



Corstorphine Community Centre
Westfield House, 5 Kirk Loan EH12 7HD

Moving Forward – Widowers Group - Wednesdays from 10.30am to 12.00noon - A supportive group for widowed men. Chat with men in a similar situation. The programme will include outings, quizzes, conversation, guest speakers and lots more.

For more information & to register Contact Fiona – development@ccchub.online

Music, songs and fun- 5 years and under – Friday 11.30am – 12.30pm

Our Community Garden is open on Fridays 11.00am -1.00pm

Monthly Tea Dance - Contact Fiona for more details.

For information on our full programme visit www.corstorphinecommunitycentre.org.uk or Contact Fiona: development@ccchub.online_M 07780 862825

Western Neighbourhood Network –

Directory of Community Services in Drumbrae, Gyle Corstorphine & Murrayfield

This new Directory giving information on local Voluntary Organisations and activities in the local area is available to view on the websites of several local voluntary organisations and copies are available in local Libraries and on the website of various local organisations

For further information or a PDF copy contact tommy.awvsf@gmail.com



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

- Published by A&WVSF
- Project Funded by CEC - Western Neighbourhood Network Community Fund

EDINBURGH
THE CITY OF EDINBURGH COUNCIL

Almond & Western Voluntary Sector Forum

Voluntary Sector

ACTIVITY PROGRAMME for the West Edinburgh Area July 2023



Bringing People Together

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

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

MONDAY

9.30am – 12pm Parent & Toddlers Play Group
1.00pm – 3pm Baby Massage (Homestart)
1.00pm – 3.30pm Carpet Bowls

TUESDAY

11am – 1pm Badminton –
9.45am – 10.45am Weaning (NHS) 1st Tuesday each month
11am – 12.00pm Breast Feeding Group
12.45 – 1.45pm Parenting – next session 1st August

WEDNESDAY

12.30pm – 4pm THRIVE NHS mental health drop in every 2nd Wednesday
1.00pm – 3.00pm Baby PEEP (Homestart)

THURSDAY

9.30am – 12.00pm - Badminton
11am – 1.15pm - Leonard Cheshire Cooking Group
1.00pm – 3.30pm Bingo

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 –

Coffee Plus Group meet on Thursday's 10am – 12pm, the last meeting is on 29th June. We don't meet during July and August, but will have two summer sessions on Thursday 27th July & 31st August. The weekly group restarts on Thursday 14th September. Everyone is welcome to come for refreshments and home baking, arts and crafts are available. Phone church office 0131 285 8782 or email churchoffice@saintthomas.org.uk for more details.

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 grandparent are welcome to chat and enjoy a cuppa while the wee ones play. Contact Hilary via the church office 0131 285 8782 or email churchoffice@saintthomas.org.uk. The last meeting is on Tuesday 27th June and will restart after the summer holidays on Tuesday 22nd August.

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

Lunch Club - Wednesdays 12 noon-3.30pm, offering a simple lunch (soup/rolls), and tea/coffee. Come along for a natter and join in on activities such as, books/jigsaws/papers etc which will be available. Lunch Club does not meet during July and will return Wednesday 23rd August. All are welcome to attend.

The Summer Café will be held every Friday morning in the Belgrave room at 10.30am until 1st September. Please come along and enjoy tea, coffee, and cake. Bring your friends, everyone is welcome.

Murrayfield Parish Church, 2B Ormidale Terrace, Murrayfield, Edinburgh EH12 6EQ- Office 0131 337 1091

Tone up on Tuesdays at Two (TTT) for those of retirement age + - **Every Tuesday** 2-4pm seated exercise, followed by tea and coffee and optional service of worship.

Friends of Roseburn Park- Toilet Block Café Conversion Completion Party - Sun 2nd July 1-4pm

Everyone is welcome to come along for some Burgers and free buck's fizz, Andrew Sharpe majorette, bouncy castle, Jubilee plaque unveiling, stalls, daft games, film screening, raffle.

Take your chance to examine the building. The conversion was funded by residents, charities and the City of Edinburgh Council. The Rosebean café will open for business later in the summer, More details available on the ForP website www.friendsofroseburnpark.org.uk

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

Corstorphine Memories reminiscence group: Thursday 20th July 1:30-2:30pm. In partnership with Memories Scotland, join us for a cuppa and a chat about times gone past. Look at old photographs and share your memories about this month's topic 'Life in the Home'. We've got some great pictures of Edinburgh and Corstorphine to share, so this group is great for anyone with an interest in local history. Booking required by contacting the library on 0131 529 5506 or Corstorphine.library@edinburgh.gov.uk

Summer Reading Challenge: Ready, Set, Read! The Summer Reading Challenge encourages children aged 4-11 to read 6 library books over the summer holidays. Collect rewards for every book you finish and a certificate and medal at the end! Visit the library to sign up! The challenge runs until the end of August.

Corstorphine Writing Meetup Group

Recently celebrating its first anniversary, we are now the longest continuously running writing group in the area. We meet every Monday at 2pm at the Gilt Tree in Station Road. Come along and share your writing, buy a coffee or tea. There is no charge to join us as the membership is free. <https://corstorphinewritingmeetup.wordpress.com/>

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 Association - SCA Recreation Hall 22a Saughtonhall Avenue

The SCA will have lots of FREE family events for children of all ages at our 'Saughtonhall Summer Sessions' this month. From Monday 3rd July, for six weeks (until Saturday 12th August), we are organising a whole range of activities for families to enjoy. Some of the opportunities we are planning to offer include: arts and crafts, bowling, coding, croquet, dance classes, disco, magic show, maths challenges, outdoor games and activities, storytelling, tenpin bowling, and lots more... We are really grateful to the organisations that are working with us to make these Summer Sessions happen.

To find out more about our plans please visit the SCA website www.saughtonhallcommunity.com or follow 'Saughtonhall Community Association' on Facebook. Tickets are free, but you do need to reserve a space online. We'll post details of all the planned sessions and links for tickets on our website and social media. Come along and join in the fun!

Over the summer holidays the Saughtonhall Baby and Toddler Group will continue to meet every Thursday, 10am-11.30am, in the SCA hall and grounds. Open to all pre-school age children and their parents/grandparents/carers. Sessions cost £3 per family / £2 for members of SCA (includes refreshments).

Tummies Not Trash – Community Breakfast Club - SCA Recreation Hall at 22a Saughtonhall Avenue

Starting 3rd July The Community Breakfast Club will meet on Mondays and Thursdays throughout the summer holidays 8am-9:30am and will be serving a variety of rescued foods, fruits, pastries and cereals. Cost – Under 18's £1 Adults £2

Food sharing tables will be available with a selection of foods from 8.30am

To book a place <https://www.eventbrite.co.uk/o/tummies-not-trash-67117445223>

Corstorphine Connect Sight Loss Group

Corstorphine Connect Sight Loss Group, affiliated with RNIB, meets on the 3rd Saturday of every month 2 -3.30pm at the Corstorphine Astoria Centre, 18 Kirk Loan for "Coffee, Cake and Chat" followed by an interesting speaker or some live music. Everyone is welcome including a family member or carer.

The next meeting will be held on 15th July which includes a short Concert on the famous Astoria Cinema Organ. Then on August 19th, Christine Jardine, the Westminster MP for Edinburgh West is coming to speak to us and find out the issues we have of living with Sight Loss. Please join us on the day or contact Hazel for more information T 07899875713 E hi.kelly@virgin.net

Sight Scotland - Drumbrae Hub 81 Drumbrae Drive EH4 7FE

Our Community Activity team are hosting a free social gathering at Drumbrae Library Hub Edinburgh, **every second Tuesday of the month from 2pm - 3pm**, and we'd love for anyone with sight loss to come along!

This social event is for people with sight loss to come together in a supportive and safe environment to meet new and other visually impaired people in their community.

Come along to and stay for the hour, or as long as you'd like! There will be free refreshments provided from 2pm - 3pm.

Carers, partners and friends welcome too

Energize Health and Fitness – 0131 317 0260

Now open at 6am with fitness classes before work!

Over 50s Fitness Classes - FREE - Keep active and help alleviate injuries.

Mondays - 10.30 – 11.15am, Wednesdays - 10.15 - 11am, Thursdays - 9.30 – 10.15am, Friday – 10.15 – 11.00am

Energize TEEN FITNESS TIME – FREE GYM on WEEKDAYS 3.30pm-5.00pm (Instructor led class 4pm - 5pm)

Pre booking required for all classes