Winter Talks Series 2026/2027

Full programme

Thursday evenings at 7 - 8 pm

December 2026

3 Dec	Joanna Crispell of Alzheimers UK - **Your Amazing Brain Health**
10 Dec	Amanda Hicks of Tree Vibes - **Sound bath** - *MO Members Only*
17 Dec	**Quiz Night** with Joanne & Quiz Master June Strath - *MO Members Only*
31 Dec	Amanda Hicks of Tree Vibes - **Sound bath** - *MO Members Only

January 2027

7 Jan	V&A Kirsty Hassard - **Catwalk: The Art of the Fashion Show**
14 Jan	Audrey Sinclair (former Community Cllr for Localsh and Wester Ross) - **The joys of Bee Keeping**
21 Jan	Highlife Highland Rangers - **North Coast Splashes - Marine Mammals**
28 Jan	**Quiz Night** with Joanne & Quiz Master June Strath - *MO Members Only*

February 2027

4 Feb	Val Gale and Arthritis UK's Michaela - **Managing Pain** - *MO Members Only*
11 Feb	Andrea from the Cheyne Gang - **Singing for Lung Health**
18 Feb	Gavin Smith - **Landscape Photography**
25 Feb	**Quiz Night** with Joanne & Quiz Master June Strath - *MO Members Only*

March 2027

4 Mar	Val Gale and Arthritis UK's Michaela - **Managing Fatigue** - *MO Members Only*
11 Mar	Highlife Highland Rangers - **A Year in the Life of a Golden Eagle**
18 Mar	Amanda of Tree Vibes - **Sound Bath** - *MO Members Only*
25 Mar	**Quiz Night** with Joanne & Quiz Master June Strath - *MO Members Only*

April & May 2027

1 Apr	Val Gale and Arthritis UK's Michaela - **Managing Mental Wellbeing** - *MO
8 Apr	Mark Boyd - **Collection of Clocks**
15 Apr	Amanda Hicks of Tree Vibes - **Sound bath** - *MO Members Only*
22 Apr	Dietician Andrea Horne NHS - **Healthy Eating and Nutrition Support**
6 May	Val Gale and Arthritis UK's Michaela - **Managing Sleep** - *MO

***MO = Members Only. New Members are welcome to join click the link below:**
https://www.myself-management.org/join