

# UPHALL BABY & TODDLER GROUP

*Every Tuesday - 09:30-11am (term time only)*

We are a warm welcome group who runs on a Tuesday morning 9.30-11. We provide different experiences for children aged new born to pre school. We also love a bit of arts and crafts too with Margaret's yummy home made baking. In our group the adults also get to enjoy a hot cuppa and a blether! We look forward to welcoming you along!



# FUSION YOUTH CLUB

*Every Wednesday – 19:00–21:00 (term time only)*

Fusion Youth Club continues to be a valued part of Uphall Community Centre, supporting young people aged between 8 and 15 who are all on the autistic spectrum. Although every young person faces different challenges, the club provides a safe, welcoming and supportive environment where they can build confidence, friendships and social skills.

This year we have welcomed an average of 10 young people each week, and it has been fantastic to see the progress many of them have made over the year. Activities have included pizza making, arts and crafts, tie dye sessions, dance parties and movie nights, all of which have encouraged creativity, teamwork and fun.

A special thanks must go to Carol and Lindsay, who have been a brilliant support to the young people. Their patience, encouragement and commitment have helped many of the children come out of their shells and grow in confidence as young people.

Looking ahead, we are hoping to carry out a recruitment drive over the summer and are very keen for the club to continue for another year, which would mark Fusion Youth Club's 16th year supporting local young people and families within the community.



# 1ST UPHALL BROWNIES

*Every Wednesday - 18:15-19:15 (term time only)*

The Brownies have had a fun and rewarding year, growing to 16 girls welcoming a new leader, a unit helper, and support from two young people completing their Duke of Edinburgh awards. The girls have taken part in a wide range of activities, from celebrating Earth Day with practical tasks focused on caring for the planet, to joining Broxburn Brownies and Rainbows and Uphall Guides and Rangers, to mark 100 years of Thinking Day, a worldwide Girlguiding celebration of friendship, peace and the global guiding community. They have also worked hard on their Space badges and Games Master badges, enjoying challenges that encouraged creativity, problem solving and teamwork.

This term, the girls are focusing on their Explore badge, learning how to enjoy the outdoors safely and confidently, with plans underway for a summer trip to Almondell. Weekly meetings continue to be full of variety, including games, crafts, discussions and songs. We have also re introduced the traditional 'sixes', Imps, Pixies and Kelpies, giving the girls opportunities to practise leadership, kindness and cooperation within smaller groups. It has been a year of growth and enthusiasm, and the unit is excited for everything still to come.

Jo Merrifield Brownie Leader



# 1ST UPHALL GUIDES

*Every Wednesday – 19:15–20:45 (term time only)*

The Guides meet each week in the Community Centre on Wednesdays during term time and enjoy the use of the large hall. The girls love to come every week and are always enthusiastic about what we do and have bonded as a unit over the last year. A few of our guides have left but we have also had a few new girls join the unit meaning a lively unit with 19 girls, with more brownies expected to move up over the summer.

As our older guides don't want to leave we have set up a Rangers unit which runs alongside guides. This year the new Rangers planned and delivered the Thinking Day meeting in February, running activities for the rainbows, brownies and guides across Uphall and Broxburn. They did an amazing job. Alongside regular activities in the unit we have had visits from First-Aid trainer and Recycling officer which allowed the girls to complete their First Aid level 5 and work towards their Zero Waste badge which they will finish in the next few weeks. We have also been on trips to the cinema and ten-pin bowling, and some of our guides took part in the Remembrance Parade in November. The guides over the last year have also gained their entertainer and journaling badges and we look forward to working towards many new badges in the next year.

Over this year we have said goodbye to leader Kerri who has moved to a new unit in Aberdeenshire and leader Nicola is off on maternity. However we have been very lucky to have two new passionate leaders, Lauren and Leah join our unit.



# ART GROUP

*Every Sunday (except 2<sup>nd</sup> of the month) – 10:00–12:00*

The Sunday Morning Art Group has a constant attendance of members with a variety of abilities and experience.

A tutor provides guidance and in early March there was an Exhibition of work which was well received and provided a boost of confidence for members.



# MAT & CHAIR YOGA

***Every Thursday 09:45–12:00 (term time only)***

Mat & Chair Yoga run every Thursday:  
9.45 am - 10.45 am mat-based yoga class  
11 am - 11.45 am chair-based yoga class

Both classes involve movement, mindfulness, meditation, relaxation, and are aimed at building strength and flexibility for people of all ages and levels of experience/mobility.

Classes are going well and are currently on a 'pay what you can' system to encourage accessibility for all.

Visit [www.lindalovesyoga.co.uk](http://www.lindalovesyoga.co.uk) for further info.

