Western Neighbourhood Network -

A priority for the WENN is to ensure that there is a good system of communication in place that makes information readily available on what Community Activities are available within the West Edinburgh Area Initiatives which have been developed are;

Activity Programme Monthly Leaflet which promotes a selection of the various activities available which support the WNN objective of targeting Social Isolation.

Other initiatives to make communication include:

Directory of Community Services in Drumbrae, Gyle Corstorphine & Murrayfield

The Directory which was set up in 2023 gives information on local Voluntary Organisations and activities in the local area.

The Directory is now available online as part of the new West Edinburgh Information Website https://westedinburghinformation.wordpress.com/western-edinburgh-neighbourhood-directory/ Hard copies are available in local Libraries and some other community venues

For further information contact tormmy.awvsf@gmail.com

West Edinburgh Information Website - https://westedinburghinformation.wordpress.com

The signposting website has been developed to increase visibility and reach of the amount and range of information available on Community Activities and services within the West Edinburgh Area. The website is available in 37 languages, is accessibility compliant and catalogues 100's of activities.

The success of the signposting website will depend on organisations providing up-to-date information on their own websites and ensuring key information is accurate as the signposting website links to organisations' websites.

The site includes a range of pages including information on individual organisations, catalogues sports and recreation, activities by age group, a weekly diary of clubs and activities offered, Special Events, What's on and volunteering opportunities.

The site is still being developed and we welcome any <u>feedback</u> on how this can be improved to meet the requirements of the local community and organisations.



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 January edition of the

Leaflet must submit information to tommy.awvsf@gmail.com by 18th December 2023

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VOLUNTARY SECTOR ACTIVITY PROGRAMME FOR THE WEST EDINBURGH AREA JANUARY 2024

BRINGING PEOPLE TOGETHER

Produced by:
Almond & Western
Voluntary Sector Forum

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

Rannoch Community Centre - 6 Rannoch Terrace (Behind Drumbrae Hub) 0131 339 5351

MONDAY		WEDNESDAY
9.30am - 12pm	*Parent & Toddlers -	12.30pm - 4pm THRIVE NHS drop in every 2 nd
1.00pm - 3pm	*Baby Massage (Homestart)	Wednesday
1.00pm - 3.30pm	Carpet Bowls	1.00pm - 3.00pm *Baby PEEP (Homestart)
TUESDAY		THURSDAY
11am - 1pm	Badminton -	9.30am - 12.00pm Badminton
9.45am -10.45am	Weaning (NHS) 1st Tuesday of each month	11.00am - 1.15pm Leonard Cheshire
11am - 12.00pm	Breast Feeding Group	1.00pm - 3.30pm Bingo
12.45 - 1.45pm	Parenting Sessions NHS 1st Tues every 2nd month	1.00pm - 3.00pm Bereavement Group 1st Thursday
* School Term Only		FRIDAY
		7.00pm - 10.00pm Badminton

For more information on all the activities offered by Rannoch Centre please contact the Centre Office on 0131 339 5351 or e-mail CLD-Rannoch@ea.edin.sch.uk

St Thomas Church - St Thomas' Church, 75-79 Glasgow Road, EH12 8LJ

The weekly Coffee Plus Group meet on Thursday's 10am -12pm, Everyone is welcome to come for refreshments and home baking, arts and crafts are available. Restarts on 11th January after festive break.

St. Thomas' Baby and Toddler Group meet on Tuesday's 10am - 11.30am in the Gyle Hall at the back of the church.

Mum. Dad or grandparents are welcome to chat and enjoy a cuppa while the wee ones play.

For information on activities held at St Thomas Contact the church office 0131 285 8782 or email churchoffice@saintthomas.org.uk

St Anne's Church - 1 Kaimes Road - EH12 6JR - 0131 316 4740

Saturday Whist - Third Saturday of the month at 2pm in the Belgrave room. Whist is an enjoyable game of cards, which is easy to play from a beginner level. All welcome

Lunch Club - Wednesdays 12 noon in the Belgrave room.

Join us for something to eat and fun activities, followed by tea/coffee and home-made baked goodles.

FAN Club - Fortnightly on Fridays at 10.30am in Kaimes hall.

Friends And Neighbours -retired people who want to keep their minds active and informed. All welcome

Caring&Sharing @ St Anne's - Fortnightly on Fridays at 10.30am in the Belgrave Room.

We are a group that meets fortnightly on Friday mornings to enjoy coffee and a speaker on topics of a "caring" nature alternating with a café style meeting to "share" conversation and laughter.

More information on all our groups can be found on our website www.stannescorstorphine.org.uk

The Corstorphine Trust, The Dower House, St. Margaret's Park

The Museum and Archive Room are open Tuesdays to Sundays and admission is free. You can keep up-to-date with our daily opening hours on our Facebook Page, The Corstorphine Trust.

At this fascinating sixteenth century building we have a wealth of material from years gone by charting the lives of people who lived and worked in Corstorphine Village.

Corstorphine Connect Sight Loss Group

After a successful past year, the Corstorphine Connect Sight Loss Group will continue to meet this year for Coffee, Cake and Chat followed by a speaker or a themed meeting on the 3rd Saturday of the month @ 2pm-3.30pm in the Corstorphine Astoria Centre, 28 Kirk Loan. Anyone struggling with Sight Loss is welcome including any accompanying family member or friend. A very small donation is expected at each meeting to cover costs.

Our meeting on January 20th, 2024 features a little bit of Burns including a Piper and speaker.

Then on February 17th, Anne Dignan will share her journey of Sight Loss, running a Macular Group, to becoming a Story Teller and with a story for us today.

For more information, contact Hazel T 0789 9875713

E hi.kelly@virgin.net or Just come along on the day.

ACE IT - Digital Skills Support Sessions at the Space to Be at Gyle Shopping Centre (located in the Food

Court). Come along to sessions every **Wednesday from 2pm to 4pm.** Sessions are open to anyone over 50 needing help with their digital device or wants to get online. Contact <u>info@aceit.org.uk</u> or call 0131 667 2053 to sign up.

Memory Lane Café - at Saughtonhall United Reformed Church, 85/87 Saughtonhall Drive, EH12 5TR,

A warm welcome awaits you at the Memory Lane Cafe. We'd love you to join us for refreshments and friendly chat. All over 65's welcome. - Like to know more? - Call Lesley on 07881 288909

Saughtonhall Community Drama Group -

This local drama group meets every Monday and Thursday from 7.30 pm at Saughtonhall United Reformed Church, 85/87 Saughtonhall Drive, EH12 5TR. We welcome any adult with an interest in amateur drama (age no barrier) to come along and take part in our productions whether you wish to try acting or just to help out. Why not come along in January and meet the members as we prepare for our 2024 productions. For more information on the Group please look at our website on https://www.saughtonhall.com/dramagroup.html or Saughtonhall Drama Group on Facebook.

Saughtonhall Community Association - SCA Recreation Hall at 22a Saughtonhall Avenue, EH12 5RN.

Everyone is we come to come along and join us on Friday 5th January from 10am until 12 noon at the Saughtonhall Community Hall, 22a Saughtonhall Avenue EH12 5RN for our first warm Welcome session of 2024. There will be hot drinks and snacks. Board games will be provided and feel free to bring along knitting or sewing.

Warm welcome sessions will take place on the first Friday of each month until June 2024..

There is always interesting chat and this is a chance to meet other members of this community.

Don't be shy, come along, the more the merrier. There is no charge but any small donations are always welcome.

Corstorphine Library - 12 Kirk Loan EH12 7HD - 0131 529 5506

Chatterbooks every Monday from 4-5pm for children aged 6-12. Come and enjoy books, activities and puzzles. Young Writers Group every Thursday 4-5pm for those aged 12-18. Develop and share your writing with other teens. Memory Group: Join us on the third Thursday of the month for our reminiscence group. Upcoming themes include 'Seaside holidays' and 'Childhood'. 1:30-2:30pm. Booking required by contacting the library.

Shared Reading Group: Join the new Open Book Shared Reading Group for adults at Corstorphine Library, Meetings

Corstorphine St. Ninian's Church - 144 St John's Road EH12 8AY

'Friendly Corner' runs two days a week in the Beith Hall. Tuesdays and Thursdays, from 11am to 1pm. It offers a space for company, chart, coffee, tea etc. Entrance from St. John's Road. All welcome

Energize Health and Fitness - 3 Lochside Place EH12 9DP 0131 317 0260

Opening times Monday - Friday 6:00 - 20:30 Saturday - Sunday 8:30 - 18:00

Our mission is to reduce social isolation and promote a healthy lifestyle.

Over 50s Get Active - FREE 45 min classes - Stay active and be a part of the community

Monday 10:30am, Tuesday 10:15am, Wednesday 10:15am, Thursday 9:30am, Friday 10:15am

Teen Fit - FREE 60 min classes - A fun way to spend free time and meet friends.

Monday - Friday 3.30pm - 5pm (Instructor-led class 4pm - 5pm)

PREBOOKING is required for all classes.

Almond and Western Voluntary Sector Forum - Befriending Volunteering Opportunities

Almond and Western Voluntary Sector Forum is working with Vintage Vibes to develop more befriending opportunities for over 60s in our area. We want to help tackle isolation and loneliness in West Edinburgh and to support people to become more active in their local community.

To develop the existing provision we need to recruit additional volunteers.

Do you have time to volunteer an hour a week to help us make a difference? For more information please email alisonmc@vintagevibes.org.uk or tommy.awvsf@gmail.com or visit www.vintagevibes.org.uk

General Volunteering Opportunities in Almond and West Edinburgh

Volunteering is an excellent way to become involved in the local community and meet new friends. As we go into a New Year many people look to take on new opportunities and challenges including volunteering in their local community.

There is a wide range of volunteering opportunities available within our local Area. With this in mind the Neighbourhood Networks and the A&WVSF are considering organising a Local Volunteering Event to be held in the near future. Updates on this event will be posted on the West Edinburgh Information Website