot.org</a>            Reminiscence group for dementia sufferers. Football memories</p>	Support and Information
<p><b>Healing Rooms</b>            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><b>Highland Physiotherapy</b>  <a href="http://www.highlandphysiotherapy.co.uk/">http://www.highlandphysiotherapy.co.uk/</a>            01479811244            by appointment            Acupuncture, massage kinesiology, electrotherapy, exercise rehabilitation</p>	Support and Information
<p><b>Highland School of Massage</b>            3 Garraline Terrace, Kingussie  <a href="http://www.highlandmassage.co.uk/index.asp">http://www.highlandmassage.co.uk/index.asp</a>            01540661689  <a href="mailto:kitandjohn@btinternet.com">kitandjohn@btinternet.com</a></p>	Support and Information
<p><b>Inverallen church transport group</b>            Inverallen church, Grantown  <a href="http://www.inverallanparishchurch.org.uk/Church%20Organisations.html">http://www.inverallanparishchurch.org.uk/Church%20Organisations.html</a>            01479870154  <a href="mailto:wmsteele33@aol.com">wmsteele33@aol.com</a>            Transport to church and related activities</p>	Support and Information



<p><b>Lets Relax Spa</b>  hilton hotel coylumbridge  <a href="http://www.letsrelax.co.uk/">http://www.letsrelax.co.uk/</a>  01479 813088  by appointment  thai massage therapy</p>	Support and Information
<p><b>Naomi Russell massage</b>  <a href="http://www.naomirusselltherapies.com/">http://www.naomirusselltherapies.com/</a>  07709634761  by appointment  therapeutic massage</p>	Support and Information
<p><b>Physiotherapy</b>  carrbridge  <a href="http://carrbridge.cylex-uk.co.uk/company/carrbridge-physiotherapists-18757224.html">carrbridge.cylex-uk.co.uk/company/carrbridge-physiotherapists-18757224.html</a>  01479841514  by appointment  Physiotherapy</p>	Support and Information
<p><b>Retreat massage therapy</b>  <a href="http://www.the-retreat-aviemore.com/">http://www.the-retreat-aviemore.com/</a>  01479812210  by appointment  Sports and remedial massage</p>	Support and Information
<p><b>Registered chiropodist</b>  64 Corrou Road, Aviemore  <a href="https://en-gb.facebook.com/ahpodiatriy/">https://en-gb.facebook.com/ahpodiatriy/</a>  01479811730  by appointment</p>	Support and Information
<p><b>Saint Vincents therapy garden</b>  Kingussie  <a href="http://www.saintvincentsgarden.org.uk/">http://www.saintvincentsgarden.org.uk/</a>  01479810368  community garden, volunteering opps</p>	Support and Information
<p><b>Shinty memories</b>  Kingussie  <a href="http://www.alzscot.org/">http://www.alzscot.org/</a>  KWright@alzscot.org  Reminiscence group for dementia sufferers</p>	Support and Information
<p><b>Aviemore Community Café</b>  st Andrew's Church Hall, Aviemore  <a href="http://www.spanglefish.com/communitycafeaviemore/">http://www.spanglefish.com/communitycafeaviemore/</a>  Wednesday 10am - 4pm</p>	Social
<p><b>Boat of Garten Lunch Club</b>  Boat of Garten Community Hall  <a href="http://www.boatofgarten.com/lunch-club/">http://www.boatofgarten.com/lunch-club/</a>  01479 831 012.  Tuesdays, 12.30 (winter)</p>	Social

<p><b>Community Café</b>          YMCA community Centre, 80 high st., Grantown on Spey  <a href="https://visitcairngorms.com/?id=291&amp;refno=1000004986">https://visitcairngorms.com/?id=291&amp;refno=1000004986</a>          01479873 301          info@grantownymca.co.uk          Fri, 10am-2pm</p>	<p>Social</p>
<p><b>Contact the Elderly Sunday Afternoon Teas</b>          Grantown- on -Spey  <a href="http://www.inverallanparishchurch.org.uk/Services%20for%20Older%20People%20in%20the%20Area.html">http://www.inverallanparishchurch.org.uk/Services%20for%20Older%20People%20in%20the%20Area.html</a>          01479 870 154          wmsteele33@aol.com</p>	<p>Social</p>
<p><b>Kingussie parish church lunch club</b>          parish church Kingussie  <a href="http://www.kingussieparishchurch.org.uk/lunch_club.html">http://www.kingussieparishchurch.org.uk/lunch_club.html</a>          01540661690          noon-2pm, 1st &amp;3rd Mondays each month          60+ lunch club for parish members - October to June</p>	<p>Social</p>
<p><b>Strathspey Probus Club</b>  <a href="http://www.strathspeyprobus.org.uk/">http://www.strathspeyprobus.org.uk/</a>          mikehemsprobus@btinternet.com          social fellowship club with talks</p>	<p>Social</p>
<p><b>Sunshine club</b>          St Johns Hall Rothiemurchus, Aviemore  <a href="https://www.ageuk.org.uk/scotland/about-us-/local-services-search/groups/the-strath-sunshine-club-scotland/">https://www.ageuk.org.uk/scotland/about-us-/local-services-search/groups/the-strath-sunshine-club-scotland/</a>          01479810 940          Monday 12noon -2pm          Social club.</p>	<p>Social</p>
<p><b>Thursday club</b>          YMCA community centre, 80 high st, Grantown on Spey  <a href="http://www.grantownonline.com/community/grantown_ymac_community_centre">www.grantownonline.com/community/grantown_ymac_community_centre</a>          Social club, activities, bingo etc</p>	<p>Social</p>
<p><b>Grantown Initiative</b>          town house, Grantown-on-Spey  <a href="https://www.grantownonline.com/">https://www.grantownonline.com/</a>          info@grantownonline.com          Volunteering opportunity</p>	<p>Community</p>
<p><b>Highland Hospice Charity shop</b>          Highland hospice shop High street grantown  <a href="https://highlandhospice.org/how-you-can-help/retail">https://highlandhospice.org/how-you-can-help/retail</a>          01479873454          n.m.walsh@btinternet.com          volunteering opportunity</p>	<p>Community</p>
<p><b>Libraries - Aviemore</b>          Muirton, Aviemore, PH22 1SF  <a href="http://highlifehighland.com/libraries">http://highlifehighland.com/libraries</a>          01479813141          Mon, Wed, Fri - 8am-10pm: Tues, Thurs - 7am - 10pm: Sat 10am - 4pm: Sun - 10.30am - 3pm</p>	<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

Community

**Newtonmore mothers & toddlers**

Newtonmore Village Hall

[www.cometoneytonmore.com](http://www.cometoneytonmore.com)

07974193869

Mon, Wed & Fri - 10am - noon

Children and Young People



[www.LGOWIT.org](http://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
<b>1st Week</b>	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
<b>2nd Week</b>	Thursday	Dingwall - Community Centre	11.00 - 1.00
	Thursday	Invergordon - County Hospital	3.00 - 4.30
<b>3rd Week</b>	Tuesday	Aviemore - St Andrews Church	2.00 - 3.30
	Friday	Fort William - Lochaber Hope	1.00 - 3.00
<b>4th Week</b>	Thursday	Invergordon - County Hospital	3.00 - 4.30
<b>Last Week</b>	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
<b>Weekly</b>	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](http://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

