NEWSLETTER

Autumn / Winter 2023

Together in The Glenkens

Together in The Glenkens thank our funders: The Scottish Government's Community Mental Health and Wellbeing Fund, administered by Third Sector Dumfries and Galloway, the NHS Small Endowment Fund and the Glenkens Community Shop in Dalry, whose generous funding has made this Health and Wellbeing Programme possible.

We launched Together in the Glenkens in June this year and firstly determined our Vision and Values for the project:

It is our vision …

That everyone in the Glenkens Communities can access life affirming activities which will enhance their mental health & wellbeing

To make this vision a reality …

Our purpose is to provide an accessible supportive network of targeted activities. These will provide a welcoming environment to foster and enhance personal resilience.

Our Values

We will be Compassionate, Accountable, Collaborative and Resilient. We will Strive for Excellence, Embrace Diversity and Operate with Integrity

Glenkens Community & Arts Trust

The activity programme then began in July with a varied and broad choice of activities on offer across the Glenkens. We aim to provide the communities of our beautiful region with opportunities to meet and make new friends, develop new skills or rekindle old ones. Details on how to find out more about all our activities can be found at the bottom of this newsletter.

Tai Chi began outdoors in New Galloway Park, we experienced some lovely summer evenings while practicing this graceful and ancient form of exercise. Tai Chi has now moved indoors and meets at New Galloway Town Hall on a Monday evening 7-8pm. We are offering a free first session as a taster to see if Tai Chi is for you.

Art for Wellbeing in Corsock Village Hall on a Thursday evening provides a creative space to explore a variety of styles in techniques. There is no expectation of previous skills or talent, but instead a focus on letting people rediscover the joy of creativity - enjoying the process rather than worrying about the result.

Oil Painting for Beginners is an extremely popular activity, meeting weekly at The Smiddy in Balmaclellan on a Wednesday morning. The participants are working with water-based oils, exploring different subject matters and developing their own style. As with all TiTG classes, it's always open to new starters at any point.



Glenkens Community & Arts Trust

Pie Pint n' Patter coincides with monthly Open Bar Nights at the CatStrand; we have enjoyed interesting and informative talks and tastings from Dark Sky Gin Distillery and a Beer Tasting event from The Five Kingdoms. We hope to introduce some further guest speakers in the forthcoming months.

Gentle Exercise for All offers a calm and gentle exercise routine which can also be practiced at home during the week. Chair Yoga and simple walking and balance exercise make up the session with a visualisation and breathing exercise to conclude. The group meets on a Wednesday afternoon at The Smiddy in Balmaclellan.

Strictly Get Dancing launched in August; we began our highly popular 4-weekly blocks in Mossdale Hall, moving to Parton Village Hall and just now Kirkpatrick Durham Village Hall. Participants have been learning the Waltz, Cha Cha, Jive, Social Fox Trot, Quick Step and the Rhumba. There is still room on the dance floor so do get in touch if you would like to step out in your dancing shoes – absolute beginners very welcome If you join at the beginning of a 4-week block, everyone will be learning the new dance together.

Our popular monthly Pub Quizzes are enjoying a warm reception at our three host pubs, the Ken Bridge Hotel, Lochinvar Hotel and The Clachan Inn. Each month the winning team selects a charity for the night's takings of £1 per person to be sent to. This is a super evening to enjoy a variety of brain teasing questions while spending time with your friends.

Patchwork Workshops in the Community Church Hall in Crossmichael are producing beautiful Japanese folded patchwork designs. These are all hand

stitched and provide the participants a peaceful afternoon while turning scraps of textiles into attractive items. 

We also have the recently launched Gym and Swim package which runs twice a month to the Merrick Leisure Centre in Newton Stewart. This provides the opportunity to be driven to the excellent facilities at The Merrick and either enjoy their swimming pool, sauna, jacuzzi or well-equipped gym…or all of them! Thanks to our NHS Endowment Fund and Glenkens Community Shop funding, we can offer the transport to Newton Stewart for free.

This month, on the 25th of November we are collaborating with LING to bring a St Andrew's Day Ceilidh to the Glenkens, at 7pm in New Galloway Town Hall. It promises to be an excellent evening with Ollie Rig's band, Muckle Spree, providing fine tunes to dance the night away. There will be a pop-up bar and a raffle. A two-course meal is included in the ticket which can be purchased by visiting https://gcat.scot/cic-learning-and-wellbeing-workshop-programme/



Looking forward, we are delighted to have been selected to be in the Co-Op Community Fund for more support. More details about how you can help us with this in the next edition!

We have a budget that allows free entry to our activities for people on passport benefits – please do get in touch if the entry fees are a barrier to you.

The programme will continue until the middle of December and then restart in the New Year until June 2024. Please contact jo@catstrand.com, scan the QR code below, call the CatStrand 01664 420374 or visit www.gcat.scot to find out more details and information on how to get involved.

Glenkens Community & Arts Trust

Together IN THE GLENKENS

WINTER PROGRAMME 23/24

Together IN THE GLENKENS — Supporting Wellbeing through welcoming activities

ART FOR WELLBEING MULTI MEDIA



THURSDAYS Twice monthly
2nd, 16th & 30th Nov
14th Dec , 11th & 25th Jan
6:30 - 8:30pm
CORSOCK VILLAGE HALL

Come along to explore your creative potential.

£12.50 per session

£48.00 six week block

CONCESSIONS AVAILABLE

Cost includes all materials

Tea/Coffee / Cake/ Biscuits

GYM & SWIM PACKAGE



Wednesday evenings & Tuesday mornings
Every second Wednesday and fourth Tuesday of the month.

Merrick Leisure Centre, Newton Stewart -

FREE TRANSPORT Departing CatStrand pick ups in Dalry Balmaclellan

9.00am Tuesday | 5.00pm Wednesday

Sauna, Spa, Gym & Swim £9 / £4 concs

Swim £5 / £3 concs

Gym £7 / £4.50 concs

TAI CHI



MONDAYS 7.00-8.00pm
NEW GALLOWAY TOWN HALL

7.00 -8.00pm
£5 per session

FREE TASTER SESSION

CONCESSIONS AVAILABLE

PIE, PINT n' PATTER at the CATSTRAND

LAST FRIDAY OF THE MONTH 6.00pm - 10.00pm
FOOD AVAILABLE 6.00pm -8.00pm

Serving
"Pie and a Pint"
at CatStrand's Bar
Screenings & Informative Talks:
(Pies available until 8pm)





TiTG PUB QUIZ

SUNDAYS ONCE A MONTH 7.00 for 7.30 pm start
19th Novemeber Lochinvar Hotel
17th December Clachan Inn CHRISTMAS SPECIAL
28th January Ken Bridge Hotel
25th February Lochinvar Hotel
£1 per person

GENTLE EXERCISE FOR ALL







WEDNESDAYS
Every first & third Wednesday of the month
4-5pm

THE SMIDDY
BALMACLELLAN
To enhance wellbeing and resilience

£5 per session
£2 concs

STRICTLY GET DANCING with Sam Rushton



MONDAYS
7.00pm - 8.30pm Term-time
Venues - MOSSDALE, PARTON & KIRKPATRICK DURHAM VILLAGE HALLS
Learn a new Ballroom and Latin Dance every 4 weeks!
No need to bring a partner
No dance experience necessary - all welcome

£8 drop-in
£28 for a 4 week block

CONCESSIONS AVAILABLE

ART FOR WELLBEING PAINTING WITH OILS



WEDNESDAYS Term-time
10.00-12.00pm

THE SMIDDY
BALMACLELLAN
Master painting with oils
tutored by contemporary painter Catherine Corfield

£12.50 per week - materials included
Block booking - £48 for 4 weeks

CONCESSIONS AVAILABLE

PATCHWORK WORKSHOP



THURSDAYS 1 - 3.00pm
4 Week Blocks
16th Nov - 7th Dec
18th Jan - 8th Feb
Crossmichael Church Hall

Learn hand stiching patchwork with a skilled tutor. Turn your scraps of fabric into creative items, such as tote bags, decorations for Christmas, cushion covers and gifts

£6.50
£24 per 4 week block

CONCESSIONS AVAILABLE

Supported through THIRD SECTOR DUMFRIES AND GALLOWAY

Book in advance to secure your place
Some subsidised tickets available - do get in touch
Info: jo@catstrand.com | CatStrand | 01644 420 374
www.ticketsource.co.uk/together-in-the-glenkens
www.gcat.scot/

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A GCAT Project

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