



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

Volunteering Opportunities

The Sorted Project

The sorted Project is a charity in Edinburgh supporting men and women in recovery with a range of complex health needs including substance use and mental health. We provide our unique service on board Panacea, a purpose built 60ft x 10ft canal boat.

Volunteers are always welcome – Learn to become a crew member and help with conservation projects along the canalside.

For further information contact Karen@sortedproject.co.uk or phone/text Karen on 07425 147635

Energize Health and Fitness

Volunteer roles helping out in our café. Trustees also required for Edinburgh Park Leisure. Contact Chris at admin@energizegym.co.uk

Corstorphine Community Centre

Do you want to: Run a group, Work in the charity shop, Join the Committee?
Contact Alison Volunteers@ccchub.online

Volunteer Edinburgh

Help. Just when you need it!

Volunteer Edinburgh are aiding people by offering volunteers to assist with practical tasks with a time-limited approach through our team of 400+ ready and willing Community Taskforce Volunteers.

What occasional and time-limited tasks can we help with?

We have fantastic success in going on shopping trips with a shopping list for people that cannot go to the shops to buy for themselves.

We also support after-hospital discharge, prescription collection and deliveries, help with light waste management (i.e., Taking bin bags to the street or recycling), walking dogs on a short-term basis, tidying gardens, going to the Post Office to mail items etc., 10-minute doorstep chat and meeting people at an appointment.

How do you get in contact with us? Visit our website voled.in/taskforce

Email us taskforce@volunteeredinburgh.org.uk Call us at 0131 561 8309 or 07958 540438

Any organisation wishing to have information included in the March edition of the newsletter should submit information to terry.aewst@gmail.com or admin@energizegym.co.uk by 20th February 2023

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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
February 2023

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

Munro Community Centre – 6 Parkgrove Street – EH4 7RN - 0131 539 7179

We are open Every Monday and Tuesday from 10.00 am until 12.00.
Free tea and coffee with a biscuit. Access to our free library and a cosy chat.
All are welcome

Young and not so Young 1 – An intergenerational project being run by Munro Community Centre and Carmiston Primary School.

Are you over 60 and would like to participate in this project?

A group of children from P1 to P7 will visit the Munro Community Centre from 9.30 – 10.10am on the following dates (All Fridays)

3rd February, 31st March, 28th April, 12th May and 9th June.

Come along and enjoy some fun, making and playing games, sharing work, and reading books together.
The children will be making teas and coffee with biscuits.

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

MONDAY

9.30am – 12pm Parent & Toddlers

1.00pm – 1.00pm Baby Massage

1.00pm – 1.30pm Carpet Bowls

TUESDAY

9.45am – 10.45am Weaning sessions 1st Tues of month

11am – 1pm Badminton –

11.00am – 12.00pm Breast Feeding Group

WEDNESDAYS

1.00pm – 1.00pm Baby PEEP

THURSDAY

9.30am – 12.00pm Badminton

1.00pm – 1.30pm Bingo

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@tea.edn.scn.nhs.uk

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

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

We meet Mondays and Tuesdays 10am - 1.30pm Pick-ups and drop offs provided.

Enjoy meeting new people making new friends carry out various activities, bringing the past back to life with reminiscence and have a light lunch.

If you or someone you know over 65 years old would like to join our group please get in touch with the Service Development Manager - Anne Stewart on 07741645413 or email: 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@stthomas.org.uk

St Thomas Baby and Toddler group meets on Tuesdays from 10-11.30 in the Gyle Hall at the back of the church.

Mum or 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 Kalmes Road - EH12 6JR - 0131 316 4740

Lunch Club - St Anne's are running a lunch club on Wednesdays 12 noon-1.30pm, offering a simple lunch (soup/salis), and tea/coffee, for folk who may be feeling the cold/needing company over the next months. 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.

Friends of the Gyle Park -

Beginners Nordic Walking at Gyle Park - Starts 15th February 2023

Meet at Gyle Park Wednesdays 1pm to 2pm

Improve your health and wellbeing, develop strength, improve posture, relax and have fun

No Experience Required, All Welcome Poles provided, BWW instructor led

Free to join - limited places, booking essential contact emily@fsgt.org.uk or phone 07943 530806

Corstorphine Library - 0131 529 5506

Coffee & Conversation every Thursday at 10.30am- come in and meet new people over a warm cup of tea or coffee.

Board games every Saturday afternoon- bring the whole family!

Craft & Chatter every Wednesday at 6.00pm- sewing, knitting, crochet or any craft welcome! Bring along your work in progress or start a new one!

NIW Local History talks starting soon- contact the library for dates!

Creative Writing & Poetry group for adults every Monday from 6-7pm

Bedtime stories every Wednesday at 6pm for children of all ages- pyjamas encouraged!

Chatterbooks every Monday from 4-5pm for children aged 6-12. Come and enjoy books, activities and puzzles.

Corstorphine Writing Meetup Group

We meet every Monday at 2pm at the Gift Tree Cafe 5-7 Station Road.

The group is open to anyone interested in writing and sharing their experiences with other writers. There is no charge to attend the group although there is a charge for any 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

First Thursday Group - Carrick Knowe Church 118 Saughton Road North

Are you free on the First Thursday of each month, and would like to join us for some entertainment, a cuppa with tasty baking and some chat? The next meeting of First Thursday will be from 2.00-4.00pm in the main hall of Carrick Knowe Church, look forward to seeing you there!

Corstorphine Connect Sight Loss Group

Corstorphine Connect Sight Loss Group meets for "Coffee Cake and Chat" on the 3rd Saturday of Every month from 2pm to -3.30pm at the Corstorphine Astoria Centre, 18 Kirk Loan. Please feel free to join us and a family member or friend is welcome too. A small donation of £3 is requested at each meeting.

At our next meeting on February 18th, 2023 we are hosting a very special Valentine's Afternoon Tea Party.

These extra special winter meetings have been made possible by a "Coorie In" Grant from the "Scottish Wellbeing Pact"

Following this on March 18th, 2023 our speaker will be talking about "Scotland and the Good Old Days"

Just come along on the day or for more information contact Hazel - 07899 875713 or e-mail hi.kelly@vcrgin.net

Energize Health and Fitness - 0131 317 0260

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

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

'Re-Connect' is a new, gentle movement class for older people aged 65+ on Mondays from 10.30am - 12.30pm from 6 March to 4 Dec 2023. This supportive community class is designed for people who may have dementia, Parkinson's or restricted movement. The activities will be led by a professional dance artist, supported by volunteers and movements can be done seated, standing or a combination of both! Thanks to our funders 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. We will start the class with a cuppa, some biscuits and an informal chat to get to know each other and then progress onto gentle movements to music, to get you moving, laughing and mixing in a safe environment.

For more information or to register, contact:

info@edinburghcommunityperformingarts.co.uk or visit www.edinburghcommunityperformingarts.co.uk