



**Evonne McCord**  
Activities  
Coordinator

The 15<sup>th</sup> of July marks the 6 month mark of when the Centre opened! We now have over 70 veterans registered with us and things are going from strength to strength. June has been a busy month with Armed Forces Day on the 23<sup>rd</sup>, this was a huge success and all the Veterans worked hard and everyone at ERMAC couldn't be prouder of them. This has been an interesting month for me, I travelled down south for an archery instructor's course and I really enjoyed this. We will be starting archery here very soon and I am really looking forward to this. It has been a sad time as we lost our first Veteran, it was lovely to have John's daughter tell us he loved his time here and thanked us. We have a tribute to John later in the newsletter. On a happier note July is upon us and plans are afoot for days out, events and much more. I truly love my job and it is a pleasure to come to ERMAC every day. Enjoy 😊

## JUNE HIGHLIGHTS!!



Entertainer  
"Scott D" was in  
for a Wednesday  
afternoon  
singing Sinatra  
to Elvis great  
time had by all  
our Veterans.  
Eddie and Wullie  
teaching Evonne  
the moves!



Peter and Robert enjoying  
our Chippie Day from  
McMonagles 😊



**Jim and John on  
the bikes on a  
sunny afternoon**

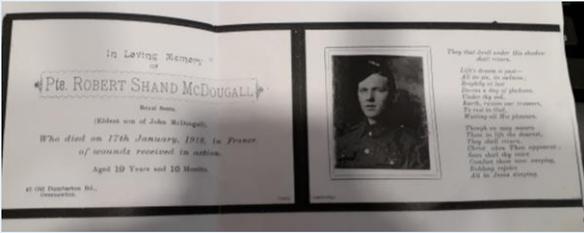


**Jason our woodwork  
tutor at the Memorial  
Garden with the  
benches made by  
VWG.**



**Evonne our Activities Coordinator  
attended an Archery Course for a  
weekend and is now a qualified  
Archery Instructor!!! Archery will  
be appearing at the Centre very  
soon!**

## GENEALOGY



Jim one of our Veterans found this among his mother's things, Jim didn't have any idea who this was and with Lynda's help a found a living relative a great nephew and this is going to be returned to Pte Robert Shand McDougall's direct family. A lovely story and one of many. Lynda is here on a Thursday afternoon.

## ART AND CRAFTS



Gerry with Jayne visiting the woodwork workshop. Gerry is a keen artist and attends 3 times a week. He has an interest in woodcarving. Gerry said he is loving his time at the Centre and has enjoyed getting back to his drawing. Gerry was a Chaplain in the military and is a young man of 91! Art is on Monday morning, all day Tuesday and all day Friday.

## MODEL MAKING



Jason working on some model making, just doing the painting on a WWII plane here. Model making is on all day Thursday, everyone is welcome from beginners to advance. We have some very experienced model makers who can guide you and Robert who leads the group is on hand for advice.

## WOODWORKING



Pictured are some of the work the woodworkers have been doing, the bench is part of a set for the Memorial garden and the planter was upcycled from a Singer sewing machine stand and is now at the front entrance. Exciting times as Jason our tutor is starting a six week course for beginners or returners to woodwork starting 16<sup>th</sup> of July. Woodwork is also on all day Wednesday and Thursday.



### Dates coming up!

Castle Semple -25<sup>th</sup> July and 28<sup>th</sup> August  
National Arboretum- 19<sup>th</sup> to 21<sup>st</sup> September

Dates TBC

Tug Boat on The Clyde  
Loch Lomond Cruise and Lunch  
Oktoberfest

**ASAP** >>>  
Armed Services Advice Project

Mark from ASAP visits the Centre every second Wednesday from 11:00 to 13:00hrs, if you wish more details don't hesitate to contact the Centre.

## I.T CLASSES



**Billy is a new recruit to the I.T Crowd! Billy attends to increase his knowledge and this is Angie the I.T Tutor helping Billy with his tablet. This is to let Billy use his facebook and messenger to keep in touch with friends and family.**

**“I enjoy the I.T classes as well as the Art Classes and I am looking forward to the Archery starting”**

**Billy**

**Recreation Room always available for a game of pool, darts or a chat. Lunch is served here and is only £2 as well as tea and coffee on tap! Plus we have a Tuck Shop everything 50p.**



**Here is Paul our photographer and Veteran, Paul is always on hand for help and advice on Photography. Paul has been taking photos of all the Veterans over the last few weeks for our “Rogues Gallery” Oh yeah and staff too!!**



**Newsflash!**  
**Most of our archery equipment has arrived!!!**

## HOLISTIC THERAPY

**Morag is here all day Tuesday and a Friday morning, please let Adele know if you would like an appointment.**

**Stevie W gave us our Thought of the Month: “Be strong enough to stand alone, be yourself enough to stand apart, but be wise enough to stand together when the time comes”**



## Steve the ERMAC roving reporter Interviewed Ali from TimeBank/ Shoulder to Shoulder

**Steve-** How long have you been involved with TimeBank?

**Ali-** Four years as Project Coordinator ☺

**Steve-** What is TimeBank?

**Ali-** Mentoring programme to support Veterans with Mental Health Issues and supporting Veterans in civilian life.

**Steve-** How does it support Veterans?

**Ali-** It is a mentoring project that gives one to one support to Veterans with mental health concerns living in the Central Belt of Scotland. It helps them identify goals to work towards positive changes and help with social isolation.

**Steve-** Who can be a mentor?

**Ali-** Anyone! As long as they have the time commitment, patience and understanding. Oh and you have to be over 21.

**Steve-** What do you get out of your job?

**Ali-** I enjoy supporting Vets, I really enjoy seeing the changes it makes to people lives and it continues to amaze how people give up their time to be mentors. I love to see the way it helps Vets and I have great job satisfaction.



[www.timebank.org.uk/shoulder-to-shoulder-scotland](http://www.timebank.org.uk/shoulder-to-shoulder-scotland)



**ARMED FORCES DAY**  
**SHOW YOUR SUPPORT**

ERMAC and Bravehound AFD huge success and enjoyed by all. All the Veterans put a huge amount of work into this to make the day.



### **John Hendrie (12<sup>th</sup> Sept 1924 -8<sup>th</sup> June 2018)**



**John attended the Centre for a couple of months and enjoyed the company and a game of Dominoes. John was a quiet, dignified man who served in the Royal Navy during WWII. He talked a little of his time in the Navy, he preferred to talk about his family and happy times. John will be missed and was greatly respected by the all the Veterans and staff at the Reid Macewen. A few of our veterans attended John's funeral to pay their respects and gave John a guard of honour.**

**Rest Easy John your service is done.**