

Events & Opportunities

FREE Wellbeing Event in Port Glasgow!

FREE Tai Chi, Arts & Crafts, Diamond Art, Tea, Games Corner, Cake Decorating, Cake, Coffee, Carers Support & Information and much more!

10am - 2pm
Friday 28th March
Port Glasgow New Parish Church
65 Church Street, Port Glasgow

Come along and meet other carers, find out what's available, gain information and share your experiences and ideas to improve support.

www.yourvoice.org.uk/wellbeing-days

Over 60s Disco!

3pm - 6pm
Monday 5th May
Coppermine Community Centre
1 Kirn drive, Gourock PA19 1SS

Hot food, tea and coffee included.
Boogie to sounds of the 60's, 70's & 80's!

Free ticketed event, first come first served! Donations are welcome.



Wellbeing Event FREE Family Event

Friday 28th March, 10am - 2pm
Port Glasgow New Parish Church,
65 Church Street, Port Glasgow

FREE Tai Chi, Cake, Coffee, Arts & Crafts, Diamond Art, Tea, Games Corner, Carers Support & Information, Cake Decorating and much more!

www.yourvoice.org.uk/wellbeing-days

01475 728628
enquiries@yourvoice.org.uk

Your voice
INVERCLYDE HSCP
UNITY



Over 60's Disco

FREE TICKETED EVENT,
FIRST COME FIRST SERVED!

3PM - 6PM
MONDAY 5TH MAY

COPPER MINE, 1 KIRN DRIVE
GOUROCK PA19 1SS

HOT FOOD, TEA AND COFFEE INCLUDED.
BOOGIE TO SOUNDS OF THE 60'S, 70'S & 80'S!

enquiries@yourvoice.org.uk | 01475 728628

HSCP
Your voice

Get in touch to get tickets!
01475 728628
enquiries@yourvoice.org.uk

Unpaid Carer and Young Carer Strategies! 😊

Do you look after a family member, friend or neighbour to enable them to live at home? We want to hear from you!

01475 728628
rebecca.richard@yourvoice.org.uk

We are working with Inverclyde HSCP and Carers Gateway Inverclyde (Unity) to gather feedback from Carers. These findings will help develop the next Carer and Young Carer Strategies for the next three years.

Online discussion sessions will be held on Monday 14th April 7-8pm, Thursday 24th April 7-8pm and Friday 25th April 1-2pm. Sign up at the link below!
<https://bit.ly/invcare>

To find out more about the Young Carers Engagement (5 to 18 year olds) please contact erin.power@yourvoice.org.uk

Do you look after someone?

To enable them to live independently at home?



Please share your experiences and ideas, to improve information and support for unpaid carers.

To take part please scan the QR, visit bit.ly/inverclydecarerssurvey or get in touch for further information and help filling the survey out. This survey is available in a variety of formats including large print.

All feedback is anonymous, and will help shape the Inverclyde Carers Strategy for the next three years.

01475 728628
enquiries@yourvoice.org.uk



Cancer Screening Saves Lives!

The Inverclyde HSCP Health Improvement Team are working to understand the barriers people face when attending Breast, Bowel and Cervical Cancer screenings. Find out more and get in touch to take part!

amanda.mcewan@yourvoice.org.uk

www.yourvoice.org.uk/cancer-screenings

Whether you have or have not taken part in a screening, your feedback could help save lives!

We'll be in the community over the coming weeks, keep an eye out for us!

Project Developments

We are Moving!

We are moving premises on Friday the 11th of April, to the other side of the Oak Mall. Our new address will be 51 Hamilton Way, Greenock, PA15 1RQ where the old Mothercare and Mobility Matters used to be located.

These are very exciting times for us, as the new location is larger and more central, offering more opportunities for us to engage with and help the community! There will be a small transitional period where some of the groups might not be on during the move.

This is part of the redevelopment work planned for the centre of Greenock, which requires the demolition of our current offices. [Read more here!](#)

Cancer Screening Saves Lives!



1 in 3 cancer deaths could be prevented with earlier detection

We want to hear your views on how we can improve the screening process. Please take 10 minutes to share your thoughts.



Get in touch if you would like to speak to someone or for help to fill out the survey.

To take part, scan the QR, contact us, or visit www.yourvoice.org.uk/cancer-screenings

01475 728628, Option 1
enquiries@yourvoice.org.uk



Get ON YOUR BIKE!

Hey there, cycling enthusiasts! Are you ready to share your love for biking? Join our new e-bike project and become a volunteer!

We would love to have YOU join our team of volunteers and help make a positive impact in our community!

Ready to join us? Get in touch!

enquiries@yourvoice.org.uk

01475 728628

- Meet new friends
- Lead fun group rides
- Promote cycling safety
- Stay active and keep fit
- Get involved in community events
- Learn and teach bike maintenance
- Make a real difference in your community
- Gain valuable training in leading bike rides



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Ready to join us? Get in touch!
enquiries@yourvoice.org.uk
01475 728628

your voice
Inverclyde Community Care Forum

Recovery Wellbeing Days

Our Recovery Team are running some health days at Greenock Sports Centre!

10.45am - 12pm on the below dates!

10th April

8th May

5th June

3rd July

Find out more about our Recovery project

www.yourvoice.org.uk/recovery

Get in touch to find out more and register!

01475 728628

enquiries@yourvoice.org.uk



Recovery Health and Wellbeing Days

Greenock Sports Centre
Nelson Street, Greenock, PA15 1QH

Football, Basketball, Badminton, Short Tennis, Athletics Games and much more!

10.45am - 12pm on the:

- 13th February
- 13th March
- 10th April
- 8th May
- 5th June
- 3rd July

Free to join, get in touch!
01475 728629
enquiries@yourvoice.org.uk

The poster features a blue background with icons for a basketball, badminton racket, and soccer ball. It includes two circular inset photos: one showing people playing basketball and another showing people playing soccer.

Gym and Football Sessions - New Scots and Refugees

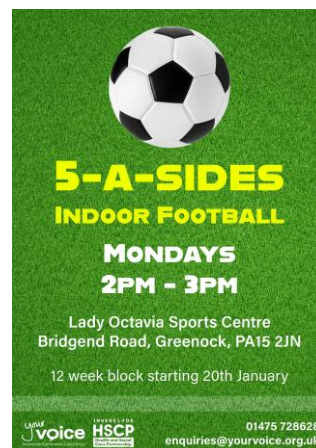
Join Community Connector Kev each Monday to improve your mental and physical wellbeing through activity!

www.yourvoice.org.uk/new-scots

Get in touch to find out more and register!

01475 728628

enquiries@yourvoice.org.uk





5-A-SIDES
INDOOR FOOTBALL

MONDAYS
2PM - 3PM

Lady Octavia Sports Centre
Bridgend Road, Greenock, PA15 2JN

12 week block starting 20th January

  01475 728628
enquiries@yourvoice.org.uk

The poster has a green background with a soccer ball icon at the top.



URBANFIT GYM SESSIONS

MONDAYS
10.30AM - 11.30AM

12 week block, starting 20th January

3 CAMPBELL STREET,
GREENOCK, PA16 8AN

  01475 728628
enquiries@yourvoice.org.uk

The poster has a blue background with images of gym equipment like dumbbells and a water bottle.

Become a Volunteer! 😊

Build confidence, learn people skills, gain work experience and give back to the community all at once!

We have loads of difference projects you could be a part of, contact the Community Connectors today!

01475 728628

enquiries@yourvoice.org.uk

www.yourvoice.org.uk/community-connectors



Functional Fitness MOT for anyone over 50! 🦘

Interested in how your functional fitness compares to others your age?

Our trained staff can take you through some simple activities that will check your functional fitness. You can then chat about the UK's Physical Activity Guidelines for Health, and how physically active you are - including how much time you spend sitting.

This is a great opportunity to discuss becoming more physically active - and how you can improve your functional fitness.

Find out more or get in touch!

www.yourvoice.org.uk/functional-fitness-mots

01475 728628

enquiries@yourvoice.org.uk



Useful Links

Unpaid Carers Respite Information - www.yourvoice.org.uk/carers-respite-information

Young Scot Card - www.yourvoice.org.uk/news/applying-for-your-young-scot-card

Connect to Wellbeing Resources - www.yourvoice.org.uk/connect-to-wellbeing

Autism Scotland Resources - www.yourvoice.org.uk/news/autism-scotland-resources-different-minds

Mental Wellbeing Later in Life, NHS GG&C Guide - www.yourvoice.org.uk/news/mental-wellbeing-in-later-life

Community Conversations 2024/2025 Survey - www.inverclyde.communitychoices.scot

Home Energy Scotland Guide - www.yourvoice.org.uk/news/get-ready-for-winter-2024

Mental Health Pathway - www.yourvoice.org.uk/news/mental-health-pathway-2024



Our Projects

Involve Inverclyde

Share your ideas and experiences surrounding health and social care services! Find out about health & social care developments and help create positive local change! [Find out more!](#)

Community Connectors

Are you or someone you know feeling isolated, needing a bit of confidence and to get back on track? Our Community Connectors may be able to help you! [Find out more!](#)

Macmillan ICJ

Need to talk about cancer? Meet 1 on 1 with our Macmillan staff and volunteers, ask any questions you have and find out about local support. [Find out more!](#)

Recovery Hub

We help people on their recovery journey to socialise, get information, try new things and improve their lives! We have a 7-day service with lots of weekly groups, events, advice and support. [Find out more!](#)

iPromise - Young People

Children and young people come together to share their experience, create memories, help influence and shape policy at all levels. Nothing about us without us! [Find out more!](#)

Connecting New Scots

Welcoming new families as they navigate and integrate into their new home. We host a weekly drop in every Friday, 11am - 1pm in 12 Clyde Square, Greenock. [Find out more!](#)

Shopmobility

Affordable mobility equipment hire to help you stay independent. Access local resources, shop, meet friends and explore Inverclyde! [Find out more!](#)

Living Well Inverclyde

