

		MON	TUES	WEDS	THURS	FRI
7 th August	AM		Singing for Wellbeing 10:30am-11:30am	Little Explorers 10am-11:30am		Walk It Further 10am – 11am <i>(Meet at Douglas Sq)</i>
	PM	Walk It 1pm-2pm	In Stitches/ Art 1:15pm – 3pm			
	EVE	Aerobi-tone at No.8 club 7:30pm – 8:30pm ★	Water Aerobics at Rock UK 6:30pm ★			
14 th August	AM	CLOSED	Singing for Wellbeing 10:30am-11:30am	Little Explorers 10am-11:30am		Walk It Further 10am – 11am <i>(Meet at Douglas Sq)</i>
	PM		In Stitches/ Art 1:15pm – 3pm			
	EVE		Youth Club @ No.8 5:30pm – 7:30pm			Youth Club @ No.8 5:30pm – 7:30pm
			Water Aerobics at Rock UK 6:30pm ★			
21 st August	AM	Community Drop In 10:00-11:30am	What Matters Hub 10:00am-1:00pm	Little Explorers 10am-11:30am		Walk It Further 10am – 11am <i>(Meet at Douglas Sq)</i>
	PM	Walk It 1pm – 2pm	In Stitches/ Art 1:15pm – 3pm			
	EVE		Youth Club @ No.8 5:30pm – 7:30pm			Youth Club @ No.8 5:30pm – 7:30pm
		Water Aerobics at Rock UK 6:30pm ★				
28 th August	AM	CLOSED	Singing for Wellbeing 10:30am-11:30am	Little Explorers 10am-11:30am		Walk It Further 10am – 11am <i>(Meet at Douglas Sq)</i>
	PM		In Stitches/ Art 1:15pm – 3pm			
	EVE		Youth Club @ No.8 5:30pm – 7:30pm			Youth Club @ No.8 5:30pm – 7:30pm
			Water Aerobics at Rock UK 6:30pm ★			
4 th September	AM	Community Drop In 10:00-11:30am	Singing for Wellbeing 10:30am-11:30am	Little Explorers 10am-11:30am		Walk It Further 10am – 11am <i>(Meet at Douglas Sq)</i>
	PM	Walk It 1pm – 2pm	In Stitches/ Art 1:15pm – 3pm			
	EVE		Youth Club @ No.8 5:30pm – 7:30pm			Youth Club @ No.8 5:30pm – 7:30pm
		Water Aerobics at Rock UK 6:30pm ★				
★ Saturday 9 th September 10-2:30pm – Copper Foil Glass Workshop part 1						
11 th September	AM	Community Drop In 10:00-11:30am	Singing for Wellbeing 10:30am-11:30am	Little Explorers 10am-11:30am		Walk It Further 10am – 11am <i>(Meet at Douglas Sq)</i>
	PM	Walk It 1pm – 2pm	In Stitches/ Art 1:15pm – 3pm			
	EVE		Youth Club @ No.8 5:30pm – 7:30pm			Youth Club @ No.8 5:30pm – 7:30pm
★ Saturday 16 th September 10am-2:30pm – Copper Foil Glass Workshop part 2						

What's On



Drop In Groups

Walk It & Walk It Further Walk It aims to improve health in the Scottish Borders by encouraging people to walk. Its free, short, low-level walks could be just what you're looking for! All ages and abilities are welcome. On Mondays **Walk It** meets at Buccleuch House and returns there for a cuppa. Fridays **Walk It Further** meets at Douglas Square and finishes at a local café for a cuppa.

Community Drop In is a time to pop in for a chat, get some advice or practical help with tech gadgets or form filling. If we can't help you, we will do our best to signpost you.

In Stitches & Art is a time to share tips and learn from each other whilst completing a project from home or starting one here. Bring your project to complete in the company of others.

Little Explorers is a space for parents/carers and their children aged 0-5 to meet for explorative play, chat, and a cuppa. Snack provided for little ones.

Singing for Wellbeing come along with an open mind and a love of feel-good music.

Youth at No.8 is a drop in for young people aged between 11 and 18. Meets at the No.8 Club. Come play games, get creative or just chill and chat.

Our drop-in groups are free to attend but donations are welcome.

What Matters Hub (WMH): What Matters Hubs are a service from Scottish Borders Council (SBC) which offer drop-in sessions and appointments where you can meet people from community groups and voluntary organisations as well as SBC social workers and occupational therapists.

WMH will be at Buccleuch House on Tuesday 22nd August

Booking Essential Events

★ **Aerobi-tone:** at the No8 club. A combination of aerobics moves getting the heart rate up and strengthening moves designed to tone the body. **Last class Monday 7th 7:30-8:30pm. £5 per person per session.**

★ **Water Aerobics at Rock UK:** fully booked.

★ **Copper Foil Glass Workshop:** Learn to make a decorative panel with the copper foiling technique. In these workshops you will learn to cut glass and join pieces together to make a decorative panel of your own design. Enjoy the play of colour and light with the glass and develop skills that can be built upon. No previous experience is necessary, just a willingness to have a go. Participants must be able to attend both workshops.



Saturday 9th and 16th September 10-2:30pm (Includes a 30 min break for lunch, please bring a packed lunch). **£65**

The above events have been subsidised by the Scottish Governments Communities Mental Health & Wellbeing Fund.

Book online: www.picktime.com/Newcastleton

Or call us: 013873 75908

Police Surgery: At Buccleuch House with PC Allan Patterson. No appointment needed. Watch out for posters on the Buccleuch House notice board and social media posts for updates on police surgery times.

Innov8 Summer Update: At the time of writing, we have only one more week left of summer youth activities! We've had a wide variety of events in the village, as well as day trips to Kelso Skate Park, Teviotdale Leisure Centre, and Rock UK have taken us abseiling at Shankend Viaduct and canoeing at Appleby. We'd like to say thank you to everyone who has volunteered their time to support this programme and to parents/guardians for their patience as we navigated our first summer holiday programme. Here's a few snaps of what we've been up to:

