

- 10am - 12pm: Church Café at Letham St Mark's Church during school term -times, we serve tea, coffees and lovely home-made scones. Pop in to see us, you will be made very welcome
- 10am - 12noon: 50+ Carpet Bowls (with tea served at 11am) at Live Active Letham. For more info call 633130.
- 10am - 12noon: Adult Literacy and Number Drop-in at Fairfield Neighbourhood Centre. Call Angie on 477677 for more info.
- 10am - 12noon: Basic Computing & Universal Job Match Drop-In at North Inch Community Campus Library. For info call Liz on 477677
- 10 - 11.30am: 'Small Wonders' Parent & Baby Group (0-3years) at Fairfield Neighbourhood Centre. Call Caroline on 477028
- 10.30 - 11pm: Bookbug Rhymetime, free, friendly, fun sessions of songs, rhymes and stories for toddlers & pre-school children and their families. North Inch Community Library. Call 454406 for more info.
- 10.30-11.30am: 'No Limits' at Bell's Sports Centre - Drop-In coached session with variety of sports for adults with learning, physical and sensory disability. Contact James on 454651
- 3.15 - 5.15pm: North Muirton Primary After School Club runs from Riverside Church. For info call 622341.
- 6.00-7.30 Family Club at Goodlyburn PS open to all families in North Perth. Jan 22nd - 12th March (excluding 12th & 19th Feb) For info call Jane 454250
- 6.30 - 8.30pm: Acoustic Café for S1 - S6 at Riverside Church, alternate Thursdays. Tel 622341 for more info.
- 6.00 - 9.00pm: Boys Brigade at Letham St Mark's Church during school term - times, contact Alec Gerard on 628312 for more info
- 7 - 8.30pm: Youth Drop-In for S1+ at Fairfield Neighbourhood Centre. Call Karen on 477677 for more info.
- 7 - 9pm: Duke of Edinburgh Awards for age 14+ at Live Active Letham. For more info contact Shaun on 477645

Friday

- 10 -11am: 50+ Social Aerobics with tea afterwards at Live Active Letham. For more info call 633130.
- 10 - 11am: Movers and Shakers exercise class for pre-school children at Riverside Church. Call 07923 627030 / 622341 for more info.
- 10am -12noon: Breast Feeding Support Group at Live Active Letham for all new mums for support, social contact & advice. For more info contact Adele on 633130 or 473269
- 11.15am-12.15pm: Walking Football at Live Active Letham. For women and men, all abilities welcome. It's the rules of football but you're not allowed to run! Call Bill on 634734/07957864289 for info.
- 12 - 1.30pm: 'Soup Group' - Faith Fellowship group open to all at Riverside Church. Come along for lunch and a blether, followed by discussion & prayer. Tel 622341 for more info.
- 6 - 8pm: 'No Limits' - Drop-In coached session at North Inch Community Campus with variety of sports for people with learning, physical and sensory disability. £4 for the session. Contact James on 454651 / 07748133314.
- 6.15-7.15pm: 'Insanity' fitness class at Letham St Mark's Church. For more info contact Tracey on 446377

Saturday

- 9 -10am: 'Boys & Girls Soccer School' for P1- 4s at the All Weather Pitch, Seven Acres, Letham. For more info call Ken Drummond on 07799 892088.
- 8 - 11pm: 'Sidewalk Project' detached youth work in Perth City centre and surrounding areas. For more info call Perth YMCA on 580001 or email sidewalk@ymcaperth.com or visit www.thesidewalkproject.org.uk

Sunday

- 9.30am: Traditional Worship Service at Letham St Mark's Church
- 9.30 - 10.45am: BBAZ Bible Class, Bible Study & breakfast (term-time for S1 - S4)
- 11.00am: Contemporary Family Service including Sunday School and crèche. Tea and coffee served after both services. All made very welcome.
- 10.30am: Riverside Church regular Sunday service & children's club. Tel 622341 for more info

Other continuous activities running in North Perth

Men & Children Matter Project. Activities, including family cooking, trips and other learning opportunities for men and their children running at North Perth Community School. For more info contact Rhona on 454250.

Call 0845 6009996 for more information on smoking cessation or pop into your nearest pharmacy!

Keep Well Nurse available to call in to groups to provide health information, leading to health checks. Find out more by contacting Yvonne Nelson on 564261

Muirton Community Nursery providing childcare, education and Out of School Care for children aged 2-14 years for parents who work or go to college. Contact Linda Sanderson 625933 or e-mail muirton@communitynursery.fsnet.co.uk

CAB Welfare rights and benefits advice available by appointment at Fairfield Neighbourhood Centre. To make an appointment contact Liz on 01738 477677.

Live Active Leisure's Stride For Life programme offers local health walks for people of all abilities. For more information call 454628

Tulloch NET Room 4 U drop-in, Unit 2 Tulloch Square, Tulloch. Open Tues & Wed 3-4pm Kids Club (P3-7) & Tues & Fri Adult Drop-In (12 - 1.30pm) Tel: 01738 562731 or e-mail info@tullochnet.org.uk

Looking for a meeting space? Muirton Park Community Flat & the Newhouse Road Community Flat are available for groups to meet. For enquiries/bookings call Caledonia Housing Association on 0800 678 1228

North Inch Community Campus offers a wide range of programmed activities for all ages. Facilities include a state of the art fitness suite, 3 court sports hall, 4 court sports hall, two outdoor pitches; one sand dressed and MUGA area and a purpose built dance studio. For further details contact Reception on 454400 or visit our website www.liveactive.co.uk

The Community Capacity workers work with local people, groups and partners to identify and support training needs, support the community engagement process, enable local people to have the confidence and skills to express their voice in meaningful dialogue and actively seek to improve partnership working.

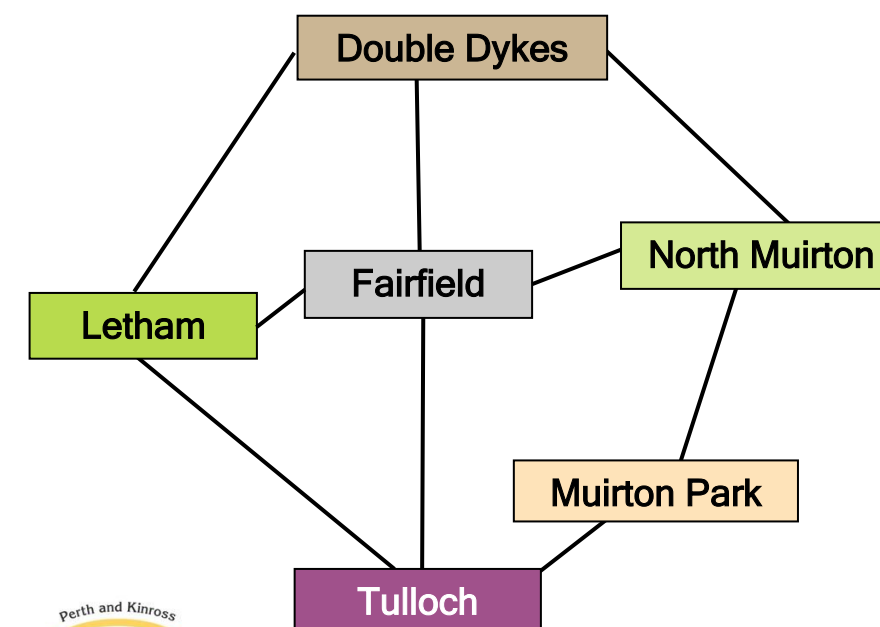
For more information contact:

Chris Sanderson at Letham Community Learning Centre on 477640
Sharon Doyle at Fairfield Neighbourhood Centre on 477676



at either

North Perth Families
What's on in North Perth
Men and Children Matter Perth



January - June 2015

Monday

- 9 - 11.30am: 'Numbers & You' at North Perth Community School. Free crèche. For more info call 454250.
- 9.30 - 11.30am: Simply Inspired Art Project at Fairfield Neighbourhood Centre. Places limited. For info & to book place call Caroline on 477028.
- 10am - 12noon: 'Skills Zone' Drop-In for help with job searches, CVs, guidance, basic computing skills at Letham Community Learning Centre. For more info call Kathy on 477640.
- 10am - 12noon: 'Active For Longer' - Social Activity group with chair based activities at Tulloch Community Centre . For more info contact the Live Active Community Team on 454651
- 1 - 2.45pm Positive Minds - Thinking of making a change in your life? Then why not come along for a coffee and learn new skills, meet new people and build your confidence. For more info and to book a place contact Caroline on 01738 477028
- 6 - 7.30pm: Brownies at Letham St. Mark's Church contact Tracy Davidson on 07834 712464 for more info
- 6 - 9.30pm: Saints Table Tennis at Perth Grammar School Gym – open to all ages. Contact Mike Richmond on 01738 472248
- 6.30 - 7.30pm: Letham Girls U15 football training sessions for girls of all abilities at the All Weather Pitch, Seven Acres, Letham. For more info contact Fiona on 07761025216
- 6.30 - 8pm: Muirton Park Juniors, P1–7 youth group meets weekly at 3 The Rookery, Muirton. Call Karen on 477675 for more info.
- 6.30 - 8pm: Tay Titans Junior Cycling Club. George Duncan Athletics Arena & various venues 8 -16 yrs. For info visit www.taytitans.org.uk
- 7 - 8pm: Zumba class for adults at Riverside Church. Tel 07923627030 or 622341 for more info.
- 7 - 8.30pm: Tulloch Youth Streetwork - starting back mid January. Call Shaun on 477645 for more info.
- 7 - 8.30pm: Perth Pumas Women's Netball Club. North Inch Community Campus 3 Court Hall. All abilities welcome @PerthPumas
- 7.15 - 9.15pm: Perth Volleyball Club. North Inch Community Campus 4 Court Hall. Training sessions and tournaments, beginners welcome. Find us on Facebook or www.pkdva.org.uk

Tuesday

- 9 - 11.30am: Parents Drop-In at Our Lady's Primary (term time only). Free crèche. For more info call Rhona on 454250
- 9.15 - 11.15am: SCQF Level 4 & 5 Information & Communication Technology & 11.30 - 1.30pm: Course at Fairfield Neighbourhood Centre. Call Liz on 477677 for info
- 9.30 - 11am: Babies & Toddlers at Letham St Mark's Church (during term-times) £1 per family. Contact Gillian Forsyth on 446377 for info.
- 9.30 - 11am: Community Café at Riverside Church. Free pre-school soft play area! Drop in for coffee & meet other parents/carers. Tel 622341 for more info.
- 10 - 10.45am: Gentle Exercise class at North Muirton Community Hall, followed by coffee and chat! All abilities welcome, call Sophie on 454650.
- 10 - 11am: Benefits advice drop in clinic at Riverside Church, 265 Bute Drive, last Tuesday of every month. For further information contact Andrew Scobie on 450599
- 10am - 12noon: '50+ Table Tennis' followed by refreshments at Live Active Letham. For more info call 633130
- 10am - 12noon: Church Café at Letham St Mark's Church during school term-times. We serve tea, coffees and lovely home-made scones. Pop in to see us, you will be made very welcome

- 10.30 - 11am: Bookbug Rhymetime, free, friendly, fun sessions of songs, rhymes and stories for babies, toddlers & pre-school children and their families. N. Inch Community Library. Call 454406 for info.
- 11am onward: 'Stride For Life' - Healthy walks in areas across Perth, meeting at Moncrieffe Church Hall & lasting approx 1–1½ hrs, followed by refreshments. For more info contact Stride For Life Team on 454650 or 454628
- 11.15–12.15: Chair based exercise at Sanda Court. Limited capacity so please phone to reserve a place. For info contact Sophie on 454650
- 12 - 2pm: Adult literacy and Number Drop-in at North Inch Community library. For more info call Angie on 477677.
- 12.30 - 2.30pm: Take A Break group for young parents at Live Active Letham – free crèche! For more info call Willie on 477640
- 1.30 - 3.30pm: Tenants Friendship Bingo at Fairfield Neighbourhood Centre. For more info contact 477677
- 1.30 - 3.30pm: 'Skills Zone' Drop-In for help with job searches, CVs, guidance, basic computing skills at Letham Community Learning Centre. For more info call Willie or Kathy on 477640.
- 2 - 4 pm: 'Knit and Natter' group at Riverside church. Join a friendly group for knitting and a chat. Tel 622341 for more info.
- 2.15 - 4.15pm: 'Skills Zone' Drop-In, offers support with CVs, application forms, discover options and what's available out there! Runs term-time in North Inch Community Library. Call Liz on 477677 for info.
- 3.30 - 4.15pm: Letham Mobile Library visits '7 Acres' car park.
- 4.15–5pm: Letham Mobile Library visits Marlee Road. The bus visits both stops on alternate Tuesdays.
- 3.30 -5.00pm: Pay 2 Play football for P4+ at Seven Acres 3G football pitch (during term time) cost £1. Contact Richard on 564979 for info
- 3.45 - 4.45pm: Tulloch Mobile Library visits the Tulloch Institute car park on alternate Tuesdays.
- 5 - 6.30pm: 'Fairfield Juniors' Youth Club for P1 to P7 age group in Fairfield Neighbourhood Centre. Call Karen on 477675 for more info.
- 6 - 7pm: Boxercise class for 12+ yrs at Live Active Letham. For info call 633130
- 6 - 7pm: Fair City Baton Twirlers at North Inch Community Campus for 5 to18 years (term-time). Contact the Campus reception on 454400 for details.
- 6 - 7.30pm: Perth Girls Brigade (5–12yrs)
- 7 - 8pm: Perth Girls Brigade (12yrs+) - both at Tulloch Primary School (term-time only). For more info contact
- 6.15 - 7.30pm: Girls Brigade at Letham St Mark's Church during school term-times, contact Janet Knight on 635528 for more information.
- 6.30 - 8pm: KOLA Youth Club for 8–12 yrs at Live Active Letham, Tweedsmuir Road. Call 633130 for further details.
- 7 - 9pm: Girls Group at Letham Community Learning Centre, Rannoch Road. Call Shaun on 477645 for more info.
- 7.30pm: Tulloch Residents Association hold their Committee and Open meetings alternately on last Tuesday of each month at Tulloch Community Centre. For info call Gareth on 07763135436

Wednesday

- 9.15 - 11.15am: Goodlyburn Parents Drop-In at Goodlyburn Primary (term-time only). Free crèche. For more info call Rhona 454250
- 9.15 - 10am: Aqua Natal at Perth Leisure Pool. Costs £4. Call 454654 for more info.
- 9.30–10am: 'Metafit' fitness class for adults at Letham St. Mark's Church. For more info contact Tracey on 446377
- 9.30 - 11.30am: 'Small Fry' Parent & Toddler Group at Riverside Church. Tel 622341 for more info.

- 9.30am - 12.30pm: 'Skills Zone' Drop-In for help with job searches, CVs, guidance, basic computing skills at the Learning Curve. For more info call Willie or Kathy on 477640.
- 10 - 11am: Zumba class at Live Active Letham for age 12+. Call 633130 for more info.
- 10 - 12pm: Dynamic Youth Awards in Letham Community Learning Centre for S3 & S4 pupils. For info call Shaun on 477645
- 10.30 - 11am: Bookbug Rhymetime, free, friendly, fun sessions of songs, rhymes and stories for babies, toddlers & pre-school children and their families. North Inch Community Library. Call 454406 for more info.
- 12.30 - 1.30pm: Seniors Lunch Club at Fairfield Neighbourhood Centre. Call Liz on 477677 for more info
- 1 - 3pm: Creative Writing Club at Fairfield Neighbourhood Centre. For more information and to book a place contact Caroline on 477028
- 1.30 - 2.30pm: 'Stride For Life' - Healthy walks leaving from and finishing at Riverside Church for refreshments. For more info contact Stride for Life Team on 454650 or 454628.
- 2 - 3pm: Crime Book Group for fans of crime writing, come and talk about books in a friendly environment at North Inch Community Library on last Wednesday of each month. Call 454406 for more info.
- 2 - 4pm: Simply Inspired Creative Crafts - Feeling creative, new monthly craft class starting 14 January 2015. Other dates are 11 February and 11 March. Places are limited. For more information contact Caroline on 01738 477028.
- 2 - 4pm: Perth Citizens Advice Bureau, Benefits Advice in Libraries on the 1st & 3rd Wed of the month at North Inch Community Campus Library. Call 450599 or email ascobie@perthcab.casonline.org.uk
- 6 - 8pm: Muirton Youth Crew meets at 3 The Rookery, Muirton. Call Karen on 477675 for more info.
- 7 - 8.30pm: Computing at Goodlyburn Community School from beginners to a qualification. For more information call Rhona on 454250.
- 7 - 8.30pm: Letham Youth Streetwork - starting back mid January . Call Shaun on 477645 for more info.
- 7 - 9pm: North Muirton Community Council meets at Riverside Church on the last Wednesday of the month - all welcome! For more info contact Chris on 07738 802633.
- 7.30 - 9.00pm: Guides at Letham St Mark's Church during school term-times, contact Alison McDowell on 633042 for information
- 7.30–10.30 pm: 'Sidewalk Project' detached youth work in Perth City centre. For more info call Perth YMCA on 580001 or email sidewalk@ymcaperth.com or visit www.thesidewalkproject.org.uk

Thursday

- 9.15-11.15am: English Language ASDAN qualification at Goodlyburn Primary School. For more information call Rhona 454250
- 9.30 - 10.30am: Gentle Exercise Class at North Muirton Community Hall, followed by coffee and chat. All abilities welcome. For more info contact Sophie on 454650.
- 9.30 - 11.30am: Fairfield Mobile Library visits Fairfield Neighbourhood Centre alternate Thursdays starting 8 January 2015
- 10 - 11am: Total Tone Aerobics Class for adults of all fitness levels at Live Active Letham. Call 633130 for more info.