

		MON	TUES	WEDS	THURS	FRI
18 <sup>th</sup> March	AM	<b>'Welcome Holm'</b> 10am-1pm <b>Walk It</b> 1pm – 2pm		<b>Trip to Glasgow</b> <i>Meet at Douglas Square at 9:30am</i> <b>Little Explorers</b> 10am-11:30am	<b>Singing for Wellbeing</b> 10:30am-11:30am	<b>Walk It Further</b> 10am – 11am
	PM	<b>After School Art P1-P3</b> 3:30-4:30pm	<b>In Stitches/ Art</b> 1:15pm – 3pm	<b>After School Art P4-P7</b> 3:30-4:30pm	<b>Bank of Scotland Community Banker</b> 10am-2pm	
	EVE		<b>Youth Club @ No.8</b> 5:30-7:30pm <b>Police Surgery</b> 5:30-7:00pm			<b>Youth Club @ No.8</b> 5:30pm – 7:30pm
25 <sup>th</sup> March	AM	<b>'Welcome Holm'</b> 10am-1pm		<b>Little Explorers</b> 10am-11:30am	<b>Singing for Wellbeing</b> 10:30am-11:30am	CLOSED
	PM	<b>Walk It</b> 1pm – 2pm <b>After School Art P1-P3</b> 3:30-4:30pm	<b>In Stitches/ Art</b> 1:15pm – 3pm	<b>After School Art P4-P7</b> 3:30-4:30pm	<b>Bank of Scotland Community Banker</b> 10am-2pm	
	EVE		<b>Youth Club @ No.8</b> 5:30pm – 7:30pm			
1 <sup>st</sup> April	AM	CLOSED	<b>What Matters Hub</b> 10am-1pm	<b>Little Explorers</b> 10am-11:30am	<b>Singing for Wellbeing</b> 10:30am-11:30am	<b>Walk It Further - Big River Clean</b> 10am – 11am
	PM		<b>In Stitches/ Art</b> 1:15pm – 3pm		<b>Bank of Scotland Community Banker</b> 10am-2pm	
	EVE					
8 <sup>th</sup> April	AM	<b>'Welcome Holm'</b> 10am-1pm <b>Walk It</b> 1pm – 2pm		<b>Little Explorers</b> 10am-11:30am	<b>Singing for Wellbeing</b> 10:30am-11:30am <b>Bank of Scotland Community Banker</b> 10am-2pm	<b>Walk It Further</b> 10am – 11am
	PM		<b>In Stitches/ Art</b> 1:15pm – 3pm			
	EVE		<b>Youth Club @ No.8</b> 5:30pm – 7:30pm			<b>Youth Club @ No.8</b> 5:30pm – 7:30pm
15 <sup>th</sup> April	AM	<b>'Welcome Holm'</b> 10am-1pm <b>Walk It</b> 1pm – 2pm		<b>Little Explorers</b> 10am-11:30am	<b>Singing for Wellbeing</b> 10:30am-11:30am	<b>Walk It Further</b> 10am – 11am
	PM	<b>After School Art P1-P3</b> 3:30-4:30pm	<b>In Stitches/ Art</b> 1:15pm – 3pm	<b>After School Art P4-P7</b> 3:30-4:30pm	<b>Bank of Scotland Community Banker</b> 10am-2pm	
	EVE		<b>Youth Club @ No.8</b> 5:30pm – 7:30pm			<b>Youth Club @ No.8</b> 5:30pm – 7:30pm
22 <sup>nd</sup> April	AM	<b>Community Drop In</b> 10am-12pm		<b>Little Explorers</b> 10am-11:30am	<b>Singing for Wellbeing</b> 10:30am-11:30am	<b>Walk It Further</b> 10am – 11am
	PM	<b>Walk It</b> 1pm – 2pm <b>After School Art P1-P3</b> 3:30-4:30pm	<b>In Stitches/ Art</b> 1:15pm – 3pm	<b>After School Art P4-P7</b> 3:30-4:30pm	<b>Bank of Scotland Community Banker</b> 10am-2pm	
	EVE		<b>Youth Club @ No.8</b> 5:30pm – 7:30pm			<b>Youth Club @ No.8</b> 5:30pm – 7:30pm

# 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. *\*Please attend 'Welcome Holm' for the community drop in until 15<sup>th</sup> April \*\*New end time of 1pm for Welcome Holm\*\**

**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.

*Our drop-in groups are free to attend but donations are welcome. Our suggested donation is £1 per session. Thank you.*



Innov8 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. *Look out for our Easter activities!*

## Booking Essential Events

### Trip to the Gallery of Modern Art, Glasgow

Wednesday 20<sup>th</sup> March, leaving Douglas Square at 9:30am. An opportunity to spend the day in Glasgow and explore the Gallery of Modern Art. **£5 per person.**

*This event has been subsidised by the Scottish Government's Communities Mental Health & Wellbeing Fund.*

### After School Art:

**P1-P3 - Mondays 3:30-4:30pm & P4-P7 - Wednesdays 3:30 – 4:30pm**  
Please ensure you have completed an online consent form for your child. Free to attend.

**Book online: [www.picktime.com/Newcastleton](http://www.picktime.com/Newcastleton)**

**Or call us: 013873 75908**

£5 TO BOOK  
[WWW.PICKTIME.COM/NEWCASTLETON](http://WWW.PICKTIME.COM/NEWCASTLETON)

## Gallery of Modern Art - Glasgow

WEDNESDAY 20<sup>TH</sup>  
MARCH  
DEPARTING DOUGLAS  
SQUARE AT 9:30AM



This trip has been funded by the Communities Mental Health & Wellbeing Fund

## Bank of Scotland Community Banker

on Thursdays for face-to-face enquiries only.

Cash/transaction enquiries at the Post Office.



Please scan the QR codes & follow our Facebook pages for updates.

**What Matters Hub (WMH):** A service from **Scottish Borders Council (SBC)** which offers 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. There will be no What Matters Hub in January, the next hub is Tuesday 2<sup>nd</sup> April.



Marinos from MC Law in Hawick will now be offering his full range of legal services to the community of Newcastleton.

OWNERS OF ATTORNEY EXECUTRIES GUARDI



To book your appointment in Newcastleton, contact Marinos:  
Phone - 07543 634905  
Email - marino@mclaw.uk  
Website - www.mclaw.uk

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### WELCOME HOLM @ BUCCLEUCH HOUSE

Bringing light and laughter to cold days in Newcastleton. It can be difficult to stay motivated during dark Winter days. To combat this we're hosting a Monday programme of events to help lift your spirits, followed by a delicious, warm lunch. Our goal is to provide a safe, welcoming environment for everyone in the community to come together, connect, and make lasting friendships.

**Mondays 10am til 2pm**

**We offer:**

- Transport for eligible participants
- Local traybakes
- Soup & a roll
- carer respite

Contact Us: 013873 75908

### WELCOME HOLM CALENDAR OF EVENTS

Coming soon-

- 05/02 Metal Craft with Linda Lovatt 11am
- 12/02 Seated Yoga 11am
- 19/02 Philip Munro Golden Eagles 11am
- 04/03 Flower Arranging 11am
- 18/03 Bingo 11am
- 08/04 "Two Men & a Ship" Medals with Martin Steed 11am
- 15/04 Time for Tea

**Mondays 10am til 2pm**

Days with no activity booked will be a drop in with board games.

Contact Us: 013873 75908