



Anyone over age 16, living in Helensburgh & Lomond can join Jean's Bothy as a member. Contact us for a membership form. **Please either email jeansbothy@enable.org.uk or text/whatsapp 07542226390**

MAY 2023					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sewing Workshop 11am – 1pm	Coffee & Chat 11am – 12.30pm <hr/> Fly-Tying 11am – 12.30pm	Gardening 10am – 12noon	Coffee & Cake 11am – 1pm <hr/> Woodwork 11am – 3pm	Moving On Duchess Woods 10am – 2.30pm <hr/> Knitting & Crochet 10.30am -12noon	
Lunch 12.30pm – 1.30pm	Healthy Minds 12.30pm – 2pm <hr/> Dave's Woodcraft Workshops (2 nd /16 th /30 th) 1.30pm – 3.30pm	Lunch 12noon	Walks with Tommy Leaving 11am <hr/> Chair Yoga with Roni 11.30am – 12.30pm	Food for Thought 12noon – 1pm <hr/> Wellbeing through Writing 1pm – 2.30pm	Photography & Wellbeing 12noon – 1pm (6 th & 20 th)
Crafty Workshops with Lorna 1.30pm – 3.30pm <hr/> Cardio with the Journey 2pm & 3pm	Chill & Chat online 1pm – 2pm <hr/> Wellbeing at The Journey (yoga or fitness) 2-3pm	Sewing Workshop 12.30pm – 2.30pm <hr/> Cardio with the Journey 2pm & 3pm	Card Making 1.30pm – 3.30pm (4 th /18 th) <hr/> Wellbeing at The Journey (Yoga or Fitness Choice) 2-3pm	Walking for Wellbeing 1.30pm – 3.30pm <hr/> Art 1.30pm – 2.30pm Or 2.30pm – 3.30pm	Photowalks 12noon (13 th & 27 th)
This month's book is "Tomorrow, and Tomorrow, and Tomorrow" by Gabrielle Zevin					

Telephone: 01436 679218

Email: jeansbothy@enable.org.uk

MAY 2023

<p>REHIS Food Hygiene Training Monday 1st May 10am – 4.30pm ENABLE office</p>	<p>Ben Lomond Climb Info Chat Thursday 4th May 2pm</p>
<p>Members Meeting Monday 8th May 4pm online</p>	<p>Digital Health with Alliance Scotland Tuesday 9th May 11am – 2pm Drop In</p>
<p>Mindfulness Session 5 Wednesday 10th May 12noon – 3pm</p>	<p>Newsletter Planning Meeting Thursday 11th May 3pm online</p>
<p>CBT Sessions by appointment</p>	<p>Badminton & Table Tennis Thursdays 7pm – 8pm Colgrain Primary School</p>
<p>Film at the Tower Film & Date TBC</p>	<p>Digital Drop In Tuesday (9th & 23rd) 11am – 1pm</p>
<p>A&B HSCP Excellence Awards Friday 12th May Inveraray Inn</p>	<p>Change Mental Health DBI & Suicide Intervention Service Thursday 11th May 12noon – 1.30pm</p>
<p>Big Community Bake Sale Saturday 13th May 11am – 1pm Helensburgh Community Hub</p>	<p>Fundraising & Events Team Tuesday 16th May 2pm</p>
<p>NHS Screening Programme Awareness Training Thursday 18th May 11.30am – 1pm</p>	<p>Mindfulness Practice Session Wednesday 24th May 12noon – 3pm</p>
<p>The Bothy is open 11am – 12.30 every Tuesday & Thursday for any members wishing to pick up food donations helping to reduce food waste locally</p>	
<p>Co-op Stand through Mental Health Awareness Week 15 – 21 May</p>	<p>Bothy Book Club Tuesday 30th May 7pm</p>

SUPPORT LINES

Samaritans
116 123

Breathing Space
0800 838587

Trauma Counselling Line
08088 020406

No Panic
0844 967 4848

Bi-polar Scotland
0141 560 2050

SHOUT text service
TEXT '85258'

Our staff are available to chat through any concerns or worries you have too.

Rosie, Nicole, Chris, Alison & Norah can offer phone call support if needed.

However if you need to contact us please call 01436 679218; text 07542226390 or email jeansbothy@enable.org.uk