

MEARNS
CASTLE
HIGH
SCHOOL

EXTRA
CURRICULAR
ACTIVITIES

FOLLOW FOR UPDATES

@MCHSCLUBS



Created by: Miss Roberts

2022

PLEASE NOTE

All after school clubs must be booked online through a Microsoft Form which has been emailed out and all lunch time clubs are drop in classes so please just turn up on the day to your favourite club.

MEARNS
CASTLE
HIGH
SCHOOL

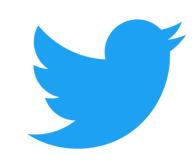




EXTRA CURRICULAR ACTIVITIES

FOLLOW FOR UPDATES

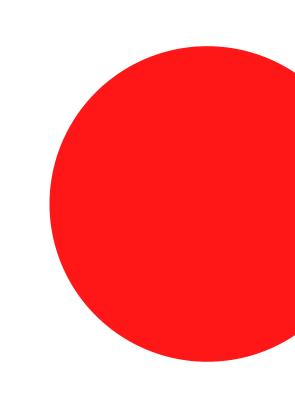
@MCHSCLUBS



Monday	Lunch Time	After School
	Gymnastics Creative Writing Club Keyboard and Ukulele Club Muslim Prayer Group String Group Badminton	Badminton Rugby Junior Rugby Senior Culture Club Debating Club Junior
Tuesday	Lunch Time	After School
	Fitness Anti-Bullying Club Library Book Group Philosophy Club Detective Club Woodwind Group Lego History Club Muslim Prayer Group	Basketball Concert Band Drama Club Hockey
Wednesday	Lunch Time	After School
	Badminton + Table Tennis Basketball Games Club Muslim Prayer Group	The Hub Sewing Club
Thursday	Lunch Time	After School
	Fitness Netball Volleyball ECO-Committee Club Brass Group Muslim Prayer Group Chess Club Chinese Club	Dance Indoor Rowing Volleyball Junior Volleyball Senior Debating Club Senior STEAM Club
Friday Before School	Lunch Time	After School
Breakfast Club	Pride Languages Club Disney and Harry Potter club Cryptocrackers Guitar and Ukulele Group Junior Choir Muslim Prayer Group Senior Steel Band Scripture Union Club Rights, Respecting Schools Group	Video Gaming Club
Irregular Times		
		Girls Football U16 Football Senior Football



SPORTS



MEARNS
CASTLE
HIGH
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ACTIVITIES

FOLLOW FOR UPDATES

@MCHSCLUBS



BADMINTON

MR GIBSON

Come along to the PE
department to be involved in
playing a mixture of games and
a variety of different people.
It's a great way to keep fit,
make new friends and do
something fun after school.
Looking forward to seeing you
all then.



SERVITIUM

MONDAY 15:35 - 16:25 GAMES HALL

SIAND S2



MR GIBSON

Come along to the PE
department to be involved in
playing a mixture of games and
a variety of different people.
It's a great way to keep fit,
make new friends and do
something fun after school.
Looking forward to seeing you
all then.



SERVITIUM

WEDNESDAY 12:30-13:00 OLD GYM

SIAND S2



MR SCOTT

Come along to the PE
department to be involved in
playing a mixture of games and
a variety of different people.
It's a great way to keep fit,
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something fun after school.
Looking forward to seeing you
all then.



SERVITIUM

MONDAY 12:30-13:00 GAMES HALL

57 - 56



BASKETBALL

MR SCOTT

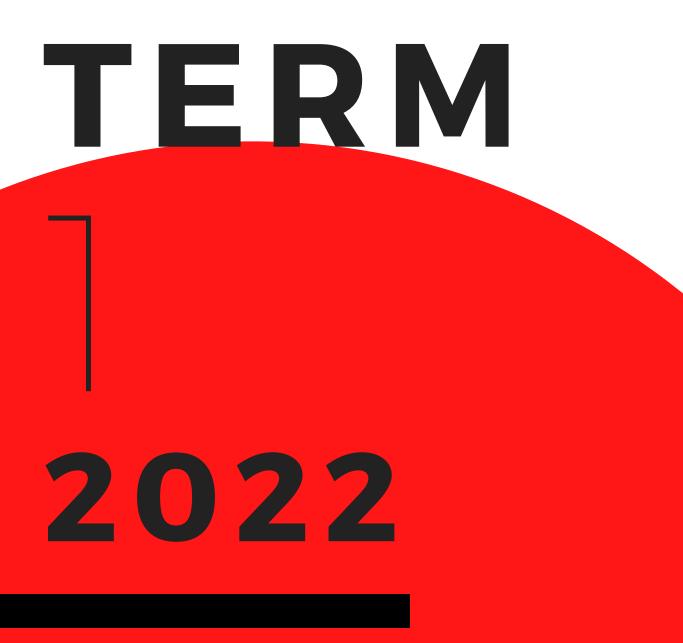
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SERVITIUM

TUESDAY 15:35 - 16:25 GAMES HALL

SIAND S2



BASKETBALL

MR ROBERTSON

Come along to the PE
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a variety of different people.
It's a great way to keep fit,
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something fun after school.
Looking forward to seeing you
all then.



SERVITIUM

WEDNESDAY 12:25 - 13:00 GAMES HALL

S1 T0 S6

DANCE

MRS FREW

No dance experience required. You will learn dance performance and a range of different styles.

Lots of fun, lots of opportunities to perform and a great way to keep fit.

If you like working as a team this is for you. Open to all year groups



THURSDAY 15:35 - 16:25 NEW GYM

PLEASE SEE LEADING
TEACHER FOR MORE
DETAILS

57 - 56



FITNESS CLUB

MR GIBSON

department to be involved in a mixture of fitness activities such as using the rowing, treadmill bike and cross trainer machines whilst meeting a variety of different people. It's a great way to keep fit, make new friends and do something fun during your lunch time. Looking forward to seeing you all then.



TUESDAY 12:30 - 13:05 FITNESS SUITE

PLEASE SEE LEADING
TEACHER FOR MORE
DETAILS

S1 TO S6



FITNESS CLUB

MR GIBSON

department to be involved in a mixture of fitness activities such as using the rowing, treadmill bike and cross trainer machines whilst meeting a variety of different people. It's a great way to keep fit, make new friends and do something fun during your lunch time. Looking forward to seeing you all then.



THURSDAY 12:30 - 13:05 FITNESS SUITE

PLEASE SEE LEADING
TEACHER FOR MORE
DETAILS

S1 TO S6



GYMNASTICS CLUB

NEVE MCNAB (PUPIL)
SOPHIE MO (PUPIL)
MISS ROBERTS

Come along to the PE

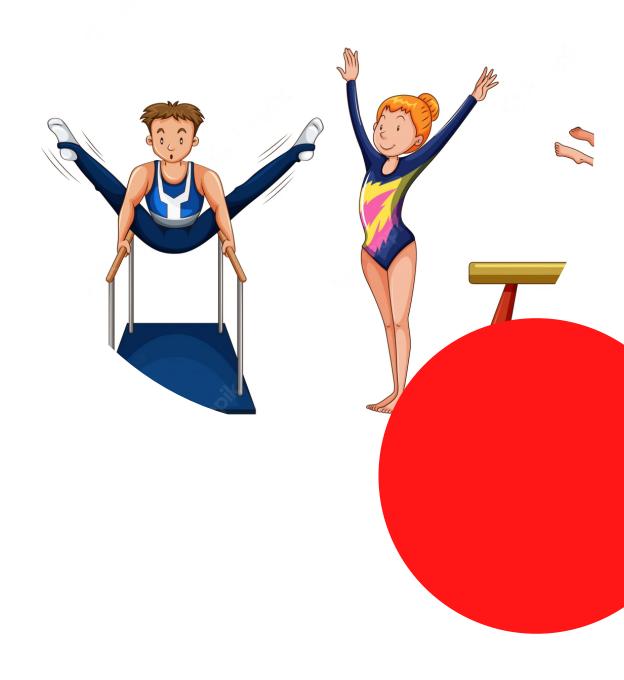
department to be involved in

creating sequences and

practicing your vault.

This club trains towards entering the East Renfrewshires Schools competition so if you have experience in gymnastics or would like to compete please come along to create your sequence.

S1 TO S6



MONDAY 12:30 - 13:0 NEW GYM



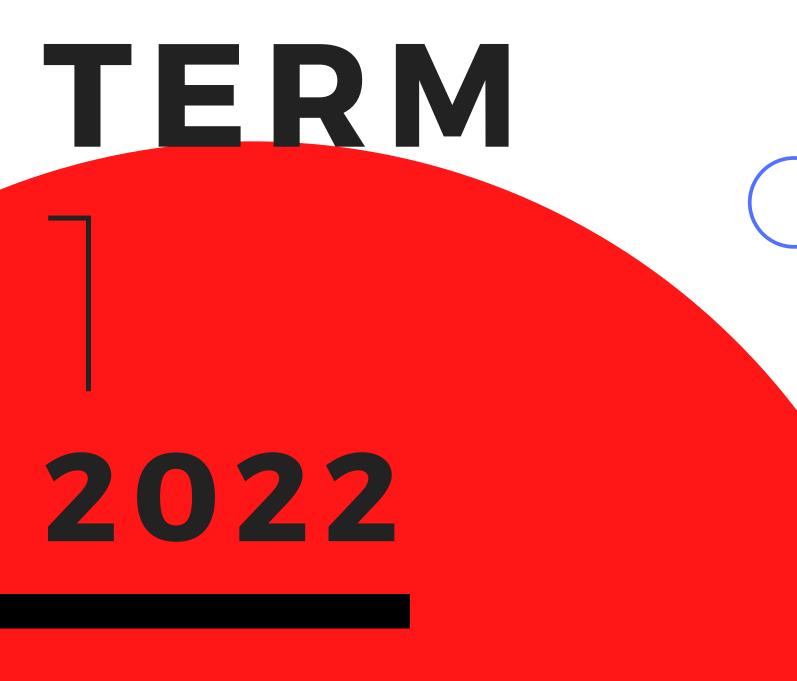
GIRLS FOOTBALL

MR GII ROY

Available to all levels. There is no formal training scheduled for this club. The club will compete in various competitions throughout the year.



SIAND S2



FOOTBALL U16

MR THOMSON

This team will be selected through trials.

There is no formal training scheduled for this club.

The club will compete in various competitions throughout the year.

UNDER 16





FOOTBALL SENIORS

MR ROBERTSON

This team will be selected through trials.

There is no formal training scheduled for this club.

The club will compete in various competitions throughout the year.

SENIORS



HOCKEY

MRS TELFER

Come along to the PE
department to be involved in
playing a mixture of games and
a variety of different people.
It's a great way to keep fit,
make new friends and do
something fun after school.
Looking forward to seeing you
all then.



TUESDAY 15:35 - 16:25 ASTRO

SIAND S2

2022

INDOOR ROWING

MR MOON

Indoor rowing is an excellent cardiovascular, non-impact resistance sport in its own right, with Scottish and UK competitions. It is also excellent training for on-water rowers when outside conditions are unsuitable. A desire to work extremely hard to improve your personal bests is the single most important factor for progress in this demanding and highly rewarding activity.

Club members will be expected to do a little preparatory work between sessions (no more than 20 minutes of research or recording results).

So, if you have that strong desire for improvement and are prepared to work to achieve it, you will be most welcome.



S1 TO S6

THURSDAY 15:45 - 16:25 FITNESS SUITE

NETBALL

MISS ROBERTS

Come along to the PE
department to be involved in
playing a mixture of games and
a variety of different people.
It's a great way to keep fit,
make new friends and do
something fun during your
lunch time. Looking forward to
seeing you all then.



THURSDAY 12:30 - 13:00 OLD GYM

PLEASE SEE LEADING
TEACHER FOR MORE
DETAILS

S1 T0 S4

RUGBY CLUB JUNIOR

MR GOUDIE

department to be involved in playing a mixture of games and a variety of different people.

It's a great way to keep fit, make new friends and do something fun during after school. Looking forward to seeing you all then.

S1 AND S2



MONDAY 15:35 - 16:25 ASTRO/GRASS

TABLE TENNIS

MR GIBSON

Come along to the PE
department to be involved in
playing a mixture of games and
a variety of different people.
It's a great way to keep fit,
make new friends and do
something fun.



WEDNESDAY
12:30 - 13:00
OLD GYM

SIAND S2

RUGBY CLUB SENIOR

MRDALE

department to be involved in playing a mixture of games and a variety of different people. It's a great way to keep fit, make new friends and do something fun during after school. Looking forward to seeing you all then.



MONDAY 15:35 - 16:25 ASTRO/GRASS

PLEASE SEE LEADING
TEACHER FOR MORE
DETAILS

S3ANDS4

VOLLEYBALL CLUB

MRS. MCNAB

Come along to the PE
department to be involved in
playing a mixture of games
and a variety of different
people. It's a great way to
keep fit, make new friends and
do something fun. Looking
forward to seeing you all then.



THURSDAY 12:30 - 13:00 GAMES HALL

57 - 56

VOLLEYBALL JUNIOR

MRS. MCNAB

Come along to the PE
department to be involved in
playing a mixture of games
and a variety of different
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do something fun. Looking
forward to seeing you all then.



THURSDAY 15:35 - 16:25 OLD GYM

SIAND S2

VOLLEYBALL SENIOR

MR GILROY

Come along to the PE
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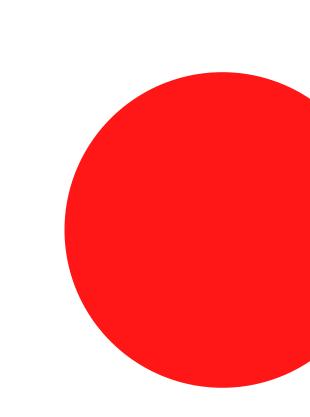


SERVITIUM

THURSDAY 15:35 - 16:25 GAMES HALL



SHAPING THE FUTURE



MEARNS

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SCHOOL



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TERM 1 2022 ANTI-

ANTIBULLYING CLUB

MISS ROBERTS AND MRS CRILLEY

This club will be responsible for creating posters, notice boards and creating online content to 'stamp out bullying'. They will have a visual presence within the school whilst working with staff in their role as antibullying ambassadors.

You will be trained to offer confidential support to prevent and stop bullying. This is your chance to make a big difference in Mearns Castle High School.



TUESDAY 12:30 - 13:05 PE CLASSROOM

PLEASE SEE LEADING
TEACHER FOR MORE
DETAILS

57 - 56



Pupils will engage in thought-provoking discussions surrounding the differences we can all make to our planet. There will be opportunities to spend time in the local community and work with external agencies to allow their thoughts and ideas to come to life. Gardening and litter picks will feature in the activities! S6 pupils can undertake their Young Stem Leader Award through their involvement in both Eco-Committee and STEAM Club.

5 - 56

THURSDAY

12:30-13:05

CHEMISTRY DEPARTMENT

This club will run fortnightly on Thursdays at 12:30 but any changes will be updated via Teams/Pupil News. The code for the Teams Page is: unyeidf

2022

PRIDE

MR SORLEY

Our well established school Gender, Sexuality and Allies group is open to all to attend. It represents anyone who identifies as being part of the LGBTQ+ community, has a family member or friend who identifies as being LGBTQ+ or simply wants to support the work that we have been doing so far on our Equalities journey in the school.

We will continue to engage with other LGBTQ+ groups across East Renfrewshire Council and work with other LGBTQ+ organisations and groups to bring about positive change for the LGBQT+ community within our wider school community.







FRIDAY
12:20-13:05
TECHNICAL ROOM T2



RIGHTS RESPECTING SCHOOLS GROUPS

MISS HENDERSON

The Rights Respecting Schools group has been set up to promote an inclusive environment at MCHS where pupils learn about their rights and how to ensure all young people have their rights respected. Pupils attend meetings where their voice is heard in matters that affect them, school life and life outside of MCHS. In the past pupils have been involved in delivering assemblies to different year groups, organising food bank collections and hosting a human rights week. We are always looking for new members who are passionate about making a difference to people's lives.





FRIDAY 12:30 - 13:05 D18 RMPS



LANGUAGE

AND

CULTURE



CASTLE

SCHOOL



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BREAKFAST CLUB

MISS BRYSON

Whether you are in school early or would like to come in earlier, then why not come along to the breakfast club! Hosted every
Friday morning, head along to the social subjects department for a chilled out morning before the school day. A space to complete some homework, or simply have a chat alongside some tasty breakfast treats to start your day!



FRIDAY 8:00- 8:40AM E1

CHINESE CLUB

MS WINNING

Monkey King, Origami and paper cutting, Chinese chess, Calligraphy and brush painting, Chinese shuttlecock, Chinese opera masks, Chinese cartoon and pop music. Chinese is one of the richest cultures in the world. Don't miss the opportunity to experience the magical culture in the Chinese club!

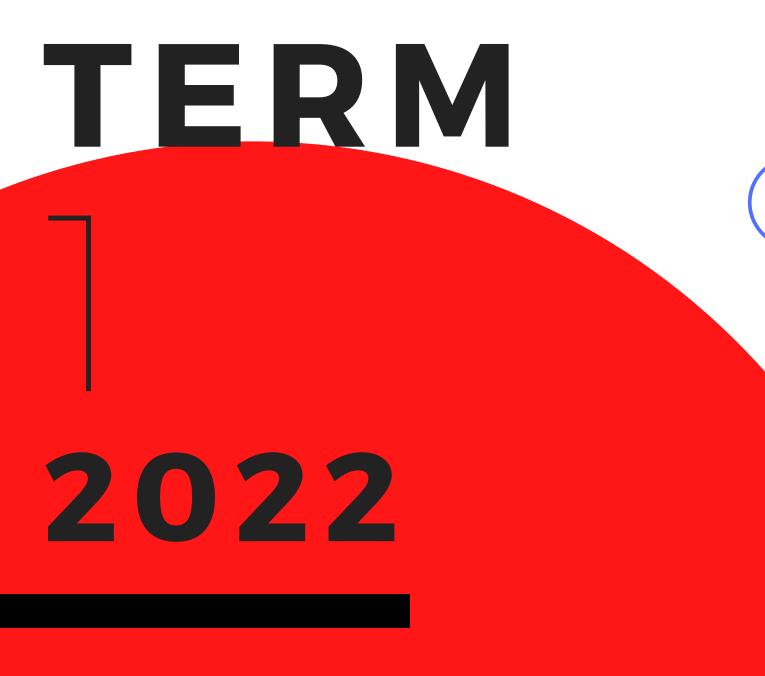
Learning Chinese language offers great benefits to your child's personal and professional growth in the future.



THURSDAY 12:30 - 13:00 D3

PLEASE SEE LEADING
TEACHER FOR MORE
DETAILS

SIAND S2



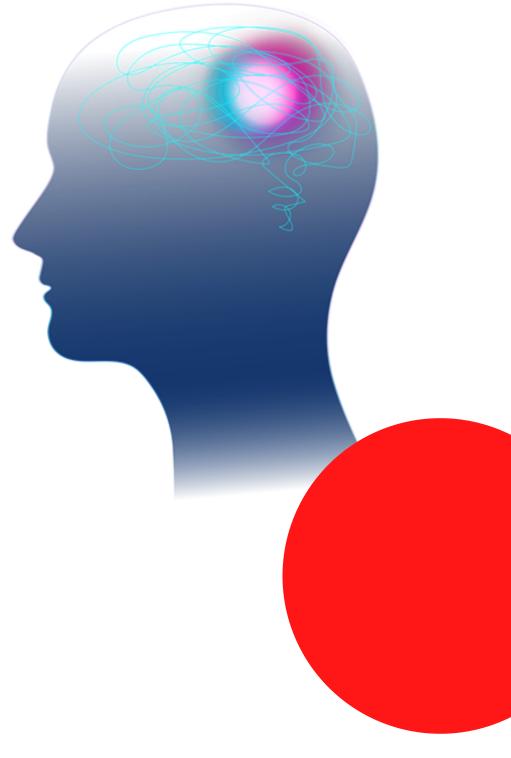
CREATIVE WRITING CLUB

MRSTHORP AND MISS HEPBURN

A chance to stretch your imagination, grow your skills and enter competitions!

Speak to Mrs Thorp for more details.





MONDAY 12:20-13:05 B7

2022

CULTURE CLUB

MISS SINGH

Come along to learn about different cultures around the world, We will explore music, films, food and clothes.

This is a great opportunity for pupils to even share their traditional cultural values and learn about others.





MONDAY 15:35 - 16:25 SOCIAL SUBJECTS

LANGUAGES CLUB

MISS COLSON

Have you always wanted to be able to speak the language of the country you go to on holiday?

Do you want to learn more about different cultures? Do you want to try new food?

Come to the Languages Club! We will learn about languages and countries you're interested in!



SERVITIUM

FRIDAY 12:30 - 13:00

D9

PLEASE SEE LEADING
TEACHER FOR MORE
DETAILS

57 - 56

2022

LIBRARY BOOK GROUP

MISS MCFACHERN

If you love books and reading then the Library Book Group is the place for you! Together we read (and vote for) great new books which have been nominated for various children's book awards such as The East Renfrewshire Teen Book Prize and The Carnegie Book Award.

We meet in the library to discuss the books we are reading and have fun with games and activities.

Our reading is rewarded by winning valuable
House Points for each completed book and
culminates in a trip to the Edinburgh
Book Festival in August to meet exciting authors
and attend book signing sessions.

Pupils from all year groups are very welcome to join the Library Book Group, so come along and join in the reading fun!



EVERY 2ND TUESDAY
12:20-13:05
LIBRARY

PLEASE SEE LEADING
TEACHER FOR MORE
DETAILS

57 - 56

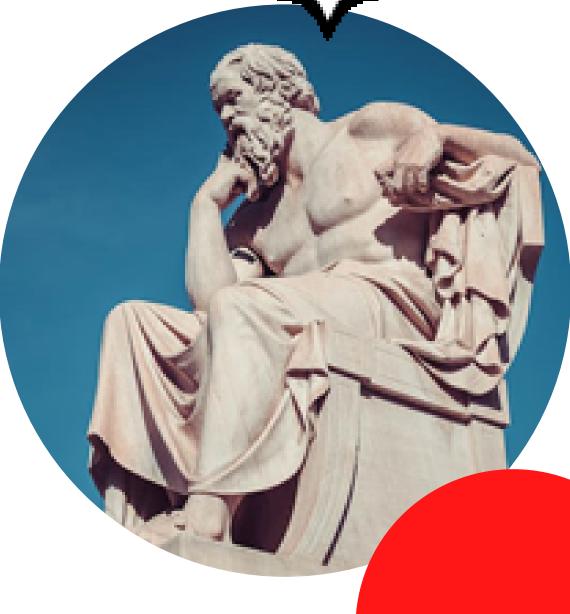
2022

PHILOSOPHY CLUB

MISS CLOSE AND MR FREW

Are we players in a video game? Is it always wrong to steal? Why are we here? If you have ever thought about any of these questions, then you are already a philosopher. Come along to engage with life's big questions, develop your own views and share them with others. Sessions will involve watching and discussing philosophical films and TV, hearing from experts and debating ultimate questions.

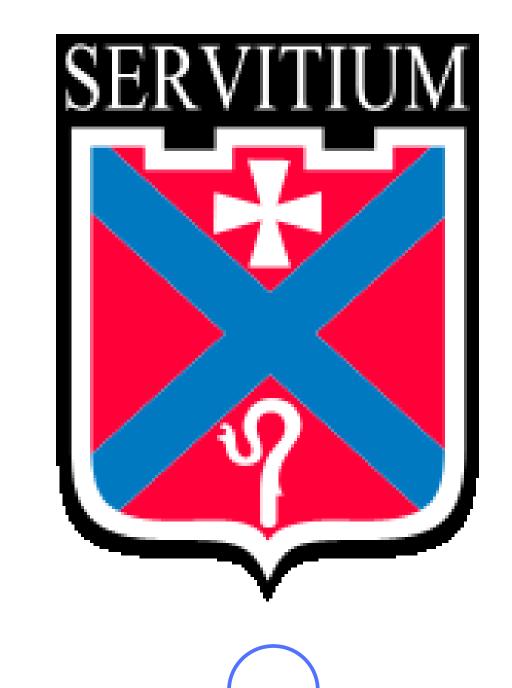




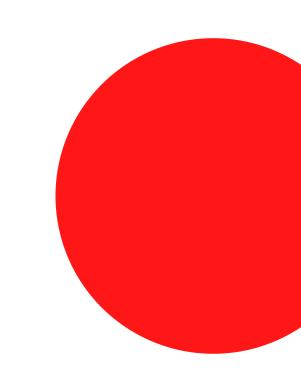
TUESDAY 12:30 - 13:05 D17

PLEASE SEE LEADING
TEACHER FOR MORE
DETAILS

S1 T0 S4



GAMES



QUIZZING

MEARNS

CASTLE

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ACTIVITIES

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DETECTIVE CLUB

MISS HOWIF

case or mystery and try to determine who the culprit was and what really happened! There will be prizes each week for those who are successful. So, do you have what it takes to be Mearns Castle's lead detective? Come and find out!



TUESDAY 12:30 - 13:05 E6

2022

DISNEY AND HARRY POTTER CLUB

MISS MCDOUGALL

Are you a Potterhead or a Disney fanatic? Come along to the Social Subjects department to get involved in a range of Disney/Harry Potter themed activities such as: quizzes, movies and book reviews. A great way to make friends and share your enthusiasm and love for these wonderful films and books! You are welcome to bring your lunch with you.



SERVITIUM

FRIDAY 12:20-13:05 F9

PLEASE SEE LEADING
TEACHER FOR MORE
DETAILS

51 - 53

2022

CAMES CLUB

MS SHAKOOR

There will be many games to play such as Dominoes, Jenga, Connect 4, Articulate, Cluedo...

Feel free to bring your own game and lunch!

If you are interested, join the games club class: rybj7hg



WEDNESDAY 12:25-13:00

F14

PLEASE SEE LEADING
TEACHER FOR MORE
DETAILS

SIAND S2

2022

VIDEO GAMING CLUB

MR CAPALDI

relaxing way to end a school week.

Aside being good fun, gaming is shown to benefit response times; encourage teamwork and critical thinking skills; stimulate creativity, focus and visual memory and improve strategy and leadership.

We primarily play multi-player games on the Nintendo Switch but we encourage members to make suggestions, organise tournaments or even just to come along for a chat about their favourite games



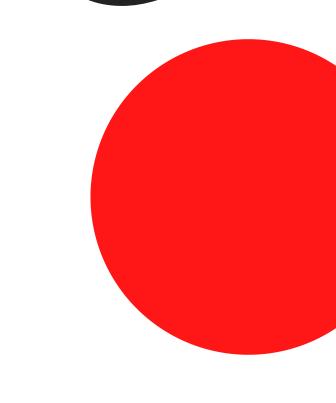
FRIDAY 15:00-16:00 B1 ENGLISH

PLEASE SEE LEADING
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DETAILS

S1 TO S6



DEBATING



MEARNS

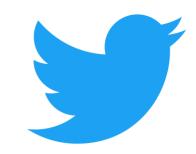
CASTLE

SCHOOL

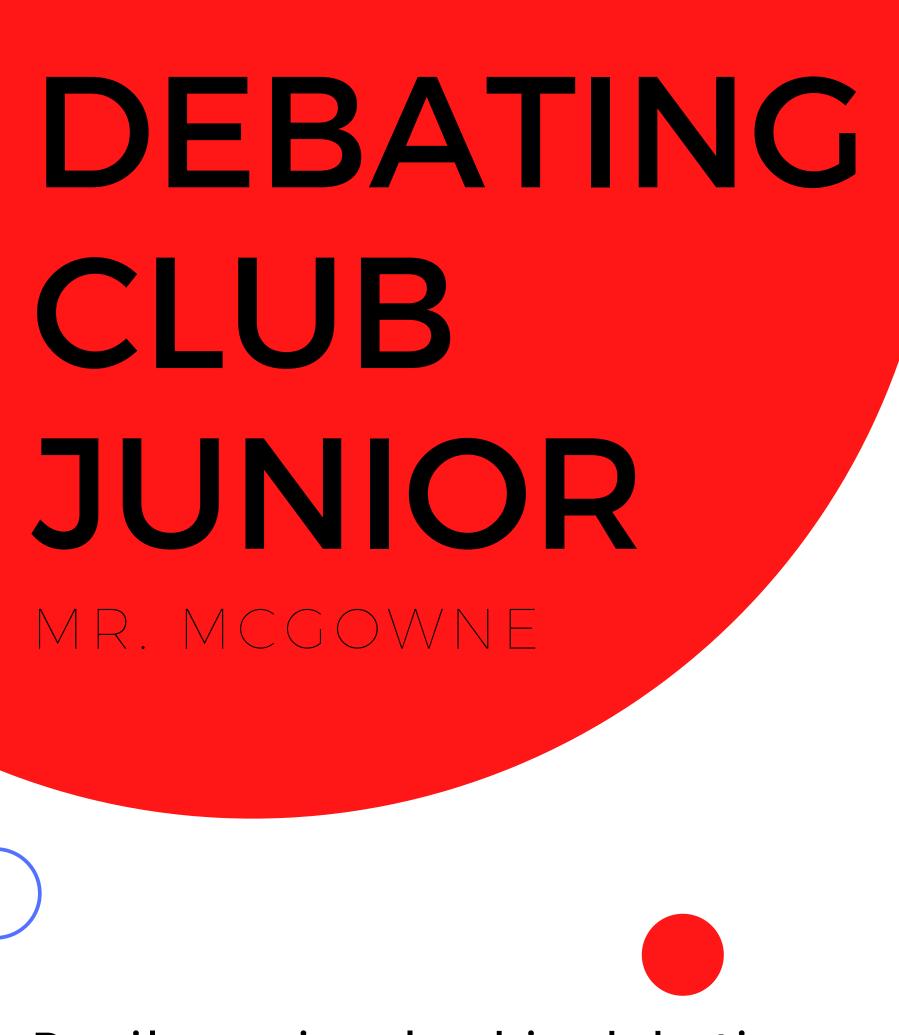
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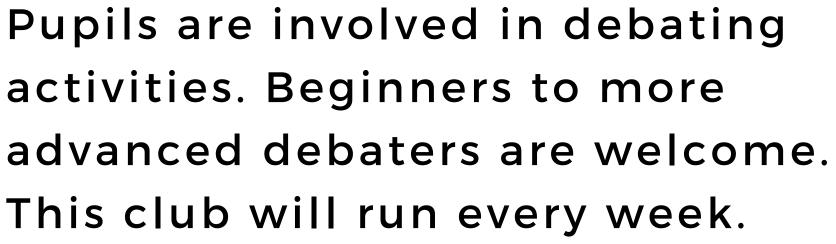
Pupils are involved in debating activities. Beginners to more advanced debaters are welcome. This club will run every week.

MONDAY 15:35 - 17:30



DEBATING CLUB SENIOR

MR. MCGOWNE

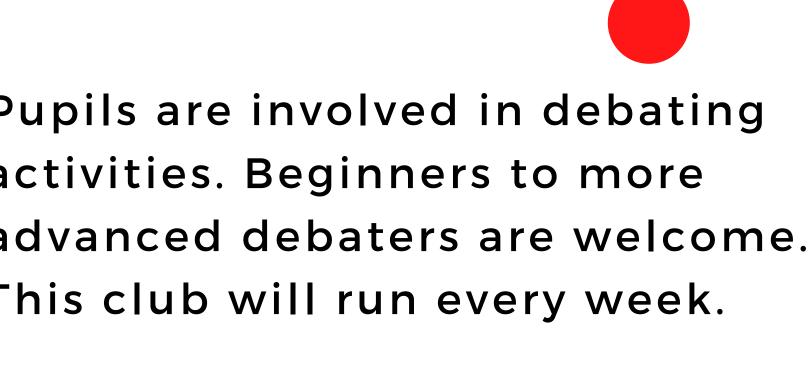


THURSDAY 15:35 - 17:30

PLEASE SEE LEADING **TEACHER FOR MORE DETAILS**

SERVITIUM









MATHS, PROBLEM SOLVING AND SCIENCE

MEARNS
CASTLE
HIGH
SCHOOL



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2022

CHESS CLUB

MR MOGHULAND MISS DOSANJH

Suitable for beginners and advanced players. Come along to learn how to play and to challenge someone to a game.



THURSDAY 12:30 - 13:05 F11

57 - 56

CRYPTOCRACKERS

MISS DICKSON AND MRS THOMSON

CryptoCrackers club runs on a Friday lunchtime in the Maths department. We will learn to crack codes and ciphers and compete in national competitions throughout the year, run by the University of Southampton and the University of Manchester. All year groups are welcome!



FRIDAY 12:30 - 13:05 F15 MATHS

S1 T0 S6

STEAM CLUB

MISS MCKISSOCK

STEAM Education is an approach to learning that uses Science, Technology, Engineering, the Arts and Mathematics as access points for guiding student inquiry, dialogue, and critical thinking. STEAM education results in students who take thoughtful risks, engage in experiential learning, persist in problem-solving, embrace collaboration, and work through the creative process. These are the innovators, educators, leaders, and learners of the 21st century! At STEAM club we will help you develop all these skills by setting you a variety of challenges that will really get you thinking, for example, do you think you could build the biggest spaghetti tower or create a tornado in a bottle? Is so come and join STEAM club!

SIAND S2



THURSDAY
15:35 - 16:25
SCIENCE
DEPARTMENT



HEALTH AND WELL-BEING

MEARNS
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ACTIVITIES

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THE HUB

THE HUB STAFF

S1-6 are welcome to come and join us at the hub on Wednesdays for our afterschool club until the end of November. Please see a member of staff in the hub to find out more and scan our QR code to sign up. It is important to take care of our health and wellbeing and this is what this club will aim to focus on. There will be a wide range of activities, alternating weekly, including arts and crafts, dance, sport, cooking, outdoor activities and mindful activities.



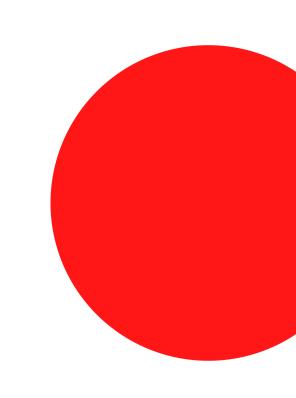


WEDNESDAY 14:45 - 15:25 THE HUB

STARTS: 7TH SEPTEMBER

PLEASE SEE HUB STAFF FOR MORE DETAILS





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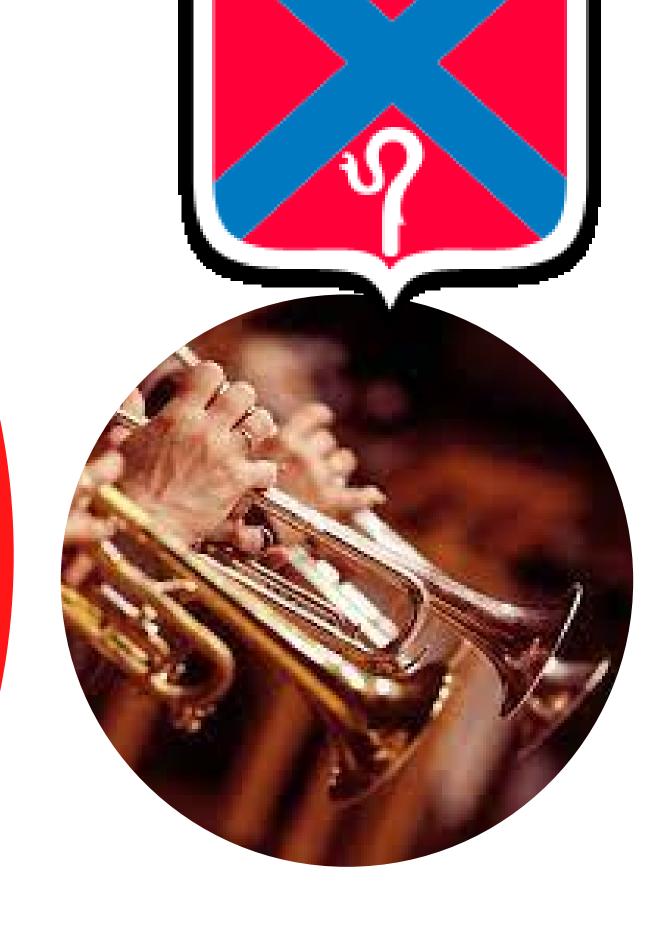


2022

BRASS GROUP

MISS BROWN AND MR BLACKWOOD

Ilf you play a Brass instrument then this is the group for you. Please see Miss Brown for more details.



SERVITIUM

THURSDAY 12:25-13:05 C3

PLEASE SEE LEADING
TEACHER FOR MORE
DETAILS

S4 T0 S6

2022

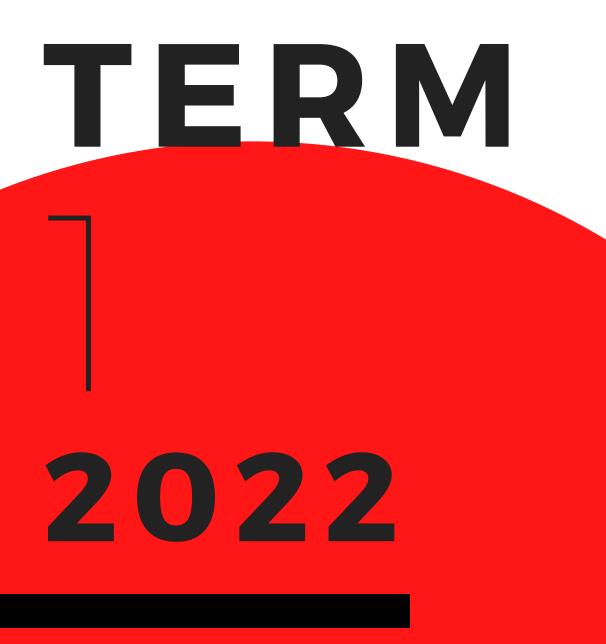
CONCERT BAND

MISS BORLAND

This will take place in the
Theatre. If you play a
Woodwind or Brass instrument
then please come along. If you
would like to join the
Percussion section then please
ask about this. The group
performs at various concerts
and charity events and is a
great way of working as a team
to develop your playing skills.



TUESDAY 15:35 - 16:45 THEATRE



GUITAR AND UKULELE GROUP

MRS MIII FR

This group is open to any pupil who can read music and play Guitar or Ukulele. Please see Mrs Miller on a Friday in D1 for more details.



FRIDAY 12:25-13:05 D1

2022

JUNIOR CHOIR

MISS BROWN

This will take place in the Theatre. Singing is a fun activity that not only develops your musical skills but is great for your well being. Come along at the start of lunchtime with a packed lunch!

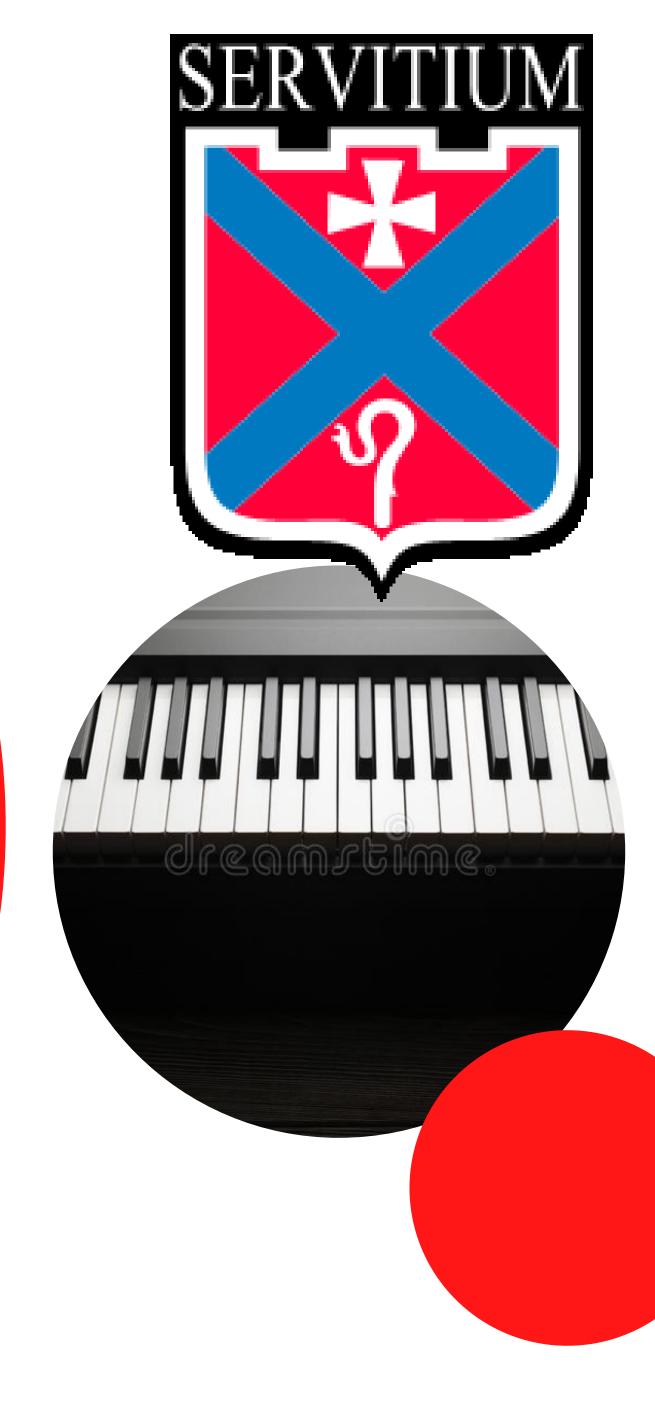


FRIDAY 12:25-13:05 C5

KEYBOARD AND UKULELE CLUB

MISS DI COSTANZO

Work with others to learn the basics and perform together and have some fun! Open to all levels as we will adapt music to suit everyone.



MONDAY 12:25-13:05 C5



MISS BORLAND

This is a brand new club where you will learn to play as part of a Steel Band. Great tunes and fun times. Come along and give it a try!





FRIDAY 12:25-13:05 C3

PLEASE SEE LEADING
TEACHER FOR MORE
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S4 T0 S6

2022

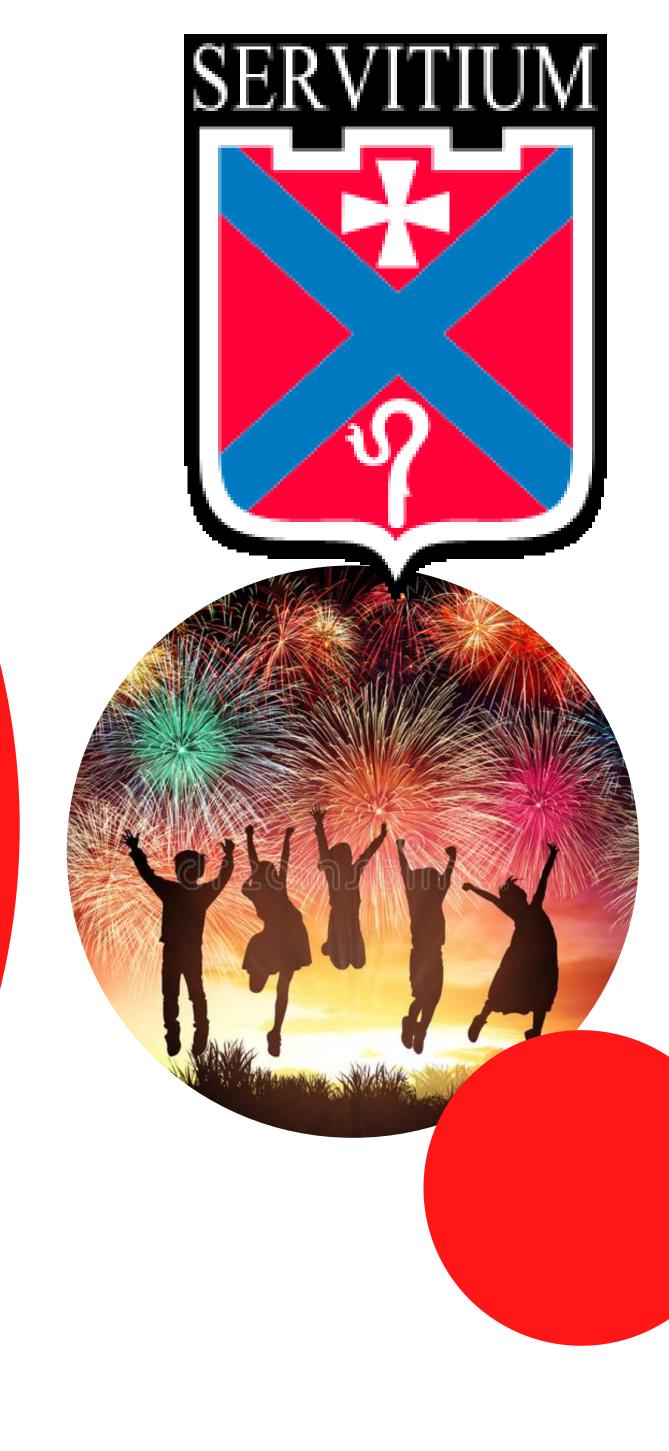
SCHOOL SHOW

PERFORMING ARTS STAFF

We hope to run a school show in June next year. Auditions will take place around October/November and rehearsals will start in January 23. Monday 3.35 - 5pm in the Theatre. Being involved in a production is a fun and enjoyable way to work with others from all year groups to produce a fantastic end of year musical.

Look out for announcements coming soon.

.57 - 56



Coming Soon!

PLEASE SEE PERFORMING
ARTS TEACHERS FOR
MORE DETAILS

2022

STRING GROUP

MS BAILIE

If you play Violin, Viola, Cello or Double Bass then this is the group for you! Please see Ms Bailie on a Monday in D1 for more details.





MONDAY 12:25-13:05 D1

WOODWIND GROUP

MS BAILIE

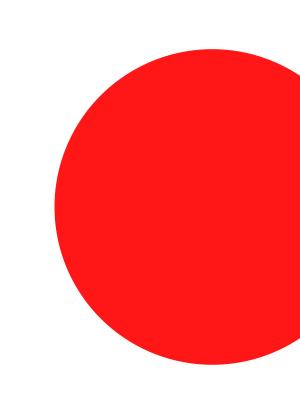
If you play a Woodwind instrument then this is the group for you. Please see Ms Bailie on a Tuesday in D1 for more details.



TUESDAY 12:25-13:05 D1



CREATIVE ARTS AND HISTORY



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2022

DRAMA CLUB

MRS FREW AND MRS GILES

Do you want to do something exciting this year? If so come along to the drama club.

Whether you are a singer, actor, dancer or are into production, if you enjoy drama, the drama club has something to offer you.

There will be plenty of opportunity for performance this year and it will help build your confidence, community, teamwork and creativity. Do not miss out.

TUESDAY 15:35 - 16:25 DRAMA

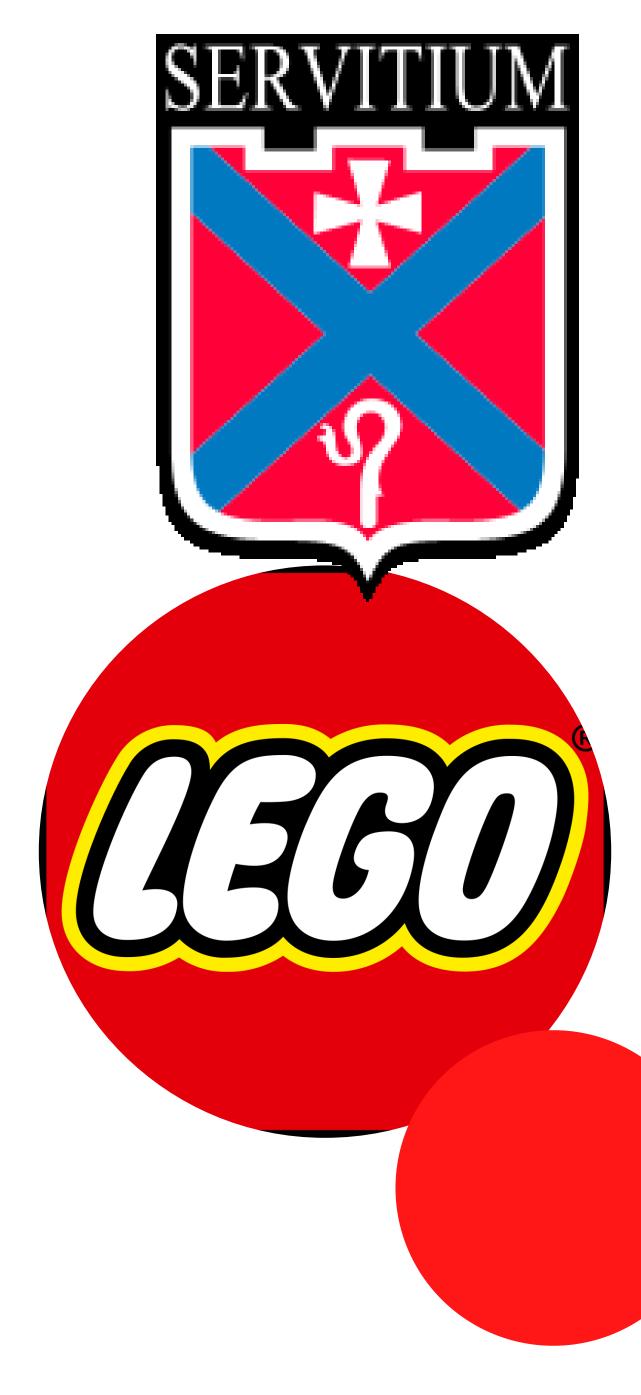
SERVITIUM



LEGO HISTORY CLUB

MISS THOMSON

The Lego History Club use Lego to build famous moments in history and then challenge the rest of the school to guess the event. We work as a team to decide on historical events, to design and build and then to organise our school-wide competition.



TUESDAY 12:30 - 13:05 F9

PLEASE SEE LEADING
TEACHER FOR MORE
DETAILS

SIAND S2

SEWING CLUB

MISS MCCARTNEY

sewing Club is a fun relaxed sewing group developing your textile & creative skills through embracing sustainable fashion & up cycling. Reduce, reuse & recycle: give your unwanted shirt & or jeans a second life. Please note there is an allocated time for \$1 and \$2 as shown on the right.

SIAND S2

Please note S1 and S2 will alternate the weeks they attend that being every second Wednesday



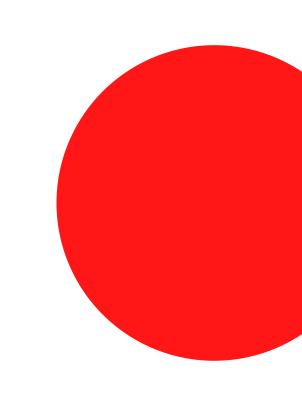
S1STARTS: 21/09 S2 STARTS: 28/09

WEDNESDAY

14:45-15:55

HOME E C O N OMI C S





MEARNS
CASTLE
HIGH
SCHOOL

EXTRA
CURRICULAR
ACTIVITIES

FOLLOW FOR UPDATES

@MCHSCLUBS



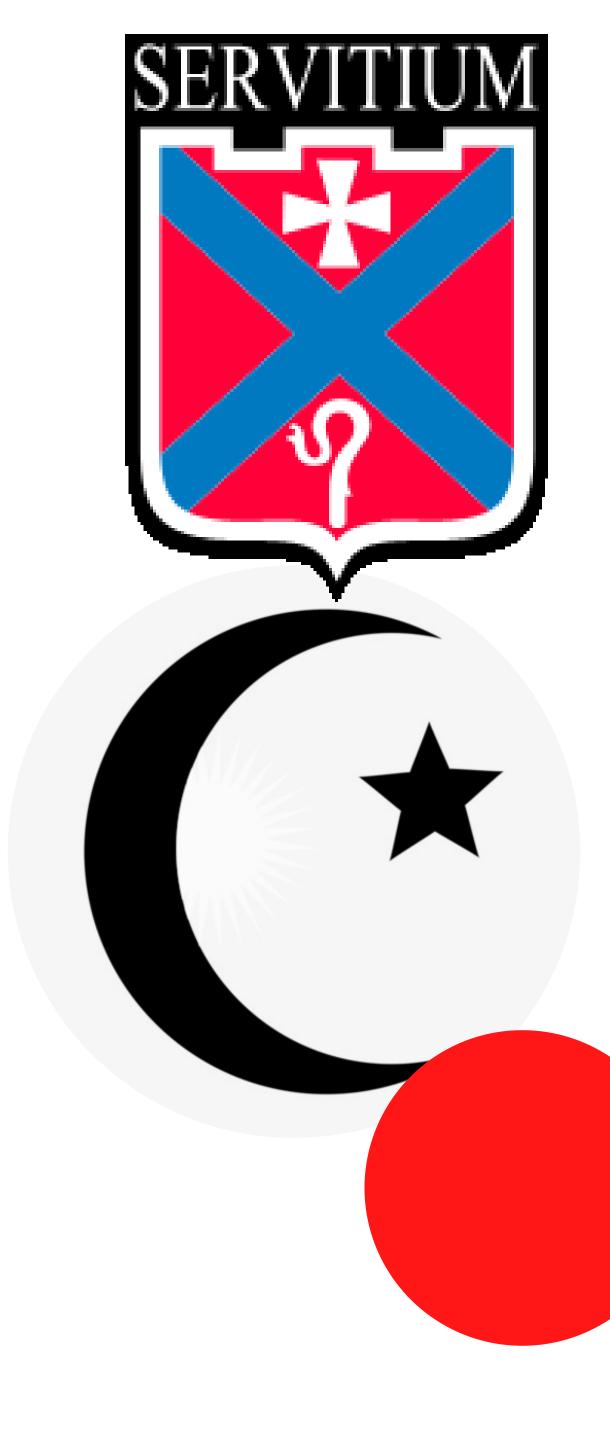


MUSLIM PRAYER GROUP

Mr Moghul

The club gives Muslim pupils the opportunity to offer their prayers during lunchtime, ask questions and spend time with friends. This club will begin in November.





MON-THUR- F10 FRI - CONTEMPLATION RM STARTS NOVEMBER

SCRIPTURE UNION CLUB

JACOBINGLISTON

(FROM MAXWELL MEARNS CHURCH)

Scripture Union is for anyone wanting to explore the Christian faith, ask any questions they have or just spend time together. We often have special events involving food.



FRIDAY
12:30 - 13:05
CONFERENCE
ROOM