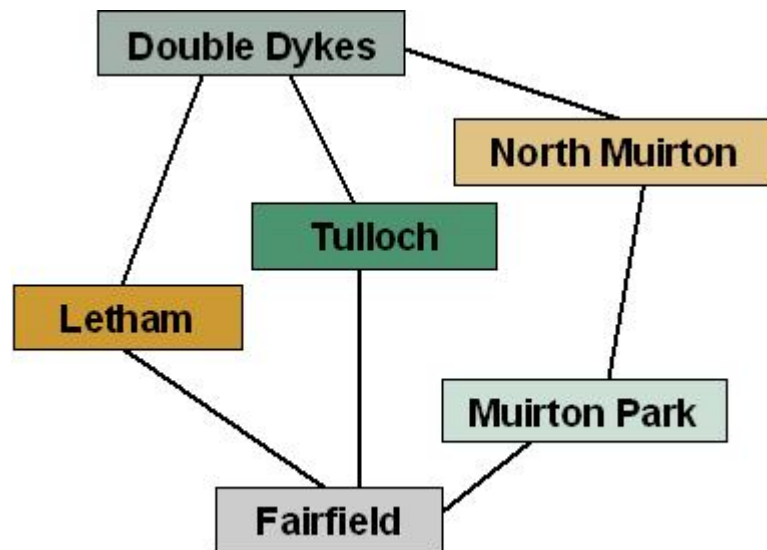


# What's On In North Perth



January – June 2010

## Monday

- 9.30 - 11.30am: Computing Group at Letham Community Learning Centre. For more info call Kathy on 441473.
- 9 -11.30am: 'Numbers & You' at Goodlyburn Community School. For more info call 632841.
- 9.30am - 12noon: Adult Literacy & Number 1:1 at Letham Community Learning Centre. Call Kathleen on 441473 for more info.
- 10am -12noon: Chair based activities with new age curling and games at Tulloch Community Centre. For more info contact Dave on 492467.
- 10am -12noon: Computing with PAMH at Fairfield Neighbourhood Centre. For more info call 477677.
- 1 - 3pm: Adult Literacy & Number Group at Letham Community Learning Centre. For more info call Kathleen on 441473.
- 1 - 3pm: 'Stepping Forward' course starting 18 Jan. Focus on employability skills. Free crèche available on request. For more info call Caroline on 07977368167 or Sue on 637639.
- 2 - 3.30pm: Stop Smoking! Free, friendly, local! At The Rookery, Muirton. Drop in for a cuppa and chat about stopping smoking. Phone/text 07768 917743 for more info.
- 2 - 4pm: Computing Group at Learning Curve, AK Bell Library. For more info call Kathy on 441473.
- 6 - 7.30pm: Family Club at Letham Primary School on 25 Jan. For more info please contact Jane Westall on 632841.
- 6.30 - 8pm: Muirton Youth Forum meets weekly at the Community Flat in Ainslie Place, Muirton. Call Karen on 477675 for more info.
- 7 - 9pm: Adult Literacy & Number Group at Letham Community Learning Centre. For more info call Rosalind on 441473.

## Tuesday

- 9 - 11.30am: Parents Drop-In at Letham Primary (term time only)  
For more info call Muriel on 632841
- 9.15 - 11.15am  
or 11.30– 1.30pm: Computing Groups at Fairfield Neighbourhood Centre.  
Call Trish on 477677 for more info.
- 9.30 - 11.30am: Adult Literacy Group at Letham Community Learning Centre.  
For more info call Kathleen on 441473.
- 10 - 10.30am: Gentle Exercise Class for Adults (free) at Fairfield Neighbourhood Centre. For more info contact Sophie on 492467 or 07880 786155.
- 11am onward: 'Stride For Life' - Healthy walks in areas across Perth, lasting approx 1—1½ hrs, followed by refreshments. For more info contact Dave on 492467.
- 11am - 12.30pm: Baby Bumps—for all young Mums to be in North Perth. Meet your midwife, have a pamper & meet friends over a cuppa at the Perth Midwife Unit, PRI. Call Yvonne on 07827939195 or 564294 for more info.
- 11.30am - 1pm: Adult Literacy & Number Group at Letham Community Learning Centre. Call Rosalind on 441473 for more info.
- 12noon—2pm:  
& 6—8.30pm: 'Reach Out' supporting young people into further education, employment or training (age 15—25yrs) at 17b Ainslie Place.  
For more info call Aileen or Susan on 07843 991448.
- 12.30-2.30pm: Take A Break group for young parents at Letham Sports Centre, free crèche! For more info call Willie on 441473.
- 2 - 4pm: Adult Literacy & Number Drop-In at Fairfield Neighbourhood Centre.  
For more info call Sharon on 441473.
- 2 - 4pm: Adult Literacy & Numeracy Group at Double Dykes Portacabin. For more info call Elaine on 01250 874234.
- 1.30 - 3.30pm: Computing Group at Letham Community Learning Centre.  
For more info contact Kathy on 441473.
- 1.30 - 3.30pm: Tenants Friendship Bingo at Fairfield Neighbourhood Centre.  
For more info contact 477677.
- 1.30-3.15pm: Coffee Express at North Perth Community School. For more info contact Rhona on 632841.

- 3 - 4pm: 'Stop Smoking' Group — Free, friendly, local! At Perth Leisure Pool (free creche for under 5s). Phone/text 07768 917743 for more 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 starting 12 January.
- 3.45—4.45pm: Tulloch Mobile Library visits the Tulloch Institute car park on alternate Tuesdays starting 19 January.
- 4—5.30pm: 'Chaos' North Perth Youth Theatre Drama Club at Balhousie Primary School for P5/7s - costs £1 per week! Starting again 12 January, look out for flyers! For more info contact Hilary on 477679.
- 5 - 6pm: Youth Club for P1—3s in Fairfield Neighbourhood Centre. Call Karen on 477675 for more info.
- 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 Morag on 633758
- 6 - 8pm: Micro Library in Fairfield Neighbourhood Centre. Something for all the family including adult & children's books, CDs, DVDs, large print & talking books and they're all free to borrow.
- 6.15 - 7.15pm: Youth Club for P4—7s in Fairfield Neighbourhood Centre. Call Karen on 477675 for more info.
- 6.30 - 8pm: KOLA Youth Club for 8—12 yrs at Letham Sports Centre, Tweedsmuir Road. Call 633130 for further details.
- 6.30 - 8pm: Girls Group at Youth Services—Letham Base, Rannoch Road. Call Shaun on 441473 for more info.
- 7 - 9pm: Computing Group at Tulloch Primary School. For more info contact Trish or Kathy on 441473.
- 7.30—9pm: S1+ Youth Group at Community Hut in North Muirton Primary. Call Karen on 477675 for more info.

## Wednesday

- 9.15am - 11.15am Computing Groups at Perth Grammar Community Wing.  
or 11.30—1.30pm: For more info call Trish on 477677.
- 9 - 11.30am: Parents Drop-In at Crieff Road Nursery (term time only). For more info call Muriel on 632841.
- 9.30am - 12noon: Adult Literacy & Number 1:1 at Letham Community Learning Centre. For more info call Kathleen on 441473
- 10am - 12noon: 'Taste of Confidence', 6-week course starting 20 Jan at Fairfield Neighbourhood Centre. Limited places with free crèche! For more info contact Caroline on 07977368167.
- 10.30 - 11.30am: Chair based exercises at Letham Sports Centre. For more info contact Fiona on 633130.
- 10.30 - 11am: 'Bookstart Rhyme'-Time session at Fairfield Neighbourhood Centre. Singing for parents & children, (birth - 5yrs). Parents, Grandparents, Carers welcome!
- 11 - 11.30am: Followed by 'Talk Time', chance for parents to mix with each other and share books with their children. Starts back January. Call Yvonne on 472365 for more info.
- 12.30 - 3.30pm: Seniors Lunch Club at Fairfield Neighbourhood Centre.
- 1.15 - 2.45pm: Parents Drop-In at Goodlyburn Primary (term time only)  
For more info contact Rhona on 632841.
- 1 - 3pm: Community Crèche for children age 0—3yrs at Letham Sports Centre. Call 0845 601 4477 for more info.
- 1 - 3pm Adult Literacy & Number Group at Letham Community Learning Centre. For more info call Kathleen on 441473
- 1.30 - 3pm: 'Active For Longer' - Social activity group with chair based activities at Fairfield Neighbourhood Centre. For more info contact Sophie on 492467 or 07880 786155
- 2 - 5pm: Micro Library in Fairfield Neighbourhood Centre. Something for all the family including adult & children's books, CDs, DVDs, large print & talking books and they're all free to borrow.
- 3.30 - 5pm: Activity Club for young people at Double Dykes, Porta cabin. For more info call Claire on 07902 900101.

- 4.30 - 5.30pm: 'Tots Soccer School' for boys & girls P1/2 at Letham Sports Centre. For more info call Steve MacDuff on 07743093259
- 5.30 - 6.30pm: Fairfield Youth Forum meet weekly at Fairfield Neighbourhood Centre. Call Karen on 477675 for info.
- 5.30 - 6.30pm: 'Stop Smoking Group' — Free, friendly, local! Gateway Centre (opposite Drumhar Health Centre). Phone/text 07768 917743 for info.
- 5.30 - 7.30pm: Youth Services Streetwork at Letham & Tulloch. Call Shaun on 441473 for more details.
- 6 - 7.15pm  
& 7.30—9pm: Family Technology sessions (x2) at Goodlyburn Community School—for more information call Trish on 632841.
- 6 - 8pm: S1+ Muirton Active Project takes place in Community Flat in Ainslie Place, Muirton. Call Karen on 477675 for more info.
- 6 - 8.30pm: ADHD Youth Group at Fairfield Neighbourhood Centre. For more info contact Sheenagh on 07754 245437.
- 6.30 - 8pm: 'SUS' (Skill Up Stuff) starting 14 January for men only. Come along & brush up on computing, numbers, help with form filling, For more info contact Muriel on 632841.
- 7.30 - 9pm: Double Dykes Youth Club (Seniors). Call Shaun on 441473 for more info.
- 7.30 - 9.15pm: Young Tulloch Team Youth Club & Youth Forum at Tulloch Community Centre. Call Shaun on 441473 for more info.

## Thursday

- 10am - 12noon: Adult Literacy & Number Drop-In at Fairfield Neighbourhood Centre. For more info call Sharon on 441473.
- 9.30 - 11.30am: 'Coffee Plus'—communication qualification at Balhousie Primary. For more info call Muriel on 632841.
- 9 - 11.30am: 'Zest For Life' at Letham Primary. Health & Fitness activities. For more info call Muriel on 632841.
- 9.30 - 11.30am: Computing Group at Letham Community Learning Centre. For more info call Trish on 441473.
- 10.30am - 12noon: 'Beyond Bumps' at Letham St Mark's Church for young Mums up to age 21 with babies up to 9 months. For more info call Yvonne on 07827939195 or 564294.
- 12noon - 2pm:  
6 - 8.30pm: 'Reach Out' supporting young people into further education, employment or training (age 15—25yrs) at 17b Ainslie Place. For more info call Aileen or Susan on 07843 991448.
- 1 - 3pm: Feel Good Factor at Tulloch Community Centre ~ crèche available. Call Maureen on 625024 for more details.
- 4.30 - 6pm: 'Chaos' North Perth Youth Theatre Drama Club at Letham Sports Centre —for P5/7s - costs £1 per week. Starting again 14 January —look out for flyers! For more info contact Hilary on 477679.
- 7 - 9pm: Adult Literacy & Number Group at Letham Community Learning Centre. For more info call Sharon on 441473.
- 7 - 8.30pm: Youth Drop-In for S1s at Fairfield Neighbourhood Centre. Call Karen on 477675 for more info.
- 7– 9pm: Acoustic Café at Riverside Church, North Muirton for S2—18yrs. Opportunity for young people to listen to and perform live music. For more info contact us on the Acoustic Café Bebo site!
- 7.30 - 9pm: Double Dykes Youth Club. Call Shaun on 441473 for more info.
- 8 - 10pm: Letham 15+ Youth Club at Letham Sports Centre. Call Shaun on 441473 for more info.

## Friday

- 9 - 11.30am: Balhousie Parent's Group at Balhousie Primary School - starting back 15 Jan 2010. For more info contact Caroline on 07977 358167.
- 9.30 - 11.30am: Computing Group at Letham Community Learning Centre. For more info call Trish on 441473 .
- 5.30 - 7.30pm: Youth Services Streetwork at Letham & Tulloch. Call Shaun on 441473 for more details.
- 8 - 11pm: 'Sidewalk Project' in town centre (also on Saturdays)  
Call James Ballantyne on 580001 for more info.

## Saturday

- 12noon - 2pm: Audrey O'Donnell Dance Studio—Tap, Freestyle, Hip Hop classes for children age 3+. For more info please call 07920 513483
- 12noon: 'Girls Only Soccer School' for P3-7 at Perth Academy All Weather Court (enter via Viewlands Rd.) For more info call Ian Elrick on 07973 431072.
- 'Boys Soccer School' for P3s at Perth Academy All Weather Court (enter via Viewlands Rd). For more info call Ken Drummond on 07799 892088.

The Letham Sports Centre on Tweedsmuir Road offers a variety of sports activities for all ages. For further information on the current programme of activities, please call 633130.

Perth & Kinross Leisure's Stride For Life programme offers local health walks for people of all abilities.

For more information contact Dave or Sophie on 492467.

A programme of physical activities for young people and adults is being developed in the North Perth area.

Contact Gill on 492447 for more information or if you would like to become involved.

Other continuous activities running in North Perth

Men & Children Matter Project. Activities trips and other learning opportunities for men and their children running at North Perth Community School. For more info contact Muriel on 632841

Help to 'Give It Up for Baby'—an incentive scheme for pregnant smokers, for more information contact Support Worker on 07766 424472.

Want to stop smoking? Call the NHS Tayside Smokeline on 0845 600 9996

'Streetsports' - diversionary sporting activities operating across North Perth on a regular basis.

For more information on current provision please contact:

Jason Chalmers — JChalmers@pkc.gov.uk

Brian Hutton - BDBHutton@pkc.gov.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 either:

**Fiona Speirs at Letham Community Learning Centre on 441473**

**or**

**Chris Sanderson at Fairfield Neighbourhood Centre on 477676**