



OCTOBER NEWSLETTER

Project Mobile Number: 07539 110 717

Thursday only (10am – 4pm)

Tuesday 16th October: Richard's Health Walks:

Richards Health Walk – Chard Reservoir
Next Walk Tuesday 16th @ 10am at the Guildhall.
Please let Gabrielle at Watch know if you are interested in joining in.

6th October: Guildhall Sale

Raising money for WATCH we will be at the Guildhall on the 6th, if you have anything you wish to donate or feel you could help on the day please speak to Sarah, Patrick or Pheonix!

HO HO HO! 6th December: Its that time of the year again when thoughts turn to Christmas parties and our awesome one will be on the Thursday 6th December. Thoughts have been passed round on fancy dress competition and "Watch Factor" karaoke on the day but any ideas would be really most welcomed

Talking Café (Every Monday)

It's not exactly WATCH affiliated, but if you're looking for some company and cups tea during the start of the week, Somerset Village & Community Agents are holding a weekly Talking Café on Monday at the Chard Baptist Church between 10.30-13.00.

Lightbulb moment 4TH October- Louise from NEA is in to discuss energy saving and a grant which may entitle people of savings up to £150.

Next members meeting 2pm Thursday 11th October.

Thursday 11th October: Christmas card making.

Provisional date for St Audries trip is Friday 26th October- Trip date and time to be confirmed and will be on a first come basis so please register an interest with reception as soon as possible.

Useful Twitter links!

South Somerset Mind now have a twitter page, you can follow them via [@SSomersetMind](#) for all the latest news.

(You can follow WATCH too [@TheWATCHProject](#) but we don't check it half as much as we should!)

Pool and Table Tennis table!

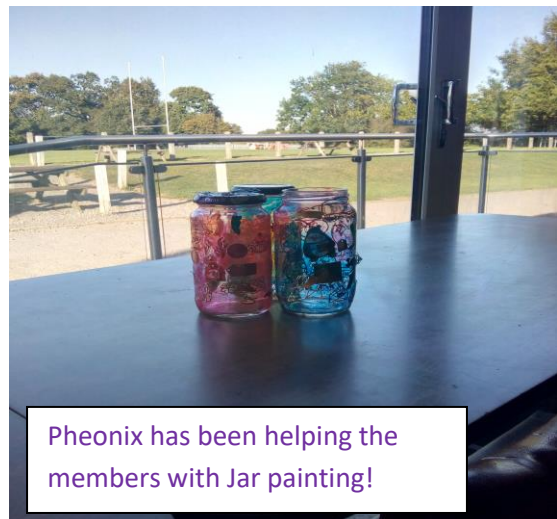
Tournament to come!! As there is currently the 12 week course on we are still to confirm next tournament dates but for an update please ask at reception or speak to Patrick.

Tea & Talk – Every Thursday from 2pm

Last tea and talk session brought up some ideas of activities we could do in the future like horseriding, museum trip and Archery any other fantastic suggestions most welcomed!

Tuesday 9th October- Folly Farm Trip, 9.30am leaving at 9.45am for fun on the farm. Please let reception know if you wish to attend and pick up a leaflet on what to bring. With you on the day.

Ann Reflexology - 4th October



Pheonix has been helping the members with Jar painting!