

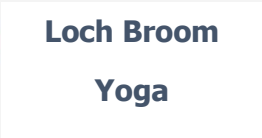
FINDING WAYS TO HELP YOU FEEL GOOD THIS WINTER

29th NOV - 30th NOV

calendar of FREE events



Date	Event / Activity	Location	Start Time	Age	Info for participants	How to Book
From Monday 29th November	Schools Skipping Challenge	Primary Schools & Nurseries	During school hours	Nursery & Primary	Wear suitable footwear.	Open to all primary and nursery schools in the North West Highlands. Contact Julia Barton by e-mail Julia Barton for more info, littoralartproject@btinternet.com
From Monday 29th November onwards	Ullapool Treasure Trail - Hunt for the Silver Darlings	Start at Ullapool Museum Notice Board	Open	All ages and abilities	Wear suitable clothing and footwear. We are working on making this walk Dementia friendly - for more info, contact Katie.Matthews@highlifehighland.com	Pick up your Ullapool Feel Good Festival Treasure Trail map: Available from Ullapool Library, Ullapool Visitors Centre or download it from the Ullapool Museum website https://www.ullapoolmuseum.co.uk/
From Monday 29th November onwards	Mental Health Awareness in Sport & Physical Activity CIMSPA accredited	UK Coaching Online Course	Home based, work to your own schedule	Open	Complete this newly enhanced course to gain the confidence to be able to support people experiencing mental health problems and help them to thrive inside and outside of your sessions.	If you are part of a club or community group, please contact katie.matthews@highlifehighland.com to book your free place.
Tuesday 30th November	Memories of Skipping - Serve Our Seniors Group	Lochbroom and Ullapool Church of Scotland Hall	11am		If you would like to share your childhood memories or photos of skipping, contact Julia, littoralartproject@btinternet.com	This session will take place during the usual Serve Our Seniors group session.



FINDING WAYS TO HELP YOU FEEL GOOD THIS WINTER

1st DEC - 4th DEC

calendar of FREE events



Date	Event / Activity	Location	Start Time	Age	How to Book
Wednesday 1st December	Feel Good: Creative Smoothie making workshop with a focus on the link between nutrition, mental health, and sustainability.	Youth Space	6pm	ages 11-18	Contact Yvonne Boa - Youth Development Officer, 07825754850 yvonne.boa2@highlifehighland.com
Wednesday 1st December	Memories of Skipping - Dolphin Group		2pm		This session will take place during the usual Serve Our Seniors group session.
Wednesday 1st December	Come & Try: Digital Microscopes on loan with Aberdeen Science Centre & Biodiversity talk with HLH Countryside Rangers.	Ullapool Library	Afternoon from 2pm	ages 3+	Pick up a kit from Ullapool Library using your High Life Highland card and contact Fiona for digital resources to help you explore! Email: fiona.mackenzie@asc.scot
Thursday 2nd December	Science of Self Care An informal workshop looking at the whets, whys and how of mental health and mental illness.	Online Workshop	7pm		Book via Aberdeen Science Centre's Eventbrite page https://www.eventbrite.co.uk/e/the-science-of-self-care-tickets-217878138377
Saturday 4th December	Yoga Accessible, gentle yoga with Loch Broom Yoga	Assynt Room, Macphail Centre, Ullapool	10:00	18+	To book, contact Alice, alicemikiety@gmail.com or via call 07985730603 Wear comfortable clothes, bring a yoga mat & blanket if possible you have them
Saturday 4th December	Ullapool Feel Good Festival Community Skipping - Drop In	Ullapool - Am Pollan Park	11am-1pm & 2pm-3pm	All ages & abilities	No need to Book, everyone is invited to come and try our recycled OCEAN PLASTIC skipping ropes, More info & weather check: https://www.facebook.com/LittoralSciArtProject



FINDING WAYS TO HELP YOU FEEL GOOD THIS WINTER

5th DEC

calendar of FREE events



Date	Event / Activity	Location	Start Time	Age	Other info for participants	How to Book
Sunday 5th December	Come & Try: Digital Microscopes with Aberdeen Science Centre	Lochbroom Leisure Centre	11am	ages 3+	Science Explorer Kits are available for a 2 week loan period from Ullapool Library	Pick up a kit from Ullapool Library using your High Life Highland card & contact Fiona for digital resources to help you explore! Email: fiona.mackenzie@asc.scot
Sunday 5th December	Ullapool Feel Good Festival Community Skipping - Drop In	Coigach - Old Dornie Harbour	11am-1pm & 2pm-3pm	All ages & abilities	Weather dependent. Wear suitable outdoor clothing and footwear	No need to Book, everyone is invited to come and try our recycled OCEAN PLASTIC skipping ropes, More info & weather check: https://www.facebook.com/LittoralsciArtProject
Sunday 5th December	Ullapool Rainbow Run	Morefield Pitch	11am	All ages & abilities	Please wear clothes you don't mind getting Holi-powder on (wear white for the best effect) Bring some sunglasses/goggles to protect your eyes. Please follow COVID restrictions when attending.	Contact Ben Bruce to book, Tel: 07788387487 Ben.bruce@highlifehighland.com Twitter: @HLHSport Instagram: @HLHActiveSchools

Loch Broom
Yoga



littoral: sci-art project
to examine and draw awareness to beach litter and its effects



FINDING WAYS TO HELP YOU FEEL GOOD THIS WINTER

FEEL GOOD EVENTS HAPPENING THROUGHOUT DECEMBER 2021 & JANUARY 2022

calendar of FREE events



Date	Event / Activity	Location	Start Time	Age	Other info for participants	How to Book
From Wednesday 1st December & throughout January	Biodiversity Scavenger Hunt - Free digital microscope kits available for your own unique Biodiversity Scavenger Hunt!	Ullapool Library	Library Opening Hours	ages 3+	Kits are available for a 2 week loan period	Pick up a kit from Ullapool Library using your High Life Highland card and contact Fiona for digital resources to help you explore! Email: fiona.mackenzie@asc.scot
Thursday 9th December	Science of Mental Health	Online workshop	7pm		Pen and paper at the ready!	Book via Aberdeen Science Centre's Eventbrite page www.eventbrite.co.uk/o/aberdeen-science-centre
Friday 10th December	Flying Mammals of the Highlands	Online Talk	6.30pm			Book via Eventbrite , www.eventbrite.co.uk/e/flying-mammals-of-the-highlands-tickets
Monday 13th December	Hedgehogs in the Highlands: where have they gone?	Online Talk	7pm			Book via Eventbrite www.eventbrite.co.uk/e/hedgehogs-tickets

Loch Broom
Yoga



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