



Cannich – Church of Scotland

The Craic Monthly

February 2019

FREE

Community Care

by Brad Collins

The Glenurquhart Care Project does some really great work for those in our community that need it. Currently they offer day care at the Glenurquhart Centre either through statutory referrals or privately. They also offer a laundry service, domestic service and a drop in lunch.

For 2019 they are planning on introducing some new schemes to help out those who require it, including a handy person scheme, home based respite and a befriending service.

Discussions held between the Glenurquhart Care project and the community has led to feedback showing that there may be a need for even more services such as:

- Dog walking service
- Local On-Call service
- Transport Scheme
- Meal on Wheels
- "At Risk" visiting/telephone service to vulnerable people in winter
- Tea time lunch pack
- Respite at the centre
- Ironing service



What do you think? Are these services a good idea? Does our community need these services? You can have your say and the Glenurquhart Care Project welcome your ideas and comments. If you do have comments or other ideas, please contact the Care Project on 01456 459077 to discuss them.

The Glenurquhart Care Project is a charity and its main service, the Glenurquhart Care Centre is assisted through the support of the "Friends of the Centre". They meet on the second Saturday of each month with all funds going to additional items that the centre requires.

The centre also holds community meetings where they invite speakers who can give advice to carer's and anyone interested in learning more about a particular charity. These are held on the last Thursday of the month, 11am to 12pm. Everyone is welcome to attend and if you would like a specific let the GCP know on the number above and they will do what they can to arrange it for you.

Some upcoming speakers are Age Scotland (28th February) & Sight Action (28th March)

To enable the GCP to provide more services they are currently advertising for relief respite and day care staff as well as an apprenticeship placement for 3 years (which includes SVQ 2 and 3 training and driving lessons). Please do contact the centre directly for further information.

What's on February

- 4 – Art Group: Cannich Hall 1pm-3pm
- 6 – Whist Club: Cannich Hall 130pm – 430pm
- 9 – Strathglass v Lochaber (Murdo MacKenzie Cup)
- 9 – Shinty Club Quiz Night: Cannich Hall 7pm – 9pm
- 11 – Art Group: Cannich Hall 1pm-3pm
- 13 – Strathglass Heritage Pop In: Marydale Church 2pm-4pm
- 13 – Craft Club: Cannich Hall 7pm – 9pm
- 18 – Art Group: Cannich Hall 1pm-3pm
- 20 – Whist Club: Cannich Hall 130pm – 430pm
- 20 – Community Council Meeting: Cannich Hall 730pm – 9pm
- 21 – Whist Club: Cannich Hall 630pm – 1030pm
- 23 – Strathglass v Glenurquhart (MacDonald Cup)
- 23 – Nature Crafts: Cannich Hall 10am – 12pm*
- 25 – Art Group: Cannich Hall 1pm-3pm
- 27 – Craft Club: Cannich Hall 7pm – 9pm

March

- 4 – Art Group: Cannich Hall 1pm-3pm
- 6 – Whist Club: Cannich Hall 130pm – 430pm
- 7- Lucky2BHere Emergency Training: Cannich Hall from 7pm
- 15 – Shepherds & Stalkers Dance: Cannich Hall from 7pm
- 17 – School Table Top Sale: Cannich Hall 2pm – 5pm
- 20 – Whist Club: Cannich Hall 130pm – 430pm
- 21 – Whist Club: Cannich Hall 630pm – 1030pm
- 23 – Spring up the Hill: Comar Wood Dun 10am – 12pm*
- 25 – Digitising Lovat Estate Maps: Marydale Church from 730pm
- 27 – Community Council Meeting: Cannich Hall 730pm – 9pm

April

- 3 – Whist Club: Cannich Hall 130pm – 430pm
- 27 – Building Frenzy: Chisholm Bridge, Glen Affric*
- 17 – Whist Club: Cannich Hall 130pm – 430pm

May

- 3 – Scottish Country Dance: Cannich Hall 7pm – Midnight
- 13 – Tarradale Through Time: Marydale Church from 730pm
- 25 – Dusk Ramble: Easter Crochail*

Get your copy direct

Do you want to make sure you don't miss out on your copy of 'The Craic'?

Do you want to be the first to get a copy as soon as its published?

If so send your email address to shop@cannichstores.co.uk to be added to our mailing list to make sure you don't miss out.

If you have an event coming up let us know at the shop or email the details to shop@cannichstores.co.uk to get your event listed in our community diary.

More and more people are reading our newsletter and it's a great way to promote your event to the community.

Regular Events:

Black Dragon Hapkido: Cannich Hall 6:30pm – 8pm every Wednesday

Junior Youth Club: Cannich Hall 6:30pm – 8:00 every Friday**

Senior Youth Club: Cannich Hall 8:00pm – 9:30pm every Friday**

GP Surgery: Cannich Hall 11:00am – 1:00pm every Thursday

GP Surgery: Cannich Hall 9:30am – 11:30am every Tuesday

Indoor Bowling: Cannich Hall 1:30pm – 4:30pm every Monday

Slainte Fitness Training: Cannich Hall 7pm every Monday

Pilates Classes: Cannich Hall 9.45am & 11am every Tuesday

* All Shinty fixtures/throw ups are subject to change due to weather, unforeseen circumstances etc. For further information see www.strathglassshintyclub.co.uk

** Youth Club is not held during the school holidays

* RSPB Wildlife Explorers programme is aimed at children 8-12 years old but younger children are welcome as long as an adult stays with them.

Please ensure that all children are prepared for a walk, even for indoor events. Unless otherwise stated all meetings are £1 per child



EMERGENCY LIFE SUPPORT TRAINING

A training session, led by Lucky2BHere trainers, will be held at Cannich Village Hall on Thursday, 7th March 2019 at 7-00 p.m.

The programme will include:

- Assessment of an unconscious casualty and recovery position
- Adult basic life support
- Use of defibrillator and emergency pack
- Choking in the adult and infant
- Recognition of a heart attack and stroke

The session is open to everyone over the age of 12 but will be limited to 24 persons. To reserve a place, please contact Nigel Ellis at nigelellis@strathglasscc.org.uk or telephone 01456 415336



Tattie Sale Day 2019

The aim of Soirbheas' Tattie project is to get more people growing and potatoes are a great way to start!

The Tattie Sale Day will involve:

- A great selection of seed potatoes to buy
- Tips on growing & storing your tatties
- Meet the Glen Urquhart Horticultural Society
- Try some tasty tatties cooked in the outdoors by the Abriachan Forest Trust team

Why not Join us for a cuppa and chat! Bring along your favourite tattie recipes to share



The Craic

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