

Inverness Warm Spaces 22/23



Every Day	Inverness Cathedral 9am to 4pm Inverness Mosque 2pm to 9pm
Wednesday to Sunday	Inverness Cathedral Café 9am to 4pm – Suspended coffee (pay it forward)
Monday	Smithton Church, Heat Hub 1:30pm to 4:30pm. Free hot drinks/small snacks/WIFI Inverness Vineyard Church Raigmore Community Centre, 1.30 - 3pm, free community lunch Café 1668 12pm to 2pm, Free lunch Culloden-Balloch Baptist Church 3pm to 10pm. Free meal, tea/coffee Free North Church, Bank Street 10 am to 2 pm, hot drinks snacks and fellowship. Hot showers are also available on request.
Tuesday	Inverness Foodstuff, Ness Bank Church Hall, 10am to 3:30pm. 10am to 11:30am Hot drinks/Toast. 1pm to 3:30pm hot vegetarian lunch 07552 303056 Free Zumba class - Hilton Church Hall, Druid Road 12:30pm to 1:30pm. 6 weeks from 10/01.
Wednesday	1:1 Listening Ear Drop-in 9-1PM at Culduthel Christian Centre (CCC) church@ccc.org (not 28/1) Hilton Family Support 9:30 to 11:15 (Referral only via Simeon 07842306625) Hilton Community Centre 12pm to 2pm – Soup/Hot main course/Tea/Coffee and a chat Café 1668 12pm to 2pm, Free lunch The Olive Grove café at Crown Church 10am to 5pm. Reduced menu on a donation basis. Culloden-Balloch Baptist Church, Wellside Cafe 10am till 3pm. Pay forward scheme in operation. Crown Church Toddler group, 10am to 11:30am
Thursday	Hilton Family Support 9:30 to 11:15 (Referral only via Simeon 07842306625) Hilton Community Centre 12pm to 2pm – Soup/Hot main course/Tea/Coffee and a chat. Listening Ear Drop-in group at Hilton Church - 12pm to 3pm. A supportive small group with activities to support mental health and wellbeing. Free Tea/Coffee/Biscuits and sign-posting. (not 29/1) Inverness Foodstuff, Ness Bank Church Hall, 10am to 3:30pm. 10am to 11:30am Hot drinks & toast. 1pm to 3pm 3 course hot vegetarian lunch. Invernessfoodstuff.co.uk The Olive Grove café at Crown Church 10am to 5pm. Reduced menu on a donation basis. Culloden-Balloch Baptist Church, Wellside Cafe 10am till 3pm. Pay forward scheme in operation. Crown Church Toddler group, 10am to 11:30am
Friday	Hilton Family Support 9:30 to 11:15 – Parent & Toddler group Barn Church, Culloden 12:15 to 2:15 – Soup/Tea/Coffee Hilton Community Centre 12pm to 2pm – Soup/Hot main course/Tea/Coffee and a chat Inshes Church 10am to 1pm – Tea/Coffee/Biscuits Café 1668 12pm to 2pm, Free lunch Free North Church, Bank Street 10 am to 2 pm, hot drinks snacks and fellowship. Hot showers are also available on request. Café Connect Kinmylies Church of Scotland, 10am to 12pm, free hot drinks & home baking
Saturday	Inverness Foodstuff, Ness Bank Church Hall, 10am to 3:30pm. 10am to 11:30am Hot drinks & toast. 1pm to 3:30pm 3 course hot vegetarian lunch