

Summer Walking Programme



It's that time of year again when we all look forward to warm sunny days and getting out in the fresh air to dust off the winter cobwebs, with that in mind, Kingsway Court Health & Wellbeing Centre, have once again put together a Summer Walking Programme. The walks have been selected to suit various levels of fitness. Wednesday afternoon walks are easier relaxing walks in the park with a chance for coffee at the end, Wednesday Evening walks are a step up requiring a bit more effort over an hour or so, and the Sunday walks are for those who enjoy a longer walk and a stretch uphill.

All walks are **FREE** of charge, all you need to do is bring appropriate footwear, clothing, and refreshments. Limited spaces are available, so if you're interested in joining in any of the walks, just pop in to the Centre and register your name, or call us on 0141 959 0129, our guide will help you enjoy the fun of roaming through the beautiful Scottish countryside, plus, you'll make new friends into the bargain. So, give your body a wee bit exercise (and freshen up your mind and spirit!).

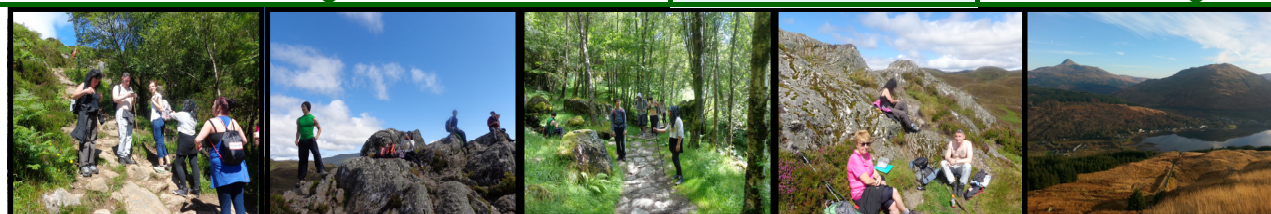
Wednesday Afternoon Walks	Dates
Rouken Glen Park	29th June
Hogganfield Loch & Cardowan Woods	13th July
Strathclyde Country Park	20th July
Balloch Country Park	3rd Aug
Pollok Country Park	17th Aug
David Marshall Lodge, Aberfoyle	24th Aug

Wednesday
1-5.30pm



Wednesday Evening Walks	Dates
Cloberfield to Mugdoch Visitor Centre	6th July
Castle Semple, Loch Winnoch	27th July
Lynne Park, Netherlee	10th Aug
Queens View & The Whangie	31st Aug

Leave 6.00pm
Return 9.30pm
(approx)



Sunday Walks	Dates
Greenock Cut	3rd July
Meikle Bin from Carron Valley	17th July
Conic Hill & Milton of Buchanan	31st July
Glen Loin & Coiregrograin, Arrochar	14th Aug
Ben Venue from Ledard Farm	28th Aug

Sunday
9.30am-5.30pm

Kingsway Court Health & Wellbeing Centre, Block 50 Kingsway Court, GLASGOW G14 9SR
Tel: 0141 959 0129 email: info@kingswayhealth.co.uk www.kingswayhealth.co.uk



Healthier Times

WELCOME to ALL our New Neighbours

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All the staff, Directors and Volunteers at the Centre are delighted to extend a great big welcome to all our new neighbours in the new blocks. Some of you already know us but many will be new to this area. We hope you're settling in and enjoying your new house.



For those of you who don't know, our community centre was set up by local people, and is managed by local people for the benefit of local people. We're based at the bottom of Block 50. Pop in for a chat and a coffee to find out what we can offer you. This newsletter gives a wee flavour of what we do. Whether you're looking for a group or activity to join or need help with welfare benefits or simply want to make an enquiry or need some advice, we're here to help.

Meet The Neighbours & Our AGM

We're planning our AGM for around the 17th or 24th June, and this year we'll be holding the AGM outside on the grounds around the play park area. In addition to the formal business of the AGM we'll be organising tents with food, music, gardening tips, games and face painting. There will be people from our Gardener's group, our Women's group, our Charming Cherubs mothers and toddlers group and our A Bite A Brew & A Blether lunch club. It's a great opportunity to meet some neighbours and find out what's going on locally. So, whether you're interested in becoming a Director and helping to shape our future or just looking to find out what's on offer come along; we'd be delighted to meet you. For further information on this event and confirmation of the date, keep an eye out for our notice early in June.





The new Spring/summer growing season has arrived and the gardeners have been busy digging out the weeds and topping up their beds with fresh compost. Currently all of our plots have been allocated, if you would like a plot, then just

Community Garden

pop into the office and put your name on the waiting list, meantime we do have opportunities for any 'greenfingers' out there to volunteer in the Garden as there's always plenty to do, even if you have no experience with a garden, Eric our Garden Development worker will be on hand Monday, Wednesday & Friday 2-4pm to lend a hand and keep you right. Eric will be happy to help

gardeners and volunteers in all aspects of planting & gardening. If you are interested in finding out more about the Community Garden, or would like one of the plots, then just pop into the Centre for details.



Womens Group

Our **Womens Group** continues to meet on a **Friday** evening from **6pm-8pm**, we are in the process of putting together a programme of activities to keep us entertained and busy over the summer months. This will include Jewellery making, Craft & Sewing, cooking demonstrations, make-up demonstrations to mention but a few. Why not come along and join us. No need to book in advance, just pop into the Centre on Friday evening.

ALL Women WELCOME

*Help us keep Kingsway Court Beautiful
Join us for a Kingsway Clean-Up
Wednesday 18th May
10am till 12 Noon*

*Meet at Concierge Station,
30 Kingsway Court*



A Bite, A Brew & A Blether



Looking for something to do on a Thursday? Want to meet some of the people that live in

your community? Aged 50+?

Then why not join us for a Bite, a Brew and a Blether, our weekly run lunch club. In addition to lunch, we have after lunch activities, decided on a week to week basis by the group including Bingo, Board Games, Art & Crafts, Quizzes, Chair based exercise to mention but a few.

No need to book in for this, just turn up on a Thursday at 12 noon, and you'll be made to feel very welcome. We charge **£2.50**

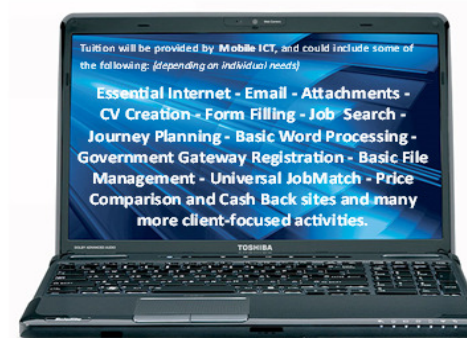
per week, this covers the cost of lunch, bingo prizes, and any day trips the group decide they would like to go on.



Every Thursday 12 – 2.30pm.

Want to Learn or Brush up on your Computing Skills?
Then come along to our FREE Computer Classes

**WEDNESDAY 3.00pm-5.00PM
THURSDAY 3.00pm-5.00pm**



No need to book a place, just turn up to our drop-in at
**KINGSWAY COURT HEALTH & WELLBEING CENTRE
BLOCK 50 KINGSWAY COURT (Side Door)**



Summer Activity Programme

Once again the Centre will be putting on A programme of Summer Activities for the kids / youth in the local area. We are planning to have 2 afternoon sessions each week during the month of July and into August (whilst the schools are off on holiday). Watch out for Posters with details in the Foyer of the Flats and in local shops.



Charming Cherubs

Our Mother and Toddler Group 'Charming Cherubs' meet every **Thursday 11am-1.00pm** and **Friday 11am-1.00pm**, in the Creche at Kingsway Health & Wellbeing Centre. The groups are well attended by a core group of mums and their children, who enjoy the interaction with each other, get to know and understand different cultures in our community, and make new friends into the bargain.



We have a varied programme for all mums to take part in, from practical parenting skills to play and share for the kids. The mums love to have a good old natter and exchange tips on day to day living, and bringing up children, whilst the kids have great fun under their mum's watchful eye.