

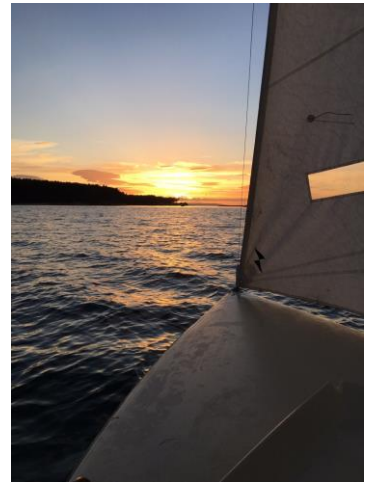
April and May Group Timetable

Welcome to the Befrienders Highland Group timetable for April and May 2018. You are very welcome to come along to one of our group meetings, to enjoy an activity together. All of our groups are welcoming and inclusive and are open to all our friends and volunteers. Please get in touch for a friendly chat if you are interested in coming along. We hope to see you soon.

● Friday 27th April 2018 - Walk and Talk Group

Walk and Talk Group, Nairn
Friday at 11.00 AM

Meet outside Nairn Leisure Centre, at 11.00 AM for a walk, followed by teas and coffees at The Classroom Bistro, around 12.00 noon.



Findhorn Bay by Liz

● Sunday May 27th 2018 – Film Group

Ghost World - This is a special event for the Scottish Mental Health Arts Festival, **SMHAF**

Meet at Eden Court café, from 6.00 PM, to see the film at 7.00 PM

Contact the office to book your ticket. For this special event, Befrienders Highland has 30 tickets to give to our members **free of charge** on a first come first served basis!

Ghost World is a 2001 American black comedy film, directed by Terry Zwigoff and starring Thora Birch, Scarlett Johansson and Steve Buscemi. Based on the comic book of the same name by Daniel Clowes, the story focuses on the lives of Enid (Birch) and Rebecca (Johansson), two teenage outsiders in an unnamed American city. They face a rift in their relationship as Enid takes an interest in an older man named Seymour (Buscemi), and becomes determined to help his romantic life.



April Update

Unfortunately, the home football match dates for Nairn County are not suitable this month. With the season coming to a close at the end of April, we will try to get a new date arranged for members to attend a match, when the new season starts. **Watch this space!**

**SCOTTISH
MENTAL HEALTH
ARTS FESTIVAL**

Film Group

The group meets to socialise and watch a film together.

The group operates on a 'pay what you can afford' basis. This means we ask you to contribute what you feel you can afford for tickets.

You will need to bring your own money for teas and coffees, etc.

Suggestions for films to see are always welcome, so do get in touch.

Please contact the office to book your ticket.

'Walk and Talk' Group

The group meets for walks in and around Inverness and Nairn.

The group aims to include all abilities of walkers. The walks last for between 30 – 60 minutes and follow pathways - paved where possible.

When visiting a café, you need to bring your own money for teas and coffees.

Gardening Group

The Group meets at the New Start Gardens, on Hawthorn Drive in Inverness.

The group meets once a month for around two hours.

The New Start Gardens are a beautiful and relaxing location by the canal, an easy 15 minute walk from Inverness town centre.

No previous gardening experience required.

You may wish to come in older clothing, which you don't mind getting muddy. Gloves and equipment are provided.

The group meets outside Befrienders Highland office, from where we walk over to the gardens together.

To register your interest in any of the groups, or for more information, please contact the Groups Coordinator: Alan Duncan on 01463 712 791 or email him on alanduncan@befriendershighland.org.uk

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