

Stronsay Wellbeing Week 24th – 30th June 2023

Programme of Events

Saturday 24th and Sunday 25th June

Sea Snorkel Safari

Cost: contact **Louise McQuaid** to book and for further information.



Sunday 25th June

Prostate Cancer Awareness Event with guest speaker Ken Amer.

Community Hall 2-4pm

Cuppa and Cake

Raffle with proceeds to Orkney Prostate Awareness

(donations of raffle prizes and cakes gratefully received)

All welcome. Contact **Sheena Cooper** for further information.

Monday 26th June

Tea & Talk Pop-in with Donna,

Stronsay Well-being Co-ordinator

10am – 12noon

Wood's Yard

Everyone welcome.

Cost: Free

Contact **Donna Blyth** for further information



Monday 26th June

Organ Recital by Bruce

Moncur Memorial Church 7-8pm

All welcome

Cost: Free

(Donations to the church if desired)



Monday 26th June

Adult Lane Swimming 6.30-7.10pm

Public session 7.10 – 7.50pm

Stronsay Swimming Pool

Cost £3.00 per person

For more information contact **Andy Rose**

Tuesday 27th June

Paper-making Pop-in hosted by Anna

Stronsay Greenhouse

10am – 1pm

Cost: Free

All welcome.

For more information contact **Anna Bliss-Davis**



Tuesday 27th June

Craft Workshop hosted by Diane

Craftship Enterprise 2-4pm

Booking required as there are limited places.

Cost: £7.50 per person including all materials and refreshments

Contact **Dianne Riley** to book and for further information

<https://www.facebook.com/craftshipenterprise>



Tuesday 27th June

Wellbeing Cinema

Eat, Pray, Love



Cert. PG-13+ Running Time 2 hrs 13 mins

Starring Julia Roberts

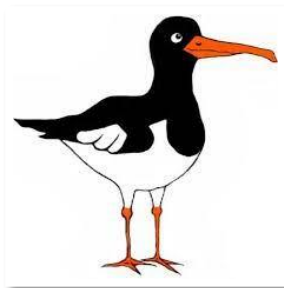
"Happily married Elizabeth Gilbert (Roberts) takes a right turn in her life by enduring a painful divorce and proceeding to take a round-the-world journey of self-enlightenment and fulfilment." IMDb

Based on a true story

Community Hall 7pm

(Please bring your own drink and sweets/popcorn)

Cost: Free



Wednesday 28th June

Nature Walk led by David Askew

Meet at the Fishmart Cafe at 10am

Please wear sensible shoes (and a waterproof coat if necessary).

Bring a water bottle, camera and binoculars if desired.

The walk will end at the Fishmart Café at around 12noon for those who would like to continue to chat over lunch.

All welcome

Cost: Nature Walk – Free; Lunch – as per menu.

Contact **David Askew** for further information

Please note that this walk is in addition to the forthcoming Wildlife Recording Project walks.



Wednesday 28th June

Home-Start Pop-in with Sarah 1.30 – 2.30pm

Development Trust Meeting Room, Wood's Yard

Sarah is looking forward to meeting you for a chat to let you know about the work of Home-Start and the volunteer scheme.

Cost: Free, including a cuppa and biscuit

Wednesday 28th June

Peedie Library 2.30 – 4pm

Moncur Memorial Church Hall

Cost: Free (donations towards refreshments can be made)

All welcome

Please contact **Viv Erdman** for more information





Wednesday 28th June

Meet **Bookbug!** With Sarah from Home- Start

Stories, songs and games for children aged 0 -7 and their parents and carers.

Play Park 3.30 – 4.30pm . If weather is unsuitable we'll go inside.

For more information contact **Donna Blyth**

Wednesday 28th June



Stronsay Bookworms 7.30 – 9pm

At Roadside

Come and share your books on the theme of wellbeing

All welcome (biscuits are welcome too!)

Cost: Free

Contact **Donna Blyth**

for more information

Thursday 29th June

Creative Writing for Mindfulness with Donna

Community Hall 10.30am – 12noon

If you prefer to use your own stationery or laptop, please bring it with you.

Cost: Free

For more information contact **Donna Blyth**





Thursday 29th June

Yoga for beginners with Wendy

Community Hall 2pm – 3pm

Please wear loose clothing and bring a water bottle.

Mats are available but feel free to bring your own.

Cost: £2.00 per person

Booking required as there are limited places.

Contact **Wendy Groat** to book and for further information

Thursday 29th June

Group Hypnotherapy led by Pamela

Community Hall 6.00pm - 6.45pm

Pamela is one of our NHS nurses and a qualified Complimentary Therapist.

Adults only

Cost: Free

Booking is essential as places are limited

To book, contact **Donna Blyth**

Do not use hypnotherapy if you have psychosis or certain types of personality disorder, as it could make your condition worse. (NHS)

Thursday 29th June

Everything You Need to Know About

A Talk by Dominic followed by Q&A

Community Hall 7pm – 8pm

All welcome

Cost: Free

For more information contact **Donna Blyth**



Thursday 29th June

Stronsay Stitchers

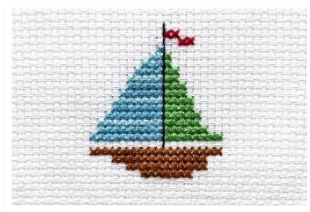
Moncur Memorial Church Hall 7pm – 9pm

Cost £2 per person

All welcome

Bring along anything 'stitchy' to do whilst you chat, and please bring your own refreshments.

For further information contact **Simone Kirk**.



Friday 30th June

Singing for Wellbeing with CJ

Moncur Memorial Church 10.30 – 12noon

Places are limited so booking is required

Cost £3.50 per person

To book, and for further information, contact **Donna Blyth**



Friday 30th June

Beach Games and Picnic with Anna

Bu Sands 4pm onwards

Please bring your own picnic

All welcome

Cost: Free

For more information contact **Anna Bliss-Davis**



Friday 30th June

Gardening for Wellbeing - A Talk by Roger

Community Hall 7 – 8pm

Cost: Free

For more information contact Roger Neville-Smith