

January 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>08:30—09:30</b> Aerobics for 50+ at the Lasswade Centre</p> <p><b>10:30-12:00</b> AW Kurling in Lasswade Centre</p> <p><b>11:00—13:00</b> Bonnyrigg Stroke Group at Our Lady of Consolation</p>	<p><b>9:00-10:00</b> MAC Supervised Gym Sessions, Lasswade Centre</p> <p><b>From 9:30</b> Bonnyrigg Senior's Forum Shoppers Bus</p> <p><b>10:00—11:30</b> AW 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</b> AW 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> Healthy Hearts 50+ at the Lasswade Centre</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>11:00-12:00</b> MAC Mac Swimmers, 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 . MAC Lasswade Drop In Session 10.00-11.30.</p> <p><b>10.00—11.30</b> MAC lasswade Drop In Session.</p> <p><b>12:00—13:00</b> Pilates at the Lasswade centre.</p>	<p><b>09:00-10:00</b> Yoga at the Lasswade Centre</p> <p><b>10:30-11:30</b> Yoga at the Lasswade Centre</p>
<b>P</b> <b>M</b>	<p><b>12:00—14:00</b> AW 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>15:00-15:45</b> MAC Aqua wellbeing Lasswade Centre.</p>	<p><b>12-13:00</b> New Seated Pilates at the Lasswade centre</p> <p><b>13:00—14:00</b> AW 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>13:00—15:00</b> Tai Chi at the Pitcairn Centre</p>	<p><b>12:00-14:00</b> MAC (2 x 1 hour class) Level 1 &amp; 2 circuit, Lasswade Centre</p> <p><b>13:00—14:00</b> Seated Pilates/Yoga 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> <p><b>Information hub about local organisations in Lasswade</b></p> <p><b>1</b> Library</p>	<p><b>19:00—21:00</b> Scottish Country Dancing at Our Lady</p> <p><b>19:15—21:15</b> Kevock 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</b> VM 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</b> AW Bonnyrigg walks meets at the Ladbrokes, 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; communi-

**M** onday

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**W** ednesday

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<p><b>A</b> <b>M</b></p> <p><b>9:00-13.30</b> St John's and King's Park Church, Dalkeith community café Term time. <b>9.30-11.30</b> Grandparents and Toddlers at Woodburn Primary <b>10:00-1:00</b> The Krafty Crew at Dalkeith Art centre. Women only <b>10:00-3:00</b> Grassy Riggs drop-in for older people and their carers café available <b>10.30-12.00</b> Grassy Riggs Dominoes/Card Group <b>10:30-12:00</b> Carers Session at Dalkeith Library (1st Monday month <b>11:30-13:00 VM</b> computer club Grassy Riggs</p>	<p><b>10:00-11:30</b> WWHAM at the Cowden Pavilion <b>10:00-3:00</b> Grassy Riggs drop-in for older people and their carers café available <b>10:30-12:00</b> This is your Life memory group @ Grassy Riggs <b>12:00-14:30 Alzheimer Scot D Café</b> at the Baptist Church (2<sup>nd</sup> and 4<sup>th</sup> Tuesdays) light lunch.</p>	<p><b>10:-12:00 VM</b> computer club Grassy Riggs <b>10:00-3:00</b> Grassy Riggs Drop-in <b>10:30-12:00 Vocal Courses</b> see info page or call 0131 663 6869 <b>10:30-11:30</b> Dalkeith Library Hearing Aid repair clinic 1st Wednesday of every month.</p>	<p><b>10:00-3:00</b> Grassy Riggs drop-in <b>10:30-12:00 AW</b> Ballroom Dancing at Dalkeith Masonic Hall (<b>off until 29th Aug</b>) <b>10:30-12:00</b> Sporting Memories group Dalkeith rugby club <b>11:30-14:00</b> Grassy Riggs LGBT social meet up .  <b>11:30</b> Walk &amp; Talk at The Grassy Riggs</p>	<p><b>9:30-11:45</b> Art Class at St Nicholas Church Hall <b>10:00-1200</b> Grassy Riggs Carers drop-in morning. <b>10.30-12.00</b> Whitehill Lodge Social/ Activity Morning. <b>11:00-13:00</b> Knit &amp; Natter at Crystalmount</p>
<p><b>P</b> <b>M</b></p> <p><b>13:00-16:00 *NEW*</b> Dalkeith Men's Shed at Dalkeith Thistle FC Kings Park, Croft Street. <b>13:00- Grassy Riggs</b> Bereavement &amp; life skills group for men 65+ <b>13:15-15:15</b> Craft Class at the Dalkeith Welfare Hall <b>14:00-16:00</b> Oasis fellowship group at the Baptist church (Sept to May) <b>14:00-15:00</b> Bingo at Crystalmount <b>14:30-16:30</b> LGBT café at Dalkeith Welfare Hall <b>15.30-16.30 AW</b> Complete Beginners Line Dancing Class Dalkeith Art Centre. <b>16:30-17:30 AW</b> Line Dancing at Dalkeith Arts Centre</p>	<p><b>13:00-15:00</b> Macular Degeneration/ Visual Impairment support group 1st Tuesday of each month Grassy Riggs. <b>13:30 AW</b> Walking Group meets at St Nicholas Church <b>13:30-16:30</b> Health in Mind Wellbeing group at Dalkeith Rugby Club <b>14:00-15:30</b> Café Connect at the Dalkeith Welfare Hall (last Tuesday) <b>14:00-16:00 'Breathe Easy</b> support group for people affected by a lung condition. at MVA (1st Tuesday)</p>	<p><b>13:30-16:00</b> Probus Group at St Nicholas Church shop (2<sup>nd</sup> Wednesday, October- March)  <b>13:45-16:00</b> Bingo Social at the Dalkeith Welfare</p>	<p><b>12:00-15:00</b> Aim High Develop skills in using a computer. 14 Woodburn Avenue. <b>13.30-15.30</b> Vocal Carer Craft Group. 30/1 Hardengreen Estate, Dalhousie Road, Dalkeith. <b>14:00-15:00</b> Men's 50+ Pool Club at Corner Pocket Pool Lounge</p>	<p><b>12:30-13-30 MAC+</b> class level 1-3 Dalkeith Arts Centre <b>13:40-16:00</b> Whist at the Dalkeith Welfare Hall (knowledge of game required <b>14:00-16:30</b> The Krafty Crew at Dalkeith Art centre. Women only. <b>14:30-15:30-AW</b> Walking Rugby, Dalkeith RFC <b>13:00-16:00 *NEW*</b> Dalkeith Men's Shed at Dalkeith Thistle FC Kings Park, Croft Street.</p>
<p><b>E</b> <b>V</b> <b>E</b> <b>N</b> <b>I</b> <b>N</b> <b>G</b></p> <p><b>19:00-21:00 Health in Mind</b> Midlothian Depression &amp; Anxiety Support Group last Monday of every month next-The Coffee Shop, St.Nicholas Buccleuch Church. <b>19:30-21:00</b> Dalkeith History Society at the Baptist church (2<sup>nd</sup> Monday)</p> <p><b>2</b></p>	<p><b>19:00-18:30</b> Adult Reading Group at the Library  <b>19:00-21:00</b> Old Time Dancing at the Dalkeith Miners  <b>19:30-21:00</b> History Society at St Nicholas Church (every 2nd Tue)</p>	<p><b>19:00-20:30</b> Bingo at Crystalmount <b>19:00-21:00</b> Creative Writing Group at the Library (fortnightly)</p>	<p><b>19:30-21:30</b> The Dalkeith Singers at St Nicholas Church Hall <b>19:30 Oct-Apr</b> Dalkeith Horticultural Society first Thursday of the month at the Bowling pavilion Kings Park.  <b>18:30-20:00 VM</b> Transform Group Activities Crystalmount (bi weekly)</p>	<p><b>Saturday</b> <b>14:00-18:00</b> Claire's safe haven for ladies St Nicholas' Church Cafe  Dalkeith Holticultural Society <b>10.00am</b> Annual coffee morning-Kings Park Church.  <b>Sunday</b></p>

# 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)

**M**onday

**T**uesday

**W**ednesday

**T**hursday

**F**riday

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**09:30 – 10:30 MAC+ Class L1-3**  
Danderhall Leisure Centre  
**10:30-11:00** MAC drop in session Danderhall Leisure Centre  
**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

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**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)

**M** onday

**T** uesday

**W** ednesday

**T** hursday

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**10:30-12pm** Braw Blether carers group at Gorebridge library 4th&18th November

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

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

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

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

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

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

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

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

**11:00-12:00** MAC Supervised Gym Sessions, Gorebridge Centre

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

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

**11:15-12:15** Seated Pilates at the leisure centre.

**10:00—11:00** Relaxation Class at the Leisure Centre

**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)

**12:00 – 14:00** Gorebridge Lunch Club in the Parish Church

**14:30—16:00 AW** New Age Kurling at the Leisure Centre

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

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**13:00 AW** Gorebridge short and long health walks meet at the Arniston Rangers Car Park  
**13:30-15:00** MAC+ Walking Football Gorebridge Centre  
**14:00-15:00** Reminiscence group Every Third Tuesday.

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

**15:00-16:30** MAC+ Walking Football Gorebridge Centre

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

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

**14:00-15:00** 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—21:00** Good Neighbours at the Birkenside Pavilion

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

**Saturday**

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

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

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

**Sunday**

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

# Howgate

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**M**onday

**T**uesday

**W**ednesday

**T**hursday

**F**riday

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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

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# 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)

## M

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Wednesday

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Thursday

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Friday

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**11:00—12:00 AW** Dance for Health at the Miners Club  
**11:00-12:00** Aqua Aerobics The Loanhead Centre

**9:00-10:00 MAC** Supervised Gym group Lasswade Centre  
**9:15-10:15** Healthy hearts Loanhead centre  
**10:30-11:30** Aqua Aerobics The Loanhead Centre  
**11:15—12:15** Yoga at the Loanhead Centre  
**11:00-1:00** Lunch Club at **The Link**

**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

**10.00 AW** Walking Group Loanhead Leisure Centre  
**10:30—11:30** 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  
**10:30-11.30** Pilates the Loanhead Centre  
**10:30-11:30 MAC** Supervised Gym Group Loanhead  
**11:30-12:30 MAC+** Class Level 2-3The Loanhead Centre

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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 7th & 21st Jan.

**12:00—13:00** Gentle Yoga Loanhead centre  
**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

**12:30-13-30 MAC+** Level 2/3 at the Loanhead Centre.  
**13:30—15:30** MAC drop in session at the 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

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

<p><b>A</b> <b>M</b></p>	<p><b>9:15-10:15</b> Yoga at Newbattle community Campus</p>	<p><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</b> VM Computer club at Newbattle Community Campus <b>11:00*New*</b> Walk and talk group starts on Wed 15th Jan from Cornerstone café, Mayfield and Easthouses church, Mayfield</p>	<p><b>9:00- 10:00</b> Yoga at Newbattle Community Centre <b>9:30-11:30</b> Grandparents Support Group at Mayfield Primary <b>11:00-12:00</b> AW 50+ Badminton at Newbattle community campus</p>	<p><b>10:30-11:30</b> Pilates at Newbattle community campus <b>14:30-15:30</b> Yoga at Newbattle Community Centre</p> <p><b>9:00-12:00</b> Mayfield Community Men's Shed at Unit 3 McSENCE Business Park <b>10:30-12:00</b> <b>Newbattle Memories Group</b>,meets Newbattle Library Newbattle Campus. <b>11:45-12:45</b> Zumba Gold at</p>
<p><b>P</b> <b>M</b></p>	<p><b>13:00-15:30</b> AW 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>13:00-16:00</b> Carpet bowling club and social at the Leisure Centre <b>13:30-14:30</b> Zumba Gold at Newbattle community campus <b>14:00-15:00</b> *NEW* Newbattle Library Sewing Club Starts 6th January</p>	<p><b>13:45-16:00</b> Coffee afternoon at Salisbury View <b>13:00- 13:45</b> Aqua Aerobics at Newbattle Community Campus</p> <p><b>12:45-13:30</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>13:00-14:00</b> MAC Supervised Gym Group 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</p>	<p><b>13:45-16:00</b> Coffee afternoon at Salisbury View <b>15:00-16:30</b> AW Can't Help Singing Group at Newbattle community campus <b>13:00-15:30</b> AW Indoor bowling at Newbattle Community Centre</p>	<p><b>11:30-13:30</b> MAEDT lunch club at Mayfield Community Club. (Starts back 24th Jan)</p>
<p><b>E</b> <b>V</b> <b>E</b> <b>N</b> <b>I</b> <b>N</b> <b>G</b></p>	<p><b>16:16-17:15</b> Beginners Pilates Newbattle community campus <b>16:30-20:30</b> Community Wellbeing Project in Sure Start (Orchard Centre) <b>18.00-19.00</b> LADIES 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)</p>	<p><b>18:30</b> 'In Stiches' Knitting Group at Newbattle community campus</p> <p><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 &amp;3rd Wednesday in Oct-March)</p>	<p><b>18.00-19.00</b> LADIES walking football Saltire soccer centre <b>20:00-22:00</b> Old Time Dancing at Easthouses Social Club</p>	
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# Newtongrange/Newbattle

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**M**onday

**T**uesday

**W**ednesday

**T**hursday

**F**riday

A  
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**10:30—11:30 MAC** seated Pilates Newtongrange Leisure Centre  
**10:45—11:15** Seated exercise class at St Anne's  
**11:30-12:30 MAC** Stroke group Newtongrange Leisure Centre  
**12:00-13:00** Zumba Gold Newtongrange Leisure Centre

**10:00-12:00** Art Groups at Newbattle Community Centre  
**10:30-12:00 VM** Computer club Newbattle community Campus

**11:00-12:00 MAC** Supervised Gym Group Newtongrange Leisure Centre

**10:30-11:30** Yoga at Newtongrange Leisure Centre  
**11:00-** Walk and Talk from Newtongrange Library

**09:15—10:15 MAC** Pilates Newtongrange Leisure Centre  
**10.30 – 11.30 MAC** Balance & Relaxation Newtongrange Centre.  
**10:30-12:00** Newbattle Memories in Library at Newbattle Library.

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**13:00—15:00** Easy Does it Group at The Dean Tavern  
**13:30-14:30 MAC** Dancers, low level fun dance class, Newtongrange Centre  
**14:00-15:00 \*NEW\*** Newbattle Library Sewing Club Starts 6th January

**13:30-15:30** Dressmaking at Newbattle Community Centre  
**14:00—16:00** Men's carpet bowls at the Newbattle Community Centre  
**15:00-16:30** 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  
**16:45-17:45** Yoga at Newtongrange

**13:00—14:00 MAC** Supervised gym group Newbattle Community Campus  
**13:00--15:00 (2 x 1 hour-classes)** MAC Level 2-3 circuit, Newtongrange Leisure Centre  
**14:00-15:00** Friendship Group at the Newtongrange Church

**14:30-16:00 AW** New Age Kurling at Newbattle Community Centre.

**12.00—13.00** Seated Pilates/yoga at Newtongrange Leisure Centre  
**13:00—14:15** Pilates for All at Newtongrange Leisure Centre  
**14:15—15:30** Yoga for All at Newtongrange Leisure Centre

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**18.00—19.00 LADIES** walking football Saltire soccer centre  
**19:00-21:00** Archery at Newbattle Community Centre

**18.00-19.00** "In stitches knitting & crochet group weekly Newbattle Library.  
**19:00** Adult Reading Group at Newtongrange Library (1st Tuesday of the month)

**17:00—18:00** Rough and Ready Choir at Newbattle Abbey College  
**19:00-21:00** Dressmaking at Newbattle Community Centre

**18.00—19.00 LADIES** walking football Saltire soccer centre  
**19:00—21:00** Midlothian Community Artists at Newbattle Community Centre  
**18.30:20:00 Reminiscence Group** , Newtongrange Library.  
**19.00-20.00 Newbattle Library** Words & Wine reading group meet monthly. Last Thursday month .

**19:00-22:00** 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)

**M**onday

**T**uesday

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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

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**9:30—10:45** Yoga at Glencorse  
**9:45-11:45** Bowling Group at the Town Hall  
**10:00-12:00** Senior Citizens Bowling Club at Ladywood Leisure  
**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  
**11:00—12:30 MAC** Supervised Gym Sessions, Penicuik Centre

**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

**10:00—12:00 AW** Table Tennis at Ladywood Leisure Centre  
**10:00-13:00** Health in Mind Well-being 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  
**13:30-14:30 MAC** Spinners, Penicuik Leisure Centre indoor cycle class  
**14:00-16:00** Monday club Sacred Heart Church companionship & social activities.  
**15:00—17:00** MAC drop-in session at Penicuik Leisure Centre

**12.30-14.30 MAC**(2 classes x 1hr) Level 2 & 3 circuits at Penicuik Leisure Centre  
**13:30—14:30** Pilates at Glencorse  
**13:30—15:00** Braw Blether at the Library 14th & 28th Jan.  
**14:00-15.30** Alzheimer Scot D'Café at Cowan Court 1st and 3rd Tuesday of the month plwd/carers  
**15:00—17:00** MAC drop in session at Penicuik Leisure Centre  
**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)  
**14:30-15:30 MAC** Dancers Penicuik Leisure Centre  
**14:00—16:15** Tea Dance at Penicuik Bowling Club

**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 AW** 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)  
**20:00-22:00 MAC** Badminton Group, Penicuik Leisure Centre

**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)

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**9:00—11:30** Community Coffee Morning at the Community Resource Centre (fortnightly)

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**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 NEW\*\*AW** Kurling in Rosewell Church Hall\*\*

**13:30 AW** Rosewell Walks meet at Rosewell Church Hall

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**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)

## Saturday

**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**

Roslyn 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

**SATURDAY 11th January**

**19:30-20:00 Moorflix presents**  
"Shoplifters" - Oscar & BAFTA nominated for best film in foreign language. Tickets £6 adults, £15 family. Doors open 7.30pm, film starts at 8.00pm.

# Up coming events and Info

The word "BINGO" is written in large, bold, white capital letters. Each letter is contained within a colorful, glossy oval shape. The letters are: B (red), I (blue), N (green), G (yellow), and O (purple). The ovals have a 3D effect with highlights and shadows.

At



**Every Monday 1pm-3pm**

£3.50

Includes tea/coffee, a scone and Bingo games

Assistance is available to Loanhead residents who require transport

For more information and bookings call  
0131 448 0103 (option 2) or  
Email [thelink@lasc.org.uk](mailto:thelink@lasc.org.uk)

## 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; 10.30am – 1.30pm (lunch included)**

# 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

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

# Useful Contact Numbers

	<b>British Red Cross</b> 0131 654 0340		<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 The Bungalow St.Davids (Self Travel)	St David's (Self Travel) Highbank The Bungalow	The Bungalow Highbank St David's (Self Travel except Fri)	St David's (Self Travel) Highbank 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 St.Davids (Self Travel)	Highbank The Bungalow St.Davids - Woodburn (Self Travel Dalkeith)	St David's The Bungalow	St David's The Bungalow	St David's The Bungalow	St David's (Self Travel)

## 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