

**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.**

### **Western Neighbourhood Network –**

**Directory of Community Services in Drumrae, Gyle Corstorphine & Murrayfield**

The Directory which was established about a year ago gives information on local Voluntary Organisations and activities in the local area.

The Directory is now available online as part of the West Edinburgh Information Website –

<https://westedinburghinformation.wordpress.com/western-edinburgh-neighbourhood-directory/>

and hard copies are available in local Libraries and community venues

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

### **Volunteering Opportunities**

#### **Befriending 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 and to support people to become more active in their local community.

To develop the existing provision we require 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](mailto:alisonmc@vintagevibes.org.uk) or [tommy.awvsf@gmail.com](mailto:tommy.awvsf@gmail.com) or visit [www.vintagevibes.org.uk](http://www.vintagevibes.org.uk)

#### **Gogarloch Community Park Association**

Volunteers are always welcome to help GCPA tidy up the Gogarloch estate and our small park. Keeping hedges in trim, litter picking, repairing fences, planting flowers. All done with good humoured banter and laughs. Volunteer times are advertised on Facebook. Contact [gogarlochcommunitypark@gmail.com](mailto:gogarlochcommunitypark@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 January edition of the Leaflet must submit information to [tommy.awvsf@gmail.com](mailto:tommy.awvsf@gmail.com) by 18th December 2023

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**EDINBURGH**  
THE CITY OF EDINBURGH COUNCIL

# Almond and Western Voluntary Sector Forum



## Bringing People Together



**Voluntary Sector  
ACTIVITY PROGRAMME**  
for the West Edinburgh Area December 2023

<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 <sup>nd</sup> Wednesday
1.00pm – 3pm	*Baby Massage (Homestart)		
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) 1 <sup>st</sup> 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 1 <sup>st</sup> Tues every 2 <sup>nd</sup> month	1.00pm – 3.00pm	Bereavement Group 1 <sup>st</sup> 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](mailto:CLD-Rannoch@ea.edin.sch.uk)

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

Everyone is welcome to come along to **Give it Back Mak Rumbustious Christmas Play** for all the Family presented by Riding Lights Theatre Company. On Saturday 2<sup>nd</sup> December at 4.30pm Admission Adult £5, U18s £3, Family Ticket £10 For tickets please e-mail church [office@stthomas.org.uk](mailto:office@stthomas.org.uk)

**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. Last meeting this term is 21<sup>st</sup> December restarting 11<sup>th</sup> January

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

The last meeting of the session is 12<sup>th</sup> December for the Christmas Party.

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](mailto: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 goodies.

**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.

**Film Nights @ St Anne's** – Tuesday, December 19 It's a Wonderful Life

Free entry, and refreshments provided. Doors open at 6.30pm, the show begins at 6.45pm. All welcome

More information on all our groups can be found on our website [www.sannescorstorphine.org.uk](http://www.sannescorstorphine.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.

### 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

**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 (closed for Christmas holidays), from 2pm to 4pm**. Sessions are open to anyone over 50 needing help with their digital device or wants to get online. Contact [info@aceit.org.uk](mailto:info@aceit.org.uk) or call 0131 667 2053 to sign up.

### 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 welcome to come along and join us on Friday 2nd December from 10am until 12 noon at the Saughtonhall Community Hall, 22a Saughtonhall Avenue EH12 5RN. There will be hot drinks and snacks. Board games will be provided and feel free to bring along knitting or sewing.

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.

**Book sale:** Grab yourself a bargain and check out our Book Sale trolley in the library!

**Shared Reading Group:** Join the new Open Book Shared Reading Group for adults at Corstorphine Library. Meetings are every Wednesday from 3-4pm. Contact [info@openbookreading.com](mailto:info@openbookreading.com) for more information or to join.

### Corstorphine Literary and Geographical Society - Burns Hall - St Ninian's Church Corstorphine -use rear entrance

4<sup>th</sup> December at 7.45pm - Christmas Concert – Programme of Music provided by Rolling Hills Chorus

The first meeting in 2024 will be held on March 4<sup>th</sup>.

The subject for this meeting is The Maiden. Scotland's guillotine – a presentation from Kate Foster

Visitors pay £4 per meeting. Information available from the Lt Secretary on 0131 339 6115.

### Corstorphine Connect Sight Loss Group

Corstorphine Connect Sight Loss Group, affiliated with RNIB, meets 3rd Saturday of every month 2pm-3.30pm at the Corstorphine Astoria Centre, 18 Kirk Loan for "Coffee, Cake and Chat" followed by a speaker or some live music. At

these sessions information is available on living with sight loss. Everyone is welcome including a friend, family

member or carer. At our meeting on Jan 20<sup>th</sup> we are having a Burns tribute afternoon complete with piper and

speaker. On Sat Feb 17 there will be story telling from a member of the Macular Society.

Please join us on the day or contact Hazel for more info T 07899 875713.

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

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

Enjoy meeting new people, making new friends, try various activities, bringing the past back to life with reminiscence and have a light lunch. Our Christmas outing this year is to the Peter Pan Pantomime with Christmas lunch beforehand. If you or someone you know over 65 Years old, who is socially isolated unable to get out on their own.

Please get in touch

Mondays and Tuesdays 10am -1.30pm Laura Ferguson 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)

### 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, chat, coffee, tea etc. Entrance from St. John's Road. All welcome