

## Reach Out Spring Term Programme 2<sup>nd</sup> May to 23<sup>rd</sup> June 2023

**PLEASE NOTE THAT THIS IS A ROLLING PROGRAMME  
GET IN TOUCH ANYTIME TO ENROL EVEN IF THE COURSE HAS ALREADY STARTED**

**Mondays – From 2.00pm – 4.00pm**  
**AIG – Advice, Information & Guidance**  
**15<sup>th</sup> & 22<sup>nd</sup> May, 5<sup>th</sup>, 12<sup>th</sup> & 19<sup>th</sup> June**

Although we are here to help, whenever and wherever we can, it has been useful to have this time and space to give us a call if you are having any problems or would like some advice. If it's something we don't have the answer to we will try our hardest to sign post you to the appropriate organisation. Give us a call on 01224 640811



**Tuesdays – From 9.30am – 4.00pm**  
**Walking Group – Out & About**  
**2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> & 30<sup>th</sup> May, 6<sup>th</sup>, 13<sup>th</sup> & 20<sup>th</sup> June**



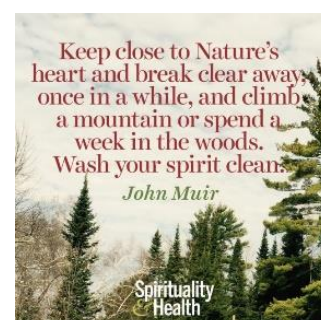
Spring is in the air, yeeha. What a fantastic time to get out there, lots of new growth, everywhere is full of life, the animals are out and about with their new additions. Come and join us, in both the city and shire, for a nice walk where we usually walk from anything between 5 and 10 miles in the day so it's a nice and relaxed pace. It's the perfect time of year for new starts, meeting new friends with similar interests and getting out and about. We look forward to seeing you.

**Please note the new start time of 9.30am.**

**Wednesdays – From 10.00am – 3.30pm**  
**John Muir Award – Discover – Explore – Conserve – Share**  
**3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> & 31<sup>st</sup> May, 7<sup>th</sup>, 14<sup>th</sup> & 21<sup>st</sup> June**

The John Muir Award is an environmental award scheme focused on wild places. It encourages awareness and responsibility for the natural environment, in a spirit of fun, adventure and exploration. We will explore plant and animal life and also help maintain the area we choose to work in. This is a fantastic opportunity to not only find out about the great man himself but to explore the nature 'on your doorstep'.

<https://www.johnmuirtrust.org/john-muir-award>



**Thursdays – From 10.00am – 12noon**

**Our Aberdeen**

**4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> & 25<sup>th</sup> May, 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup> & 22<sup>nd</sup> June**



What's going on in our City? Where can we go? What's out there? What don't we know about? Let's get out there and discover what our city has to offer, from art, both in galleries to the fantastic Nuart projects throughout the city, to discovering our urban wildlife, to our very own city zoology building, there's so much to do. Come along and find some of Aberdeen's hidden gems, enjoy YOUR city and get to know it that wee bit better.

**Thursdays – From 2.00pm – 4.00pm**

**Health & Wellbeing – Reach Out**

**4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> & 25<sup>th</sup> May, 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup> & 22<sup>nd</sup> June**

This is proving to be quite a popular class, thank you Sheena. For those of you who have already taken part then please feel free to sign up again and spread the word to others. Come along and either listen or talk in a friendly, relaxed, caring atmosphere at 163 King Street, our main office and classroom.



**Fridays – From 10.30am-12.30pm**

**Gardening Group – The Grove, Hazlehead**

**5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> & 26<sup>th</sup> May, 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup> & 23<sup>rd</sup> June**



The seeds are planted, it's time for growth. We will be planting as the term goes on but well done to the hard working gardeners from last term, the tunnel looks so good, all clean and tidy with new beds and lots of produce planted for this up and coming year. Come and join the gardening group, learn how to grow your own food and, come harvest time, enjoy your share of the produce that you have worked so hard to grow, from tatties to onions and strawberries and pumpkins and lots in between. This is your gardening group, your ideas, your produce.

**Fridays – From 1.30pm-3.30pm**

**Art – Reach Out**

**5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> & 26<sup>th</sup> May, 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup> & 23<sup>rd</sup> June**

This is a student led art group where the space is used for you to create your own works of art in a safe, calm and relaxing atmosphere. You don't have to be the next Banksy, the next Monet, just bring yourself and your creativity and enthusiasm.



**We look forward to hearing from you all soon 😊**