

Groups/Activities

Topic	Group/Activity/Interest Name/	Organisation Name	Booking	Venue Name	Address1	Tel no	M times	Tu Times	W Times	Th Times	F Times	Sa Times	Su Times
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Art/ Craft

Furniture Upcycling Group	Bethany Christian Trust/Passing the Baton	Phone Ian	Bethany Warehouse	40 Jane Street	07823 413004			10:00-12:00					
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Art/Craft

Leith Art Club	Leith Art Club	just turn up	Leith Community Education Centre	<input type="checkbox"/> 12a. Newkirkgate	0131 554 4750			18:30-21:30			-	-
Art class	Craigtinny Community Centre		Craigtinny House		0131 661 8188					9:00-12:00		
Jewellery Class 50 plus	Craigtinny Library Community Centre	telephone 661 9404	Craigtinny Library Community Centre		0131 661 9404		10:00-12:00	10:00-12:00				
Dressmaking Class	Craigtinny Library Community Centre	telephone 661 9404	Craigtinny Library Community Centre		0131 661 9404	14:00-16:00						
Craigmillar Community Arts	Craigmillar Community Arts		Craigmillar Community	58 Newcraighall Rd	0131 669 8432	-	13:00-16:30	-	-	-	-	-

Topic	Group/Activity/Interest Name/	Organisation Name	Booking	Venue Name	Address1	Tel no	M times	Tu Times	W Times	Th Times	F Times	Sa Times	Su Times
	Tuesday Arts Club	Fort Community Wing		Fort Community Wing	25 North Fort Street, Leith	0131 553 1074	-	19:00-21:00	-	-	-	-	-
	Art group	Parkinson's UK (Edinburgh branch)	phone 315 2493	private location		0131 315 2493	10:15am -12.15						
	Art and Craft	Bingham & District Older People's	by phone	Bingham & District Older People's		0131 669 0606			to be decided				
	Leith Art Club	Get up and Go		Leith Community Ed Centre	12a Newkirkgate				6.30-9.15				
	Silverworks (jewellery)	Craigentenny Community Centre		Craigentenny House		0131 661 8188		10:00-12:00					
	Knitting Network (tea, coffee, biscuits)	Ripple Project	Just turn up, bring own needles if like	Restalrig Lochend Community Hub	198 Restalrig Road South	0131 554 0442		14:00-15:30					
	Ageing Well - Knitting	Ageing Well in Edinburgh	For further details call 458 2185	Willowbrae Bowling Club	46 Barons Court Terrace	0131 458 2183	-	-	9.45-12:00	-	-	-	-
	Watercolour class	EL CA(I) Re Programme	telephone 446 3321	The Eric Liddell Centre			14:00-16:00						

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	Card making Group	Get up and Go		Leith Community Centre	12 a Newkirkgate, Leith	0131 554 4750	12:00						

Cafe Community

Café Life	Lifecare			Stockbridge House	<input type="checkbox"/> 2 Cheyne Street Edinburgh	0131 343 0945	-	09:00-16:00	09:00-16:00	09:00-16:00	09:00-16:00	-	-
Perc U Up Cafe	South Leith Parish Church			Parish Church Halls	<input type="checkbox"/> 6 Henderson Street	0131 554 2578	10-14:30	10-14:30	9:30-14:30	10-14:30	10-14:30	-	-
Caring Cafe (fortnightly)	South Leith Parish Church			South Leith Parish Church		0131 554 2578		14:00-15:30 Fortnightly					
Stafford Centre Cafe	Support in Mind			Stafford Centre	103 Broughton Street	0131 557 0718	12:00-16:00	12:00-16:00	12:00-16:00	12:00-16:00	12:00-16:00		
Newhaven Connections - Community Café	Newhaven Church	Drop-in		Newhaven Church Cafe	7 Craighall Rd, Edinburgh	0131 467 6272		9:30-16:00	9:30-16:00	9:30-16:00			
Hub Grub	Ripple Project	Just turn up			198 Restalrig Road South	0131 554 0442	11:00-13:30	11:00-13:30	11:00-13:30	11:00-13:30	11:00-13:30		

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	Lunch	Masonic Club Edinburgh				0131-553-1542							

**Computing/
Digital**

Beginners Computer Course	Tap into IT			Prentice Centre		0131 552 0485							
CAMERA	Camera Club			Persevere Room	<input type="checkbox"/> 12a. Newkirkgate	0131 554 4750	-	-		13.00-17.00	-	-	-
Scottish Seniors Computer Group	Ripple Project	Just turn up		Restalrig Lochend Community Hub		0131 554 0442				14:00-16:00			
Digital Skills (the basics)	Craigintinny Library Community Centre	telephone 661 9404		Craigintinny Library Community Centre		0131 661 9404				9:30-12:00			
Adult Computer Class 50 plus	Drylaw Neighbourhood Centre			Drylaw Neighbourhood Centre	67b Groathill Rd North	0131 315 4989	-	10:00-12:00	-	-	-		
Ageing Well - Digital Photography	Ageing Well in Edinburgh	458 2185 for more information		Ageing Well Office, and out and around in	141 London Road	0131 458 2185	-	-	-	-	10:00-12:00	-	-

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	ACE IT Information Technology	ACE IT Information Technology	by phone or online	www.aceit.org.uk	115 George Street	0131 477 3883	-	10:30-12:30			-	-	-
	Photography	University of the Third Age. Membership		Croft-an-Righ, Abbeyhill		0131 663 9090				14:00-16:00 1st Thursday monthly			

Dance; Drama

Ageing Well - Friday Fancy Footwork	Ageing Well in Edinburgh	Call 0131 458 2183 for details	Newhaven Church	7 Craighall Road	0131 458 2183								
Dance - Ageing well	EL CA(I) Programme	telephone	The Eric Liddell Centre							1:30-2:30			

Dance; Drama

Ladies Dance Night	Masonic Club Edinburgh				0131-553-1542			19:30-21.30(monthly)					
Zumba for Older People	The Prentice Centre	turn up	The Prentice Centre	1 Granton Mains Avenue, West Granton	0131 552 0485	10:00-10:50	-	-	-	-	-	-	-

Topic	Group/Activity/Interest Name/	Organisation Name	Booking	Venue Name	Address1	Tel no	M times	Tu Times	W Times	Th Times	F Times	Sa Times	Su Times
	Dance on Thursday	Dance on Thursday	just turn up	United Reformed Church	108 Duke Street	Dance on Thursday				13:30-15:00			
	Line dancing	The Prentice Centre	Turn up, places available	The Prentice Centre	1 Granton Mains Avenue, West Granton	0131 552 0485	-	-	-	-	10:30-11:30	-	-
	Ageing Well - Dancing group	Ageing Well in Edinburgh	For further details call 458 2183	Newhaven Church	26/7 Craighall Road	0131 458 2183	-	-	-	-10-11		-	-
	Dance for People with Parkinsons	Parkinson's UK (Edinburgh branch)	phone 315 2493	Dance Base	14-16 Grassmarket	07581 308 938				11:00-12:30 (fortnightly)			
	Line Dancing (Experienced)	The Prentice Centre	Turn up, places available	The Prentice Centre	1 Granton Mains Avenue, West Granton	0131 552 0485	-	-	-	18:00-19:30	-	-	-

Daycare

Jewel House is closing	Jewel House Care Home (about to close)												
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Dementia Support

Topic	Group/Activity/Interest Name/	Organisation Name	Booking	Venue Name	Address1	Tel no	M times	Tu Times	W Times	Th Times	F Times	Sa Times	Su Times
	Dementia Group	Northfield & Willowbrae Community Care		Northfield and Willowbrae Community C	1a Willowbrae Road	0131 661 5273	10-15.00	-			-	-	-
	Cottage Companion Club Day care for	Cottage Companion Club (Life Care	By referral	Cottage Companion Club The Cottage		0131 657 4101							
	Holyrood Abbey Wednesday Centre	Holyrood Abbey Wednesday Day Care		Moir Park Sheltered Housing Complex		0131 657 6002			10:00-14:45				
	St Bernard's Club	Lifecare		LifeCare at St Bernard's Club Stockbridge	2 Cheyne Street	0131 343 0945	09:30-15:00	09:30-15:00	09:30-15:00	09:30-15:00	09:30-15:00	-	-
	Edinburgh Branch D Café	The Edinburgh Branch Alzheimer		Quaker Meeting House	Victoria Terrace	0131 667 6289	-	-	-	13:00-15:00 (last Thursday	-	-	-
	Cottage Companion Club	Lifecare	ECC and other referrals	Cottage Companion Club The Cottage	53 Milton Road East	0131 657 4101	09:15-16:00	09:15-16:00	09:15-16:00	09:15-16:00	09:15-16:00	-	-
	North Edinburgh Dementia Care	North Edinburgh Dementia Care		Seagrove Centre	13 Fleming Place	0131 553 7147	-	09:30-14:30	09:30-14:30	-	-	-	-
	Be Able Cognitive Stimulation Group(14	Portlee Resource Centre for Older People	by referral through Social Care Direct	Portlee Resource Centre for Older People		0131 652 1859			9:30-15:30				

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Film / Media / Theatre

French Film Appreciation	University of the Third Age. Membership		www.edinburgh3a.org.uk	Trinity	0131 663 9090						14:00-16:00		
Theatre	University of the Third Age. Membership		4/5 times per year- visits to plays, operas,		0131 663 9090								
Gallery Group guided visits to national	University of the Third Age. Membership				0131 663 9090			14:30-16:00	3rd wed monthly				

Fitness/Exercise

Keep Fit	Drylaw Neighbourhood Centre		Drylaw Neighbourhood Centre	67b Groathill Rd North	0131 315 4989	-	-	-	10:00-11:00	-			
Seated exercise	The Prentice Centre	Turn up (40-64 years)	The Prentice Centre	1 Granton Mains Avenue, West Granton	0131 552 0485	-	-	18:00-19:00	-	-	-	-	-
Over 60s Gentle Exercise/Tea and Chat	Fort Community Wing	Turn up	Fort Community Wing	25 North Fort Street, Leith	0131 553 1074	-13.00-14.00		-	-	-	-	-	-

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	Gentle exercise	Parkinson's UK (Edinburgh branch)	phone 315 2493	Portobello Swim centre/Drylaw Parish		0131 315 2493			11:30-12:30	13:00-14:45			
	Ageing Well 'Happy Wanderers' (north	Ageing Well in Edinburgh	Various routes and meeting points call	North Central	North Central	0131 458 2183	-	10:00	-	-	-	-	-
	Ageing Well- New Age Indoor Kurling	Ageing Well in Edinburgh	Call 0131 458 2183 for details	Leith Community Education Centre	12a Newkirkgate	0131 554 4750			10:00-11:00				
	Ageing Well 'Tuesday Night Stroller'	Ageing Well in Edinburgh	Various routes and meeting points call	various locations	North Central	0131 458 2183	-	19:00	-	-	-	-	-
	Keep Fit	Craigintinny Library Community Centre	telephone 661 9404	Craigintinny Library Community Centre		0131 661 9404							
	Ageing Well - Chair based exercise	Ageing Well in Edinburgh	For further details on any of the classes call	Lochend Neighbourhood Centre, Marionville	1 Lochend Road South	0131 458 2183	-	-	-	-	15:00-16:00	-	-
	Tai Chi	Craigintinny Library Community Centre	telephone 661 9404	Craigintinny Library Community Centre		0131 661 9404			14:00-15:00				
	Ageing Well - Walking 'Get Going	Ageing Well in Edinburgh	Various routes and meeting points call	South Central	South Central	0131 458 2183	-	-	-	10:00	-	-	-

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	Exercise for Everyone	Ripple Project	Just turn up	Restalrig Lochend Community Hub	198 Restalrig Road South	0131 554 0442			10:00-10:45				
	Ageing Well - 'First Step Health Walks'	Ageing Well in Edinburgh	Various routes and meeting points call	North Central	North Central	0131 458 2159	-	-	-		-	10:00	-
	Over 50s Keep fit	Northfield & Willowbrae Community Care		Northfield and Willowbrae Community						13:30-14:30			
	Buddy Swimming	Ageing Well in Edinburgh	Call 0131 458 2183 for details	Leith Victoria Swim Centre	Junction Place	0131 458 2183	14:15-15:30						
	Carpet Bowls	Craigentiny Community Centre		Craigentiny House		0131 661 8188		1-4					
	Health Walk for people with COPD	Ageing Well in Edinburgh	Call Kath Laing on 0131 458 2184			0131 458 2183		13:45-14:00			10:45-12:00		
	Ageing Well - Walking 'Saturday	Ageing Well in Edinburgh	First Sat of the month 10am - this walk is	St Andrew Square Gardens, beside kiosk	St Andrew Square Gardens, beside kiosk	0131 458 2183	-	-	-	-	-	10:00	-
	Indoor Bowling	Parkinson's UK (Edinburgh branch)	phone 315 2493			0131 336 4088	ph to confirm						

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	Swimming	Parkinson's UK (Edinburgh branch)	phone 315 2493	Braidburn School Hydrotherapy Pool		0131 315 2493	18:15-19:15						
	Chair based exercise	Lochend Neighbourhood Centre		Lochend Neighbourhood Centre	Marionville Court □ Lochend Rd. South	0131 652 8167	-	-	10:30-14:30	-	10:30-14:30	-	-
	Seated exercises	EL CA(I) Re Programme	telephone 446 3321	The Eric Liddell Centre					14:30-15:30				
	Be Able Otago & Mobility Group(14	Portlee Resource Centre for Older People	by referral through Social Care Direct	Portlee Resource Centre for Older People		0131 652 1859	9:30-15:30						
	Indoor Bowling	Northfield & Willowbrae Community Care		Northfield and Willowbrae Community				13:30-15:30					

Games

Wednesday After School Club (P1-P7)	Fort Community Wing			Fort Community Wing	25 North Fort Street, Leith	0131 553 1074	-	-	15:30-17:30	-	-	-	-
Badminton Group	Fort Community Wing			Fort Community Wing	25 North Fort Street, Leith	0131 553 1074	19:30-21:30	-	-	-	-	-	-

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	Monday Social Club (bingo)	Craigintinny Library Community Centre	telephone 661 9404	Craigintinny Library Community Centre		0131 661 9404	13:00-15:00						
	Scrabble	University of the Third Age. Membership		various locations		0131 663 9090		14:00-16:00					
	Men's Club/Indoor bowls	Granton Church of Scotland Parish		Granton Parish Church				14:00-16:00		14:00-16:00			
	Playgroup	The Prentice Centre	Come in to ask/registration form	The Prentice Centre	1 Granton Mains Avenue, West Granton	0131 552 0485							
	Scrabble Club	Scrabble Club	just turn up	Leith Community Education Centre	□ 12a. Newkirkgate	0131 554 4750	-	-	19:00-21.15	-	-	-	-

Gardening

Grass cutting/hedge trimming	Garden Aid Scheme The City of Edinburgh												
Gardens visits to gardens of interest	University of the Third Age. Membership			out and about		0131 663 9090					14:00-16:00 Monthly 3rd Fri		

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	Lets Get Rooted	Lets Get Rooted		Leith Allotments	<input type="checkbox"/> 1 Links Gardens	0131 554 8671	-	-	-	13:30-16:00	-	-	-
	Gardeners Club	Drylaw Neighbourhood Centre		Drylaw Neighbourhood Centre	67b Groathill Rd North	0131 315 4989	-	-	-	10:30-12:30	-		
	Community Garden	Drylaw Neighbourhood Centre		Pilton Equalities Project	3 West Pilton Park	0131 315 4466	08:00-15.30	08:00-15.30	08:00-15.30	08:00-15.30	08:00-15.30		
	Ageing Well - NE Edinburgh Allotment	Ageing Well in Edinburgh	Call Robina on 458-2159 or 458-2183	Leith Links Allotment	1 Links Gardens	0131 458 2159	-	-	10:00-12:00	-	-	-	13:00-15:00

History/Science

The Scottish Mineral & Lapidary Club	The Scottish Mineral & Lapidary Club			Leith Lapidary Club	<input type="checkbox"/> 30A Links Gardens	0131 337 7293	19:00-21:30	12:00-15:00/19:00-21:30	19:00-21:30	12:00-15:00	19:00-21:30	-	-
Introduction to History of Scottish Theatre	The Prentice Centre	book		The Prentice Centre	1 Granton Mains Avenue, West Granton	0131 552 0485	13:30-	-	-	-	-		
Broughton History Society	Get up and Go			Drummond Community High School		0131 556 2651							

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	Culture Group 60 plus	Drylaw Neighbourhood Centre		Drylaw Neighbourhood Centre	67b Groathill Rd North	0131 315 4989	-	-	-	13:00-15:00	-		
	The Leith Lapidary Club	The Leith Lapidary Club		St. Margaret's House	151 London Road, Edinburgh	0797249 5912	13:30-16:30pm / 7.30-9.45	-		-	-	-	13:30-16:30 (monthly)
	Scottish Culture	The Prentice Centre	book	The Prentice Centre	1 Granton Mains Avenue	0131 552 0485		18:00-20:00		-			
	Local History	University of the Third Age. Membership		out and about		0131 663 9090							

Language/Literacy

Introduction to Modern Scottish Literature	The Prentice Centre		The Prentice Centre	1 Granton Mains Avenue	0131 552 0485	14:30-	-	-	-	-			
Book Group (monthly for English as	McDonald Road Library	Phone 0131 242 8022	McDonald Road Library	2-4 McDonald Road Rd	0131 242 8022 8022	Last Mon monthly							

Lunch Club

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	Ripple Project 60+ Lunch Club	Ripple Project	advance booking required - 554 0422	Restalrig Lochend Community Hub	198 Restalrig Road South	0131 554 0422	12:00-13:00	12:00-13:00	12:00-13:00	12:00-13:00	12:00-13:00	-	-
	lunch club currentley suspended	Pilrig & St Paul's Lunch Club											
	Magdalene Community Centre	Magdalene Community Centre		Magdalene Community Centre	□ 106a Magdalene Drive	0131 669 8760	-	-		-		-	-
	Jewish Community Lunch Club	Jewish Community Lunch Club		Edinburgh Hebrew Congregation Synagogue	4 Salisbury Road	0131 667 3144	-	12:30-14:00	-	12:30-14:00	-	-	-
	Inverleith Church Lunch Club	Inverleith Church Lunch Club		Inverleith Parish Church Halls	□ 42 Inverleith Gardens	0131 552 3919	-	12:30-14:00	-	12:30-14:00	-	-	-
	Lunch Club	Granton Church of Scotland Parish		Granton Parish Church					12:00-14:00				
	Ognisko, Polish Lunch Club	Ognisko, Polish Lunch Club		The Minority Ethnic Dementia Project	□ 139 St. Leonard's Street	0131 667 7584							
	Calton Welfare Services Lunch Club	Calton Welfare Services		London Road Church		0131 661 0678		10.30-2pm		9.30-2pm			

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	Duddingston Kirk Lunch Club	Duddingston Kirk Lunch Club		Duddingston Church Hall	Old Church Lane Duddingston Road West	0131 661 4240/669 5132	-	-	-	11:30 (except July)	-	-	-

**Music/
Singing**

Singing group	EL CA(I) Re Programme	telephone 446 3321	The Eric Liddell Centre							6:30-8:30			
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Music/Singing

Ageing Well - Singing	Ageing Well in Edinburgh	For further details call Robina on 458 2159	Mayfield Salisbury Parish Church	18 Mayfield Rd	0131 458 2159	-	14:15-15:45(term dates)	-	-	-	-	-	-
Singing 4 fun	Parkinson's UK (Edinburgh branch)	phone 315 2493	Marchmont St Giles		0131 557 6438		2-4pm	19:00-21:00					
Singing	Northfield & Willowbrae Community Care		Northfield and Willowbrae Community					13:00-14:00					
Senior Citizens Choir	South Leith Parish Church		South Leith Parish Church		0131 554 2578		1:30-3:30						

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	Music Appreciation	University of the Third Age. Membership		Portobello		0131 663 9090	10:30-12:30 3rd Monday						
	Gleeith Community Singing Group	Get up and Go		Leith Community Centre	12a Newkirkgate	0131 554 4750		7.30-9					

Social Chat

Minority Ethnic Carers Of Older People	Minority Ethnic Carers Of Older People			172 Leith Walk	0131 467 2994								
Edinburgh Elderly Chinese Support	Edinburgh Elderly Chinese Support		25 Home Street	25 Home Street	0131 228 5808	-	-	-		09:30-15:00	-	-	-
MECOPP Minority Ethnic Carers Of	MECOPP Minority Ethnic Carers Of		MECOPP Carers Centre	172 Leith Walk	0131 467 2994	-	-	10:00-15:00	-	-	-	-	-
Portobello Centre	Portobello Centre		Portobello Centre	185 Portobello High Street	0131 657 4264	10:00-14:45			-	-	-	-	-
Edinburgh Elderly Chinese Support	Edinburgh Elderly Chinese Support		25 Home Street	25 Home Street	0131 228 5808	-	12:00-15:00	12:00-15:00	-	-	-	-	-

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	Portobello Older People's Project	Portobello Older People's Project		185 Portobello High Street	185 Portobello High Street	0131 657 4264	-	-	14:00-16:00	14:00-16:00	-	-	-
	Milan (Senior Welfare Organisation)	Milan (Senior Welfare Organisation)		Portlee Resource Centre	Norton Park 57 Albion Road	0131 475 2307	-	Day Care Group 10:00-	Day Care Group 10:00-	Day Care Group 10:00-15:00	-	-	-
	Nari Kallyan Shango (NKS)	Nari Kallyan Shango (NKS)			7 Gillespie Street	0131 221 1915	11:13:00	-	-	-	11:00-13:00	-	-
	Tuesday Drop-in	Pilmey Development Project	Just turn up	Pilmey Development Project	15 Buchanan St	0131 553 2559		14:00-16:00					
	East Edinburgh Older People's	East Edinburgh Older People's		Jack Kane Centre	□ 208 Niddrie Mains Road	0131 657 1595							
	Social Club for over 50's	Social Club for over 50's	phone 554 4750	Leith Community Education Centre	□ 12a. Newkirkgate	0131 554 4750	-	-	18:45-21:00		-	-	-
	The Living Memory Association Reminiscence	The Living Memory Association	just drop-in	Ocean Terminal (next to Debenhams)	Ocean Terminal Shopping Centre	0793137 4892	10:30-16:30	10:30-16:30	10:30-16:30	10:30-16:30	10:30-16:30		
	Discovery Award Association	Discovery Award Association		c/o Drummond Community High School	□ 41 Bellevue Place	0131 552 4019							

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	Craigentenny Monday Social Club	Craigentenny Community Centre		Craigentenny House	□ 9 Loaning Road	0131 661 8188	1.30- 3.30	-			-	-	-
	Older Women's Positive Health Group	Pilmeny Development Project	Just drop in	Pilmeny Development Project	15 Buchanan Street	0131 553 2559	13:00- 15:00	-	-	-	-	-	-
	North East Edinburgh Care Action Group	North East Edinburgh Care Action Group		Pilmeny Development Project	□ 15 Buchanan Street	0131 553 2559	-	15:00- 16:30 (Last Tuesday	14:00- 16:001st Wed monthly	-	-	-	-
	Older Men's Mental Health & Well Being	Pilmeny Development Project	Phone to check attendance	Pilmeny Resource Centre	□ 15 Buchanan Street	0131 553 2559	-	-	13:30- 15:30	-	-	-	-

**Social/
Support
Chat**

The Dean Club	Lifecare			Stockbridge House	2 Cheyne Street	0131 343 0945							
Community Safety Surgery (select	Ripple Project	Drop in											
Restalrig Benefits Advice	Ripple Project	by appointment				0131 552 0458			10:00- 12:00				

Topic	Group/Activity/Interest Name/	Organisation Name	Booking	Venue Name	Address1	Tel no	M times	Tu Times	W Times	Th Times	F Times	Sa Times	Su Times
	Council Tenants Rent Advice/Housing	Ripple Project	Drop in					14:00-16:00(selected dates)					

Social/Support Chat

Haven group (chat/activities)	Newhaven Church	Drop-in	Newhaven Church Cafe	7 Craighall Rd, Edinburgh	0131 551 3931			10:30-12:30					
Jubilee Club 55+	Drylaw Neighbourhood Centre		Drylaw Neighbourhood Centre										
Ripple Project Friday Club	Ripple Project	Phone to book - 554 0422			0131 554 0442						13:30-15:30		
Macular Degeneration Disease Support	Macular Degeneration Helpline	664 3460	London Road Church	1A Easter Road							10:30-12:00 last Friday		
Womens Group	South Leith Parish Church		South Leith Parish Church		0131 554 2578			19:00-21:00					
NEECAG Leith	Pilmey Development Project		Pilmey resource Centre		0131 553 2559								

Topic	Group/Activity/Interest Name/	Organisation Name	Booking	Venue Name	Address1	Tel no	M times	Tu Times	W Times	Th Times	F Times	Sa Times	Su Times
	Womens Group	Northfield & Willowbrae Community Care		Northfield and Willowbrae Community						14:00-16:00			
	Carer support groups	Care For Carers	please phone 661 2077 for detail	St Margaret's House				11:30-13:00/last Tues of month					
	free advocacy service for older people	E.A.R.S. Advocacy and Representation Service		14 Ashley Place									
	Edinburgh Aphasia Support Group	Speakability	phone 020 7261 9572 for info			020 7261 9572							
	Carer Support groups (variable times)	EL CA(I) Programme	telephone 446 3321	The Eric Liddell Centre									
	Kirsty's Coffee Morning	Granton Church of Scotland Parish	Just turn up	Granton Parish Church				10:00-11:00		10:00-11:00			
	NHS Retirement Fellowship Edinburgh &	The NHS Retirement Fellowship	Phone 0131 443 6208	Augustine United Church,	George IV Bridge	0131 443 6208				10:00-12:00			
	Leith NEECAG	NEECAG North East Edinburgh Care Action	Just turn up 1st Wednesday of month	Community Lounge, Gordon Court		553 2559			14:00-16:00 (monthly)				

Topic	Group/Activity/Interest Name/	Organisation Name	Booking	Venue Name	Address1	Tel no	M times	Tu Times	W Times	Th Times	F Times	Sa Times	Su Times
	Helpline - 0808 800 0303	Parkinson's UK (Edinburgh branch)											
	Changeworks -Heat Heroes	Get up and Go		36 Newhaven Rd	36 Newhaven Rd								
	Coffee Morning	Fort Community Wing		Fort Community Wing	25 North Fort Street, Leith	0131 553 1074	-	9:00-11:00	-	-	-	-	-
	Over 50 Club	The Prentice Centre	Turn up	The Prentice Centre	1 Granton Mains Avenue, West Granton	0131 552 0485	-	-	14:00-16:00	-	-	-	-
	Reminiscence Centre	The Living Memory Association		Ocean Terminal	Ocean Terminal								
	Ladies' Fellowship	Granton Church of Scotland Parish		Granton Parish Church				13:30-14:30		19:30-21:30			
	Carers Support Group	Parkinson's UK (Edinburgh branch)	phone 315 2493	Pollock Pavilion	227 Ferry Rd	0131 557 6438			10:30-12:00 (Last Wed of				
	Portobello NEECAG	NEECAG North East Edinburgh Care Action	Just turn up last Tuesday monthly	Portobello Baptist Church		553 2559		15:00-16:30(monthly)					

Topic	Group/Activity/Interest Name/	Organisation Name	Booking	Venue Name	Address1	Tel no	M times	Tu Times	W Times	Th Times	F Times	Sa Times	Su Times
	Royal Engineers Club Monthly	The Royal Engineers Association		Leith Ex-Servicemans Club	7 Smith's Place	01506 413682 413682		20:00 Last Tuesday of					