

MARCH 2020

## Midlothian Weekly Calendars for Older People

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British Red Cross Community Coordinators t: 0131 654 0340

# Bonnyrigg/Lasswade/Poltonhall

For more information on any of the activities below please contact the British Red Cross Community Coordinators t; 0131 654 0340 e; [community\\_coordinator@RedCross.org.uk](mailto:community_coordinator@RedCross.org.uk)

	<b>M</b> onday	<b>T</b> uesday	<b>W</b> ednesday	<b>T</b> hursday	<b>F</b> riday
<b>A</b> <b>M</b>	<p><b>08:45—09:30</b> Aerobics for 50+ at the Lasswade Centre</p> <p><b>10:30-12:00 AW</b> Kurling in Lasswade Centre</p> <p><b>11:00—13:00</b> Bonnyrigg Stroke Group at Our Lady of Consolation</p>	<p><b>From 9:30</b> Bonnyrigg Senior's Forum Shoppers Bus</p> <p><b>10:00—11:30 AW</b> Tai Chi at the Pitcairn Centre</p> <p><b>10:00—11:30</b> 50+ Group at the Lasswade Centre</p> <p><b>10:30</b> Active Gardeners at the Community Hospital</p> <p><b>12:00-13:00 AW</b> Beginners Tai Chi at the Pitcairn Centre</p>	<p><b>10:00-12:00</b> Art Class/Group Guide Hall St Leonard's</p> <p><b>09:30—10:30</b> Aqua Aerobics at the Lasswade centre</p> <p><b>10:30—11:30</b> Aqua Aerobics at the Lasswade centre</p>	<p><b>From 9:30</b> Bonnyrigg Senior's Forum Shoppers Bus</p> <p><b>10:00—16:00</b> Coffee/Tea and filled rolls at Pitcairn Centre .</p> <p><b>12:00—13:00</b> Pilates at the Lasswade centre.</p>	<p><b>09:00-10:30</b> Yoga at the Lasswade Centre</p> <p><b>10:30-12:00</b> Yoga at the Lasswade Centre</p>
<b>P</b> <b>M</b>	<p><b>12:00—14:00</b> Pilates for all at the Lasswade Centre (2 classesx1hr)</p> <p><b>13:00-15:00</b> Senior Citizens at Our Lady of Consolation</p> <p><b>13:15—15:45</b> Sequence Dancing at the Pitcairn Centre</p>	<p><b>13:00—14:00</b> Seated Pilates/Yoga for all at the Lasswade Centre</p> <p><b>13:30—15:30</b> Afternoon Badminton at the Pitcairn Centre</p> <p><b>14:00—16:00</b> The Tuesday Club at St Leonard's Hall</p> <p><b>14:00-15:30</b> Gardening Club at Midlothian community Hospital</p> <p><b>14:40-15:40</b> Seated Pilates/Yoga for all at the Lasswade Centre</p>	<p><b>13:00—15:00</b> Tai Chi at the Pitcairn Centre</p>	<p><b>12:00-14:00 MAC</b> (2 x 1 hour class) Level 1 &amp; 2 circuit, Lasswade Centre</p> <p><b>13:00—14:00 Seated Pilates/Yoga</b> at the Leisure Centre</p> <p><b>13:30-2:30</b> The Thursday friendly hour Loudon Hall Bonnyrigg parish church</p> <p><b>13:30-15.30</b> "Knit &amp; Natter" Cockpen Church Hall, Dundas Street.</p>	<p><b>13:30—15:45</b> Carpet Bowls at the Pitcairn Centre</p> <p><b>19:00-21:00</b> Bonnyrigg Rose Community Reach Out at Poltonhall Pavilion last Friday of month</p>
<b>E</b> <b>V</b> <b>E</b> <b>N</b> <b>I</b> <b>N</b> <b>G</b>	<p><b>18.30</b> OAP Club at the Bonnyrigg Rose Social Club (1st Monday)</p> <p><b>19:30—21:00</b> Church Guild at Cockpen Church Hall (Fortnightly Oct to Apr)</p> <div> <p>Information hub about local organisations in Lasswade</p> <p><b>1</b> Library</p> </div>	<p><b>19:00—21:00</b> Scottish Country Dancing at Our Lady</p> <p><b>19:15—21:15</b> Kevoch Choir at the Lasswade Centre</p> <p><b>19:30-20:30</b> Walking hockey at Lasswade Centre</p> <p><b>19:30—22:00</b> Senior's Badminton at the Pitcairn Centre</p>	<p><b>18:30—20:30</b> PHAB Club at the Lasswade Centre</p> <p><b>19:00—21:00</b> Lothian Family History Society at the Lasswade Library (Speaker/Talk every 2<sup>nd</sup> Wednesday)</p> <p><b>19:30</b> Scottish Women's Rural at the Masonic Hall (1<sup>st</sup> Wednesday)</p> <p><b>19:30—21:30</b> Local History Society at the Pitcairn Centre (3<sup>rd</sup> Wednesday)</p> <p><b>18:30-20:00 VM</b> Transform Activities Group Moorfoot Court (biweekly)</p>	<p><b>19:00—20:00</b> Adult Reading Group at the Library (1<sup>st</sup> Thursday)</p> <p><b>19:00-21:00</b> Bonnyrigg Senior Social Club at Bonnyrigg Social Club (Oct-Apr)</p> <p><b>19:30-21:30</b> Trefoil Women's Guild (One evening per month)</p>	<p><b>Saturday</b></p> <p><b>10:00—12:00</b> Coffee Morning at the Pitcairn Centre</p> <p><b>Sunday</b></p> <p><b>14:00 AW Bonnyrigg walks</b> meets at the Ladbokes, Polton Street</p>



# Dalkeith/Woodburn

Information hub about local  
organisations in Dalkeith Library

For more information on any of the activities below please contact the Community  
Coordinators e; [community\\_coordinator@RedCross.org.uk](mailto:community_coordinator@RedCross.org.uk)

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**9:00-13.30** St John's and King's Park Church, Dalkeith community café Term time.  
**9.30—11.30** Grandparents and Toddlers at Woodburn Primary  
**10:00—1:00** The Krafty Crew at Dalkeith Art centre. Women only  
**10:00--3:00** Grassy Riggs drop-in for older people and their carers café available  
**10.30-12.00** Grassy Riggs Dominoes/Card Group  
**10:30-12:00** Carers Session at Dalkeith Library (1st Monday month)  
**10:30-12** Grassy Riggs Braw Blether (**last Monday of the Month**)

**10-12** Wham Group Cowden Park Pavillion  
**10:00--3:00** Grassy Riggs drop-in for older people and their carers café available  
**10:30-12:00** This is your Life memory group @ Grassy Riggs  
**12:00—14:30 Alzheimer Scot D Café** at the Baptist Church (2<sup>nd</sup> and 4<sup>th</sup> Tuesdays) light lunch.

**10:30-12:00 VM** computer club Grassy Riggs  
**10:00-3:00** Grassy Riggs Drop-in  
**10:30-12** Grassy Riggs Woolley Craft Rigger crochet knitting  
**10:30-12:00 Vocal Courses** see info page or call 0131 663 6869  
**10:30-11:30** Dalkeith Library Hearing Aid repair clinic 1st Wednesday of every month.  
**10:30-12:30** D-Day club at Dalkeith British Legion

**10:00--3:00** Grassy Riggs drop-in  
**10:30—12:00 AW** Ballroom Dancing at Dalkeith Arts Centre  
**10:30-12:00** Sporting Memories group Dalkeith rugby club  
**11:30-14:00** Grassy Riggs LGBT social meet up .  
**11:30** Walk & Talk at The Grassy Riggs

**9:30—11:45** Art Class at St Nicholas Church Hall  
**10:00--1200** Grassy Riggs Carers drop-in morning.  
**10.30-12.00** Whitehill Lodge Social/ Activity Morning.  
**11:00—13:00** Knit & Natter at Crystalmount

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**13:00-16:00 \*NEW\*** Dalkeith Men's Shed at Dalkeith Thistle FC Kings Park, Croft Street.  
**13:00—** Grassy Riggs Bereavement group for men 65+  
**13:15—15:15** Craft Class at the Dalkeith Welfare Hall  
**14:00—16:00** Oasis fellowship group at the Baptist church (Sept to May)  
**14:00—15:00** Bingo at Crystalmount  
**14:30—16:30** LGBT café at Dalkeith Welfare Hall  
**15.30-16.30 AW** Complete Beginners Line Dancing Class Dalkeith Art Centre.  
**16:30—17:30 AW** Line Dancing at Dalkeith Arts Centre

**13:00-15:00** Macular Degeneration/ Visual Impairment support group 1st Tuesday of each month Grassy Riggs.  
**13:30 AW** Walking Group meets at St Nicholas Church  
**13:30-16:30** Health in Mind Wellbeing group at Dalkeith Rugby Club  
**14:00-15:30** Café Connect at the Dalkeith Welfare Hall (last Tuesday)  
**14:00-16:00 'Breathe Easy** support group for people affected by a lung condition. at MVA (**1st Tuesday**)

**13:30—16:00** Probus Group at St Nicholas Church shop (2<sup>nd</sup> Wednesday, October– March)  
**13:45-16:00** Bingo Social at the Dalkeith Welfare

**12:00—15:00** Aim High Develop skills in using a computer. 14 Woodburn Avenue.  
**12-3** Grassy Riggs Vocal drop in (**last Thursday of the Month**)  
**13.30—15.30** Vocal Carer Craft Group. 30/1 Hardengreen Estate, Dalhousie Road, Dalkeith.  
**1.45-3.45** Grassy Riggs Family History in partnership with Health and Mind every Thursday

**13:40—16:00** Whist at the Dalkeith Welfare Hall (knowledge of game required)  
**14:00-16:30** The Krafty Crew at Dalkeith Art centre. Women only.  
**14:30-15:30—AW** Walking Rugby, Dalkeith RFC  
**13:00-16:00 \*NEW\*** Dalkeith Men's Shed at Dalkeith Thistle FC Kings Park, Croft Street.

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**19:00-21:00 Health in Mind** Midlothian Depression & Anxiety Support Group last Monday of every month next—The Coffee Shop, St.Nicholas Buccleuch Church.  
**19:30—21:00** Dalkeith History Society at the Baptist church (2<sup>nd</sup> Monday)

**19:00—18:30** Adult Reading Group at the Library  
**19:00—21:00** Old Time Dancing at the Dalkeith Miners  
**19:30-21:00** History Society at St Nicholas Church (every 2nd Tue)

**19:00—20:30** Bingo at Crystalmount  
**19:00—21:00** Creative Writing Group at the Library (fortnightly)

**19:30—21:30** The Dalkeith Singers at St Nicholas Church Hall  
**19:30 Oct—Apr** Dalkeith Horticultural Society first Thursday of the month at the Bowling pavilion Kings Park.

**Saturday**  
**14:00-18:00** Claire's safe haven for ladies St Nicholas' Church Cafe  
Dalkeith Holticultural Society  
**10.00am** Annual coffee morning— Kings Park Church.

**Sunday**

# Danderhall

For more information on any of the activities below please contact the British Red Cross Community Coordinators t; 0131 654 0340 e; [community\\_coordinator@RedCross.org.uk](mailto:community_coordinator@RedCross.org.uk)

Monday		Tuesday	Wednesday	Thursday	Friday
A M		10:00—12:00 Men’s Group at the Community Centre	10:00—12:00 Coffee Morning at Newton Parish Church	11:00 AW New walk and talk session leaving from Danderhall Leisure centre	10.00—12.00 Men’s Group at the Community Centre
P M	12:15—14:15 Lunch Club at the Danderhall Miners’ club (transport available)	13:30-14:30 Midlothian Memories Reminiscence Group at Danderhall Library .	14:00 Cinema Club at Danderhall Library 2 PM last Wednesday of the month.	14:30—15:30 Braw Book Group at the Library (last Thursday)  13:30—14:30 Creative Collaborators, Adult Craft Group at the Library.  14:00—16:00 SWRI at the Community Centre (3 <sup>rd</sup> Thursday)	
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# Gorebridge

Information hub about local organisations in Gorebridge Library

For more information on any of the activities below please contact the British Red Cross Community Coordinators t; 0131 654 0340 e; [community\\_coordinator@RedCross.org.uk](mailto:community_coordinator@RedCross.org.uk)

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**10:30-12pm** Braw Blether carers group at Gorebridge library (2nd **Carers Group**) & 16th March.

**9-11:30** Recycle Coffee Morning in Gorebridge Parish Church

**10:00-11:00** Circuit Training at the Leisure Centre.

**9.30—11.00** Women's Health Organisation at Gorebridge Parish Church

**10:00—12:00** Coffee morning in Emily Court

**10:00—11:00** Circuit Training at the Leisure Centre

**9:30—12:00** Kinship Carers in the Parish Church Hall

**13:00-14:00** Zumba Gorebridge Leisure centre.

**9.00—12.00** Crafty Parents in Gorebridge Primary School

**10:00- 12:00** Community Café in the Parish Church Hall

**10:00—11:15** Yoga at the Leisure Centre

**11:30-12:30** Seated Pilates at the leisure centre.

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**13:30—16:00 AW** Carpet Bowls at Gorebridge Leisure Centre

**13:00** Over 50s Forum in the Gorebridge Parish Church Hall (2<sup>nd</sup> Tuesday)

**13:00 AW** Gorebridge short and long health walks meet at the Arniston Rangers Car Park

**14:00-15:00** Reminiscence group in Gorebridge library Every Third Tuesday.

**11:30 – 14:00** Gorebridge Lunch Club in the Parish Church

**13:45—14:45** Zumba Gold at Gorebridge Leisure Centre

**14:00-14:45 New** Highland Hustle Gorebridge Leisure centre.

**14:00—16:00 AW** New Age Kurling at the Leisure Centre

**13:30—16:00 AW** Carpet Bowls at Gorebridge Leisure Centre

**14:00-15:00** Bingo at Emily Court

**13:00-14:00** Zumba at Gorebridge Leisure Centre

**14:00-16:00 Beacon Tea Dance** cost £3 tea/coffee, scone.

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**19:00—21:00** Borthwick Pipe Band in Stobhill Primary School

**19:00-20:00** Spiritualist Group at Arniston Miners club in Gorebridge

**19:00—21:00** Good Neighbours at the Birkenside Pavilion

**18:00** Adult Reading Group at the Library (last Thursday)

**19:00 – 21:00** Fish and Chips in Birkenside Pavilion

**19:00—21:00** Borthwick Pipe Band in Stobhill Primary School

**19:00—21:00** Busy Bees craft group St Margaret's Church Hall, Lady Brae, Gorebridge.

**Saturday**

**Sunday**

# Howgate

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10:00—12:00 Bridge Club at  
Howgate Village Hall

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12:30—15:30 Art for all at  
Howgate Village Hall

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19:00—22:00 Bridge Club at  
Howgate Village Hall

18:15—19:15 Pilates at How-  
gate Village Hall  
19:30 SWRI at Howgate Village  
Hall MONTHLY.

18:00-19:00 Pilates  
Also  
19:05-20:05 Pilates at  
Howgate Village Hall



# Loanhead

Information hub about local organisations in Loanhead Library

For more information on any of the activities below please contact the British Red Cross Community Coordinators t; 0131 654 0340 e; [community\\_coordinator@RedCross.org.uk](mailto:community_coordinator@RedCross.org.uk)

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**10:30-11:30** Aqua Aerobics The Loanhead Centre

**9:10-10:10** Healthy hearts Loanhead centre

**10:30-11:30** Aqua Aerobics The Loanhead Centre

**11:00-1:00** Lunch Club at **The Link**

**9:15-10:15** Pilates The loanhead centre

**10:00-11:00 AW** Advanced Tai Chi at the Loanhead Miners

**10:30-11:30** Aqua Aerobics The Loanhead Centre

**11:00—12:30 VM** Loanhead Computer Club at the Library

**9:15-10:15** Freestyle Aerobics

**10.00 AW** Walking Group

Loanhead Leisure Centre

**10:15—11:15** Healthy Hearts

50+ at the Loanhead Centre

**11:30-14:00 \*Movies with afternoon Tea at The Link\***

**10:00—12:00** Tea and Chat at the Parish Church Hall

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**13:00-15:00 NEW** Bingo at the Link Includes tea/coffee & a scone.

**12:30—1:30 AW** Line Dancing at Loanhead Centre

**13:30-15.00 AW** New Age Curling The Loanhead Centre

**13:30-15:30** Braw Blether at Loanhead library 3rd,17th & 31st March

**13:00—16:30** Tea Dance at the Miners

**14:00—16:00 AW** Walking Football at Bayne Memorial Hall

**11:30—14:00** Lunch Club at the Parish Church

**14:30-15:30** Pilates the Loanhead Centre

**17:15-1800** Piyo Pilates/Yoga Loanhead centre

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**19:00** Scottish Women's Rural at the Miners (last Monday)

**20:30** Bingo at the Miners

**18:00-21:00 Roslin Men's Shed** meet at Midlothian Training Services Workshop 8 Borthwick Avenue Loanhead.

**18:30—19:30** Adult Reading Group at the Library (last Tuesday)

**18:00-21:00 Roslin Men's Shed** meet at Midlothian Training Services Workshop 8 Borthwick Avenue Loanhead.

**18:30-20:30 Craft Group** at **The Link**

**19:00-21:00** Reiki natural healing at Loanhead Miners

**20:30** Guitar Club at Masons Arms

**18:00-20:00** Loanhead Dolphins Swimming for all ages and physical, sensory, learning disability's

**19:00** Country and Western Night at the Miners (fortnightly)

**19:00** Dominoes at Hawthorn Gardens

**20:30** Bingo at the Miners

**Saturday**

**19:30** Band and Bingo at the Miners

**Sunday**

**13:30** Bingo at the Miners

**19:30** Bingo at the Miners

# Mayfield/Easthouses

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	M onday	T uesday	W ednesday	T hursday	F riday
A M	<b>9:15-10:15</b> Yoga at Newbattle community Campus	<b>9:00-12:00</b> Mayfield Community Men's Shed at Unit 3 McSENCE Business Park <b>10:00—12:00</b> Coffee Social in Mayfield and Easthouses Church Hall <b>10:30-12:00 VM</b> Computer club at Newbattle Community Campus	<b>9:00– 10:00</b> Yoga at Newbattle Community Centre <b>9:30—11:30</b> Grandparents Support Group at Mayfield Primary <b>11:00-12:15 AW</b> 50+ Badminton at Newbattle community campus <b>11:00 Walk and talk group</b> From Cornerstone café, Mayfield and Easthouses church, Mayfield	<b>10:30-11:30</b> Pilates at Newbattle community campus	<b>9:00-12:00</b> Mayfield Community Men's Shed at Unit 3 McSENCE Business Park <b>10:30-12:00 Newbattle Memories Group</b> ,meets Newbattle Library Newbattle Campus. <b>11:45-12:45</b> Zumba Gold at Newbattle community campus
P M	<b>13:00-15:30 AW</b> Indoor bowling at Newbattle Community Centre <b>13:00-14:30</b> Salisbury View lunch Club fortnightly (pre-booking previous Friday essential) <b>13:00-1345</b> Aqua Aerobics at Newbattle Community Campus <b>13:00-16:30 AW</b> Carpet bowling club Newbattle community campus <b>13:30-14:30</b> Zumba Gold at Newbattle community campus <b>14:00-15:00 *NEW*</b> Newbattle Library Sewing Club Starts 6th January	<b>13:45—16:00</b> Coffee afternoon at Salisbury View <b>13:00– 13:45</b> Aqua Aerobics at Newbattle Community Campus	<b>13:00-13:45</b> Aqua Aerobics at Newbattle Community Campus <b>13:00-14:00</b> Boccia Coaching (for people with a disability) at Newbattle community campus <b>14:30-15:30</b> Pilates at Newbattle community campus <b>14:30-15:30</b> Walking Netball at Newbattle Community Centre <b>15:30-16:45</b> Yoga at Newbattle Community Centre	<b>13:45—16:00</b> Coffee afternoon at Salisbury View <b>15:00—16:30 AW</b> Can't Help Singing Group at Newbattle community campus <b>13:00-15:30 AW</b> Indoor bowling at Newbattle Community Centre <b>16:15-17:15</b> Yoga newbattle community campus	<b>11:30—13:30</b> MAEDT lunch club at Mayfield Community Club.
E V E N I N G	<b>16:30—20:30</b> Community Wellbeing Project in Sure Start (Orchard Centre) <b>18.00—19.00 LADIES</b> walking football Saltire soccer centre <b>19:00</b> Mens Fellowship at Mayfield/Easthouses Church until May and the Bowling Club in the Summer (fortnightly)	<b>16:15-17:15</b> Beginners Pilates Newbattle community campus <b>18:30</b> 'In Stiches' Knitting Group at Newbattle community campus	<b>18:30—20:00</b> Bingo every Wednesday (and Sunday) at Salisbury View <b>19:30</b> Newbattle Women's Guild at Mayfield/Easthouses Church (2nd &3rd Wednesday in Oct-March)	<b>18.00—19.00 LADIES</b> walking football Saltire soccer centre <b>20:00—22:00</b> Old Time Dancing at Easthouses Social Club	



# Newtongrange/Newbattle

For more information on any of the activities below please contact the British Red Cross Community Coordinators t; 0131 654 0340 e; [community\\_coordinator@RedCross.org.uk](mailto:community_coordinator@RedCross.org.uk)

	M <sub>onday</sub>	T <sub>uesday</sub>	W <sub>ednesday</sub>	T <sub>hursday</sub>	F <sub>riday</sub>
A M	<b>10:45—11:15</b> Seated exercise class at St Anne's <b>12:00-13:00</b> Zumba Gold Newtongrange Leisure Centre	<b>10:00-12:00</b> Art Groups at Newbattle Community Centre  <b>10:30-12:00 VM</b> Computer club Newbattle community Campus	<b>10:45-11:45</b> Yoga Lates Newtongrange Leisure Centre	<b>11:00-</b> Walk and Talk from Newtongrange Library	<b>09:15—10:30</b> Pilates  <b>10.30 – 11.30 MAC</b> Balance & Relaxation Newtongrange Leisure Centre <b>10:30-12:00</b> Newbattle Memories in Library at Newbattle Library.
P M	<b>13:00—15:00</b> Easy Does it Group at The Dean Tavern  <b>14:00-15:00 *NEW*</b> Newbattle Library Sewing Club Starts 6th January	<b>13:30-15:30</b> Dressmaking at Newbattle Community Centre <b>14:00—16:00</b> Men's carpet bowls at the Newbattle Community Centre <b>15:00-16:30</b> The Warblers singing for lung health—Except first Tuesday of the month £4/2 (or what you can afford) St Anne's sheltered housing Newtongrange <b>16:45-17:45</b> Yoga at Newtongrange	<b>14:00-15:00</b> Friendship Group at the Newtongrange Church	<b>14:30-16:00 AW</b> New Age Kurling at Newbattle Community Centre.	<b>13:00—14:15</b> Pilates for All at Newtongrange Leisure Centre
E V E N I N G	<b>18.00—19.00 LADIES</b> walking football Saltire soccer centre <b>19:00-21:00</b> Archery at Newbattle Community Centre	<b>17:30-18:30</b> Adult Reading Group at Newtongrange Library (1st Tuesday of the month)  <b>18.00-19.00</b> "In stitches knitting & crochet group weekly Newbattle Library.	<b>17:00—18:00</b> Rough and Ready Choir at Newbattle Abbey College  <b>19:00-21:00</b> Dressmaking at Newbattle Community Centre	<b>17:30-18:30 Reminiscence Group</b> , Newtongrange Library <b>18.00—19.00 LADIES</b> walking football Saltire soccer centre <b>19:00—21:00</b> Midlothian Community Artists at Newbattle Community Centre  <b>19.00-20.00 Newbattle Library</b> Words & Wine reading group meet monthly. Last Thursday month .	<b>19:00-22:00</b> Archery at Newbattle Community Centre

# Pathhead/Cousland

For more information on any of the activities below please contact the British Red Cross Community Coordinators t; 0131 654 0340 e; [community\\_coordinator@RedCross.org.uk](mailto:community_coordinator@RedCross.org.uk)

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**10.30-12.00** Tea, Chat & Drop In Group, Stair Arms Hotel—Pathhead.

**10:30—12:00** Community Café at Callander Park Pavilion

The mobile library is in Cousland every Friday morning:

Stuart Park: 11.15am,  
The Phone Box: 11.30am,  
Dalrymple Gardens: 11.45am.  
Southfield Farm Cottages 12.00 - 12.30pm

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**14:00** Cousland Majority Group at the Cousland Village Hall (1st Monday)

**14:00—16:00** Social group at Callander Park Pavilion (Fortnightly)

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**19:00** Cranstoun Women's Rural at the Callander Park Pavilion (4th Monday)

**19:00** Cousland Women's Rural at the Cousland Village Hall (3<sup>rd</sup> Tuesday)

**19:15** Pathhead Women's Rural at the Callander Park Pavilion (2<sup>nd</sup> Monday)

Horticultural Society (Once a month)

**19:30-21:00** Fala History Society at Fala village hall (last Thursday)

## Saturday

**10:30—12:30** Cousland Community Café at the Village Hall (1<sup>st</sup> Saturday)



# Penicuik

Information hub about local  
organisations in Penicuik Library

For more information on any of the activities below please contact the British Red Cross  
Community Coordinators t; 0131 654 0340 e; [community\\_coordinator@RedCross.org.uk](mailto:community_coordinator@RedCross.org.uk)

**M**onday

**T**uesday

**W**ednesday

**T**hursday

**F**riday

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**9:15-10:00** Morning Yoga Penicuik leisure centre .  
**9:30—10:45** Yoga at Glencorse  
**9:45-11:45** Bowling Group at the Town Hall  
**9:15-10:00** Pilates Penicuik leisure centre .  
**10:00-12:00** Open Table Tennis at YMCA  
**10:00-12:30 VM** Heinsberg House computer Club  
**11:00—12:15** Yoga at Glencorse

**9:15-11:30** Evergreens at Beeslack  
**9:30—11:30** Grandparents Club at Stepping Forward  
**10:30—12:30 AW** New Age Kurling at Penicuik Town Hall  
**12:00—13:00** Senior Citizen's Lunch at Glencorse

**9:15-10:15 & 10:15-11:15** Pilates Penicuik leisure centre .  
**10:00—12:00 AW** Table Tennis at Ladywood Leisure Centre  
**10:00-13:00** Health in Mind Wellbeing Group at the YMCA  
**10:30-11:30 NEW** Penicuik town hall Hearing Aid repair clinic last Wednesday of every month.  
**11:00-12:00** Cowan court entertainment group with Duncan Mc Bain.

**9:15-11:45** Leisure Pursuits at Beeslack  
**10:00—11:30 VM** Computer Club at Cowan Court  
**10:00—12:00** Family History Group at Penicuik High School  
**10:30-13:30** Shared Life at YMCA

**9:45 AW** Penicuik Walks at St Mungos Church  
**10:00—12:00 AW** Walking Football at Ladywood Leisure Centre  
**10:00-16:00** Penicuik Men's Shed Scout Hut, Kirkhill Road, Penicuik, EH26 8JB

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**12:00—13:00 AW** Line Dancing at the Town Hall  
**11:30—13:15** Lunch Club at Cowan Court Transport available  
**13:30-15:30** Indoor Carpet Bowls Town Hall & Ladywood  
**14:00-16:00** Monday club Sacred Heart Church companionship & social activities.

**13:30—14:30** Pilates at Glencorse  
**13:30—15:00** Braw Blether at the Library 10th & 24th March.  
**14:00-15.30** Alzheimer Scot D'Café at Cowan Court 1st and 3rd Tuesday of the month plwd/carers  
**16:15—17:15** Crafts 4 All at Penicuik Arts Centre (Fortnightly)

**13:30—15:30** Penicuik & District Stroke Club at Cowan Court

**14:00—15:30 VM** Penicuik Computer Club at the Library  
**13:30-15:30** Golden Girls at Beeslack  
**14:00—16:00** Probus Club at the (2<sup>nd</sup> and 4<sup>th</sup> Thursday)  
**14:00—16:15** Tea Dance at Penicuik Bowling Club

**12:00-13:00** Pilates Penicuik leisure centre .  
**13:00-15:00** The Penicuik library film club third Friday of each month.  
**13:30—15:30** Senior Citizens Social and Bowling Club at Ladywood Leisure Centre  
**14:00—16:00** Art and Crafts Fellowship at the North Kirk

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**19:00—20:30** Craft Group for Adults at the Library (Fortnightly)

**19:00—20:30** Yoga at Glencorse  
**19:00— 20:45** Bingo at Ladywood Leisure (Fortnightly)  
**18:30—21:00** Family History Group at Penicuik High  
**20:00** Folk Club Shottstown Miners Social Club (Weekly)  
**20:00—21:45** Country Dancing at Beeslack

**18:00—19:15** Yoga at the Town Hall  
**19:00—21:00** Computing Class at Beeslack  
**19:00—21:00** Kitcat Crafts at Shottstown Miners  
**19:00—21.00** Bingo at Glencorse (1st Wed)  
**19:15-20:45** Pilates at Beeslack  
**19:30—21:00** Community Choir at St.Mungos Church Hall.  
**19:30** Adult Reading Group at the Library (2<sup>nd</sup> Wednesday)

**19:00—21:00** Writers Group at the Library (Fortnightly)

**Saturday**  
**10:00—14:00** Saturday Open House at Town Hall  
**Sunday**  
**14:00** The Lost Garden of Penicuik (1<sup>st</sup> Sunday)  
**19:30—22:30** Penicuik Cinema at Town Hall

# Rosewell

For more information on any of the activities below please contact the British Red Cross Community Coordinators t; 0131 654 0340 e; [community\\_coordinator@RedCross.org.uk](mailto:community_coordinator@RedCross.org.uk)

	M onday	T uesday	W ednesday	T hursday	F riday
A M			9:00—11:30 Community Coffee Morning at the Community Resource Centre (fortnightly)		
P M		12:00—13:15 Lunch Club at the Community Resource Centre	13:30-15:00 VM Click and Connect Computer club at Rosewell Resource Centre	12:00—13:15 Lunch Club at the Community Resource Centre 13:15—14:30 History Group at the Community Resource Centre (Once monthly) 13:30-15:30 AW New age Kurling in Rosewell Church Hall	13:30 AW Rosewell Walks meet at Rosewell Church Hall
E V E N I N G	19:00 Scottish Women's Rural at the Community Resource Centre (1 <sup>st</sup> Monday)	18:00—21:00 Tuesday Group at the Whitehill Welfare (fortnightly)			<b>Saturday</b> 10:00—12:00 Coffee morning at Rosewell Parish Church (every 2nd Saturday)



# Roslin/Bilston

For more information on any of the activities below please contact the British Red Cross Community Coordinators t; 0131 654 0340 e; [community\\_coordinator@RedCross.org.uk](mailto:community_coordinator@RedCross.org.uk)

**M**onday

**T**uesday

**W**ednesday

**T**hursday

**F**riday

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**10:30—12:00** Coffee Morning at Bilston Church Hall

**10:00—11:00** Coffee Morning at Ross Glen

**10.00-12.00**  
Roslin Men Shed fortnightly at Mustard Seed, 7 Main Street, Roslin.

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**14:00-15:30** Roslin D-Café Masonic Hall, tea and a blether.

**14:30—16:00** Roslin Craft and Conversation at Ross Glen Court

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**19:30-** Roslin Historical Society Roslin Pavilion (Meet 2nd Monday of the month)

**18:00-- 21:00 Roslin Men's Shed** meet at Midlothian Training Services Workshop 8 Borthwick Avenue Loanhead.

**19:30** Pentland Hills Chess at Roslin Chapel Guesthouse

**18:00-- 21:00 Roslin Men's Shed** meet at Midlothian Training Services Workshop 8 Borthwick Avenue Loanhead.

**19:15—20:00** Salsa Dance Class at Bilston Miners

**18:30** 'Litwits' Reading Group at Ross Glen (last Thursday)  
**20:45—21:45** Pilates at Roslin Community Hall

**18:00** Chippy Tea at Ross Glen Court (1st Friday)  
**18:00** Games Night at Ross Glen (2nd or 3rd Friday)  
**Friday Evening** Roslin Bowling Club, Bingo and Play Your Card Right 9pm

## **Saturday**

Rosslyn Bowling Club Green Opens 2pm all welcome.

# Temple/South Midlothian

For more information on any of the activities below please contact the British Red Cross Community Coordinators t; 0131 654 0340 e; [community\\_coordinator@RedCross.org.uk](mailto:community_coordinator@RedCross.org.uk)

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**19:30** Temple Book Club in Neighbour's houses

**14:00—16:00** Carrington Afternoon Club in Carrington Village Hall

**16:30—18:00** Temple Highland Dancing in Temple Village Hall

**19:00** Scottish Woman Rural Institute in Middleton Village Hall

**19:00– 21:00** Line Dancing in Middleton Village Hall

**19:30–21:30** Yoga in Temple Village Hall

## **19:30 Friday 20th March**

Temple Village Hall - Bar Night - pool table, card games and table tennis. All ages welcome - TBC - check leaflets

## **SATURDAY 7th March**

**10:00-12:00** Temple Village Coffee Morning. Come along for some home baking, fresh coffee, the papers and... bacon butties!



# Up coming events and Info



JOIN OUR NEW HEALTHY COOKING PROJECT!



How would you like to learn how to make affordable, easy and healthy family home cooked meals?

Participants will attend a six-week programme of healthy cooking workshops. You will see demonstrations, make healthy meals and learn tips and skills on flavours, nutrition and cooking methods. It is time to enjoy and share great food!



Contact Paul: 07883503377  
paul.wilson@dalkeithcab.org.uk  
www.cas.org.uk

Volunteer  
Midlothian



EUROPE & SCOTLAND  
European Social Fund  
Investing in a Smart, Sustainable and Inclusive Future

## VOCAL events

### **Carer Craft Group**

**Weekly on Thursdays; 1.30pm – 3.30pm**

Come along and meet with other carers whilst learning new skills and/or showcasing your own talents.

### **Peer Support for parent carers**

Monthly; 9.30am – 11.30am

Monday 30th March

Facilitated by VOCAL & LCIL this group is for parent to come along and find out practical information, resources available and a great opportunity to meet other carers.

### **Carer Mindfulness Group**

Fortnightly; Wednesday's 6pm – 8pm

4th Mar / 18th Mar

Mindfulness is a great tool that can improve your own sense of wellbeing. If you have previous knowledge and already practice mindfulness techniques, why not join our group.

### **COFFEE MORNINGS**

Wednesday 25th March

Hospital In-reach – a VOCAL carer support worker will attend to chat to carers about our Hospital In-Reach service and how we can support carers whilst their loved one is in hospital, with discharge planning and other support available

# Dial a Bus Shopping Route Info Please Call 0131 447 1718 To Book

<b>Tuesday</b>	<b>M1</b>	09:00	11:00	Gorebridge - Newtongrange - Easthouses Mayfield - Woodburn - Dalkeith	<b>CAMERON TOLL</b> Via Newbattle Health Centre
	<b>M2</b>	10:00	12:00	Old Craighall - Millerhill - Newton Hilltown - Danderhall	<b>DANDERHALL/ CAMERON TOLL</b>
	<b>M3</b>	13:00	16:15	Penicuik - Auchendinny - Roslin Bilston - Straiton - Loanhead (Every 2 weeks)	<b>GYLE</b>
	<b>M4</b>	13:30	15:30	Newlandrig - Dewartown - Pathhead Ford - Edgehead - Whitehill	<b>TESCO Eskbank</b>
	<b>M5</b>	14:30	16:30	Gorebridge - Newtongrange - Easthouses Mayfield - Woodburn - Dalkeith	<b>TESCO Eskbank</b> Via Newbattle Health Centre
<b>Wednesday</b>	<b>M6</b>	09:00	11:00	Gorebridge - Newtongrange - Easthouses Mayfield - Woodburn - Dalkeith	<b>ASDA</b> Via Newbattle Health Centre
	<b>M7</b>	10:00	12:00	Danderhall - Hilltown - Newton Millerhill - Old Craighall	<b>TESCO Musselburgh</b>
	<b>M8</b>	13:30	15:30	Rosewell - Bonnyrigg - Lasswade Eskbank - Newbattle	<b>STRAITON</b>
	<b>M9</b>	14:30	16:30	Penicuik - Auchendinny Roslin - Bilston - Loanhead	<b>STRAITON</b>
<b>Thursday</b>	<b>M10</b>	09:00	11:00	Roslin - Bilston - Loanhead	<b>STRAITON</b>
	<b>M11</b>	10:00	12:00	Old Craighall - Millerhill - Newton Hilltown - Danderhall	<b>LIDL/MORRISONS/ALDI Gilmerton</b> via Danderhall (usually Morrisons)
	<b>M12</b>	13:30	15:45	Rosewell - Howgate - Pomathorn Penicuik - Auchendinny	<b>CAMERON TOLL</b>
<b>Friday</b>	<b>M13</b>	09:00	11:00	Penicuik - Auchendinny Roslin - Bilston - Loanhead	<b>TESCO Eskbank</b>
	<b>M15</b>	10:00	12:00	Rosewell - Bonnyrigg - Lasswade Eskbank - Newbattle	<b>LIDL/MORRISONS/ALDI Gilmerton</b> (usually Morrisons)
	<b>M16</b>	13:30	15:30	Old Craighall - Millerhill - Newton Hilltown - Danderhall	<b>DANDERHALL/ DALKEITH</b>
	<b>M17</b>	14:30	16:30	Gorebridge - Newtongrange - Easthouses Mayfield - Woodburn - Dalkeith	<b>MORRISONS Dalkeith</b> Via Newbattle Health Centre



# Community Garden Projects

Community Food Growing Projects in Midlothian.

## Penicuik

**The Lost Garden of Penicuik:** Upper Walled Garden Penicuik House.  
01962677444/info@lostgarden.co.uk

**Deanburn Allotments:** Deanburn.

Midlothian Council: 01316631103

**Glencorse Community Garden:** The Glencorse Centre, Firth Road.

Paulo: 01968 6736635

## Roslin

**Roslin Growers Community Garden:** Roslin Village behind the garages.  
Chris Yapp: cmyapp@talktalk.net

## Gorebridge

**Gorebridge Community Garden:** Top of McLean Place.

Paul: 08081784261/P.W.Glynn@mondolocofoundation.org

## Newbattle

**Newbattle Community Leaning Centre Garden,** Gardiner Place.  
01316636055/jill.ewing@midlothian.gov.uk

## Dalkeith

**Midlothian Growing Together:** Dalkeith Country Park.

## Newtongrange

**New Shoots Garden Project:** Telfie Central.  
01316694817/daycentre@redwoods.org.uk

## Bonnyrigg

**Midlothian Community Hospital Gardens:** Bonnyrigg

Michala Bradshaw: 07772886746/0131 5616506

**Health in Mind (Rowan & Clear Projects)**

Orchard Centre: 01312258508

**Bonnyrigg & Sherwood Community Development Trust.**

Ann Elliot: 01316637181/annelliotbasc@gmail.com

**Cockpen Community Garden & Wild Orchard.**

Paul: 08081784261/P.W.Glynn@mondolocofoundation.org

## Loanhead

**Loanhead Organic Community Garden (The Kabin):** Mayburn Walk.

01314402541 daya@loanheadorganicgarden.org.uk

## Cousland

**Cousland Smiddy Organic Allotments:** Old Smiddy, Cousland.

www.cousland.net/conatct.asp

## Pathhead

**Vogrie Country Park—Allotments & Orchard.**

Midlothian Ranger Service: 01875821716

## Mayfield

**Community Garden (MAEDT)**

Sharon Hill 0131 663 5317 /development@maedt.org.uk

**Garvald Midlothian Garden Group:** McSence Business Park.

Garvald Day Services: 01315162771

Please feel free to contact the Community Co-ordinators for more information on any of these projects.

If you notice something is out of date or we are missing a project in your area please let us know: [community\\_coordinator@redcross.org.uk](mailto:community_coordinator@redcross.org.uk)

# Community Cafés and Coffee Socials

	<b>Bonnyrigg: Pitcairn Centre</b> Mon, Tue and Fri 10:00-12:00. Thurs 10:00-4:00. Sat 10:00-12:00		<b>Mayfield and Easthouses: Church Hall</b> Coffee Social on Tue 10:00-12:00
	<b>Dalkeith: Welfare Hall</b> Café Connect on the last Tue of month 2:00-3:30		<b>Newtongrange: Mining Museum</b> Community Café open daily 10:00-5:00
	<b>Dalkeith: Welfare Hall</b> Horizons—Braw Blether café (Drug and Alcohol Misuse Recovery) Fri 1:00—2.30		<b>Pathhead: Callander Park Pavilion</b> Community Café on Tue 10:30-12:00
	<b>Dalkeith: Crystallmount</b> Coffee afternoon on Thurs 2:00-3.30		<b>Cousland: Village Hall</b> Community Café on the first Sat of month 10:30-12:30
	<b>Dalkeith: St John's and King's Park Church</b> Dalkeith community café 9:00 13:30 Term time.		<b>Penicuik: Community Arts centre</b> Gallery Café on Mon-Sat 10:00-4:00
	<b>Dalkeith: St Nicholas Buccleuch Parish Church (April-Oct)</b> Mon-Sat 10:00-4:00		<b>Penicuik: Copper Tree Café Cowan Court</b> Mcsense Social Enterprise Café open daily
	<b>Danderhall: Newton Parish Church (Oct-May) and Danderhall Library (June-Sept)</b> Coffee morning on Wed 10:00-12:00		<b>Penicuik: North Kirk</b> Open Door Café on Mon-Fri 10:00-12:00 and 2:00-4:00
	<b>Gorebridge: Emily Court</b> Coffee morning on Wed 10:00-12:00		<b>Penicuik: Town Hall</b> Development Trust Open House Café on Sat 10:00-2:00
	<b>Gorebridge: Parish Church</b> Community Café on Fri 10:00-12:00 Coffee morning on Tue 11:00		<b>Auchendinny: Glencorse Centre</b> Nest Café on Tue-Fri 10:00-2:00
	<b>VOCAL Midlothian</b> 28th June Carer coffee morning 10:00-1200		<b>Rosewell: Development Trust</b> Coffee morning on Wed 9:00-11:30
	<b>Temple: Village Hall</b> Community Café on the first Sat of month 10:30-12:30		<b>Roslin: Ross Glen Court</b> Coffee morning on Thurs 10:00-11:00
	<b>Loanhead: Parish Church</b> Tea and Chat on Fri 10:00-12:00		<b>Bilston: Church Hall</b> Coffee morning on Tue 10:30-12:00



# Useful Contact Numbers

	<b>British Red Cross Mobility Aids</b> 0131 660 9372			<b>Midlothian Libraries</b> 0131 271 3980	
	<b>Midlothian Community Care Forum</b> 0131 663 9471			<b>Ageing Well</b> 0131 561 6506	
	<b>Volunteer Midlothian</b> 0131 660 1216			<b>Citizens Advice</b> 0131 660 1636	
	<b>Vocal Midlothian/Wee Breaks</b> 0131 663 6869			<b>Health in Mind</b> 0131 663 1616	
	<b>Concessionary Bus Passes, National Entitlement and Young Scot cards</b> 0131 271 3148			<b>Rapid Response Falls Service</b> 0131 270 8890	
	<b>Blue Badges and Ring &amp; Go Cards</b> 0131 271 3601			<b>Chest, Heart and Stroke Scotland</b> 0131 225 6963	
	<b>Dial-A-Ride</b> 0131 447 9949	<b>Dial-A-Bus</b> 0131 447 1718		<b>Enable Scotland</b> 0131 454 1785	

# Day Centres and Catchment Areas in Midlothian

<b>H</b> owgate	<b>P</b> enicuik	<b>R</b> oslin & Bilston	<b>L</b> oanhead	<b>B</b> onnyrigg & Lasswade	<b>R</b> osewell
	Broomhill	Broomhill	St David's (Self Travel)	The Bungalow	St David's (Self Travel)
		The Bungalow	Highbank	Highbank	Highbank
		St.Davids (Self Travel)	The Bungalow	St David's (Self Travel except Fri)	The Bungalow
<b>D</b> anderhall	<b>D</b> alkeith & Woodburn	<b>N</b> ewtongrange & Newbattle	<b>G</b> orebridge	<b>M</b> ayfield & Easthouses	<b>P</b> athhead & Tynewater
Highbank	Highbank	St David's	St David's	St David's	St David's (Self Travel)
St.Davids (Self Travel)	The Bungalow	The Bungalow	The Bungalow	The Bungalow	
	St.Davids - Woodburn (Self Travel Dalkeith)				

## Contact Details

**St David's Bradbury** 57 St David's, Newtongrange, EH22 4LF; 0131 660 1285

**Broomhill** 7 Bellman's Road, Penicuik, EH26 0AB; 01968 678109

**Highbank** 70 Eskbank Road, Bonnyrigg, EH22 3ND; 0131 271 3900

**Alzheimer's Scotland** 3 Edinburgh Road, Dalkeith, EH22 1LA; 0131 654 1114

Wheelchair and Commode Loans—British Red Cross Unit 52 ,Mayfield Industrial Estate, Dalkeith, EH22 4AD – 0131 660 9372

Open: Tuesday 12pm-2pm Fri 10am-12pm