

Volunteering Opportunities

You're Never Too Old, - Are you considering volunteering, we are a small friendly social and lunch group offering support to older people several of whom are socially isolated. We are looking for additional volunteers to support our members who attend the group with activities, lunch and passenger assist. We are open all year we only close over Christmas and New Year. For about 4-5 weeks giving the volunteers time with their families. Contact Anne Stewart either email: anne.stewart@yournertooold.org.uk or Phone: 07741845413.

Seagull Trust Cruises

STC provides canal trips for people with special needs from its base at Raith. 3 specially adapted boats operate 7 days a week with crews of trained volunteers. Due to the popularity of these trips we require additional volunteers to operate the number of cruises requested. To find out about volunteering for the Seagull Trust call: 0131 445 2022

Energize Health and Fitness

Café Volunteers required to help serve snacks and drinks. Training provided, Snack included and free gym / swim use for volunteers - for more info or to apply please email admin@energizegym.co.uk

Drumbrae Leisure Centre

The Centre is starting a local community garden within its grounds which we hope local groups can tend and manage. The groups, or individuals will be supported by the centre to run the garden. Some seating will be installed in the area. Tools will be provided along with some flowers and plants. If you are interested in being involved in this project contact Ian at Drumbrae Leisure Centre on: ianmitchison@edinburghleisure.co.uk

Edinburgh Leisure - Aging Well. We have several volunteer roles available for people aged 45+. The positions vary, with most prevalent being Walk Leaders and Activity Support Assistants. For further information contact kayparsons@edinburghleisure.co.uk



Wellbeing Wednesdays (#wellbeingwedwestedin)
Supporting our community to improve physical and mental wellbeing
Please Note Some activities in this leaflet may make a small charge to cover costs.

Any organisation wishing to have Information included in the August edition of the newsletter should submit information to admin@energizegym.co.uk by 20th July 2022

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◆ EDINBURGH ◆
THE CITY OF EDINBURGH COUNCIL

Almond & Western Voluntary Sector Forum

Bringing People Together



Voluntary Sector activity programme in
the West Edinburgh Area
July 2022

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

Memory Lane Cafe

The Memory Lane Cafe meets every Friday from 10am - 12mid at Saughtonhall United Reformed Church, 85/87 Saughtonhall Drive, EH12 5TR. Join us for conversation and home baking. A warm welcome awaits. Want to know more? - Call Lesley on 07881 288909

Rannoch Community Centre - 0131 339 5351

6 Rannoch Terrace (Behind Drumbrae Hub)

Badminton - Tuesday and Thursday 9.30am - 12pm, Friday 7pm to 10pm – just come along

Bingo – Thursday 1.30pm to 3.30pm – just come along

Breast Feeding Support group – Tuesdays 11.15am to 12.15pm For mums and babies experiencing breastfeeding challenges. We would love to see you and your baby. Please do come! For more info call

Stewart Team 0131 286 5023

Carpet Bowling – Mondays 1pm-3.30pm. We'd love you to join our bowlers. If interested just come along or phone the Centre for more information.

Homestart Baby Massage & Baby Peep – Mon & Wed respectively 1pm to 3pm. Contact Nancy

at groupwork@hsew.org.uk or phone 0131 564 1540 to leave a message. Health Visitor referrals receive priority.

Munro Centre – Tel 0131-539 7179

6 Parkgrove Street,

The Munro Centre is looking to develop its activity programme for the 22/23 session. We would be pleased to hear from anyone with ideas for activities that could possibly be included in the new programme.

You're Never Too Old

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 65Years old would like to come along we have vacancies on both days Mondays and Tuesdays 10am -1.30pm Laura Fergusson Court, 72 Craigmount Brae Pick-ups and drop offs.

Contact Anne on 07741645413 or anne.stewart@yourenevertoold.org.uk

Drumbrae Allotments

Tuesday 9.30am-11.30am Drumbrae Allotments Session

Interested in gardening, even pottering? Now that spring is here why not come along to the community allotment. You are welcome to come along and join in our friendly group.

Give George a call on 07980 367329 for further details

Drumbrae Library – 0131 529 5244

Bookbug: Tuesdays, Wednesdays, Saturdays at 10:30am. Book by Facebook message or phone.

Funky Fridays: Fridays 2pm. Crafts for all kids up to 10, and video games for kids 8+.

Tabletop Knights: Saturdays 10am-4:30pm. Board games for adults, individuals or groups welcome to bring their own games or use our collection.

Lego Time: Every second Saturday 2pm. Construction fun for kids.

Chatterbooks: Every second Saturday 2pm, book discussion, writing and activities for P6-S1.

Drawing Club: Every Saturday 3:15pm, many different styles, free-drawing and the art wall for kids 6-10.

Contact the Library for more information or to book a place.

Corstorphine Connect Sight Loss Group

We meet every month for coffee, cake and chat on the 3rd Saturday of the month 2-3.30pm (except July) at the Corstorphine Astoria Centre, 18 Kirk Loan. We are a support group for people with Sight loss and new members are welcome to attend, including a family member or friend. The next meeting is on 20th August where we will be having a workshop on "Talking Books". For more information contact Tel 07899875713 or hazelkelly33@gmail.com

Corstorphine Dynamo

Tuesday evenings

Dynamo FFIT is a new initiative to help overweight men get back into playing football. FFIT will run as an 11 side team training on Tuesdays. For more information drop us an email at info@corstorphinedynamo.co.uk

Wednesday 2.00pm – 3.00pm

Walking Football at World of Football, Chesser (pre-booking required) A slower version of the beautiful game giving even more people the chance to enjoy the sport many of us love.

Corstorphine Library – 0131 529 5506

Chatterbooks – 18th July @ 16:30. Games, activities and book discussion for kids aged 8 – 12.

Adult book groups will be starting again – pop in or give us a call on 0131 529 5506 to register your interest.

Energize Health and Fitness – 0131 317 0260

Get ACTIVE 50+ Indoor and Outdoor Fitness Classes – For over 50s to help keep active, flexible and reduce / help injuries. Mondays 10.30am, Wednesdays 10.15am, Thursdays 9.30am

SUMMER FAMILY SWIM Parent and Child / Baby – Special Daily Rate (1 Adult Per Child rule)

SUMMER FAMILY Indoor / Outdoor Gym or Class – Special Daily Rate Parent and Child (ages 13-16 for Gym entry)

Energize Walking Group Tuesdays 2.30pm Gentle outdoor walking in the beautiful grounds of Edinburgh Park and beyond. Finish off with a refreshment / coffee in Energize Café. **Pre booking required for all classes**



Corstorphine Community Centre

191 St John's Road, Corstorphine

The Management Committee and staff of Corstorphine Community CCC are delighted to confirm that as from Monday 20th June, their new base will be at Westfield House, 5 Kirk Loan, Corstorphine, opposite the Astoria Hall. We are continuing to pursue the option of a Community Asset Transfer in order that we can occupy the premises on a permanent basis.

We are in the midst of organising the new building and it is planned that activities / groups will recommence as soon as possible.

Contact details remain the same for the new location:

Email admin@cccub.online

Phone: 07580 659676

www.corstorphinecommunitycentre.org

We look forward to welcoming our volunteers, group members and members of the public to our new premises.