

What's On

Produced by
Community Learning & Development
at
Burnfoot Community School



In Burnfoot

October 2014

Adult

Activity: Parent Literacies Group **Day:** Tuesday
Age: **Cost:** Free
Contact: Rita Docherty/ Jane Graham 375147
Venue: Burnfoot Community School **Time:** 9.15-11.15am
Additional Info: For anyone looking for support with reading, writing or numbers.

Activity: Aromatherapy **Day:** Tuesday
Age: 16+ **Cost:** £12 per session
Contact: *Burnfoot Health Flat* 375730
Venue: Burnfoot Health Flat **Time:** 10.00-3.00pm
Additional Info: 45 minute aromatherapy massage offered by our qualified aromatherapist, Veronica. Please phone the above number to book an appointment.

Activity: Burnfoot Church **Day:** Sunday
Contact:: Rev. Charles Finnie 373181
Venue: Burnfoot Parish Church **Time:** 10.00-11.15am

Adult

Activity: Coping with Kids

Age: Adults with children
Aged 3-8

Cost: Free

Contact: Gillian Neish

373043

Venue: Burnfoot Community School

Time: 9.15-11.15am

Additional Info: Free Crèche available. This course for parents runs at different times of the year. Contact Gillian for further information.

Activity: Drop In-Lunch

Day: Friday

Age: All Welcome

Cost: £1.50

Contact: Burnfoot Health Flat

375730

Venue: Burnfoot Health Flat

Time: 12.00-1.30pm

Additional Info: Come along and enjoy the benefit of good food in warm and friendly surroundings. All meals are cooked from scratch

Activity: Drop In

Day: Wednesday

Age: Parents & Children

Cost: Free

Contact: Family Centre

379680

Venue: Hawick Family Support Centre

Time: 11.45-1.45pm

Additional Info: Everybody Welcome

LOOK OUT FOR
any future classes or courses
that will be displayed on our
NOTICE BOARD
in the Community Centre

Secondary

Activity: B B Company/Seniors **Day:** Wednesday

Age: 11+ **Cost:** 50p

Contact: Marlyn Kerr 375724

Venue: Burnfoot Community School **Time:** 7.45-9.15pm

Activity: Midi Youth Club **Day:** Tuesday evening

Age: S1 and upwards **Cost:** 30p & tuck available

Contact: Sharon Irvine Tel: 375147 / 373043

Venue: Burnfoot Community School **Time:** 7.00 - 8.45pm

Additional Info: Lots of fun activities
TERM TIME ONLY

Adult

Activity: Fellowship Club
(Bowling)

Day: Tuesday

Age: Any

Cost: £1.00 per week
(refreshments included)
375147

Contact: Community Centre

Venue: Burnfoot Community School **Time:** 2.00-3.00pm

Additional Info: Come along for a game of indoor bowls, a chat and a coffee

Activity: PEEP Babies
(Parents Early Educators Programme)

Day: Thursday

Cost: Free

Contact: Mercy Daniel/ Jane Graham 375147

Venue: Burnfoot Community School **Time:** 1.15-2.15pm

Additional Info: PEEP Babies is for parents/carers with babies under one. PEEP offers information and support in helping your child learn and develop. Come along, make new friends and have

Activity: Seasons for Growth

Day: TBA

Cost: Free

Contact: Gillian Neish

373043

Venue: various

Time: no time set

Additional Info: Group for adults who have experienced significant loss or change—self referral. Contact Gillian Neish for more info

Adult

Activity: Woman's Magazine Group **Day** Monday

Age: **Cost:** Free

Contact: Burnfoot Health Flat 375730

Venue: Burnfoot Health Flat **Time:** 1.00pm—3.00pm

Additional Info: Everything in a woman's magazine, but in a group!
Food, diet, make up, relationships clothes, horoscopes!

Activity: Reminiscence Group **Day** Tuesday
(Alternative)

Age: **Cost:** Free

Contact: Burnfoot Health Flat 375730

Venue: Burnfoot Health Flat **Time:** 10.00-11.30am

Additional Info: Come for a coffee and chat about times gone by.
This group involves visits to museums, talks and craft sessions.

Activity: Smoking Cessation **Day:** Tuesday

Age: 16+ **Cost:** Free

Contact: Joy Cornforth 07767004830/375730

Venue: Burnfoot Health Flat **Time:** 1.00-2.00pm

Additional Info: Drop-in run by Joy Cornforth the Smoking Cessation Advisor.

Primary

Activity: Girls Brigade **Day:** Tuesday

cost:: £1.00

Contact: Joyce Short 377224

Venue: Burnfoot Parish Church **Time:** 6.00-7.00pm
Explorers (age 5-7)
Time: 7.15pm
Juniors & Brigaders
(age 8-11) (age 11-18)

Activity: Rainbows **Day:** Tuesday

Age: 5 - 7 years **Cost:** £1.00

Contact: Sheila Armstrong 371673 or 07960476239

Venue: Burnfoot Community School **Time:** 6.00 - 7.00pm

Activity: Rugby **Day:** Tuesday P4-5
Time: 3.30 - 4.30pm

Day: Friday P6-7
Time: 3.45 - 4.45pm

Contact: School Office 373043
William Fletcher 07503683063

Venue: PSA Pitch

Additional Info: Training only takes place during rugby season

Primary

Activity: Friday Night Fever **Day:** Friday
Age: P1 - P7 **Cost:** Free
Contact: Rev Charles Finnie 373181
Venue: Burnfoot Parish Church **Time:** 6.30 - 7.30pm
Additional Info: Term Time Only

Activity: Munchers **Day:** Friday
Age: all High School age pupils **Cost:** Free
Contact: Rev Charles Finnie 373181
Venue: Burnfoot Parish Church **Time:** 7.45 - 9.00pm
Additional Info: Term Time Only

Activity: Junior Youth Club **Day:** Monday
Age: P4 - P7 **Cost:** 60p
Contact: Sharon Irvine 375147 or 373043
Venue: Burnfoot Community School **Time:** 7.00 - 8.00pm
Additional Info: 60p cost includes entrance fee and healthy tuck
TERM TIME ONLY

Adult

Activity: A 'Weigh and Blether' **Day:** Tuesday
Age: **Cost:** Free
Contact: Carole Allen 375730
Carole.allen@borders.scot.nhs.uk
Venue: Burnfoot Health Flat **Time:** 1.30pm—2.30pm
Additional Info: Come along and share your ideas and learn new ways to help change your eating habits

Activity: Tai Chi **Day:** Monday
Age: Adults **Cost:** £4.00 per week
Contact: Jane Graham 375147
Pat Weedall 07926302822
Venue: Burnfoot Community School **Time:** 9.30—11.30am

Activity: Time 2 Chill (Young Parents) **Day:** Tuesday
(term time)
Age: Young parents up to and including 25 years of age
Cost: £1.00 per week
Contact: Mercy Daniel/Jane Graham Tel: 375147 / 373043
Venue: Burnfoot Community School **Time:** 1.00-3.00pm
Additional Info: Free Crèche places available but must be booked in advance through Mercy Daniel/Jane Graham.

Primary

Activity: B B Anchor Boys **Day:** Wednesday
Age: 6-8 years **Cost:** 50p
Contact: Marlyn Kerr 375724
Venue: Burnfoot Community School **Time:** 6.30-7.30pm

Activity: B B Juniors **Day:** Wednesday
Age: 8-11 years **Cost:** 50p
Contact: Marlyn Kerr 375724
Venue: Burnfoot Community School **Time:** 6.30-7.30pm

Activity: Breakfast Club **Day:** Monday-Friday
Age: P1 - P7 **Cost:** 25p per day
Contact: School Office 373043
Venue: Burnfoot Community School **Time:** 8.00-8.45am
(last orders 8.30am)

Adult

Activity: Walking Group **Day:** Friday
Age: Any **Cost:**
Contact: Burnfoot Health Flat 375730
Venue: Burnfoot Health Flat **Time** 10.30am-12.00noon
Additional Info: *Phone for details; all welcome—Improve your health whilst enjoying a chat and meeting new people. All walks meet and leave from the Health Flat*

Activity: Womens Cardio **Day:** Tuesday
Age: 16+ **Cost:** £1.00
Contact: Community Centre 375147
Venue: Burnfoot community School **Time** 6.00-7.00pm
Additional Info: Womens cardio workout class; all fitness ranges welcome

Activity: Boxing **Day:** Thursday
Age: **Cost:** £1.00
Contact: Community Centre 375147
Venue: Burnfoot community School **Time** 6.00-7.00pm
Additional Info: Telephone for more information on this group

Adult

Activity: Burnfoot Community Futures
(Community HUB)

Contact:: Richard Knight 371123

Additional Info: Please contact Richard on the above number for further information on meetings etc

Activity: Parents of Children with ADHD support Group **Day:** Last Friday of every month

Contact: Hawick Family Centre 379680

Venue: Hawick Family Centre **Time** 10.00am-12.00pm

Additional Info: For parents/Carers with or without their pre-school child. For more information contact Hawick Family Centre

Activity: Supporting Parents of Children With Additional Needs **Day:** Last Thursday of every month

Contact: Kate Coward 364777
Michele Largey 379680

Venue: Hawick Family Centre **Time** 1.00-2.30pm

Additional Info: Just come along. For Parents/Carers of children with additional needs. Creche is available for pre-school children.

Pre-School

Activity: Toddlers (with PEEP) **Day:** Tuesday

Age: 0-5 years **Cost:** £1.00 per family

Contact: Mercy Daniel/Jane Graham Tel: 375147 / 373043

Venue: Burnfoot Community School **Time:** 9.15-11.15am

Additional Info: PEEP led—Hello / Goodbye song, action rhymes, story time, activities.
Snack provided for children / refreshments for adults

Primary

Activity: Wraparound Childcare **Day:** Monday-Friday

Age: 3+ **Cost::** Lunch £2.10; Top Up £10.15;
Lunch and Top Up £12.25

Contact: Nursery staff 375147/373043
(Carol Finnigan)

Venue: Burnfoot Community School **Time:** 8.40am-3.40pm
Lunch: 11.50am-12.30pm

Additional Info: To book a place or for further information, please contact either Jane in the Centre Office or Nursery staff .

Activity: Precious Gems **Day:** Monday
(Parent & Toddler Group) (term time only)

Age: 0-4 years **Cost::** £1.00 per family

Contact: Laura Levell 07866623106

Venue: Burnfoot Parish Church **Time:** 1.15-2.45pm