



**Wellbeing Wednesdays (#wellbeingwedwestedin)**

Supporting our community to improve physical and mental wellbeing  
Watch out for wonderful Facebook posts from Local Groups

*Please Note Some activities in this leaflet may make a small charge to cover costs*

Any organisation wishing to have Information included in the July edition of the newsletter should submit information to [admin@energizegym.co.uk](mailto:admin@energizegym.co.uk) by 20th June 2022

- Published by A&WVSF
- Project Funded by CEC

◆ EDINBURGH ◆  
THE CITY OF EDINBURGH COUNCIL

# Almond & Western Voluntary Sector Forum

## Bringing people together



Voluntary Sector activity programme in the West  
Edinburgh Area  
June 2022

<https://facebook.com/awe.voluntary.sector>

## Memory Lane Café

The Memory Lane Cafe meets every Friday from 10am - 12md at Saughtonhall United Reformed Church, 85/87 Saughtonhall Drive, EH12 5TR.  
Join us for conversation and home baking. A warm welcome awaits. Want to know more? - Call Lesley on 07881 288909

## Rannoch Community Centre - 0131 339 5351

### 6 Rannoch Terrace (Behind Drumbrae Hub)

**Badminton** - Tuesday and Thursday 9.30am - 12pm, Friday 7pm to 10pm – just come along

**Bingo** – Thursday 1.30pm to 3.30pm – just come along

**Breast Feeding Support group** – Tuesdays 11.15am to 12.15pm For mums and babies experiencing breastfeeding challenges. We would love to see you and your baby. Please do come! For more info call Stewart Team 0131 286 5023

**Homestart Baby Massage & Baby Peep** – Mon & Wed respectively 1pm to 3pm. Contact Nancy at [groupwork@hsew.org.uk](mailto:groupwork@hsew.org.uk) or phone 0131 564 1540 to leave a message. Health Visitor referrals receive priority.

## Munro Centre – Tel 0131-539 7179

6 Parkgrove Street, Tuesday 10.00-11.30am Coffee Group

Looking to meet up, chat and make new friends? Join our friendly group for a cup of tea and a game of Bingo.

## You're Never Too Old

**YNTO'S mission is to reduce social isolation within the community**

Enjoy meeting new people making new friends carry out various activities, bringing the past back to life with reminiscence and have a light lunch. We also hold annual outings in the summer and at Christmas.

If you or someone you know over 65 Years old would like to come along, we have vacancies on both days

**Mondays and Tuesdays 10am -1.30pm Laura Fergusson Court, 72 Craigmount Brae Pick-ups and drop offs.**

Contact Anne on 07741645413 or [anne.stewart@yourenevertooold.org.uk](mailto:anne.stewart@yourenevertooold.org.uk)

## Drumbrae Allotments

**Tuesday 9.30am-11.30am Drumbrae Allotments Session**

Interested in gardening, even pottering? Now that spring is here why not come along to the community allotment. You are welcome to come along and join in our friendly group.

Give George a call on 07980 367329 for further details

## Drumbrae Library – 0131 529 5244

**Bookbug:** Tuesdays, Wednesdays, Saturdays at 10:30am. Book by Facebook message or phone.

**Funky Fridays:** Fridays 2pm. Crafts for all kids up to 10, and video games for kids 8+

**Tabletop Knights:** Saturdays 10am-4:30pm. Board games for adults, individuals or groups welcome to bring their own games or use our collection.

**Lego Time:** Every second Saturday 2pm. Construction fun for kids.

**Chatterbooks:** Every second Saturday 2pm, book discussion, writing and activities for P6-S1.

Contact the Library for more information or to book a place.

## Corstorphine Dynamo

### Tuesday evenings

Dynamo FFIT is a new initiative to help overweight men get back into playing football. FFIT will run as an 11 side team training on Tuesdays.

For more information drop us an email at [info@corstorphinedynamo.co.uk](mailto:info@corstorphinedynamo.co.uk)

**Wednesday 2.00pm – 3.00pm**

Walking Football at World of Football, Chesser (pre-booking required) A slower version of the beautiful game giving even more people the chance to enjoy the sport many of us love.

## Corstorphine Library – 0131 529 5506

Creative Writing Club for P6 – S2 – 1<sup>st</sup> Wednesday of every month at 5.30pm

Chatterbooks – books and activities for kids aged 8 – 12. 3<sup>rd</sup> Monday of every month at 4.30pm

## Energize Health and Fitness – 0131 317 0260

**Get ACTIVE 50+ Classes** - Mondays 10.30am, Wednesdays 10.15am, Thursdays 9.30am

For over 50s to help keep active, flexible and reduce / help injuries.

**Energize TEEN GYM TIME – FREE on WEEKDAYS 3.00pm-6.00pm**

Use our indoor and outdoor gym at Energize (13-16yr olds) FREE.

**Energize Walking Group Tuesday 2.30pm**

Gentle outdoor walking in the beautiful grounds of Edinburgh Park and beyond. Finish off with a refreshment / coffee in Energize Café.

**Pre booking required for all classes**

## Gallery Art Club

We meet Tuesday mornings 10am to noon, to draw and paint from September to June at Carrick Knowe Church Hall, Saughton Road North. We also have occasional workshops, demonstrations and visits to galleries. If you are interested in joining us pop in on a Tuesday or contact Tel: 07963 143588



**Corstorphine Community Centre**

191 St John's Road, Corstorphine

<b>Mon</b>	10.00-11.30 1.00-3.00	Babies Group (birth-2yrs) Men's Shed Social & Workshop
<b>Tues</b>	10.00-1.00 10.45-11.45 12.00-2.00 6.00-7.30	Digital support Gentle seated exercise Lunch Club Girls Group (P7-S3)
<b>Wed</b>	10.30-1.2.30 1.00-3.00	Craft Group Craft Group
<b>Thurs</b>	10.-12.00 10.30-12.00 1.00-3.00 1.00-3.00 6.00-8.00	Walking Group (8K) Sporting Memory Group Men's Shed Workshop Crochet & Knitting Group Youth Group (S1-S6)
<b>Fri</b>	10.00-12.00 10.11.30-	Art Group Wiggling with wee ones (5yrs & under)

**General Enquiries-** email: [admin@ccchub.online](mailto:admin@ccchub.online) Tel: 07786870297