



newsletter



SCAN ME



WELCOME TO our Autumn newsletter. We have lots of things happening to warm and nourish you as the Summer turns towards Autumn.

In this issue we are celebrating the groups, events and workshops that run in our Greenspaces, The Hub and The Living Room Café.

We are so lucky to have our volunteers who bring their skills, enthusiasm, generosity and ideas to create and run these for the community to enjoy.

We can't feature everything we do in this issue, as it would run to pages and pages, but we greatly value and thank everyone who participates with us.

Please check our notice boards and facebook page for all our other groups, activities and events.

Don't hesitate to get in touch for further information...

Charlotte Oakley
GENERAL MANAGER

LET'S CELEBRATE AT THE APPLE FESTIVAL



FESTIVAL EVENTS

23 - 28 September

• **Wednesday 25**
• **FILM EVENING**

The Hub
6.00 - 8.00
Booking required
Free to attend

• **Saturday 28**
• **APPLE DAY**

Centenary Orchard
• **Tree Care Workshop**
10.30 - 12.00
Book via facebook
• **Orchard Tours**
12.00 - 1.00
• **Apple Tasting**
• **Apple Pressing**
• **Cooking**

Competition
• **Climate Friendly Kids Crafts**

1.00 - 3.00
No booking required
All free to attend

• **Monday 23 - Friday 27**

The Living Room Café
10.00 - 2.00
Apple themed dishes on the menu

• **Monday's Treetots and Garden Club will be apple themed**

SEPTEMBER SEES US take part in Fife's Climate Festival as we host our Apple Festival. Please join us for apple related activities, workshops, demonstrations, competitions and delicious food at the Centenary Orchard and The Living Room Café throughout the festival week.

Treetots and Garden Club kids will have fun with apple tasting and apple pressing.

Join us for soup and a tasty apple dessert at our film evening. We will watch two short films, the first one - Fields of Hope, is set in Fife. Carloyn Bell, Food Coordinator for the Food4Fife Strategy, produced the film and will give a talk and lead discussions.

The second film will inspire us to grow local - A Growing Revolution.

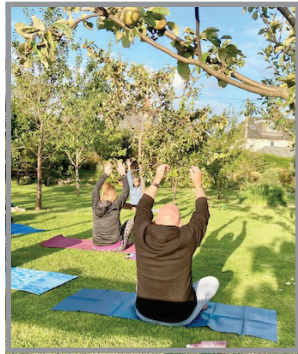
Book by phone, email, facebook or pop into The Hub.

TIME FOR SOME CREATIVE FUN

THE CRAFT GROUP share and learn new projects together. What they love is 'time to be me', to meet new people, have a natter, create together and join in with the laughter. No experience or equipment needed, come along and join the fun.

Volunteer Lorraine started the group - it's gone from strength to strength - she is an inspiration.

• **Thursday 10.00 - 12.00 The Hub.**
Booking required. Free to attend.



HATHA YOGA WITH SONIA

IF YOU WOULD like to develop strength, flexibility and improve balance as well as clearing your mind, then flowing from posture to posture with Sonia at the Yoga Moon session in the Orchard is where to go.

Sonia has been practicing yoga for over 30 years, having been introduced to the benefits by her mum when she was a young child. Suitable for all ages and abilities.

• **Various days/times. Centenary Orchard.**
No booking required. Free to attend.

LOTS OF ACTIVITIES IN THE CENTENARY ORCHARD



AS SUMMER COMES to a close we express heartfelt thanks to all the volunteers who made summer in the Orchard such a success.

Over 900 enjoyable, nutritious lunches were served, with gardening exploration and messy play encouraged, bees and chickens looked after, and pesto making and propagating herbs was learnt.

• **Treetots**

Every Monday throughout the year 10.00 - 11.30

• **Garden Club**

Every Monday April - October 3.30 - 4.30. Both free.



ESTABLISHED IN 2019, and in keeping with inclusive community events, Art in the Orchard was born.

Hosted by talented volunteer Edith, this popular event attracts budding artists not just from Rosyth but surrounding areas too.

This two hour class of drawing, painting, creativity and chat is finished off with a nice cuppa.

Edith's still life displays change each session, just like the trees in the Orchard. Materials are provided or you can bring your own.

• **Every second Sunday 11.00 - 1.00 Centenary Orchard.**
Booking required. Free to attend.

BOOK & BLETHER

EATS Rosyth book group is an institution, named Book & Bletther by Pat, who expertly runs the group and even on occasion invites authors to come along to chat.

Books are discussed over a cuppa in The Living Room Café.

• **Last Tuesday of the month. 10.30 - 11.30 No booking required. Free to attend.**



LOOK OUT FOR...

• **Dementia Group**
Every Monday & Friday throughout the year 10.30 - 12.30 Community Hub
No need to book
Free to attend

• **Garden Volunteers**

Every Tues, Wed, Thurs throughout the year 10.00 - 1.00 Greenspaces

• **Afternoon Teas**
Details coming soon for our fabulous sell out Afternoon Teas

• **Halloween Special**
Monday 28th October 3.30 - 5.00

Centenary Orchard
Free family friendly spooky afternoon - storytelling, fire and marshmallows and kids crafts

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