

JEAN'S BOTHY UPDATE

COMMUNITY PLANNING GROUP – HELENSBURGH & LOMOND

OPEN DAY SUCCESS

Our Annual Open Day took place on 19th July and raised £982. Jackie Baillie MSP officially opened our new gate, designed and created by one of our members, and our Bothy Bargain Quest was a success after members who signed up to take part were given a £10 budget to buy an item (s) which were then put up for auction on the day. Members benefited from:

- Bargain hunting in Partick and local charity shops
- Researching items bought
- Taking part in the auction
- Recognising achievement and participation (medal given to all participants & trophy for winner)

As a result of the Bothy Bargain Quest there has now been a fortnightly group set up to chat about antiques.

Our Big Bothy Raffle was supported by Cameron House Hotel, Lodge on Loch Lomond; Rangers FC, Celtic FC, The Scandinavian Shop, Capercaillie, Scotia Barbers, Coco Logo, Hair By Ailish.

AUGUST PROGRAMME attached

We remain open for new members to join, anyone over age 16, living in Helensburgh & Lomond who would like to improve their wellbeing. Over 85% of our groups are now delivered by members so anyone who would like to join to also share a skill or interest they have is welcome too.

A social work student recently completed their 100 day placement with us in her final year of a social work degree with the Open University. These 6 months were of huge benefit to both student and Jean's Bothy and we hope to be able to offer more students on Open University courses placements in the future.


We currently have a student studying CBT counselling with the Glasgow Cognitive Therapy Centre offering members free 8 -10 week sessions with her. This is the 2nd student we have been able to offer a placement too, the first completing her 100 hours last month and seeing 10 members over the last year. Very positive feedback was received from all members who met with her, and with very little resource locally to access 1:1 counselling this is a huge asset to be able to offer members, and one we hope to continue.

Members of our Sewing Groups will shortly be unveiling a patchwork quilt in the Hill House where it will hang. This was made of donated materials gifted by a local man whose wife had recently moved into a care home. She had started to make the squares and our members completed them. Out of a small kind gesture has grown a lovely outcome.

Working in partnership with Cycling UK we are setting up some group led cycles for our members. 13 members received brand new bikes through Cycling UK's access for bikes scheme

earlier in the year and we will be holding beginners as well as advanced cycling sessions as well as bike maintenance sessions too.

Our Annual trip to Millport is now in its 4th year. On 3rd September a group of members will visit the Isle of Cumbrae to either walk or cycle the 10 miles around the island. Accompanied this year by Kirsten from Cycling UK and Kirsteen from Helensburgh Cycles this is no longer a fundraiser although we do look at ways to reduce the overall cost of the trip itself. Members who may not have cycled since school days are encourage to come along and try too.



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



AUGUST 2024						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sewing Workshop 11am – 1pm 5th Hill House 12/19/26 th in bothy	Diamond Painting <small>(room available 11am – 12.30pm)</small>	Mindfulness 11am – 12noon	Woodcraft 11am – 3pm Walking Group 11am	Knitting, Crochet & Yarn Crafts 10.30am -12noon Diamond Painting 11am – 12.30pm		
Lunch 12.30pm Walking Group leaving Jean's Bothy 2pm		Lunch 12noon	Chair Yoga returns from 22 nd 11.30am – 12.30pm Lunch 12.30pm	Peer Support 1.30pm – 2.30pm	Photography & Wellbeing 12noon – 1pm (10 th /24 th)	
Crafts with Lorna 5 th & 19 th 1.30pm – 3.30pm	Diabetes & Nutrition Group 12.30pm - 1.30pm	Sewing Workshop 12.30pm – 2.30pm 7 th – Hill House 14 th /21 st /28 th - in the bothy	Wellbeing at The Journey Fitness 2-3pm Yoga 2-3pm Guitar Playing 2pm – 3pm	Bowls at Colgrain Bowling Club 2pm – 4pm	Photo walk 12noon (3 rd /17 th /31 st)	Art in the bothy 12noon – 1.30pm
Antiques Group 12 th & 26 th 1.30pm – 3.30pm	Wellbeing at The Journey Fitness 2-3pm Yoga 2pm – 3pm	Walking Football 1.15pm – 2.15pm	Games Group 6pm – 8pm Badminton returns 15 th Colgrain P.S 7pm – 8pm	Therapeutic Writing 2.30pm – 4pm		
Book Club Choice – 5 books to choice from this month – all copies available to pick up						

Telephone: 01436 679218

Email: jeansbothy@enable.org.uk

August 2024	
Members Meeting Monday 5 th August 3pm in person	Members Meeting Monday 5 th August 4.30pm online
Newsletter Planning Meeting Wednesday 14 th August 3pm online	Scottish Mental Health Arts Festival Planning – Friday 9 th August 1pm
Welfare Rights Drop In Tuesday 13 th August 11am – 1pm	Film Night Tuesday 13 th August 7pm
Meet The Author Helensburgh Community Hub Saturday 17 th August 10am – 1pm	Art Exhibition Sunday 18 th August 1pm
Able2Sail Sunday 18 th August Full Day	Gardening Opportunities Bothy Garden & Hermitage Pack
CBT counselling – booking required	The Bothy Walkers Organised local walks throughout the month
Dr Bike Session TBC	Group Led Cycles with Cycling UK TBC
Digital Drop In Tuesday 27 th August 11am – 1pm	Fundraising & Events Team Tuesday 27 th August 2pm
Sewing Machine Driving License Course Thursdays 12.30pm – 2.30pm	Coffee & Chat Tuesday 27 th August Henry Bell 12noon -1.30pm
Bothy Book Club Tuesday 27 th August 7pm	Painting at the Hill House Thursday 29 th August 2pm – 3.30pm
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	

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, Scott & Kaitlynn 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


Members can send any views, ideas, opinions or thoughts to our members reps using this email address - member@jeansbothy.org or posting something into the suggestions box sitting in the hall at Jean's Bothy