



The Angus McFlourish Summer Guide

This summer we are running lots of activities so come along to any that you fancy. We would love to see you there and everyone is welcome!

Film group - *Come along to watch a film at the cinema*

When & where? We meet on the last Monday of the month at Chalmers Filmhouse, Arbroath. Closer to the time we will decide the film and time so be sure to follow us on Facebook and twitter.

What do I need? Money for the film

Photography group - *Learn to take great photos with us*

When & where? We meet on the first Wednesday of each month from 2pm until 4pm outside Angus Independent Advocacy, 60 High Street, Arbroath.

What do I need? A camera or camera phone

Please note: There is also a photography group at 1pm every Monday at Voluntary Action Angus (1 St James road, Forfar) everyone is welcome.

Pool group - *Play pool and have a chat*

When & where? We meet on the second Wednesday of each month from 2 – 4pm at the Portcullis, 6 Conon Terrace, Arbroath.

What do I need? Money for pool and any refreshments you'd like

Walking group - *Get some exercise and come along for a walk*

When & where? We meet every other Monday (the 5th & 19th of June, the 3rd, the 17th & 31st of July, the 14th and 28th of August and the 11th & 25th of September) from 2 – 4pm at The Corn Exchange, Arbroath.

What do I need? Shoes you can go for a walk in

Coffee group - *Come along for a drink and a chat at The Corn Exchange*

When & where? We meet every Friday from 2 – 3pm outside Webster's Theatre.

What do I need? Money for anything you would like to drink

Gardening group - *Help tend the beautiful gardens at House of Dun*

When & where? Every other Monday (the 12th & 26th of June, the 10th & 24th of July, the 7th & 21st of August and the 4th & 18th of September) from 1 – 3pm; let us know you're coming and we'll arrange where to meet you.

What do I need? Clothes that you don't mind getting dirty

Curry club - *We join with the Richmond Fellowship for their curry club*

When & where? The third Thursday of every month (the 15th of June, the 13th of July, the 17th of August) at The Corn Exchange, Arbroath

What do I need? Money for your curry

Trip to Oban - *We will be going on a trip to Oban using Fishers Tours*

When & where? This will be on the 21st of June. The coach will pick people up at 8am in Arbroath. The coach will pick people up at 3:30pm in Oban to arrive back in Arbroath for 7:25pm.

What do I need? Money for the day. If you are 60 years old or over, or have the National Entitlement bus pass/card, you can travel free.

Trip to St Andrews – *Come along for a day trip with us*

When and where? This will be on the 19th of July at 10am meeting at Arbroath coach station.

What do I need? Money for the day and for travel, or your bus pass.

Quiz Night – *Join our quiz team and share your general knowledge!*

When and where: The 7th of July at 6:30. After this we may go regularly.

What do I need? Money for the quiz and any refreshments you'd like.

We will also be going along and running other activities like a session with Angus Bike Hub, a pottery making taster session and organising some longer walks so be sure to follow us on Facebook and twitter for updates. You can find us at @angus_voice.

For more information about any of these activities contact Callum:

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We would love for you to join us at any these activities. Everyone is welcome, especially people who experience difficulties with their mental health.

