

Friends of Clermiston Park - Free Community Challenge

Bulb Planting Event 23rd October – 4th November

The Friends of Clermiston Park are planting 6,650 Spring Bulbs in Clermiston Park. Everyone is welcome to participate in this community challenge to get the bulbs into the ground and to create a colourful display in the Spring. Bring a spade; bring your children; bring your neighbours; wear wellies.

More information from [friendsofclermistonpark](https://www.facebook.com/friendsofclermistonpark) on Facebook email friendsofclermistonpark@gmail.com

Western Neighbourhood Network –

Directory of Community Services in Drumrae, 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

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 or tommy.awvsf@gmail.com or visit 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



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

Unfortunately there will no November edition due to volunteer holidays.

Any organisation wishing to have Information included in the December edition of the Leaflet must submit information to tommy.awvsf@gmail.com by 18th November 2023

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

Almond & Western Voluntary Sector Forum

Voluntary Sector ACTIVITY PROGRAMME in the West Edinburgh Area October 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 –
11am – 12.00pm Breast Feeding Group
12.45 – 1.45pm Parenting Sessions NHS 1st Tues each month

WEDNESDAY

12.30pm - 4pm THRIVE NHS drop in every 2nd Wednesday

1.00pm – 3.00pm Baby PEEP (Homestart)

THURSDAY

9.30am – 12.00pm - Badminton
1.00pm - 3.30pm - Bingo
1.00pm – 3.00pm - Bereavement Group 1st Thursday

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

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

The bereavement group meets on the first Thursday of each month 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. To talk to us before coming along or to book a place please contact us

Email: 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, not meeting 19th October. Everyone is welcome to come for refreshments and home baking, arts and crafts are available.

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 12th 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

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, October 31, Chicken Run

Free entry, and refreshments provided. Doors open at 6.30pm, the show begins at 7.00pm. All welcome

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 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

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. Booking is required to attend Bookbug. Follow the link on our Facebook page to book your place via Eventbrite. www.facebook.com/CorstorphineLibrary

Green Pencil Award: Do you think you could write a story or a poem featuring one of Scotland's heroes of nature? Our creative writing competition for all P4-P7 and S1-S3 aged children is open for entries until the 20th October. Visit www.edinburgh.gov.uk/greenpencilaward for information and an entry form and hand your completed entries into any library branch!

Corstorphine Geographical and Literary Society - Burns Hall - St Ninian's Church Corstorphine -use rear entrance 2nd October presentation from Gavin Menzies on his "Support in Ukraine"

6th November presentation from Stuart McKenzie – The Lost Songs of St Kilda

The annual subscription is £25 and visitors pay £4. Information available from the Lit Secretary on 0131 339 6115.

ACE IT - Digital Skills Support Sessions at the Space to Be at Gyle Shopping Centre (located in the Food Court). Come along to sessions on **Wednesday 4th and 18th October, 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 or call 0131 667 2053 to sign up!

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.

Everyone is welcome including a friend, family member or carer. At our meeting on Oct 21st, Hazel and Sylvia share their journey and experiences of living with Sight Loss, on Sat Nov 18th Corstorphine Singers return to entertain us again followed by our Xmas Party on 9th Dec. Please join 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@yourenevertoold.org.uk

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.

Corstorphine Community Centre 5 Kirk Loan EH12 7HD

See our web page for details of over 20 groups per week www.corstorphinecommunitycentre.org.uk

New lunch club, Thursdays at 12pm-2pm

New Sewing group, Mondays at 10am-12pm

For further information Contact

Fiona: development@ccchub.online for groups

Louise: volunteers@ccchub.online for volunteer roles

Jenni: admin@ccchub.online for general enquiries and room bookings