

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
	English Advanced	The Welcoming Association	contact for timetable	The Welcoming Association	20/1 Westfield Avenue	0131346 8577		17:30-19:30				
	Clubbersise	The Wash House	no	The Wash House	3 Adelphi Grove						19:00-20:00	
	English Beginners	The Welcoming Association	contact for timetable	The Welcoming Association	20/1 Westfield Avenue	0131346 8577	17:30-19:30					
	English Intermediate	The Welcoming Association	contact for time table	The Welcoming Association	20/1 Westfield Avenue	0131346 8577	15:00 - 17:00					
	English Advanced	The Welcoming Association	contact for timetable	The Welcoming Association	20/1 Westfield Avenue	0131346 8577	13:00-15:00					
	English Beginners	The Welcoming Association	contact for timetable	The Welcoming Association	20/1 Westfield Avenue	0131346 8577	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
	Alma Project - Clay & Balik	Craigentiny Community Centre		Craigentiny Community Centr	9 Loaning Rd	0131 661 9404				13:00 - 15:00		
	English Complete Beginners	The Welcoming Association	contactfor timetable	The Welcoming Association	20/1 Westfield Avenue	0131346 8577			10:00-12:00			
	English Beginners	The Welcoming Association	contact for timetable	The Welcoming Association	20/1 Westfield Avenue	0131346 8577			10:00-12:00			

Art / Craft

Knitting Bees	Pilrig & St Paul's Church	Once a month	Pilrig & St Paul's Church	1 Pilrig Street	Pilrig & St Paul's Church							
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				
Art Group	Parkinson's UK (Edinburgh branch)	phone 315 2493	Botanic Cottage	Botanic Cottage	0131 315 2493					13.30-15.30		
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
	Watercolour class	The Eric Liddell Centre	telephone 446 3321	The Eric Liddell Centre	15 Morningside Road	0131 447 4520	14:00-16:00					
	Jewellery Class 50 plus	Craigentiny Community Centre	telephone 661 9404	Craigentiny Community Centre	9 Loaning Rd	0131 661 9404		10:00-12:00				
	Knitting	Leith Library			28-30 Ferry Rd	0131 5296197			6.30pm			
	Leith Scottish Women(craft	Leith Community Education Centre				0131554 4750		19.00-21.00				
	Portobello Craft & Chat	Royal Voluntary Service		Cake & Candy Tearoom	127 Portobello High Street	0778727 2860	10-12 pm					
	Alma Project (Art Group)	Craigentiny Community Centre	Referral from support worker/health	Craigentiny Community Centre	9 Loaning Rd	0770363 9334	11:45-13:45					
	Learn to knit	James Pringle Shopping outlet	£5 inc. coffee tea and cake. bring	Leith Mills	70/74 Bangor Rd, Leith Mills, Leith	0131 5535161						
	Art and Craft	Craigentiny Community Centre	telephone 661 9404	Craigentiny Community Centre	9 Loaning Rd	0131 661 9404					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
	Art Club	Willowbrae Parish Church		Willowbrae Parish Church	1a Willowbrae Rd	01316691721		14:00-16:00				
	Art Group	Duddingston Kirk		Duddingston Church Hall	Old Church Lane Duddingston Road West	0131 661 4240	-	-	-		9:30-12:00	-
	Knitting Group	Willowbrae Parish Church		Willowbrae Parish Church	1a Willowbrae Rd	01316618678			10:00-12:00			
	In Stitches Craft Group	Duddingston Kirk		Duddingston Church Hall	Old Church Lane Duddingston Road West	0131 661 4240	18:30		-			-
	Art Group	Inverleith Church		Inverleith Parish Church Halls	42 Inverleith Gardens	0131 552 3919	-		14:00-16:00	9.30 - 11.30 or 14.00-		-
	Edinburgh Tool Library (Tool Hire and DIY)	Piershill Library		Piershill Library	30 Piershill Terrace	07419 991503			16:00-18:30			
	Art and Craft	Bingham & District Older People's	£1	Bingham & District Older People's	31 Bingham Avenue	0131 669 0606	14:00-16:00					

Art/Craft

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
	Crafting Surgering	James Pringle Shopping outlet		Leith Mills	70/74 Bangor Rd,Leith Mills, Leith	0131 5535161				14:00-16:00		
	Art Class	The Wash House	no	The Wash House	3 Adelphi Grove		19:00 - 21:00					
	Card Making Classes	James Pringle Shopping outlet	£5 perperson	Leith Mills	70/74 Bangor Rd,Leith Mills, Leith	0131 5535161						11:00-13:00 & 14:00-
	Sunday Craft Demonstration	James Pringle Shopping outlet		Leith Mills	70/74 Bangor Rd,Leith Mills, Leith	0131 5535161						
	DIY Project (Upcycling old furniture)	Inspiring Leith	Call for further details	Call for venue		07823 413004			10:00-12:00			
	Alma Project -Art Studio	Craigentiny Community Centre		Craigentiny Community Centre	9 Loaning Rd	0131 661 9404		12:30-14:30				
	Knitting and Crochet Group	McDonald Road Library										

BME

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
	Food for Thought (Oral History Project)	MECOPP Minority Ethnic Carers Of		MECOPP Carers Centre	172 Leith Walk	0131 467 2994	-	-		-	-	-
	Pilates(BME women-only)	Projekt 42	Register and book your place	Project 42	37/38 Newkirkgate Shopping Centre	0131556 0441	10:45 - 11:45					
	Sakhi (friend) Women's Group	Nari Kallyan Shango (NKS) South Asian			7 Gillespie Street	0131 221 1915		-	11:00 - 13:00	-		-
	Ognisko, Polish Lunch Club	Ognisko, Polish Lunch Club		The Minority Ethnic Dementia ProjectAlzh	139 St. Leonard's Street	0131 667 7584						
	JEEVAN - Dementia Link Worker working with	MECOPP Minority Ethnic Carers Of		MECOPP Carers Centre	172 Leith Walk	0131 467 2997						
	Yoga(BME women - only)	Projekt 42	Register and book your place	Project 42	37/38 Newkirkgate Shopping Centre	0131556 0441			10:45 - 11:45			
	Milan (Senior Welfare Organisation)	Milan (Senior Welfare Organisation)	Referrals through SCD	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-	-	-
	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	-	-

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
	Edinburgh Elderly Chinese Support	Edinburgh Elderly Chinese Support		25 Home Street	25 Home Street	0131 228 5808	10:00 - 16:00	-10:00 - 16:00	- 10:00 - 16:00	10:00 - 16:00		-

Cafe Community

Coffee Morning	South Leith Parish Church			Parish Church Halls	6 Henderson Street	0131 554 2578						10:00-12:00
Perc U Up Cafe	South Leith Parish Church	Meal Deal (£4.50) - Soup of the Day, Main		Parish Church Halls	6 Henderson Street	0131 554 2578	10:00-14:30	11:00-14:00	11:30-14:00	11:00-14:00	11:00-14:00	-
Lunch	Masonic Club Edinburgh					0131-553-1542						
Hub Grub	Ripple Project	Just turn up		Restalrig Lochend Community Hub	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	
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		
Coffee Morning	Willowbrae Parish Church			Willowbrae Parish Church	1a Willowbrae Rd							10:00-12:00(on 2nd

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
	Conversational Cafe	Northfield & Willowbrae Community Centre		Northfield and Willowbrae Community							09:30-11:30	
	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	
	Café Life	Lifecare		Stockbridge House	2 Cheyne Street	0131 343 0945	-	09:00-16:00	09:00-16:00	09:00-16:00	09:00-16:00	-

Café Community

	Inverleith Church Coffee Morning	Inverleith Church		Inverleith Parish Church Halls	42 Inverleith Gardens	0131 552 3919	-		-		Last Fri of the month	-
	Gamechanger Lunch	Gamechangers	just turn up	Hibs Stadium (West Stand)	West Stand	0131 5543900	12:00-14:00					
	Super Club	Inspiring Leith	Call for venue	Call for venue		07823 413004				15:30-17:00		
	Saturday Coffee Meet-Up Group	Leith Time Bank	Phone on 07534805512	Santosa	Albert Street	0131553 2559						11:00-12:00

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
	Newhaven Monthly Meet-Up Group	Leith Time Bank	Phone on 07534805512	Sasso	100 Lindsay Rd, Newhaven	0131553 2559					12:15 (last Fri of the month)	
	Destiny Angels Community Meal	Destiny Angels	3 course home -cook meal	Community Meal	12 Casselbank	0131454 2001			1st and 3rd each month			

Cancer Support

Craigmillar Library MacMillan Cancer	MacMillan Cancer Support	Just turn up				0131 260 3720	13.00-15.00			11.00-13.00		
Cancer Support Group	Craigentiny Community Centre	contact Marian on 07583263299	Craigentiny Community Centre	9 Loaning Rd		0758326 3299				3rd Thursday of every		
Portobello Library MacMillan Cancer	MacMillan Cancer Support	Just turn up				0131 260 3720	14.00-16.00		14.00-16.00			
Leith Library Cancer Information	MacMillan Cancer Support	Just turn up				0131 260 3720			13.00-15.00		11.00-13.00	

care

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
	Carer support groups	Care For Carers	please phone 661 2077 for detail	St Margaret's House				11:30-13:00/last Tues of month				

Carer Group

VOCAL Book Group	Leith Library				28-30 Ferry Rd	0131 5296197				10am-12pm (last Thurs)		
------------------	---------------	--	--	--	----------------	--------------	--	--	--	------------------------	--	--

Carer Support Group

Yoga for Carers	The Eric Liddell Centre	telephone 446 3321		The Eric Liddell Centre			10:30-12:30					
Caring Cafe (fortnightly)	South Leith Parish Church			South Leith Parish Church	6 Henderson Street	0131 554 2578		14:00-15:30 Fortnightly				
Relaxation/Qigong for Carers	The Eric Liddell Centre	telephone		The Eric Liddell Centre		6645128		10:30-12:30				
Evening Carers Support Group	Care for Carers	Open to all carers		St Margarets House	Room G3 ground floor, beside main front door (0131 661 2077						

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
	Carers Support Group	Parkinson's UK (Edinburgh branch)	phone 315 2493	Pollock Pavilion	Ferry Road	0131 557 6438			10:30-12.30 (Last Wed of			
	Portobello Carers Support Group	Care for Carers	Open to all carers	Portobello Library	14 Rosefield Ave	0131 661 2077		11:30-13:30 (Last Tues of				

Day Care

Calton Welfare Services Lunch Club	Calton Welfare Services					0131 661 0678		10:30-14:00		9:30-14:00		
Socially Isolated Group	Carlton Welfare Centre			Abbeyhill Baptist Church	22 Elgin Terrace	0775145 9717		10.30-13.30				
Portobello Older People's Project	Portobello Older People's Project	Contact SCD. Covers Duddingston, Porto and		Portobello Centre	185 Portobello High Street	0131 657 4264		10:00-14:30 (term time)	10:00-14:30 (term time)	-	-	-
Day Care Service	Lochend Neighbourhood Centre	Contact SCD		Lochend Neighbourhood Centre	Marionville Court1 Lochend Rd. South	0131 652 8167	10:30-15:30	10:30-15:30	10:30-15:30	10:30-15:30		-
The Dean Club	Lifecare			Stockbridge House	2 Cheyne Street	0131 343 0945						

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
Dementia												
	Dementia Support Group	Carlton Welfare Centre		Norton Park Sheltered Accommodation	6-2 Norton Park	07751459717				9.30-14.00		
Dementia Support Group												
	St Bernard's Club	Lifecare	SCD and other referrals	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	-
	Oasis Cafe Edinburgh (Under 65)*	The Edinburgh Branch Alzheimer	Drop In	Eric Liddell Centre	15 Morningside Road	0131 551 9350						
	Let's Sing Musselburgh	The Edinburgh Branch Alzheimer	Drop In	Fisherow Community Centre Room 6	South Street	0780454620		11.00-12.30				
	Be Able Cognitive Stimulation Group(14	Portlee Resource Centre for Older People	by referral through Social Care Direct	Portlee Resource Centre for Older People	17 Hawkhill Avenue	0131 652 1859						
	Dementia Singing Group	Inverleith Church	Contact Kate Walker 554 4940 or Sheila	Inverleith Parish Church Halls	42 Inverleith Gardens	0131 538 1093		14:30-16:00 (1st and 3rd Tues				-

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
	Dementia Group	Northfield & Willowbrae Community Centre		Northfield and Willowbrae Community C	1a Willowbrae Road	0131 661 5273	10-15.00	-			-	-
	D- Cafe - Musselburgh	The Edinburgh Branch Alzheimer	Drop In, First Wed of the month, lunch £3	St Andrews High Church	High St, Musselburgh	0131 654 1114						
	The Singing Group - East Edinburgh for	Willowbrae Parish Church		Willowbrae Parish Church	1a Willowbrae Rd	0131 669 6418	14:15 (2nd and 4th Mon of					
	North Edinburgh Dementia Care	North Edinburgh Dementia Care	Referrals via SCD	Seagrove Centre	13 Fleming Place	0131 553 7147	09:00-15:30	09:00-15:30 09:00-15:30	09:00-15:30	09:00-15:30	09:00-15:00	09:00-15:00
	Holyrood Abbey Wednesday Centre	Holyrood Abbey Wednesday Day Care	Contact SCD	Moir Park Sheltered Housing Complex		0131 657 6002			10:00-14:00			
	Cottage Companion Club	Lifecare	SCD 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	-
	Edinburgh Branch D Café	The Edinburgh Branch Alzheimer		Quaker Meeting House	Victoria Terrace	0131 667 6289			-	13:00-15:00 (last Thurs)	-	-

Digital /Computing

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
	Digital Skills (the basics)	Craigentiny Community Centre	Referral only - telephone 661 9404	Craigentiny Community Centre	9 Loaning Rd	0131 661 9404				9:30-12:00		
	Drop In & Fix IT Sessions	ACE IT Information Technology	Cost: £10. Booking by phone or online	Hanover Street	1ST Floor	0131 477 3883		10.30am – 12.30pm and	10.30am – 12.30pm			-
	3rd Age University Computer Class	Newhaven Church	Need to become a 3rd Age member	Newhaven Church Café	7 Craighall Rd, Edinburg	0131 551 3931				13:30-15:30		
	Camera Club	Leith Community Education Centre				5544750				13.00-16.00		
	Ageing Well - Digital Photography	Ageing Well in Edinburgh		Pavillion Café ("Police box")	Marchmount entrance of the Meadows	0131 458 2183	-	-	-	-	10:00-12:00 (every 2nd wk)	-
	Scottish Seniors Computer Group	Ripple Project	£1. Bring device or laptop	Restalrig Lochend Community Hub	198 Restalrig Road South	0131 554 0442				14:00-16:00		
	Reconnect Digital Drop In	Ripple Project	Computer Provided	Restalrig Lochend Community Hub	198 Restalrig Road South	0131 554 0442			11:30-14:00			
	Silver Surfers	Bingham & District Older People's	by phone	Bingham & District Older People's	31 Bingham Avenue	0131 669 0606	14:00-16:00				14:00-16:00	

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
	Photography	University of the Third Age. Membership		Croft-an-Righ, Abbeyhill		0131 663 9090				14:00-16:00 1st Thursda		
	Adult Computer Class 50 plus	Drylaw Neighbourhood Centre		Drylaw Neighbourhood Centre	67b Groathill Rd North	0131 315 4989	-	10:00-12:00	-	-	-	
	Norton Park	People Know How		Norton Park	57 Albion Rd,	07714 586 971					10:00-12:00	
	The Ripple Project	People Know How		198 Restalrig Rd S	198 Restalrig Rd S	07714 586 971			11:00-14:00			
	Leith Community Centre	People Know How		Leith Community Centre	12a Newkirkgate	07714 586 971				10:00-12:00		
	Craightinny Community Centre	People Know How		Craightinny Community Centre	9 Loaning Rd, Edinburgh	07714 586 971	15:00-17:00					
Drama /Dance												
	Edinburgh International Folk Dance Group	Inverleith Church	Wear comfortable clothing and footwear	Inverleith Parish Church Halls	42 Inverleith Gardens	0131 538 1093	19:30-21:00					-

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
	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	-	-
	Zumba Dance	Inverleith Church	Contact Jenna Maloney 07872303211	Inverleith Parish Church Halls	42 Inverleith Gardens	07872303211	18:00-19:00					-
	Ladies Dance Night	Masonic Club Edinburgh				0131-553-1542			19:30-21.30 (monthly)			
	Dance on Thursday	Dance on Thursday	just turn up	United Reformed Church	108 Duke Street	339 1228				13:30-15:00		
	Scottish Country Dance Club	Duddingston Kirk		Duddingston Church Hall	Old Church Lane Duddingston Road West	0131 661 4240			-	20:00		-
	Dixie Saltires Line Dancing	Ripple Project	£3. Wear comfortable clothes	Restalrig Lochend Community Hub	198 Restalrig Road South	0131 554 0442	11:00-12:30					
	Leith Movers???	Newhaven Church	Call 0131 467 6272	Newhaven Church Cafe	7 Craighall Rd, Edinburg	0131 551 3931		14:00-15:00				
	Dance for People with Parkinsons	Parkinson's UK (Edinburgh branch)	phone 0131 2255525	Dance Base	14-16 Grassmarket	0131 225 5525			11.30-13.00/then 30minut			

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
	Happy Class For Over 50s	The Prentice Centre	turn up	The Prentice Centre	1 Granton Mains Avenue, West Granton	0131 552 0485		-	14.00-16.00	-	-	-
	Scottish Country Dancing	South Leith Parish Church		South Leith Parish Church	6 Henderson Street	0131 554 2578	19:30-21:30					
	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	-
	Zumba Dance	Royston Wardieburn Community Centre		Royston	11 Pilton Drive	552 5700				1.30-2.30pm /30/03/17		
	Line Dancing	South Leith Parish Church		South Leith Parish Church	6 Henderson Street	0131 554 2578		19:30-21:00				
	Line Dancing	Northfield & Willowbrae Community Centre		Northfield and Willowbrae Community					13:30-15:00			
	Ballroom Dancing	South Leith Parish Church		South Leith Parish Church	6 Henderson Street	0131 554 2578						13:00-15:00
	U3A Scottish Country Dancing	Inverleith Church	Must be a 3rd Age Member	Inverleith Parish Church Halls	42 Inverleith Gardens	0131 538 1093		10.30 - 12:00 (alternate weeks,				-

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
	Line Dancing	Craigentiny Community Centre	telephone 661 9404	Craigentiny Community Centre	9 Loaning Rd	0131 661 9404				18:55-19:55		
	Ageing Well - Dancing group	Ageing Well in Edinburgh		Newhaven Church	26/7 Craighall Road	0131 458 2183	-	-	-	09:45-10:45		-
	Zumba (for mature students)	The Eric Liddell Centre	telephone Suzanne Ebel, 0131 552 6105	The Eric Liddell Centre		0131 552 6105					10:30-11:30	

Drama Dance

Ballroom Dancing & Latin American(Cra	Afton Dance Club	just turn up	Craigmillar Park Church	2A Craigmillar Park								8 - 10 pm
Ballroom Dancing & Latin American(Lei	Afton Dance Club	Just turn up	Thomas Morton Hall	28 Ferry Road						8 - 10:30 pm		

Drama/Dance

Alma Project - Drama	Craigentiny Community Centre		Craigentiny Community Centre	9 Loaning Rd	0131 661 9404					12:15 14:00		
----------------------	------------------------------	--	------------------------------	--------------	---------------	--	--	--	--	-------------	--	--

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
Film /Media /Theatre												
	Monthly Film Outing	Leith Time Bank	Phone on 07534805512	Filmhouse	Lothian Road	0131553 2559					Once a month on a Fri afterno	
	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						
	Leith Community Cinema	Pilrig & St Paul's Church	Once a month	Pilrig & St Paul's Church	1 Pilrig Street	Pilrig & St Paul's Church						
	Gallery Group guided visits to national	University of the Third Age. Membership				0131 663 9090			14:30-16:00 3rd wed			
Fitness												
	Senior Youth Club	The Wash House	no	The Wash House	3 Adelphi Grove					18:00 - 20:00		

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
	Gently Exercise	The Wash House	no	The Wash House	3 Adelphi Grove	0131 669 8275(Tuesday-	10:30-12:00					

Fitness /Exercise

Keep Fit for individuals with additional	Craigentiny Community Centre	telephone 661 9404	Craigentiny Community Centre	9 Loaning Rd	0131 661 9404				13:15-14:15			
Seated exercises	The Eric Liddell Centre	telephone Dawn Gyles - 0131 332 0669	The Eric Liddell Centre		0131 332 0669				14:30-15:30			
Over 50s Keep fit	Northfield & Willowbrae Community Centre		Northfield and Willowbrae Community						13:30-14:30			
Indoor Carpet Bowls	Leith Community Education Centre	phone Rhona and enquire)			0131 554 4750	12.30 - 14.00						
Keep Well	The Prentice Centre	Turn up (40-64 years)	The Prentice Centre	1 Granton Mains Avenue, West Granton	0131 552 0485	-	-		18:00-19:00	-	-	-
Pilates For Parkinson's	Parkinson's UK (Edinburgh branch)	phone 01316203780	Pollock Pavillion	Ferry Road	0131 6203780						14.00-15.00	

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
	Indoor Bowling	Northfield & Willowbrae Community Centre		Northfield and Willowbrae Community				13:30-15:30		13:30-15:30		
	Pilates	The Eric Liddell Centre	telephone 446 3321	The Eric Liddell Centre			18:00 (Level 2) 19:00					
	Indoor Bowling	Parkinson's UK (Edinburgh branch)	phone 315 2493	Meadowmill Indoor Bowls Tranent	Tranet	0131 336 4088/013 1449345	12.00-14.00					
	Gentle exercise	Parkinson's UK (Edinburgh branch)	phone 315 2493	Portobello Swim centre/Drylaw Parish	Portobello Swim Centre/Groathill Road North	0131 315 2493			11:30-12:30	13:00-14:45		
	Exercise for Everyone	Ripple Project	Just turn up	Restalrig Lochend Community Hub	198 Restalrig Road South	0131 554 0442			10:00-10:45			
	Gentle Seated Exercise for over 60's	Leith Community Education Centre	Phone Janice 07971598629			0797159 8629		11:30-12:00				
	Alternative Therapies(Reflexology, Indian Head	The Prentice Centre		The Prentice Centre	1 Granton Mains Avenue	0131552 0485		17.00-19.00				
	Ageing Well - Dementia Friendly	Ageing Well in Edinburgh	Meet at Portobello Swimming Centre	Portobello Swim Centre	Portobello Promande	0131 458 2183	-		10:30	-	-	-

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
	Buddy Swimming	Ageing Well in Edinburgh	Meet in café at 14:15	Leith Victoria Swim Centre	Junction Place	0131 458 2183	14:30-15:30					
	Ageing Well 'Tuesday Night Stroller'	Ageing Well in Edinburgh	Various routes and meeting points call	various locations		0131 458 2183	-	19:00	-	-	-	-
	Be Able Otago & Mobility Group(14	Portlee Resource Centre for Older People	by referral through Social Care Direct	Portlee Resource Centre for Older People	17 Hawkhill Avenue	0131 652 1859						
	Tai Chi	Craigentiny Community Centre	telephone 661 9404	Craigentiny Community Centre	9 Loaning Rd	0131 661 9404			14:15 - 15:15			
	Badminton	Willowbrae Parish Church		Willowbrae Parish Church	1a Willowbrae Rd	0131661 1930	19:30-21:00					
	Monthly Sunday Walking Group	Duddingston Kirk		Various locations		0131 661 4240			-			-
	Carpet Bowls	Craigentiny Community Centre	telephone 661 9404	Craigentiny Community Centre	9 Loaning Rd	0131 661 9404		13:00-15:30				
	Exercise for Health(Physiotherapist led exercise	Inverleith Church		Inverleith Parish Church Halls	42 Inverleith Gardens	0131 538 1093			10:00-11:00			-

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
	Yoga	Inverleith Church		Inverleith Parish Church Halls	42 Inverleith Gardens	0131 538 1093					9.30-10.30 am (during	-
	Archery	Inspiring Leith	Suitable for beginners and those who want to	Sports Hall, Leith Community Centre	12A Newkirkgate	07823 413004				18:30-20:30		
	Ageing Well-New Age Indoor Kurling	Ageing Well in Edinburgh	Call 0131 458 2183 for details	Leith Community Education Centre	12a Newkirkgate	0131 558 2183			10:00-11:30			
	Healthy Hub Walking Group (Gentle Pace)	Ripple Project	Just turn up	Restalrig Lochend Community Hub	198 Restalrig Road South	0131 554 0442				10:00 (for approx 30 mins)		
	Zumba	Willowbrae Parish Church		Willowbrae Parish Church	1a Willowbrae Rd	0131 661 8259	13:30-14:30					
	Yogaleaf (different types)	South Leith Parish Church		South Leith Parish Church	6 Henderson Street	0131 554 2578		18:15-20:15 (Ashtanga Yoga)	10:00-11:00 (Gentle and	10:00-11:00 (Vinyasa Yoga)		
	Tai Chi	South Leith Parish Church		South Leith Parish Church	6 Henderson Street	0131 554 2578			16:00-17:00			
	Yoga	Craigtinny Community Centre	telephone 661 9404	Craigtinny Community Centre	9 Loaning Rd	0131 661 9404	10:30-11:30					

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
	Yoga	Willowbrae Parish Church		Willowbrae Parish Church	1a Willowbrae Rd	0779814 8630			18:30-19:30			
	Mindfulness	Craigentiny Community Centre	telephone 661 9404	Craigentiny Community Centre	9 Loaning Rd	0131 661 9404			14:00-15:00			
	Pilates	Craigentiny Community Centre	telephone 661 9404	Craigentiny Community Centre	9 Loaning Rd	0131 661 9404				10:00-11:00 and 11:00-		
	Healthy Hub Walking Group (Brisk Walk)	Ripple Project	Just turn up	Restalrig Lochend Community Hub	198 Restalrig Road South	0131 554 0442				9:15 (for approx 30 mins)		
	Pilates	Northfield & Willowbrae Community Centre		Northfield and Willowbrae Community						18:00-20:00 (Beginners)	19:00-20:00 (Intermediate)	
	Tai Chi	Inverleith Church	Contact: Angela Fallon 07786056778	Inverleith Parish Church Halls	42 Inverleith Gardens	0131 538 1093		19:00-20:30				-
	Keep Fit	Drylaw Neighbourhood Centre		Drylaw Neighbourhood Centre	67b Groathill Rd North	0131 315 4989	-	-	-	10:00-11:00	-	
	Buddy Swimming	Ageing Well in Edinburgh	Meet at Café Refresh at 11:45am	The Royal Commonwealth Pool		0131 458 2183				12:15-13:00		

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
	Swimming	Parkinson's UK (Edinburgh branch)	phone 315 2493	Braidburn School Hydrotherapy Pool		0131 315 2493	18:15-19:15					

**Fitness/
Exercise**

Ageing Well - Chair based exercise	Ageing Well in Edinburgh		Marionville Court, Lochend Day Centre	1 Lochend Rd South	0131 458 2183		-				15:00-16:00	-
Ageing Well - Moderate Walk	Ageing Well in Edinburgh	Various routes and meeting points call	Meet at Edward IV memorial statue	Victoria Park	0131 458 2183	-	-	-			11:00	-
Ageing Well - Moderate Walk	Ageing Well in Edinburgh	Various routes and meeting points call	Various locations		0131 458 2183	-	-	-		10:00 and 13:15		-
Ageing Well - 'Easy Walks' (North-	Ageing Well in Edinburgh	Various routes and meeting points.	North Central	North Central	0131 458 2183	-	10:00-12:00	-				
Ageing Well - "Indoor Walk"	Ageing Well in Edinburgh	Meet at Debenhams Café	Debenhams Café at Ocean Terminal		0131 458 2183		14:00				11:00	
Ageing Well - Chair based exercise	Ageing Well in Edinburgh		Cramond Kirk	Cramond Glebe Rd	0131 458 2183	13.30-14.30	-					-

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
-------	-------------------------------	-------------------	---------	------------	----------	--------	---------	----------	---------	----------	---------	----------

Fitness/Exercise

Capoeira	The Wash House		no	The Wash House	3 Adelphi Grove	0786611 2755				15:45-16:45		
Badminton	Willowbrae Parish Church			Willowbrae Parish Church	1a Willowbrae Rd	0131669 0281		14:00-16:00				
Adult Archery Group	Magdalene Community Centre			Magdalene Community Centre	106a Magdalene Drive	0131 669 8760	19:00-21:00					
Zumba	The Wash House		no	The Wash house	3 Adelphi Grove					10:00-12:00		
Walking Netball	Jack Kane Sport Centre		Drop-in	Jack Kane Sport Centre	208 Niddrie Mains Rd, Edinburgh	0131 669 0404				10.30-11.30		
Seniors Fitness: strength + Balance	Projekt 42		Free for 60+		1 Junction Place		16:00-17:00					

Games

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
	Dominos afternoon	Leith Dockers Club		Leith Dockers Club	17-17a Academy street	0131 467 7879			13:00			
	Dodgeball	The Wash House	no	The Wash House	3 Adelphi Grove					19:00-21:00		
	Scrabble Club	Willowbrae Parish Church		Willowbrae Parish Church	1a Willowbrae Rd	0131661 9171						
	Badminton	The Wash House	no	The Wash House	3 Adelphi Grove				20:00 - 22:00			
	Monday Social Club (bingo)	Craigentiny Community Centre	telephone 661 9404	Craigentiny Community Centre	9 Loaning Rd	0131 661 9404	13:00-15:30					
	Men's Club/Indoor bowls	Granton Church of Scotland Parish	Just Turn Up	Granton Parish Church				14:00-16:00		14:00-16:00		
	Carpet Bowls	Craigentiny Community Centre		Craigentiny Community Centre	9 Loaning Rd	0131 661 9404		13:00 - 16:00				
	Tennis	Thistle Foundation	no	Thistle Foundation	13 Queens Walk	0131 661 3366	2.15 pm					

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
	Board Games	Inspiring Leith	£1	Leith Free Church of Scotland	9 Casselbank St	07823 413004					6pm (first Fri of the	
	Bingo	Northfield & Willowbrae Community Centre	Just turn up	Northfield and Willowbrae Community							19:30-21:00 (last fri of the	
	Scrabble	University of the Third Age. Membership		various locations		0131 663 9090		14:00-16:00				
	Bingo Evening	Leith Dockers Club		Leith Dockers Club	17-17a Academy street	0131 467 7879				19:00		
	Dominos	Newhaven Church	Drop-in	Newhaven Church Cafe	7 Craighall Rd, Edinburg	0131 551 3931			10:30-12:00			

Gardening

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	
Gardeners Club	Drylaw Neighbourhood Centre		Drylaw Neighbourhood Centre	67b Groathill Rd North	0131 315 4989	-	-	-	10:30-12:30	-	

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
	Ageing Well - NE Edinburgh Allotment	Ageing Well in Edinburgh	Contact for more information	Leith Links Allotment	1 Links Gardens	0131 458 2183	-	-				-
	Community Gardening	Lochend Community Growing Project	For more info see Facebook	Lochend Community Growing Project	6A Lochend Quadrant							10:00-12:30
	Lets Get Rooted	Leith Community Crops in Pots	Membership costs £25 (£10 Concession)	Leith Allotments	1 Links Gardens							
	Field work day(on 8th of December)	The field Duddingstone	no	The field Duddingstone	The auseway							Second Saturday of
	Garden Club	Duddingston Kirk		Duddingston Church Hall	Old Church Lane Duddingston Road West	0131 661 4240	-	19:15 (every 2nd Tues	-			-
	no groups	Garden Aid Scheme Edin Council (APPLY					7.00-17.00	7.00-17.00	7.00-17.00	7.00-17.00	7.00-17.00	
	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	

History /Science

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
	Introduction to History of Scottish Theatre	The Prentice Centre	book	The Prentice Centre	1 Granton Mains Avenue, West Granton	0131 552 0485	13:30-	-	-	-	-	
	The Scottish Mineral & Lapidary Club	The Scottish Mineral & Lapidary Club		Leith Lapidary Club	30A Links Gardens	0131 337 7293						
	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	-		-	-	-
	Scottish Culture	The Prentice Centre	book	The Prentice Centre	1 Granton Mains Avenue	0131 552 0485		18:00-20:00		-		
	Culture Group 60 plus	Drylaw Neighbourhood Centre		Drylaw Neighbourhood Centre	67b Groathill Rd North	0131 315 4989	-	-	-	13:00-15:00	-	
	Local History	University of the Third Age. Membership		out and about		0131 663 9090						
Language /Literacy												
	Spanish Class	Leith Time Bank	Phone on 07534805512	Pilmey Resource Centre	No 15 Buchanan St	0131553 2559		17:00-18:00				

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
	Spanish Class	Craigtinny Community Centre	telephone 661 9404	Craigtinny Community Centre	9 Loaning Rd	0131 661 9404				10:00-11:00		
	Italian For Fun - Language, Food &	The Eric Liddell Centre	Call Amelia Dorward, 0790 030 1352	The Eric Liddell Centre		0790 030 1352		18:30-20:30				
	Introduction to Modern Scottish Literature	The Prentice Centre		The Prentice Centre	1 Granton Mains Avenue	0131 552 0485	14:30-	-	-	-	-	

Language/Literacy

	Alma Project - Creative writing	Craigtinny Community Centre		Craigtinny Community Centr	9 Loaning Rd	0131 661 9404			12:00 - 14:00			
--	---------------------------------	-----------------------------	--	----------------------------	--------------	---------------	--	--	---------------	--	--	--

Language/Literacy

	Tuesday Lunch & Chat	Niddrie Community Church (The Misson)		Niddrie Community Church	12 Hay Drive	0131669 9400		11 am-1pm				
	Leith Book Group	Leith Library			28-30 Ferry Rd	0778727 2860			1st & 3rd Wed of Month			

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
	Write on (8 week creative writing	Ripple Project	Contact for more info	Restalrig Lochend Community Hub	198 Restalrig Road South	0131 554 0442				12:45-14:45		
	Polish	Craigentiny Community Centre		Craigentiny Community Centr	9 Loaning Rd	0131 661 9404				13:00 - 15:00		

Literacy

Reading poems	McDonald Road Library		McDonald Road Library	2-4 McDonald Road						14:00-15:00		
---------------	-----------------------	--	-----------------------	-------------------	--	--	--	--	--	-------------	--	--

Lunch Club

Ripple Project 60+ Lunch Club	Ripple Project	4.50 (+.50p for return transport). Booking	Restalrig Lochend Community Hub	198 Restalrig Road South	0131 554 0422	11:30 -	11:30 -	11:30-	11:30 -	11:30 -	-
Lunch Club	Bingham & District Older People's	by phone	Bingham & District Older People's	31 Bingham Avenue	0131 669 0606	12:00-13:30				12:00-13:30	
Inverleith Church Lunch Club	Inverleith Church		Inverleith Parish Church Halls	42 Inverleith Gardens	0131 552 3919	-			12:30-14:00	-	-

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
	Duddingston Kirk Lunch Club	Duddingston Kirk		Duddingston Church Hall	Old Church Lane Duddingston Road West	0131 661 4240	-	-	-	11:30 (except July)	-	-
	Lunch Club	Granton Church of Scotland Parish	Just Turn Up	Granton Parish Church					12:00-13:00			

Music

Porty Street band	The Wash House	no	The Wash House	3 Adelphi Grove	0778776 3830			19:30-21:00				
Fun Fiddle Classes	The Wash House	no	The Wash House	3 Adelphi Grove				19:00-20:30		18:30-21:00		10:30-11:30

Music /Singing

Singing group	The Eric Liddell Centre	telephone 446 3321	The Eric Liddell Centre							6:30-8:30		
COPD Singing	The Cheyne Gang		Leith Community Centre	Newkirkgate	0776932 2583	14.00-16.00 (fortnightly)						

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
	Open Community Singing Group	The Eric Liddell Centre		The Eric Liddell Centre		0131 4463321/17				18:30-20:30		
	Capital Concert Band	James Pringle Shopping outlet	Bookings are essential, call 0131 553 6423.	Leith Mills	70/74 Bangor Rd, Leith Mills, Leith	0131 5535161			14:00-16:00 (3rd Wed of			
	Phoenix Choir	Leith Community Education Centre				0131 5544750	19.00-21.00					
	Lunchtime Concerts	The Eric Liddell Centre	£6 (inc lunch) telephone 446 3321	The Eric Liddell Centre		0131 4463321/17	12:30-13:30 (first Mon of					
	Singing4Fun with Parkinson's	Parkinson's UK (Edinburgh branch)	phone 0131 557 6438	Marchmont St Giles	Kilgraston Road	0131 557 6438		14.00-16.00				
	New Edinburgh Orchestra (friendly)	Inverleith Church	Further info: www.newedinburghorchestra.org.uk	Inverleith Parish Church Halls	42 Inverleith Gardens	0131 538 1093		19:00-21:00				-
	Senior Citizens Choir	South Leith Parish Church		South Leith Parish Church	6 Henderson Street	0131 554 2578		13:00-15:00				
	Ageing Well - Singing	Ageing Well in Edinburgh	For further details call Robina on 458 2159	Mayfield Salisbury Parish Church		0131 458 2183	-	14:15-15:45(term dates)	-	-	-	-

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
	Portobello Community Choir	Portobello Community Choir		Baptist Church	189 Portobello High Street	0751958 2130			19:15 - 21:30			
	Music Appreciation	University of the Third Age. Membership		Portobello		0131 663 9090	10:30-12:30 3rd Monday					

Music/Singing

	The Well Leith Acoustic Café	Inspiring Leith	Contact Ian for dat. Event every 3 months)	South Leith Parish Church	Kirt St Entrance	07823 413004					19.30 (every 5/6 weeks)	
--	------------------------------	-----------------	--	---------------------------	------------------	--------------	--	--	--	--	-------------------------	--

Music/Singing

	Alma Music Group	Craigentinny Community Centre		Craigentinny Community Centr	9 Loaning Rd	0131 661 9404			14:00 - 16:00			
	Ladies Night	Leith Dockers Club		Leith Dockers Club	17-17a Academy street	0131 467 7879			1st Wed of each month			

Sensory Loss

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
	Connect Games Group	RNIB Scotland (Edinburgh and RNIB)		RNIB	26 Morrison street					11:00-22:00		
	Drop-in sessions for hearing loss	Hearing Links		Hearing Links	39 Lauriston Place						Twice a month 1:30- 4	
	CRNIB Connect Audio Described	RNIB Scotland (Edinburgh and RNIB)		RNIB	12 Hillside Crescent	0131652 3140		10:30-12:30 first Tuesday				
	Connect Dominoes Club	RNIB Scotland (Edinburgh and RNIB)		RNIB	12 Hillside Crescent	0131652 3140					13:30-15:30	
	RNIB Online Today (Milton Rd)	RNIB Scotland (Edinburgh and RNIB)	Please contact 0131 652 3140	Mouldsdale House	24D Milton Rd East, Edinburgh	0131 657 8200	10:00-12:00					
	Lothian Blind Ramblers(WalkingGroup)	RNIB Scotland (Edinburgh and RNIB)	Contact for more details	RNIB	Leaving from Waterloo Place	0131668 3275						
	RNIB Art Group	RNIB Scotland (Edinburgh and RNIB)		RNIB	12 Hillside Crescent	0131652 3140		11:00-13:00 or 14:00-16:00				
	Edinburgh and District Blind Social Group	RNIB Scotland (Edinburgh and RNIB)	CONTACT FOR MORE INFO	RNIB	12 Hillside Crescent	0131652 3140						

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
	Connect Tin Whistle Group	RNIB Scotland (Edinburgh and RNIB)	contact for more info	RNIB	12 Hillside Crescent	0131652 3140						
	Connect Dance Class	RNIB Scotland (Edinburgh and RNIB)		RNIB	12 Hillside Crescent				11:00-12:30			
	Connect Quiz Group	RNIB Scotland (Edinburgh and RNIB)		RNIB	Abbey Pub, 65 South Clerk St					21 till late(every fourth Thursda		
	Connect Braile Group	RNIB Scotland (Edinburgh and RNIB)		RNIB	12 Hillside Crescent	0131652 3140				14:00-16:00 every second		
	RNIB Online Today (Hillside)	RNIB Scotland (Edinburgh and RNIB)	Please contact 0131 652 3140	RNIB	12 Hillside Crescent	0131 657 8200				11:00-14:00		

Social Support Chat

Over 50 Club	The Prentice Centre	Turn up	The Prentice Centre	1 Granton Mains Avenue, West Granton	0131 552 0485	-	-	14:00-16:00	-	-	-	-
Coffee Morning	Fort Community Wing		Fort Community Wing	25 North Fort Street, Leith	0131 553 1074	-	10:00-11:00	-	-	-	-	-

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
	Lifestyle Management Maintenance	Parkinson's UK (Edinburgh branch)	Cost £30 for 12 weeks. Phone 0131 663 3108	Thistle Foundation	Thistle Foundation	0131 663 3108	10.30am - 12.15pm					
	Ladies Afternoon Group	Magdalene Community Centre		Magdalene Community Centre	106a Magdalene Drive	0131 669 8760	-	13:00-15:00		-		-
	Ripple Project Friday Social Club	Ripple Project	£1. Phone to book - 554 0422			0131 554 0442					13:00-15:00	
	Support Group For People with Health	Lothian Centre for Inclusive Living (LCiL)	no	Lothian Centre for Inclusive Living (LCiL)	57 Albion Road	0131 475 2350						
	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)			
	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	
	Feel Fresh Friday (Recovery Group)	Inspiring Leith		Call for venue		07823 413004					11:30	
	Restalrig Benefits Advice	Ripple Project	by appointment			0131 552 0458			10:00-15:00			

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
	Laughter Club	The Eric Liddell Centre	Jo Bluett, 0792 989 7460	The Eric Liddell Centre		0792 989 7460				11:00-12:00		
	Kirsty's Coffee Morning	Granton Church of Scotland Parish	Just turn up	Granton Parish Church				10:00-11:00		10:00-11:00		
	Ladies' Fellowship	Granton Church of Scotland Parish		Granton Parish Church				13:30-14:30		19:30-21:30		
	Open Door at Portobello Baptist Church	Open Door at Portobello Baptist Church		185 Portobello High Street	185 Portobello High Street		-	10:00 - 14:30	10:00 - 14:30		-	-
	NHS Retirement Fellowship Edinburgh &	The NHS Retirement Fellowship	Phone 0131 443 6208	Augustine United Church,	George IV Bridge	0131 443 6208 6208				10:00-12:00		
	Ladies Night	Craigentiny Community Centre	telephone 661 9404	Craigentiny Community Centre	9 Loaning Rd	0131 661 9404		19:00 (2nd Tues of the				
	Royal Engineers Club Monthly	The Royal Engineers Association		Leith Ex-Servicemens Club	7 Smith's Place	01506 413682 413682		20:00 Last Tuesday of				
	Portobello NEECAG	NEECAG North East Edinburgh Care Action	Just turn up last Tuesday monthly	Northfield and Willowbrae Community		553 2559		15:00-16:30(m onthly)				

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
	Edinburgh Aphasia Support Group	Speakability	phone 020 7261 9572 for info			020 7261 9572				14.00-16.00		
	Haven group (chat/activities)	Newhaven Church	Drop-in	Newhaven Church Cafe	7 Craighall Rd, Edinburg	0131 551 3931			10:30-12:00			
	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						
	Women's Group	YMCA Edinburgh		The Acorn Centre	1 Junction Place	0131553 7877		12:15 - 2:15 pm				
	Womens Group	Northfield & Willowbrae Community Centre		Northfield and Willowbrae Community			19:00-21:00 (Sept-May)					
	Jubilee Club 55+	Drylaw Neighbourhood Centre		Drylaw Neighbourhood Centre								
	Community Safety Surgery	Ripple Project	Drop in	Restalrig Lochend Community Hub	198 Restalrig Road South							

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
	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	-	-	-	-	-
	Helpline - 08088000303	Parkinson's UK (Edinburgh branch)										
	Womens Group (Sept-Apr)	South Leith Parish Church		South Leith Parish Church	6 Henderson Street	0131 554 2578		19:00-21:00				
	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	-	-	-
	Minority Ethnic Carers Of Older People	Minority Ethnic Carers Of Older People			172 Leith Walk	0131 467 2994						
	one to one	E.A.R.S.Advocacy and Representation Service		14 Ashley Place	14 Ashley Place	0131 478 8866						
	Council Tenants Rent Advice/Housing	Ripple Project	Drop in	Restalrig Lochend Community Hub	198 Restalrig Road South			14:00-16:00(selected dates)				

Support Group

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
	Woodland Activity Programme for people	Woodland Activity Programme, The	3 hours of woodland activities once a week	The Hermitage of Braid is situated by	Meet in the car park at the corner of Hermitage	0131 4454025						

Volunteering

Health and Wellbeing Volunteer Information	Edinburgh Volunteer Centre		Walpole Hall	23 Palmerston Place	0131 561 8307	11:00-15:00						
Health and Wellbeing Volunteer Information	Edinburgh Volunteer Centre		Volunteer Edinburgh office	222 Leith Walk	0131 561 8307				14:00-16:00			