

# **FRIENDSHIP SERVICES IN THE HIGHLANDS**

Web site – <http://friendship-services.com>

**MORNING CALL** – where a call is made to people who need the reassurance of a daily telephone call to check they are alright. Calls are made every day between 8 am and 10am. **THIS IS A FREE SERVICE**

**VISITING SERVICE** – Any person who is housebound or virtually so can request a regular visitor. The co-ordinator will then visit the person and find out their interests, hobbies etc. A volunteer visitor is sought and when all the necessary checks have been completed they are then ‘matched’. **THIS IS A FREE SERVICE**

**HOUSEBOUND LIBRARY SERVICE** – This entails a visitor meeting with a housebound person and discussing what books they like to read. The visitor then goes to the library every 2 or 3 weeks and collects and delivers appropriate books to the person. The books the person is finished with are collected and returned to the library.

**THIS IS A FREE SERVICE ONLY AVAILABLE IN THE INVERNESS & NAIRN AREAS – other areas have a library van.**

## **SMITHTON POP-IN – EVERY WEDNESDAY**

Every Wednesday between 10am and 3.30pm any person over 50 years of age is very welcome to attend the Pop-in at the Smithton Free Church in Murray Road, Smithton. There is tea, coffee, home baking, soup and activities. This has now been going for over 5 years and has been a great success – why not come along and try it!!!

## **MEN’S SHED – 3 Gordon Terrace, Inverness**

This has recently opened and any man over 16 years of age can come along and join in whatever is going on – this can vary from woodwork to computer instruction from art to *whatever*!!. We are always open on a Tuesday from 10am to 1pm so please come along and have a chat over a tea or coffee and see if we can help each other!!

**If you are interested in any of the above services or wish to volunteer to help please get in touch with Friendship Services, PO Box 5743, Inverness IV1 9DN or call Alan Michael on 01463-790410 or e-mail him on [alan@friendship-services.com](mailto:alan@friendship-services.com)**

# **DUNBAR CENTRE POP-IN**

**86 Church Street, Inverness IV1 1EP  
Telephone 01463-226534**

**The Pop-in is open  
Monday to Friday 10am to 4pm  
for teas, coffees, snacks, soup and daily specials.**

**PLENTY OF ACTIVITIES  
AT THE DUNBAR CENTRE**

**OR WHY NOT**

**HIRE THE CENTRE  
FOR YOUR MEETING OR EVENT  
MORNING, AFTERNOON AND EVENINGS  
AVAILABLE**

**AS WELL AS WEEKENDS!!!!.  
VERY REASONABLE RATES!!!!**

**WHY DON'T YOU POP-IN SOMETIME?**

**YOU ARE ASSURED OF A VERY WARM  
WELCOME**