



NEWSLETTER



Welcome to the second edition of our **OOT THE HOOSE** newsletter.

It's hard to believe that 6 weeks have passed since we began the group way back on 8th July but as they say time passes when you are having fun. We are really pleased with the uptake and there is still room for anyone wishing to attend.

With Block 1 now finished, we are ready to start Block 2, if you have not heard about our weekly group here is a snapshot of what our group is all about.

- Weekly Group
- Cuppa & Chat
- Activities / Events
- Socialise and meet new people
- Have Fun
- Its Free

If that is not enough, wait until you see some of our pictures from the past 6 weeks highlighting what we got up to.

Week 1 – Yoga with Tammy



Week 2 – The Price is Right

(Who needs Bruce 😊)



Week 3 – Tai Chi with Iain



Week 4 – Arts & Crafts with Lorraine

(Bonnie Cards)



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Week 5 – Quiz



Week 6 – Bingo



Time for a Cuppa & Chat



A good mixture of activities with everyone enjoying themselves. The activities will not suit everyone which is unavoidable, however you can still come along for a cuppa and the chat as you don't need to take part in all the activities.

Sometimes just being there among others in a friendly environment having a cuppa and chat is all you need.

The group came about due to results of a survey, showing that the over 60's were worried about getting their lives back to normal due to Covid 19.

Concerns raised were loss of confidence, social connections and physical fitness. Oot The Hoose will continue to address these issues by having a programme that will meet these needs.

Q. WHERE DOES THE GROUP MEET?

A. Letham Community Club, Marlee Road, Perth, PH1 2HL

Q. WHEN DOES THE GROUP MEET?

A. Our second block of 6 weeks will run every Thursday 10-12 from 19th August to 23 September.

Q. HOW DO I BOOK?

A. You can call Letham4All on 01738 444061 to book your place.

Q. WHO SHOULD I CONTACT FOR MORE INFORMATION?

A. Contact Shoina Kennedy, Project Worker by email at oth@letham4all.org.uk

Upcoming Programme of Activities:

- Pilates with Tammy
- Workshop – Benefits/Rights
- Arts & Crafts
- Relax & Unwind with Tammy
- Body Boosting Bingo
- Visitors
- Cuppa & Chat

Everyone made welcome so why not give it a go and come along and join us. Look forward to seeing you there.

If you know someone who would enjoy attending, please pass on the details.

VOLUNTEERS WANTED for Oot The Hoose, to help with activities or making tea, if you are interested please get in touch at oth@letham4all.org.uk