





Skelmorile and Wemyss Bay Church

07739901598 rita.carmichael@btinternet.com Shore Road, Skelmorlie, PA17 5DY

Friendship Circle - fortnightly from Tues 27th Sep, 2pm-4pm Everyone welcome for coffee, cake and a chat

Inverkip Church

01475 520 975 07899092492 bensonamber@yahoo.co.uk Inverkip Church Hall, Bonomy Room, Langhouse Road

Guild Meeting - first Monday of the month from October 3rd Rural Meeting - fourth Monday of the month
Both welcoming everyone for a cuppa and participation in planned events, both meetings 2pm-4pm
Drop in Cafe - Second and Third Mondays of the month 12-2pm, light lunch provided

Inverclyde

Inverkip Hub

01475 520 740 info@inverkiphub.org.uk 2 Kip Park, Main Street Inverkip

A huge variety of activities on offer from walking football to a knit-andnatter, get in touch for more info

Inverkip & Wemyss Bay Library

01475 715676 Inverkip Community Hub, Main Street, Inverkip

> Mon & Thurs 12pm-7pm Tues & Fri 10am-5pm Wed & Sat 10am-1pm

Ongoing children and adult events and activities, all free and open to all - pop in for more details

Inverkip SWI

Crawford Memorial Hall Langhouse Road, Inverkip

Monthly Branch Meetings Mondays 2pm

Visitors can come along and pay £3.00 and enjoy fellowship, coffee, tea and biscuits

Bowl & Blether St John's

GWGEngagementGroup@gmail. com Saint John's Road, Gourock PA19 1PA

First Monday of the month
11:30am-1:30pm
St John's Church, Gourock
Reduce social isolation and
enjoy a warm space with
delicious soup and toasties!
All welcome, no cost, no
membership fee

Gourock Library

01475 712340 Kempock Place, Gourock

Mon & Thurs 12pm-7pm Tues & Fri 10am-5pm Wed & Sat 10am-1pm

Ongoing children and adult events and activities, all free and open to all - pop in for more details

Coppermine Community Centre

07950 829012 1 Kirn Drive, Gourock, PA19 1SS

Bowl & Blether - soup and a chat, Tuesdays 11:30am-1:30pm throughout the Winter

Home Instead Memory Cafe

info@greenock.homeinstead.co. uk 4 King St, Gourock PA19 1PU

Memory Cafe - monthly
Wednesdays from 7th Sept, 13pm,
Gourock Community Baptist
Church
Music, dancing, activities,
refreshments
Friendship & emotional support
for people with memory loss &
their carers

Inverclyde Vineyard

www.inverclydevineyard.org.uk Coppermine Community Centre, Kirn Drive, Gourock (opposite St Ninian's PS)

Sunday Morning Service -

Sundays 10:30-11:30am

Cafe - Sundays (apart from last
Sunday of the month) from
10:15am - free hot drinks,
pastries and fruit

New people from all backgrounds
and families with children all
most welcome





Silverline Dancers 07507 514 118

kath.bowes@gmail.com

Over 60s Line-Dance Group -

promoting physical and mental health and well-being, combat social isolation in a fun and friendly environment

Branchton Community Centre

01475 638 481 branchtonmanager@gmail.com Branchton Rd, Greenock PA16 0XU

Over 55's Exercise and Movement Class - Thursday 11:45-12:30pm

Branchton Centre Youth - Mon & Wed, 6:00pm-7:30pm (8-11 years)/ 7:45pm-9:30pm (12+years)

St Margaret's Church (Finch Road)

tpeterson@churchofscotland.org .uk 67 Finch Rd, Greenock PA16 7DE

Bowl & Blether - second Saturday of the month, from 11:30am soup, tea/coffee, friendly chat. Soup served from 12:30-1:30pm



Greenock West and Central



South West Library

01475 715667 Barr's Cottage, Greenock

Mon & Thurs 12pm-7pm Tues & Fri 10am-5pm Wed & Sat 10am-1pm

Ongoing children and adult events and activities, all free and open to all - pop in for more details

Westburn Church

01475 720 257 9 Nelson Street, Greenock, PA15 1TP

Messy Church - Second Saturday of the month, 4pm-6pm - crafts, games, stories and singing Refreshments throughout, finished off with a chat and a meal together All very welcome!

Guides, Brownies, Cubs, and
Scouts - get in touch for more info
on these groups

Lyle Gateway

01475 722694 office@lylekirk.org 31 Union St, Greenock, PA16 8DD

Light Exercise - Tues & Thurs 10:30am-1:30pm, Chair Exercises, Curling, Short Mat Bowls, Table Tennis,

Games - Scrabble, cards or Bridge **Book Club** - first Tues of the month, 10:30am

Cafe - tea/coffee, juice, biscuits, soup, toasties and filled rolls
Soup, Blether & A Film - TBC
Everyone welcome!



Inverclyde



Ardgowan Square Evangelical Church

info@ardgowanchurch.org.uk 25 Ardgowan Square, Greenock, PA16 8NH

After School Kids Craft Club -Wednesdays from 3pm, teas & coffees for accompanying adults

Move It or Lose It

07811 766672
fiona.bretherton@moveitorloseit.c
o.uk
9 Nelson Street, Greenock, PA15
1TP

Easy-to-follow exercises for over 60s, seated or standing. Flexbility, Aerobic Health, Balance and Strength (FABS) Exercises, with music to spark memories!

The Trust - "Bookwarm"

Westburn Centre, 175 Dalrymple St, Greenock, PA15 1JZ

Thursdays - Warm space with activities such as books, jigsaws, colouring, board games.

Warm drinks and snacks provided

Man On Inverclyde

01475 910258 (Mon-Thurs) 30 Nelson Street, Greenock, PA15 1QH

from 12/10/22
9:30am-1:30pm. Pop by whenever suits during these times for hot drinks, soup & sandwiches in a warm, friendly space. No need to sign up or have used our services before - everyone welcome!

Greenock iYouth Zone

01475 715422 34 Nicolson St, Greenock, PA15 1UL

Monday - LGBT Group: 5-6pm Drop-In (12-17 years): 7-9:30pm

Tuesday - WorX Club: 2-3:30pm Youth Council: 4:30-6pm Drop-In (16 years+): 7-9:30pm

Thursday - Steering Group Meeting: 6pm-7pm (last Thurs of the month) Drop-In (12-17 years): 7-9:30pm

Friday: Drop-In (P7s): 7-9pm

Struthers Memorial Church 01475 729 668

smc@struthers-church.org 10a Jamaica St, Greenock

New Dawn Bookshop Coffee Shop, open Tues-Sat 10am-4:30pm

Hope Community Church

01475 787177 office@hopeinverclyde.com 44 Kelly St, Greenock, PA16 8TR

Hope Tots - Mondays 10am-12pm (excluding bank and public holidays) Baby & Toddler Group - a range of toys and activities suitable for babies and pre-school children in a safe, warm environment

Barnardo's

01475 783317 supportrelations@barnardos.org.uk 81 W Blackhall St, Greenock, PA15 1XP

Warm space at Nurture Service for families who currently use

Barnardo's services

Greenock Friendship Club

07591 030 805 jimmymacjimmyuk@yahoo.co.uk 42 Regent St, Greenock, PA15 4PL

45+ Social Evening - Wednesdays 8pm-11pm, at Greenock Morton Supporters Club (address above). Dancing, bingo, raffles, live music theme and party nights, singles and couples most welcome

Your Voice

01475 728628 enquiries@yourvce.org.uk 12 Clyde Square, Greenock, PA15 1NB

Activities on most days of the week

Best Friends Group - ladies' group tea, coffee, chats and crafty activities, get in touch for more info

Friends 4 Ever

01475 715 800 allybally1971@gmail.com 110 Lynedoch Street, Greenock, **PA15 4AH**

Fridays 6:30pm-9:30pm Social club for kids and young adults with a range of disabilities. Make friends and try new activities, run by parents and carers - who can stay and have a cuppa and a chat

Central Library

01475 712323 Wallace Place, Greenock

Mon & Thurs 9:30am-7pm Tues & Fri 9:30am-5pm Wed 9:30am-1pm Sat 10am-1pm

Ongoing children and adult events and activities, all free and open to all - pop in for more details

Wellpark Mid-Kirk

01475 721 147 info@wellparkmidkirk.com 6 Cathcart Square, Greenock, PA15 1LS

Messy Church - Third Saturday of the month, 4pm-6pm - crafts, games, stories and singing Refreshments throughout, finished off with a chat and a meal together All very welcome!

Greenock Baptist Church

01475 713 728 www.greenockbaptisit.org/contact St Andrew St, Greenock, PA15 1HG

Musical Minds - Last Monday of the month, 10:30am-12noon, cuppa on arrival.

For more info, contact Alison Paul at Alzheimer Scotland 07769 366 288 or Mary (GCAS) 07939 846 717

Greenock Central & East

Greenock Baptist Church

01475 713 728 www.greenockbaptisit.org/contact St Andrew St, Greenock, PA15 1HG

Warm Spaces Cafe - Fridays 11am-1pm. Soup, sandwiches and a cuppa, with board games.

Broomhill Hub

Broomhill Gardens & Community Hub 01475 553 570 info@broomhillhub.org.uk 46 Mearns Street, Greenock, PA15 4QD

Activities on most days of the week

Energy Activators Thursdays 12:30-2:30 - free info and advice on managing your energy bills

Wellbeing Workshop and Treble C Cafe Mondays 1-3pm - drop in for a chat in a safe space

PCF/Street Connect

07760 270 350 alex@streetconnect.co.uk 8 Prospecthill St, Greenock, PA15 4DL

Recovery and Warm Activities - Saturdays: Circuit Training & breakfast 10:30-12:30pm Sunday Service with food & coffee 10:30-1pm

St Laurence's RC Church

01475 720 760 stlaurence@rcdop.org.uk 6 Kilmacolm Road, Greenock, PA15 4XP

Parish Quiz Nights & Afternoon Teas - no regular dates, but posted to Facebook

Church

01475 648 486 revsusanhenderson@urcinverclyde.org

Barnard Court Mission, East Hamilton Street, Greenock

A Warm Welcome - Wednesdays 3pm-5.30pm, Soup & Bread, teas & coffees. Open to all from the end of the school October Holidays until the school Easter Holidays

Greenock East United Reformed

Wednesday - Glenbrae NurseryBookBug 10-10:45am Basic Computing 1-3pm

Auchmountain Community

Resource Centre

01475 791818

32 Burnhead St Greenock, PA15 3LG

Monday - Parent&Toddlers 1:15-2:45pm

Driving Theory 6-8pm

CSCS Construction 6-8pm

Tuesday - Job Skills 10am-12noon

Over 50s Salsa-cise 1-2pm

Health&Fitness 1:15-2:15pm Active Lifestyles (Swimming & Walking) 2:30-3:30pm

FBS Fitness Class 6-6:30pm Basic Spanish 7-9pm

Thursday - Kettlebells 10:30-11:30am Basic Computing 1-3pm Over 50s Salsa-cise 1-2pm

Craigend Resource Centre

01475 786739 craigend@talk21.com McLeod St, Greenock, PA15 2HD

Open Monday to Friday 8am-4pm

Cafe and Salad Bar - home-made meals at affordable prices (e.g. Chicken Curry Wednesdays with rice or chips - £2.40 to takeaway)

Laundry Services - please call to book a 1hr time slot

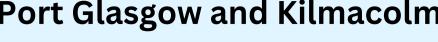








Port Glasgow and Kilmacolm



Port Glasgow United Reformed Church

01475 648 486

revsusanhenderson@urcinverclyde.org PG United Reformed Church, Brown Street, Port Glasgow.

Church Angels Foodbank - Tues & Thurs 10am-12noon.

Wee Blether Cafe - tea, coffee and a blether, free of charge, all welcome

Port Glasgow Library

01475 715629 Fore Street, Port Glasgow

Mon & Thurs 12pm-7pm Tues & Fri 10am-5pm Wed & Sat 10am-1pm

Ongoing children and adult events and activities, all free and open to all - pop in for more details



Port Salvation Army

01475 745 369 pgsa@outlook.com 19 King Street, Port Glasgow PA14 5JA

Sunday Meeting - 10:30am followed by refreshments

Toddler Group - Tuesdays 10am-12noon **Recovery Cafe** - Tuesdays 1pm-3pm **Crochet Group** - Wednesday 6pm **Songster (Choir) Practice** - Wednesdays 7pm

Meet and Eat (Coffee Morning) -Thursdays 10-12 **Informal Warm Space**

The Trust

7 1/2 John Wood Street, Port Glasgow, PA14 5HU

Mondays, 10am-12noon Fridays, 1pm-3pm

Warm space with hot drinks and snacks, opportunity to link in with other Trust services



The Trust

01475 533 300 info@thetrust.org.uk Port Glasgow Office: 7 1/2 John Wood Street, Port Glasgow PA14 5HU

Brew Buddies - Fortnightly befriending get-together Tuesdays - 4/10, 18/10, 1/11, 15/11, 29/11, 13/12

Port Glasgow iYouth Zone

01475 715240 2-4 Dubbs Rd, Port Glasgow, PA14 5UD

Monday - Drop-In (3rd Year+): 7-9:30pm

Tuesday - Charm Group: 10am-12noon Young Mums Group: 12noon-2pm Youth Club/Drop-In (1st Year only): 7-9:30pm

Thursday: Adult Literacy Drop-In: 9:30am-1pm

Friday - Youth Club/Drop-In (2nd Year only): 7-9:30pm

Kilmacolm Library

01475 715621 Lochwinnoch Road, Kilmacolm

> Mon & Thurs 12pm-7pm Tues & Fri 10am-5pm Wed & Sat 10am-1pm

Ongoing children and adult events and activities, all free and open to all - pop in for more details

Kilmacolm Community Centre

01505 873994 kilmacolm@inverclydeleisure.com

Cargill Centre, Lochwinnoch Road, Kilmacolm, PA13 4LE

Cafe, Library and lots of Classes to take part in throughout the week

> Mon-Fri: 9am-10pm Saturday: 9am-3pm **Sunday**: Closed

