



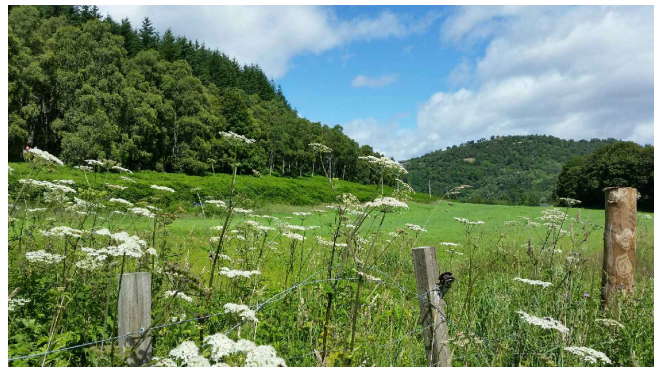
March Group Timetable

Welcome to the Befrienders Highland group timetable for March. You are very welcome to come along to one of our group meetings to enjoy and activity together. All our groups are welcoming and inclusive and 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.

• **March 23rd Walk & Talk Group**

Walk & Talk group Inverness
Friday at 12pm

Meet at Befrienders Highland office at 12 for the walk. We will get the bus out to to Dores at 12:20. The walk is along the stone pebble beach and through the woodland path. The walk will be followed by teas and coffees etc at Dores Inn. The bus returns at 5pm and arrives back in Inverness at 5:20pm. A return ticket costs £4.05
If the weather isn't suitable we will take a local route.



• **March 30th Film Group**

Film Group- Black Panther
Meet at Eden Court cafe from 1pm to see the film at 1:45pm
Contact the office to book your ticket.

Black Panther:

Marvel Studios' latest offering follows T'Challa, who, after the death of his father, returns home to the technologically advanced African nation of Wakanda to succeed the throne. But when an old enemy appears T'Challa must rally his allies and release the full power of Black Panther to defeat his foes and secure the safety of his people.

Upcoming in April

The April timetable will be out at the end of March this will include: Nairn Walk & Talk, Nairn FC football game + more!



Film Group

The group meets to socialise together and share a film

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 welcome. please get in touch.

Please contact the office to book your ticket.

'Walk & Talk' Group

The group will meet for walks in and around Inverness & Nairn.

The group aims to include all abilities of walkers. The walks will be for 30 mins to 1 hour and will follow pathways (paved where possible)

When visiting a cafe you will need to bring your own money for teas and coffees.

Gardening Group

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

The group meets once a month for around 2 hours.

The New Start Gardens are a Beautiful and relaxing location 15 minutes walk from the town centre in Inverness.

No previous gardening experience required.

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

Contact us for directions. The group will meet outside Befrienders Highland office however and we will walk over to the gardens together.

To register your interest in the groups or for more information please contact the groups Coordinator: Alan Duncan on 01463 712791 or at alanduncan@befriendershighland.org.uk

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