

Life Well Lived Biggar is a Scottish Charity, SC052853, regulated by the Scottish Charity Regulator (OSCR)

## Friendship & Fun Programme

The Gillespie Centre, 74 High Street, Biggar. Fridays 2-4pm

Date 2024	Theme
12 <sup>th</sup> JAN	RESOLUTIONS
19 <sup>th</sup> JAN Late start 3-4pm	SINGING
26 <sup>th</sup> JAN	BURNS DAY & INTERNATIONAL CUSTOMS
2 FEB	TOYS OF YESTERYEAR
9 FEB	NATIONAL PIZZA DAY
16 FEB	CHINESE NEW YEAR
23 FEB	LOST HISTORY
1 MARCH	WORLD MUSIC THERAPY DAY
8 MARCH	INSPIRING WOMEN
15 MARCH	RED NOSE DAY
22 MARCH	NATIONAL PUPPY DAY
29 MARCH	GOOD FRIDAY



## Friendship & Fun

**Friendship & Fun** is a weekly gathering organised by Life Well Lived, Biggar.

We enjoy varied activities, share tea and cake and always finish with Singing for Health.

We do not charge and are open to everyone who would benefit from stimulation, company and social interaction.

If you would like to discuss whether this group would work for you or a relative, then do not hesitate to call **Iona Goldie** on **07714 324 978** for a confidential chat.



## Transport

We now have a few lovely volunteer drivers who will be happy to collect anyone who doesn't feel up for the walk. Just phone **Iona Goldie** on **07714 324 978**.



# Exploring Death Loss & Change

As well as our Friendship & Fun group we offer gatherings designed to help us understand how to support ourselves and others who are grieving either living losses or death.

Our next sessions will begin after Easter. Each session will look at a specific challenge which you may be facing: elderly relatives who are beginning to need some additional care perhaps dementia; recent diagnosis of a life limiting illness; feeling the need to put your affairs in order; planning for a home rather than hospital death; feeling stuck in your grief etc. Look out for posters and publicity on Biggar Community Facebook Page or flyers in Gillespie Centre.

We will also be offering an intensive 7 week Grief Recovery programme for those who are struggling with grief.

**LIFE WELL LIVED** is a community led organisation and registered charity committed to building a compassionate connected and caring community. Our purpose is to help members of the community live their lives well and fully.

## Volunteers Needed



As our numbers grow we'd like to invite a few more volunteers to join us. We are pretty flexible so if you have one day a month or can spare a day weekly, let us know.

We are particularly looking for those who have experience caring for family members or from a healthcare, special needs or social work background. Also driver prepared to pick up our Friends and deliver to classes.

**Come join us, give something back and have fun!**

## Thank You!



We are over the moon to announce that our lovely team of Young Philanthropists from Biggar High school have donated us a whopping £3000. Thank you so much!

Our continued thanks to our major sponsor - **Clyde Extension Community Fund**. We've also received grants from **National Lottery Community Fund; Luminate Scotland's Creative Ageing Organisation**. Thank you all for your faith in us and your investment in Life Well Lived Biggar.

We're working hard to ensure that our group continues to bring compassion to our community.



*With love from Anna,  
Emma, Tina, Leisa  
Iona & all our lovely  
volunteers x*