

Kettins Community Support Group - **Entertainment and Activities** – 9/4/2020

Music

Dougie Maclean Facebook and You Tube <https://www.youtube.com/user/butterstonestudios> 10 concerts now recorded.

Andrew Lloyd Webber shows are being streamed free. <https://www.youtube.com/theshowsmustgoon>

For performances - **Royal Scottish National Orchestra** are streaming Friday Night is Music Night. Some of their favourite/best performances. www.rsno.org.uk/friday

Also The Metropolitan Opera and The National Theatre -Friday night on you tube

Exercise

Joe Wicks Exercise - Classes at 9.00am for school children and then after for adults. See facebook

Coupar Angus Cycle Hub has a map of the walking and cycling routes. Email: strathmorecyclenetwork@outlook.com

British Heart Foundation 10 minutes workout for in your living room.

<https://www.bhf.org.uk/informationsupport/heart-matters-magazine/activity/10-minute-workout>

Suzy Black @SuzyBlackFitness (Facebook) has an online Pilates class. https://www.youtube.com/watch?v=koUe29XndPE&feature=youtu.be&fbclid=IwAR2KduDws-W4aByk_jdSYty6J7wBuXezsl0C7CHZe8KKFQRPdMiEGpb7BHI

Reflections

Church of Scotland - Moderator morning reflection every day on facebook. BBC Scotland - Sunday church service on TV.

Funerals – Rev Dr Marjory McLean is offering to take funerals online. <http://www.carsechurches.com/whos-who> for her contact details.

Art

Painting Rainbows. Make a picture of any kind and put it in your window. Everyone that passes will have a smile. If you are out for a walk, then you can count them? Maybe those who can, could make extra ones and we could give them to the older folks as a gift? (After a few days of quarantine, of course!)

Hospitalfield Arts <https://www.facebook.com/Hospitalfield> Every Monday a new art challenge! Check it out.

Blair Drummond Safari Park and **Edinburgh Zoo** are doing face book live broadcasts

Ninewells Knitting project They are looking for knitted sleeves for drip for dementia patients. Easy pattern available using small amounts of wool. Please email kettinscc@gmail.com . Thank you.

Recipes

Jamie Oliver <https://www.channel4.com/programmes/jamie-keep-cooking-and-carry-on>

And recipes <https://www.jamieoliver.com/recipes/category/books/keep-cooking-and-carry-on/>

And some good ideas - <https://www.bbcgoodfood.com/>

Volunteering

Ready Scotland www.readyscotland.org.uk Information on volunteering and other support.

www.taysidecares.co.uk for up to date information

Contact if you need any support: David and Sarah Cox – 01828 627412, Liz McLaren – 07764341353, Cllr Colin Stewart – 07557811337, John and Susan Smith – 01828 628169. Or email: kettinscc@gmail.com Or message us on facebook @KettinsParishHall