



Sandra Munro, left, and Maimie Cattanach enjoy a well-earned cup of tea at Club nan Caraidean. 16\_t07friends02

## *With a little help from our friends*

**A**DRIECH winter has been made that bit brighter for people in the Ardchattan parish with a little help from their friends.

The catchment of the parish takes in Bonawe, North Connel and Benderloch and

members of these communities have been coming to the St Modan's Church Hall to take advantage of this simple, yet effective, idea.

The fortnightly Club nan Caraidean (Gaelic for Club of Friends) is entirely run by members of the church to

give the community a social focus during the winter months.

Volunteers provide tea and coffee and home baking and even transport to those without a car. Various speakers and entertainment is laid on but the main purpose is to

bring people in the parish together.

Changes in society have resulted in fewer neighbourly visits within rural communities, according to Club nan Caraidean organisers Sandra Munro and Maimie Cattanaich, who have been attending church in the parish since they were children.

'We organise this club under the banner of the church, for socialising and fellowship,' said Maimie.

'We started it last October because we thought there

was a need for something like this over the winter and it has become very popular.

'Anyone can drop in; it is for all ages.'

Sandra added: 'People just enjoy coming out to meet each other and have a cup of tea and a blether but we never know who is going to come because we also have a range of interesting activities each fortnight.

'We have had a keep fit class, a Burns supper and musical entertainment in recent months.'

Anne Cameron from Benderloch said: 'I have been here every fortnight since it started. You get a very interesting programme of events and I also bring along three ladies from Ford Spence Court, who really benefit from having that company.

'People don't visit each other like they used to, so life can get lonely for certain people. That's why this club is so important.'



A busy meeting of the club. 16\_t07friends01