



# NEWSLETTER



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

It has been a busy time at Oot The Hoose with lots of new things to experience and of course with plenty new ones yet to come.

The group has now been running for over 12 weeks and if you still have not heard about our weekly group here is a snapshot of what our group is all about.

Also here is what some of the participants had to say about the activities they took part in.

## Week 1 – Pilates with Tammy

The group had the opportunity to try Pilates with Tammy, who put everyone through their paces, and this was suitable for all with the option of seated or standing.

**Quote from Nancy, “I had never tried Pilates before, and this gave me an opportunity to give it a go and I thoroughly enjoyed the session, it’s good to get to try new things”**

## Week 2 – Relax & Unwind with Tammy

A lovely relaxing and calming session from Tammy with the quiet meditation tones to make you unwind and the option of seated or floor mats.

**Quote from Alison, “It was great to try something new, it was really enjoyable, and afterwards I felt really relaxed.”**

## Week 3 – Quiz & Games

Like most things not everything turns out as planned, however there is always a backup plan and just as well as we were meant to have an online workshop session from Age Scotland, however technology just did not work for us. We improvised with a quiz and played Dice Bingo, yes this is a game, and it was a first for the group.

**Quote from Jean, “I had never heard of dice bingo before, but I found it hilarious even though I was waiting ages for a number.”**

## Week 4 – Arts & Crafts

Half cross stitch and bottle lamps were on the arts & crafts agenda today. The group had an opportunity to try needlework with half cross stitch with Anne providing the support with her expertise and Fiona assisting with making the lamps with a bottle. Both different activities which the group had never tried before.

**Quote from Rita, “I gave half cross stitch a try and I needed to concentrate fully on the task in hand, I even took it home to finish.”**

**Quote from Pauline, I really enjoyed making the bottle lamp, I decorated the bottle and once the lights went in it looked great. I am giving it to a friend as a gift for Christmas.”**

## OOT THE HOOSE - NEWSLETTER (3rd Edition)

### Week 5 – Away Day to Dunkeld

First away day and this saw the group all heading Oot the Hoose to Dunkeld with transport provided by Letham4All.

We had short walks which took in the Cathedral, along the River Tay, window shopping, sights of Dunkeld and a visit to Beatrix Potter Garden & Exhibition where we all had a lovely lunch. Too many quotes to list but it is lovely to know that everyone enjoyed the day and above all were so appreciative, what more can you ask.

### Week 6 – Body Boosting Bingo

First time we have undertaken this within our group, and this is a fun way to exercise where it does not feel like you are working out. This is suitable for all abilities which can be seated or standing. There was so much hilarity during the session, and everyone thoroughly enjoyed it and not forgetting there was a bingo game happening throughout it all.

***Quote from Christine, “It was fun, there was good interaction, and it did not feel like you were exercising and afterwards it just made you feel good.”***

We also have visitors who have given their time to come along and chat with us and we can find out about their role and how it could help individuals.

Of course, there is always time for a Cuppa & Chat



We have a mixture of activities and if you do not wish to participate in any you can still come along for a cuppa and a chat. It can break up a long day and combat loneliness.

That's Oot The Hoose, a great six weeks and all I can say is, that's a rap for now folks. 😊



### **Q. WHERE DOES THE GROUP MEET?**

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

### **Q. WHEN DOES THE GROUP MEET?**

A. Every Thursday 10-12

### **Q. WHO SHOULD I CONTACT FOR MORE INFORMATION?**

A. Contact Shoina Kennedy, Project Worker by email at [oth@letham4all.org.uk](mailto:oth@letham4all.org.uk) or visit our website <https://letham4all.org.uk/>

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 our details.

**VOLUNTEERS WANTED** for Oot The Hoose, to help with activities or refreshments, if you are interested, please contact Shoina Kennedy at [oth@letham4all.org.uk](mailto:oth@letham4all.org.uk)