



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

Visit: [www.corstorphinecommunitycentre.org.uk](http://www.corstorphinecommunitycentre.org.uk) for our full programme

Monthly Tea Dances, watch out for our upcoming Fete- 24<sup>th</sup> June.

New Friday group -songs, music and fun 11.30-12.30

Contact Fiona: [development@ccchub.online](mailto:development@ccchub.online)

### Western Neighbourhood Network –

**Directory of Community Services in Drumrae, 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.

For further information contact [tommy.awvsf@gmail.com](mailto:tommy.awvsf@gmail.com)



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 June edition of the Leaflet must submit information to [tommy.awvsf@gmail.com](mailto:tommy.awvsf@gmail.com) by 20th May 2023

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THE CITY OF EDINBURGH COUNCIL

# Almond & Western Voluntary Sector Forum

Voluntary Sector

## ACTIVITY PROGRAMME for the West Edinburgh Area May 2023



**Bringing People Together**

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

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

MONDAY	WEDNESDAYS
9.30am – 12pm Parent & Toddlers Play Group	12.30pm - - 4.00pm THRIVE NHS drop in
1.00pm – 3.00pm Baby Massage (Homestart)	1.00pm – 3.00pm Baby PEEP (Homestart)
1.00pm – 3.30pm Carpet Bowls	THURSDAY
TUESDAY	9.30am – 12.00pm Badminton
11am – 1pm Badminton –	1.00pm - 3.30pm Bingo
11.00am – 12.00pm Breast Feeding Group	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](mailto:CLD-Rannoch@ea.edin.sch.uk)

## You're Never Too Old - Laura Fergusson Court, 72 Craigmount Brae

### 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, who is socially isolated unable to get out on their own, will be considered along with professional referrals.

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

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

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

### Coffee Plus Group - Thursdays 10 am - 12 noon (term time)

A warm welcome in a warm space - Join us for coffee, tea and home baking.

Enjoy informal conversation. Choose to take part in an art, craft or skill.

Any questions? - phone 285 8782 or email [churchoffice@saintthomas.org.uk](mailto:churchoffice@saintthomas.org.uk)

**St Thomas Baby and Toddler group** meets on Tuesdays from 10-1130 in the Gyle hall at the back of the church.

Mum and dad can chat and enjoy a cuppa while the wee one plays.

Contact Hilary via the church office 0131 285 8782

## 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.

All are welcome to attend.

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

**Local History talks:** 3<sup>rd</sup> Wednesday of each month at 6:00pm- no booking required. Visit the library's Facebook page for this month's topic.

**Family History session:** Wednesday 24<sup>th</sup> May at 6:00pm. Find out about the library's free online and physical family history resources to help you start tracing your family tree. Booking required- please phone or email the library [Corstorphine.library@edinburgh.gov.uk](mailto:Corstorphine.library@edinburgh.gov.uk) to book your place.

**Sensory story time:** 2<sup>nd</sup> Thursday of each month at 3:30pm. Suitable for ages 2-6. Bookings made via Eventbrite or by calling the library.

## Corstorphine Writing Meetup Group

Weekly Mondays at 2pm Gift Tree Café, Station Road

"Whether you bring along your own material or listen to other people's, you will be assured a warm welcome at our writer's circle. The event is free, but hosted in one of Corstorphine's independent coffee shops, so there will be a charge for refreshments."

<https://corstorphinewritingmeetup.wordpress.com/>

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

The Memory Lane Cafe meets every Friday from 10am – 12pm - All over 65 years are welcome

Join us for conversation and home baking. A warm welcome awaits.

Want to know more? - Call Lesley on 07881 288909

## Saughtonhall Community Association - SCA Recreation Hall at 22a Saughtonhall Avenue

The **Baby and Toddler Group** meets every Thursday in May, 10am-11.30am. All parents/carers/grandparents and their pre-school age children are invited to join us.

Our monthly **Warm Welcome** takes place on Friday 5th May. Everyone is welcome to drop in between 10am and 12pm for tea, cake and company.

Preparations are underway for our annual summer fete next month on Sunday 18th June, but we need more volunteers. Please email [helenbrockie@gmail.com](mailto:helenbrockie@gmail.com) if you are interested in becoming part of the volunteer team behind this fantastic community event.

Details of all events and open times are posted on the noticeboard outside the hall.

Follow 'Saughtonhall Community Association' on Facebook or visit our website for more information. [www.saughtonhallcommunity.com](http://www.saughtonhallcommunity.com)

## Corstorphine Connect Sight Loss Group

Corstorphine Connect Sight Loss Group meets on the 3rd Saturday of every month at the Corstorphine Astoria Centre, Kirk Loan from 2-3.30pm for "Coffee,, Cake and Chat". Everybody is welcome including any accompanying family member of carer. At our next meeting on 20th May, you can meet the archive team from the Corstorphine Trust explaining what they do. Then on June 17th we have our summer outing with afternoon tea on the Steam train from Bo'ness to Kinneil.

The next meeting at the Corstorphine Astoria Centre will follow on July15th with some music played on the Astoria Cinema Organ. Please join us on the day, or contact Hazel for more information T 07899 875713 E [hi.kelly@virgin.net](mailto:hi.kelly@virgin.net)

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

**Managing Matters on Mondays 10:30–12:30 (MMM)** for those of retirement age+. From May 15th to July 3rd, we will be running a relaxed IT course. Bring along your own phone/device. The first hour will include person centred digital support, followed by tea/coffee and optional worship. To register, contact Rev Carolann Birnie 07774864857.

- Topics will include: using various devices, navigating the web and social media safely, completely everyday tasks online, connecting with family and friends, managing finances online, reducing costs, finding opportunities for education and employment, feeling less isolated and having someone to talk to about your IT questions

**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.

**Worthwhile Wellbeing on Wednesdays 1-3 (WWW)** for those of retirement age+ we will be running two new courses. To register, contact Rev Carolann Birnie for course dates 07774864857.

**Body Mind and Soul** - come along and meet with some GPs and a nutritionist where topics as mindfulness, taming pain, ageing well through nutrition, nurturing nature, sleep issues and the wonder of blue zones are discussed, followed by tea, coffee and optional worship.

**Messy Church Pentecost** for children and their parents/carers. May 27th in the afternoon. Come along for fun crafts, celebration, and food! For more information, contact [office@murrayfieldparishchurch.org.uk](mailto:office@murrayfieldparishchurch.org.uk)

## 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**