

### 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 Drumbrae, Gyle Corstorphine & Murrayfield**

The Directory gives information on local Voluntary Organisations and activities in the local area and is available to view on the websites of several local voluntary organisations and copies are available in local Libraries and community venues and on the website of various local organisations.

An updated edition of the Directory (updated August 2023) is now available

For further information or a PDF copy 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 [tommt.awvsf@gmail.com](mailto:tommt.awvsf@gmail.com) or visit [www.vintagevibes.org.uk](http://www.vintagevibes.org.uk)



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 October edition of the Leaflet must submit information to [tommy.awvsf@gmail.com](mailto:tommy.awvsf@gmail.com) by 18th September 2023

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# Almond & Western Voluntary Sector Forum

## Voluntary Sector ACTIVITY PROGRAMME for the West Edinburgh Area Sept 2023



## Bringing People Together

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



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

<b>MONDAY</b> 9.30am – 12pm Parent & Toddlers Play Group 1.00pm – 3pm Baby Massage (Homestart) 1.00pm – 3.30pm Carpet Bowls	<b>WEDNESDAY</b> 12.30pm - 4pm THRIVE NHS mental health drop in every 2 <sup>nd</sup> Wednesday 1.00pm – 3.00pm Baby PEEP (Homestart)
<b>TUESDAY</b> 11am – 1pm Badminton – 9.45am - 10.45am Weaning (NHS) 1 <sup>st</sup> Tuesday each month 11am – 12.00pm Breast Feeding Group 12.45 – 1.45pm Parenting Sessions NHS 1 <sup>st</sup> Tues each month	<b>THURSDAY</b> 9.30am – 12.00pm - Badminton 11am – 1.15pm - Leonard Cheshire Cooking Group 1.00pm - 3.30pm Bingo
	<b>FRIDAY</b> 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)

### NHS Lothian – Bereavement Support Group – Rannoch Centre 6 Rannoch Terrace

This new bereavement support group starts on Thursday 7<sup>th</sup> Sept from 1.00pm to 2.30pm at Rannoch Community Centre.

Everyone is welcome, whether it is a recent or past bereavement. It's an informal, friendly group to chat about bereavement and grief and how it can affect us in different ways. Working with bereaved families has shown us that spending time with others who understand the emotions around grief can be a great support. To talk to us before coming along or to book a place please contact us

**Email:** [bereavement.service@nhslothian.scot.nhs.uk](mailto:bereavement.service@nhslothian.scot.nhs.uk) or **Phone:** 0131 242 6995 or 0131 242 1995

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

The weekly Coffee Plus Group meet on Thursday's 10am – 12pm, The group restarts on Thursday 14<sup>th</sup> September after our summer break.. 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](mailto: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](mailto:churchoffice@saintthomas.org.uk)

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

**Saturday Whist** - Every 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

**Caring&Sharing@St Anne's** starts again on Friday 15<sup>th</sup> September at 10.30am in the Belgrave Room and finishes at 12 noon. 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.

**Lunch Club** – Wednesday 12noon-2.30pm in the Belgrave room.

Join us for something to eat and fun activities, followed by tea/coffee and home-made baked goodies. Wednesday 12noon-2.30pm in the Belgrave room.

### 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.

We have a wealth of material from years gone by charting the lives of people who lived and worked in Corstorphine Village, so why not pop along and spend an hour looking around this fascinating sixteenth century building.

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

Our '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

### 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

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

**Bookbug:** Join us every Tuesday at 11am and Wednesday at 2pm for Bookbug. Please note that booking is now required to attend Bookbug. Follow the link on our Facebook page to book your place via Eventbrite. [www.facebook.com/CorstorphineLibrary](http://www.facebook.com/CorstorphineLibrary)

**Get Online:** Get free and friendly digital support and advice through Edinburgh Libraries. Contact the digital team at [getonline@edinburgh.gov.uk](mailto:getonline@edinburgh.gov.uk) or pop into Corstorphine Library and speak to a member of staff to learn more.

**Gardening Club:** Every Wednesday from 6:00-7:00pm. Flex your green thumbs and help contribute to our community garden. Free and open to all with an interest in gardening.

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

### Drumrae Library – 81 Drumrae Drive EH4 7FE - 0131 529 5244

P5-P7 Craft Group – every Tuesday evening 6pm-7pm

S1-S5 Group – every Wednesday evening 6pm-7pm

Game Time – Friday 8<sup>th</sup>, 22<sup>nd</sup> 2pm-4pm

Funky Friday crafts – Friday 15<sup>th</sup>, 29<sup>th</sup> 2pm-3pm

Chatterbooks – Saturday 9<sup>th</sup>, 23<sup>rd</sup> 2pm-3pm; P4-P7

Lego Club – Saturday 2<sup>nd</sup>, 16<sup>th</sup>, 30<sup>th</sup> 2pm-3pm; under-8s require an adult

No booking required. Check for updates on our Facebook page!

### Corstorphine Geographical and Literary Society

Our Autumn session restarts on Monday 4 September in the Burns Hall of St Ninian's Church Corstorphine (entrance at the rear) with a talk entitled "The Briggers- the men who built the Forth Rail Bridge" The presentation on 2<sup>nd</sup> October is by Gavin Menzies on his "Support in Ukraine" The annual subscription will be £25 and visitors pay £4. Information available from the Lit Secretary on 0131 339 6115.

### Friends of Corstorphine Hill

Our next Guided Walk, led by Brian Moffat, will be held on Sunday 17<sup>th</sup> September at 2pm and will look at Trees and Shrubs in Autumn. Meet at the Corstorphine Hill Walled Garden.

### Corstorphine Connect Sight Loss Group

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

On September 16<sup>th</sup> we have a representative from Care & Repair who advise on affordable repairs for older and disabled residents then on 21<sup>st</sup> October, Hazel and Sylvia each share the story of their "Sight Loss Journey". For more information contact Hazel T 07899875713 or just come along on the day.

### Edinburgh Community Performing Arts - DN Studios, 9b South Gyle Crescent, Edinburgh, EH12 9EB.

ECPA have a new gentle movement class for older people aged 65+ on a Thursday from 10.30am - 12.30pm. This supportive community class is designed for people who may have dementia, Parkinson's or restricted movement. This project is free for participants, and is an opportunity for people to improve their health and wellbeing, make new friends and learn a new skill. If you would like further information or to register for the class please contact: [info@edinburghcommunityperformingarts.co.uk](mailto:info@edinburghcommunityperformingarts.co.uk) [www.edinburghcommunityperformingarts.co.uk/our-projects](http://www.edinburghcommunityperformingarts.co.uk/our-projects)

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

**YNTOS 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. 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, they will be considered along with professional referrals.

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)