

August 2023

## 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)

	M onday	T uesday	W ednesday	T hursday	F riday
A M	<p><b>08:30-09:15</b> Mature Movers Laswade centre (booking essential)</p> <p><b>10:30-12:00 AW</b> New Age Kurling Lasswade centre</p> <p><b>11:30-12:30</b> Health in Mind cycling group Poltonhall Recreation ground, Bonnyrigg all equipment (cycles, helmets ) are provided. cycling on off road routes. Make an enquiry: <a href="http://www.health-in-mind.org.uk">www.health-in-mind.org.uk</a></p> <p><b>12:-14:00</b> Bonnyrigg Rose Lunch Club at the Pavilion (contact for info) <b>*Not on 10,17,24 July*</b></p>	<p><b>10:30-11:30</b> Aqua Aerobics Laswade centre (booking essential)</p> <p><b>10:00—11:30 AW</b> Tai Chi at the Pitcairn Centre</p> <p><b>10-12</b> Active Gardeners at the Community Hospital</p> <p><b>12:00-13:00 AW</b> Beginners Tai Chi at the Pitcairn Centre (<b>Waiting list please contact for info</b>)</p>	<p><b>9:00-10:00</b> Mature Movers Laswade centre (booking essential)</p> <p><b>10-11 AW</b> Advanced Tai Chi—online Zoom</p>	<p><b>09:30-10:30</b> Aqua Aerobics Laswade centre (booking essential)</p> <p><b>10-12</b> Active Gardeners at the Community Hospital (contact for info)</p> <p><b>10:30-11:30</b> Aqua Aerobics Laswade centre (booking essential)</p>	
P M	<p><b>13:00-13:45 AW</b> Best Step Forward strength and balance exercises outdoors &amp; a short walk @ King George V park (Booking essential contact for info)</p>	<p><b>13:30-15:30</b> Gardening Club at Midlothian community Hospital (contact for info)</p>		<p><b>13:30-15:30</b> Active Gardeners at the Community Hospital (contact for info)</p> <p><b>13:45-14:45</b> Seated Pilates+Yoga Laswade centre (booking essential)</p> <p><b>14:45-15:45</b> Seated Pilates+Yoga Laswade centre (booking essential)</p>	
E V E N I N G	<p><b>18:30-19:15</b> Tums &amp; Bums Laswade centre (booking essential)</p> <p><b>19:30-20:15</b> Aqua Aerobics Laswade centre (booking essential)</p> <div> <p>Information hub about local organisations in Lasswade</p> <p><b>1</b> Library</p> </div>			<p><b>18:15-19:00</b> Tums &amp; Bums Laswade centre (booking essential)</p>	<p><b>Saturday</b></p> <p><b>Sunday 13:30 AW</b> Bonnyrigg Walking Group meet at The Lasswade Centre.</p>

# Dalkeith/Woodburn

Information hub about local  
organisations in Dalkeith Library

For more information on any of the activities below please contact the Community  
Coordinators e; community\_coordinator@RedCross.org.uk

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Friday

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**9:00-13.30** St John's and King's Park Church, Dalkeith community café (contact for info)  
**10:30-13:30** Krafty Crew @ Dalkeith Arts Centre (contact for info)

**10:00-12:00** Health in Mind gardening & wellbeing group (8 week block) contact for info.

**11:00--14:00** Grassy Riggs drop in (contact for info)

**10:00-11:30** Health in Mind Walking to recovery (8 week block) contact for info.

**10:30-12:00** D Day club at Dalkeith British Legion. (contact for info)

**10:30-11:30 AW** Kings Park tennis court, Outdoor line dancing

**10:30-11:10 AW** Dalkeith Art Centre Seated Strength & Balance Exercises improve your balance and confidence £2

**11:15-12:00 AW** Dalkeith Art Centre Light Circuit Exercise Class improve and or maintain your fitness £2

**11:00-12:30 \*NEW\*** Braw Blether at Dalkeith Arts Centre 1st & 3rd of the month.

**10:30-11:30** Welfare hall New age Curling .

**10:30-12:00** Sporting Memories group Dalkeith rugby club

**10:30-12 AW** Dalkeith Art Centre – Ballroom dancing Learn to dance with Nuno and Fred and enjoy a cuppa afterwards. (contact for info)

**11:00--14:00** Grassy Riggs drop in (contact for info)

**11:30 AW** Walk & Talk Meet at The Grassy Riggs (contact for info)

**11:30-13:00 VM** Grassy Riggs Connect online (contact for info)

**9.30-12.15** Art Class in Dalkeith arts centre (contact for info)

**10:30-12:00** Lothian Veterans Centre bacon roll morning at Dalkeith British Legion (Limited no booking essential contact for info)

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**13:30-15:30** Dalkeith Library Reminiscence group pop along for a blether of days gone by.

**15:00-16:00 AW** Dalkeith Arts Centre Line dancing for **beginners**.

**16:00-17:00 AW** Dalkeith Arts Centre Line dancing

**13:30 AW** Dalkeith Walkers and Striders meets at St Nicholas Church

**14:00-15:30** Dalkeith Dementia Café Refreshments, activity, group for people with dementia & carers support 2nd & 4th Tuesday of the month, @Baptist Church Hall drop in. Contact: 0131 654 1114.

**14:00-15:30 VM** St Marys Church-Connect online Digital skills (contact for info)

**14:00-16:00** Breath Easy Group 1st Tuesday of the month MVA Office 4-6 Heart St Dalkeith.

**11:00--14:00** Grassy Riggs drop in (contact for info)

**11:00-12:30** Writing for wellbeing group Dalkeith arts centre **last Wednesday** of each month.

**14:00-15:30 VM** The Salon MVA connect online **\*New\***

**14:00-15:30** Welfare hall Bingo with a cuppa & biscuit .

**14:00-16:00** Laughter & Friendship group @ kings park & St Johns Dalkeith 2nd & 4th of the month £2

**13:00-13:45 AW** Best Step Forward strength and balance exercises outdoors & a short walk @ kings park bowling club

**14:00-16:00** Krafty Crew @ Dalkeith Arts Centre (contact for info)

**14:30-15:30—AW** Walking Rugby, Dalkeith RFC

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**17:00-18:30** Dalkeith Library Knitting Group take along your own knitting or crochet for a blether contact the library to book your place.

Saturday

Sunday



# Danderhall

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

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**10:45-11:15** Danderhall Library walking group please contact if interested 0131 444 9105

**10:00—15:00** Coffee Morning at Newton Parish Church Will be serving soup from **October**. Café open 10-1 **warm space** available until 3pm with teas and coffees

**10:00—12:00** Crafting Group at Newton Parish Church in the Hall for all age and abilities Tea & Coffee provided.

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**12:15—14:15** Lunch Club at the Danderhall Miners' club (transport available)

**12:30-13:30 AW** Line Dancing Beginners Danderhall community hub

**13:00-16:00 Newton Shed** at Newton Parish Church, **warm space** with teas and coffees available until 4pm ,

**13:45-15:15 AW** New Age Curling Danderhall community hub

**14:00-15:00** Danderhall Library last Thursday of the month book group.

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## SUNDAY

**13:00-16:00** Danderhall Miners Afternoon social once a month for Members and guests. If you live in Danderhall or surrounding areas you must be a member to attend contact 0131 663 1055

# Gorebridge

Information hub about local organisations in Gorebridge Library

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

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9:00-14:00 Beacon café

9:00-14:00 Beacon café  
10:30-12:00 Gorebridge Sporting Memories at Gorebridge Leisure Centre.  
10:30-12:00 Alzheimer's Scotland Morning Meet-Ups Arniston Miner's Welfare Social Club, Gorebridge Contact: 0131 654 1114

9:00-14:00 Beacon café  
11:30-14:00 Gorebridge Lunch Club in the Parish Church. \*On holiday until 16th Aug\*

9:00-14:00 Beacon café  
10:00-12:00 AW Gorebridge Leisure Centre Badminton Group.

9:00-14:00 Beacon café  
9:30-11:30 Gorebridge Parish Church Community Café.

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14:00-16:00 AW Gorebridge Leisure Centre Indoor bowling.  
14:00-15:30 Braw Blether Monthly Carers group  
Gorebridge Library 1st Mon of the month.

13:00 AW Gorebridge Walkers and Striders Arniston Rangers carpark ( phone for info)  
14:00-15:00 Gorebridge library knitting and crochet group.

12:00-Gorebridge Parish Church Midlothian food bank Hot Lunch Cost £1:50.  
14:30-16:00 AW Gorebridge Parish Church New Age Curling

14:00-16:00 AW Gorebridge Leisure Centre Indoor bowling.

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18:00 Gorebridge library. Our monthly book group has started back, and meets on the last Thursday of the month.

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**Saturday**

9:00-16:00 Beacon cafe

**Sunday**

# Howgate

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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)

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**10-13.30pm CAB@loanhead**  
Library Do you need advice on anything then this drop in session is for you, no need to book

**11:00-12:30 VM** Connect online at Loanhead Library (pre-book contact for info)

**10.00 AW Walking Group Striders and Walkers Loanhead Leisure Centre**

**10:00** Tea & chat at Loanhead Parish church  
**10:30-12:00** Sageing Ladies breakfast Club at the Link filled roll and a chat. Contact for info  
**11:00-12:30** Reminiscence group @ Loanhead Library come along for a bleather and a cuppa, meet new people for more info contact 0131 444 9032.

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**12:30-13:30 AW** Line Dancing at Loanhead Centre  
**13:45-15.15 AW** New Age Curling The Loanhead Centre

**14:00-16:00 AW** Walking football Bayne memorial hall

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**18:00-19:00** Loanhead Book Group: last Tuesday of the month 6.00-7.00pm/ Discuss the book choice of the month with friends and enjoy a cuppa too @Loanhead Library

**18:30-20:30** Craft'n'Chat group at the Link. Contact for info.

**18:00-19:00** Knit & Knatter group @loanhead library come along for good bleather not matter your age or experience.

**Saturday**  
**Sunday**  
**13:30**  
**19:30**



# 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
A M	<b>11:00-13:00</b> Cat Team Café @ MAEDT Tea, Coffee, Soup and Snacks served 11-1 at Pavilion Garden in Mayfield Park.	<b>09:00-15:00</b> MAEDT Café open Pavilion Garden in Mayfield Park <b>10:00-14:00</b> CAB Worker available for drop in at Pavilion (best to arrive early as it can get busy) <b>10:30-14:30</b> MAEDT Community Pantry 14-15 Bogwood Court	<b>09:00-15:00</b> MAEDT Café at Pavilion Garden in Mayfield Park <b>10:00-14:00</b> Better outdoors garden group at Pavilion (contact for info) <b>10:00-11:30</b> Mayfield & Easthouses Church coffee morning drop-in <b>11:00-12:00</b> AW Mayfield walk and talk group meet at Pavilion Mayfield Park short walk followed by a coffee/tea, biscuit and a chat back at the café. <b>14:30-15:30</b> AW Newbattle Campus Walking Netball	<b>09:00-15:00</b> MAEDT Café at Pavilion Garden in Mayfield Park <b>10:30-14:30</b> MAEDT Community Pantry 14-15 Bogwood Court <b>10:00-11:00</b> litter pick & chat @ the pavilion.	<b>09:00-14:00</b> MAEDT Café at Pavilion Garden in Mayfield Park. <b>11:00</b> AW Mayfield walk and meet at Pavilion Mayfield Park
P M		<b>14:30-16:00</b> AW Newbattle Community Learning Centre New Age Kurling.	<b>13:00-17:00</b> MAEDT Community Pantry 14-15 Bogwood Court. <b>12:00-14:00</b> Better outdoors garden group at Pavilion (contact for info)	<b>12:00-14:00</b> Mens group @ Mayfield and Easthouses Church soup lunch table tennis carpet bowls and dominoes.	<b>12:00-14:00</b> *lunch and Bingo afternoon at the pavilion Cost £5:50 booking via the pavilion or the MAEDT office/Pantry 0131 663 5317
E V E N I N G	<b>19:00-20:30</b> AW Newbattle Campus table tennis *NEW*	<b>17:30-19:00</b> AW LADIES walking football Saltire soccer centre		<b>18:00-19:00</b> AW LADIES walking football Saltire soccer centre <b>18:00-20:00</b> Every 2nd Thursday (call office check FB for dates) Community meal at the pavilion Cost £6 usually a curry but can be Italian, Mexican, BBQ if its steak £7:50 PP, booking via the pavilion or the MAEDT office/Pantry 0131 663 5317	



# Newtongrange/Newbattle

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

	M <sub>onday</sub>	T <sub>uesday</sub>	W <sub>ednesday</sub>	T <sub>hursday</sub>	F <sub>riday</sub>
A M				<p><b>10:30-12 Alzheimer's Scotland @Newbattle Abby College Fortnightly</b> Outdoor activity group for Info contact 0131 654 1114.</p> <p><b>11:00– AW</b> Walk and Talk from Newtongrange Library</p> <p><b>11:00-12:30</b> Newbattle library Lets hear you! A reading for pleasure group for people living with dementia and their carers <b>2nd Thursday of each month</b> .</p>	<p><b>10:30-12</b> Newbattle Libraries weekly memories group come along for tea and a blether.</p> <p><b>11:00-11:45 AW</b> Best Step Forward strength and balance exercises opt short walk @ Newtongrange Leisure centre. Book @ leisure centre.</p>
P M	<p><b>13:00-1400 AW</b> Table tennis at Newtongrange leisure centre. (waiting list contact for info)</p> <p><b>13:30-15:30</b> Outreach pop-up Post Office in Newtongrange library contact Library for info .</p> <p><b>14:00-15:00</b> Newbattle library sewing group Beginners are welcome!</p>	<p><b>14:30-16:00 AW</b> Newbattle Community Learning Centre New Age Kurling.</p> <p><b>15:00-16:30</b> St Anne's Amenities Housing Newtongrange The Warblers singing for lung health (except first Tuesday of the month)</p>	<p><b>14:30-15:30 AW</b> Newbattle Campus Walking Netball</p>		
E V E N I N G	<p>19:00-20:30 AW Newbattle Campus table tennis *NEW*</p>	<p><b>18:00-19:00</b> Book group at Newtongrange library For more info, contact the library</p> <p><b>18:00-19:00</b> Newbattle Library In Stitches Knitting group.</p> <p><b>18.00-19.00 AW</b> LADIES walking football Saltire soccer centre</p>		<p><b>17:30-19:00</b> Reminiscence Group at Newtongrange Library. Reminiscence and chat about the past! For more info, contact the library .</p>	

# Pathhead/Cousland/Fala

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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**09:30-10:30**, weekly, Zumba Gold, Pathhead Village Hall, £5, contact Oliver Anwyl: [attitudefitness@outlook.com](mailto:attitudefitness@outlook.com) or 07523024884.  
**10:00-11:00**, fortnightly, Healthy Walking Group (easy pace), Callendar Park Pavilion, Pathhead, contact David Richardson: [d.richardson170@btinternet.com](mailto:d.richardson170@btinternet.com) or 01875 320041.  
**10:30-12:00 VM** Connect online at Pathhead Pavilion, Community Café, tea and coffees available at café

**10:00-11:30**, fortnightly, Healthy Walking Group (faster pace), Pathhead Village Hall, contact [d.richardson170@btinternet.com](mailto:d.richardson170@btinternet.com) or 01875 320041.

**10:00-12:00** Pathhead Village hall Men's Café drop in for a coffee and chat.

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**14:00-16:00** Fortnightly, Wednesday Group, Pathhead Pavilion, Callendar Park speakers on a wide range of subjects, tea/coffee & cake, £3, contact Ray Christie: [raychristie67@gmail.com](mailto:raychristie67@gmail.com)

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**19:15-21:15**, 2nd Monday of the month, Pathhead SWI, Callendar Park Pavilion, Pathhead, talks, demonstrations, social events, tea/coffee, cake & raffle, open to SWI members and visitors, £4, contact [pathheadswi@gmail.com](mailto:pathheadswi@gmail.com).

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**19:30**, last Thursday of the month, Fala & District History Society, Fala Village Hall, programme of talks, tea/coffee & cake, £1 (members), £2 (visitors), contact Richard Pont: 07720 463392 or use website contact form: [falahistsoc.org.uk](http://falahistsoc.org.uk)

## Saturday

**10:30-12:30**, first Saturday of the month, Community Café, Cousland Village Hall



# 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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**9:15-10:30** Yoga at Glencorse centre  
Booking essential (contact for info)  
**09:30-10:15 AW** St Mungo's church  
hall Best Step Forward strength and  
balance exercises  
**10:00-12:00 AW** Penicuik town hall  
Indoor bowling.

**09:30-11:30** Evergreens @ Beeslack  
**10:30-12:00 VM** Connect online @  
Penicuik Food, Facts, Friends.  
(contact for info)

**10:00—12:00 AW** Table Tennis at La-  
dywood Leisure Centre  
**10:30-12:00** Alzheimer's Scotland  
Morning Meet-Ups The Craigie Hotel  
Fortnightly. Contact: 0131 654 1114

**10-00-11:15 AW** North Kirk Extenders  
Exercise Class (phone to Book Waiting  
list)

**9:45 AW** Penicuik Walkers at St  
Mungos Church  
**10:00-12:00 AW** Walking Football at  
Ladywood Leisure Centre  
**10:00-16:00** Penicuik Men's Shed **The  
Glencorse Centre** Contact David:  
07977219828  
**10:30-12** Alzheimer's Scotland  
@Penicuik House Outdoor activity  
group booking essential Fortnightly.  
Contact: 0131 654 1114  
**10:00-12:00** Renew 26 a quiet shared  
space where its ok not to be ok. @  
North Kirk.  
**10:30-11:30 \*New\*** reminiscence  
group in Penicuik Library every **2nd  
Fri 2,16,30**

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**12:00-14:00** Free community lunch at  
Ladywood leisure centre.  
**12:30—13:30 AW** Line Dancing at La-  
dywood  
**13:00-15:00** Penicuik Library Dementia  
support group we have a cuppa and  
chat also do activities like painting,  
playing dominoes, cards ,musical bingo  
**13:30-15:30 AW** Penicuik town hall  
Indoor bowling.  
**14:00-16:00** Bingo at Ladywood Leisure  
centre £1 entry £1 per book £0:30 for  
tea/coffee.( contact for info)

**12:00-14:00** Senior citizens 3 course  
lunch £9 at Glencorse Centre book-  
ing essential (limited spaces booking  
essential contact for info)  
**14:00-16:00 AW** New Age Kurling at  
Ladywood.  
**13:30-15:00** Braw Blether at penicuik  
Library 2nd & 4th Tuesday of the  
month.

**13:30—15:30 AW** Badminton at La-  
dywood Leisure Centre. (waiting list  
contact for info)

**13:00-14:00** Ladywood walkers'  
group. Contact for info.  
**13:45-15:45** Golden Girls at  
Beeslack  
**14:00-15:30 VM** Connect online  
@ Penicuik Library. (contact for  
info)  
**14:00-15:30** Penicuik Dementia  
Café – 1st and 3rd Thursday of the  
month, @ Cowan Court  
Refreshments, activity group for  
people with dementia, carer sup-  
port group drop in.  
Contact: 0131 654 1114  
**14:00-16:00** Renew 26 a quiet  
shared space where its ok not to  
be ok. @ Glencorse Centre.

**13:30 Penicuik Library FilmClub  
18th August.**

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**19:00-21:00** Bingo @ Ladywood  
Leisure centre alternate Tues-  
day's 8-22 March

**18:00-20:00** Penicuik Library-  
Calendar girls group. Contact  
for info

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# Rosewell

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	M onday	T uesday	W ednesday	T hursday	F riday
A M		<b>12:00-13:00</b> Rosewell Lunch Club at The Steading £3:50 <b>*On Holiday starts back 17th Aug*</b>		<b>12:00-13:00</b> Rosewell Lunch Club at The Steading £3:50 (contact for info) <b>*On Holiday starts back 17th Aug*</b>	
P M		<b>13:30-15:30</b> Friendship group The Steading afterwards during term time (contact for info) <b>14:45-16:30</b> Take the floor Scottish country dancing@The Steading. <b>14:45-16:45</b> Rosewell Sewing Bee @ The Steading <b>13:30-15:30 AW</b> New age Kurling in Rosewell Church Hall. (Limited spaces Booking essential contact for info)	<b>13:30-15:00 VM</b> The Steading Connect online. <b>14:30-16:00</b> Come dancing @The Steading	<b>13:30-14:30</b> Golden Voices brings together people living with dementia and their families to sings songs @The Steading Contact: Yvonne Williams on 07875 358582 or <a href="mailto:yw.lvbs@yahoo.co.uk">yw.lvbs@yahoo.co.uk</a> to book places are limited.	<b>13:30 AW</b> Rosewell Walkers and striders meet at Rosewell Church Hall
E V E N I N G					<b>Saturday</b>

# Roslin/Bilston

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**M**onday

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**10:30** Rosslyn Rhino's Petanque/French Boules in Roslin Park. All welcome and Boules provided  
**10:30** Rosslyn community bowling club social bowls just pop in bowls available.

**10:00-13:00** Community shed at Rosslyn Bowling Club

**10.00-AW** Roslin walkers meet at the original Rosslyn Inn  
**10:30-12:00** Roslin Community Shed @ The Mustard seed Roslin main street

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**18:30** Rosslyn community bowling club social bowls just pop in bowls available.

**12:00-14:00** Roslin Community Gardeners meet @ Rosslyn Bowling Club  
**14:00** Rosslyn community bowling club social bowls just pop in bowls available.

**21:00** Rosslyn community bowling club social evenings  
Bingo play your cards & Music

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**19:30-** Roslin Legion Club Bar: pool, dominoes, darts & one Bingo "flyer" Lounge: Bingo 2 sessions

**18:30-21:00** Roslin Community Shed @ Midlothian council workshop Borthwick View Loanhead.

**19:30-** Roslin Legion Club Bar: Pool, darts & a domino competition for steak pie. Lounge: the new Roslin Choir 7pm (email [rblroslin@hotmail.com](mailto:rblroslin@hotmail.com) if interested)  
**19:30** Roslin Choir have restarted meetings again in Roslin Legion.

**20:00** Roslin Legion Club Bar pool, darts & dominoes  
**Saturday**  
**10:00-12:00** Roslin Community Gardeners meet @ Rosslyn Bowling Club  
**13:00** Roslin Legion Club Bar pool, darts & dominoes  
**19.30** Bar: pool, darts, dominoes & Bingo "flyer" Lounge: Live act, Bingo, raffle & Play Your Cards Right  
**Sunday**  
**13:00** Rosslyn Rhino's Petanque/ French Boules in Roslin Park. All welcome and Boules provided  
**13:00** Roslin Legion Club Bar: pool, darts, dominoes & 1st half of Bingo. Lounge: **14:00** Bingo 1st & 2nd half Bingo **19.30** Bar: Pool, darts & dominoes .

# 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)

	M onday	T uesday	W ednesday	T hursday	F riday
A M					
P M					
E V	13				19:30 - 22:30



# Up coming events and Info

## Upcoming courses

### HEALTH IN MIND

#### **Midlothian Community Meeting**

We are holding weekly meetings where we will share information about new groups in Midlothian (including those online, outdoors, and in the community), new developments and opportunities, new venues and to introduce new staff members too.

It's also an opportunity to provide feedback on our services, and for you to let us know if there are any gaps.

#### **When and where?**

The groups will be held online and will take place weekly on Thursdays between 12 noon and 12.30 pm. The group will start on Thursday 10 March.

They will be held on Zoom - if you need assistance getting set up, please do let us know.

Health-in-Mind are running a cycling group on Mondays between 11.30–12:30pm. based at Poltonhall Recreation ground, Bonnyrigg all equipment (cycles, helmets ) are provided. cycling on off road routes. Supporting people to connect with others.

Make an enquiry: [www.health-in-mind.org.uk](http://www.health-in-mind.org.uk)

#### **Mindful Photography Group (Access)**

This group promotes mental health and wellbeing through photography.

The group involves:

An introduction to mindfulness and photography

Gentle walks on accessible paths\*

Creative self-expression

Connecting with nature

Reflective group discussions

The group starts on Tuesday 13 June, from 2.00 pm - 3.30 pm for 6 weeks

Face-to-face meetings in Midlothian/Edinburgh

\*Accessible paths: mainly paved concrete paths or shallow gravel, seating at regular intervals, accessible toilets nearby, drop kerbs, parking and public transport access.

Kindly note that despite our best efforts, these meetings might not be suitable for everyone. We can provide more info about the planned routes on request.

For more information or to book a place please contact Health in Mind:

E: [contactus@health-in-mind.org.uk](mailto:contactus@health-in-mind.org.uk),

T: 0131 225 8508

W: [health-in-mind.org.uk](http://health-in-mind.org.uk)

## VOCAL Events

#### Carer cuppa morning

**Wed 2 Aug | 10am - 12pm | Midlothian Carer Centre** Enjoy a cuppa and chat with other carers and have some time for yourself at our relaxed and friendly Carer Centre.

#### CAM - Carers Action Midlothian

**Tue 8 Aug | 10.30am - 12pm | Zoom** An opportunity to discuss carer issues and share your experiences. We can share any concerns with our partners in local and national government to drive change. Your input can make a difference to carers and shape services in the future.

#### Moving and handling

**Thu 10 Aug | 9.30am - 4.30pm | McSense, Mayfield, Dalkeith** Come along and learn about moving and handling to enable you to help and safely support the person you care for with their mobility. You will learn the theory and have the opportunity to practice too!

#### Carer evening art group

**Tue 15 Aug | 6pm - 7.30pm | Midlothian Carer Centre** Leo du Feu will show us some different creative activities. No previous experience is required and all materials will be provided!

#### Introduction to residential care costs

**Thu 17 Aug | 10.30am - 12pm | Midlothian Carer Centre** In this workshop, you will learn the basics of how care home fees are assessed and calculated. We will look at the upper and lower capital limits and what might happen to income such as state and occupational pensions.

#### Carer art and craft group

**Thu 24 Aug | 10am - 12pm | Midlothian Carer Centre** Using different materials each month, a professional artist will show you how to make your own piece of artwork. Get creative and enjoy a blether whilst doing so!

#### Working carer session

**Mon 28 Aug | 7pm - 8pm | Zoom** Juggling work and care can be challenging! Working carers are invited to attend a short workshop to discuss issues that matter most to you, and meet other working carers.

#### Stroke information session

**Thu 31 Aug | 1.30pm - 3pm | Midlothian Carer Centre** Jolene from Stroke Association Scotland will share information on the impact of a stroke, living after a stroke, stroke prevention and the support available. We will also hear from a stroke survivor.

**If you have any questions, please contact our team on [midlothian@vocal.org.uk](mailto:midlothian@vocal.org.uk) or call Charmaine on 0131 663 6869. All events are free of charge to carers living or caring for someone in Midlothian**

# Useful Signpost info

## **Midspace**

Midspace is your online space for mental health and wellbeing information in Midlothian.

It provides:

information about local mental health and wellbeing services and support

a platform to promote positive mental health and wellbeing through connecting people to local activities and places resources to support self-help and self-management visit [www.midspace.co.uk](http://www.midspace.co.uk)

## **Breathing Space**

Breathing Space is a free, confidential phone and web-based service for people in Scotland experiencing low mood, stress, depression or anxiety.

Phone: 0800 83 85 87

Webchat: [www.breathingspace.scot](http://www.breathingspace.scot)

Monday to Thursday, 6.00 pm – 2.00 am

Friday to Monday, 6.00 pm – to 6.00 am

## **Age Scotland**

The Age Scotland helpline is a free, confidential phone service for older people, their carers and families in Scotland. The team provides information, friendship and advice.

Phone: 0800 12 44 222

Monday to Friday, 9.00 am – 5.00 pm

## **Silverline**

The Silver Line is a confidential helpline providing information, friendship and advice to older people.

Phone: 0800 4 70 80 90

Email: [info@thesilverline.org.uk](mailto:info@thesilverline.org.uk)

Monday to Sunday, 24 hours a day

## **Dalkeith and District Citizens Advice Bureau**

Call 0131 660 1636 or email [Bureau@dalkeithcab.org.uk](mailto:Bureau@dalkeithcab.org.uk)

## **Penicuik Citizens Advice Bureau**

Call 01968 675259 (Advice and Appointments) or 0800 0327077 (Advice) Email [contact.us@penicuikcab.org.uk](mailto:contact.us@penicuikcab.org.uk)

## **Macmillan – Improving the Cancer Journey Service**

If you or someone you care about has been diagnosed with cancer, we're here to help you find the right support.

Call us on 07977 307286 or 07929 84315 or email [loth.icj@nhslothian.scot.nhs.uk](mailto:loth.icj@nhslothian.scot.nhs.uk)



# 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>M4</b>	13:30	15:30	Newlandrig - Dewartown - Pathhead Ford - Edgehead - Whitehill	<b>TESCO Eskbank</b>
	<b>M5</b>	14:30	16:30	Newtongrange - Easthouses Mayfield - Woodburn - Dalkeith	<b>TESCO Eskbank</b> Via Newbattle Health Centre
<b>Wednesday</b>	<b>M6</b>	09:45	11:45	Gorebridge - Newtongrange - Easthouses Mayfield - Woodburn - Dalkeith	<b>TESCO Eskbank</b> Via Newbattle Health Centre
	<b>M8</b>	14:30	16:30	Penicuik - Auchendinny Roslin - Bilston - Loanhead	<b>ASDA/SAINSBURY Straiton</b>
	<b>M9</b>	13:30	15:30	Rosewell - Bonnyrigg - Lasswade Eskbank - Newbattle	<b>ASDA/SAINSBURY 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
	<b>M12</b>	13:30	15:45	Rosewell - Howgate - Pomathorn Penicuik - Auchendinny	<b>CAMERON TOLL</b>
<b>Friday</b>  <b>Cost £2 Each Way</b>	<b>M13</b>	09:00	11:00	Bilston-Roslin Auchendinny –Leadburn-Penicuik	<b>TESCO Penicuik</b>
	<b>M15</b>	10:00	12:00	Rosewell - Bonnyrigg - Lasswade Eskbank - Newbattle	<b>LIDL/MORRISONS/ALDI Gilmerton</b>
	<b>M16</b>	13:30	15:30	Old Craighall - Millerhill - Newton Hilltown - Danderhall	<b>MORRISONS DALKEITH via Danderhall</b>
	<b>M17</b>	14:30	16:30	Gorebridge - Newtongrange - Easthouses Mayfield - Woodburn - Dalkeith	<b>MORRISONS Dalkeith</b> Via Newbattle Health Centre



# LCTS Community Bus Route For Info Please Call 0131 663 0176

## Route 1 Thursday

Dalkeith (South Street)	10.00
Dalkeith (Jarnac Court, High Street)	10.02
Eskbank (Tesco Superstore)	10.10
Bonnyrigg (Cockpen Road)	10.19
Carrington	10.27
Temple	10.31
Gorebridge (Birkenside)	10.36
Gorebridge (opposite library)	10.39
Newtonloan Toll	10.43
Bonnyrigg (Cockpen Road)	10.47
Bonnyrigg (High Street)	10.50
Bonnyrigg (Co-op, High Street)	10.51
Bonnyrigg (High Street)	10.53
Eskbank (Tesco Superstore)	10.58
Dalkeith (Morrison's)	11.04
Dalkeith (South Street)	11.08
Dalkeith (South Street)	12.45
Dalkeith (Jarnac Court, High Street)	12.47
Eskbank (Tesco Superstore)	12.55
Bonnyrigg (High Street)	13.00
Bonnyrigg (Co-op, High Street)	13.01
Bonnyrigg (High Street)	13.03
Bonnyrigg (Cockpen Road)	13.06
Newtonloan Toll	13.10
Gorebridge Library	13.14
Gorebridge (opposite Birkenside)	13.17
Temple	13.22
Carrington	13.26
Bonnyrigg (Cockpen Road)	13.34
Eskbank (Tesco Superstore)	13.43
Dalkeith (Morrison's)	13.49
Dalkeith (South Street)	13.53

## Route 2 Thursday

Dalkeith (South Street)	09.00
Dalkeith (Jarnac Court, High Street)	09.02
Eskbank (Dalhousie Road)	09.04
Lothianbridge (The King's Gate)	09.06
Newtongrange (opposite Mining Museum)	09.10
Gowkshill (The Crescent)	09.12
Greenhall (Barleyknowe Crescent)	09.15
Gorebridge (Wilson Road)	09.18
Gorebridge (Amprior Road)	09.21
Gorebridge (Hunter Square)	09.22
Gorebridge (Gore Avenue, Newbyres Village)	09.24
Gorebridge (opposite Library)	09.27
Newtonloan Toll	09.31
Bonnyrigg (Cockpen Road)	09.35
Bonnyrigg (High Street)	09.38
Bonnyrigg (Co-op, High Street)	09.39
Bonnyrigg (High Street)	09.41
Eskbank (Tesco Superstore)	09.46
Eskbank (Bonnyrigg Road)	09.48
Dalkeith (Morrison's)	09.51
Dalkeith (South Street)	09.53
Dalkeith (South Street)	11.20
Dalkeith (Jarnac Court, High Street)	11.22
Eskbank (Bonnyrigg Road)	11.25
Eskbank (Tesco Superstore)	11.27
Bonnyrigg (High Street)	11.32
Bonnyrigg (Co-op, High Street)	11.33
Bonnyrigg (High Street)	11.35
Bonnyrigg (Cockpen Road)	11.38
Newtonloan Toll	11.42
Gorebridge (Library)	11.46
Gorebridge (Gore Avenue, Newbyres Village)	11.49
Gorebridge (Hunter Square)	11.51
Gorebridge (Amprior Road)	11.52
Gorebridge (Wilson Road)	11.55
Greenhall (Barleyknowe Crescent)	11.58
Gowkshill (The Crescent)	12.01
Newtongrange (Mining Museum)	12.03
Lothianbridge (opposite The King's Gate)	12.07
Eskbank (Dalhousie Road)	12.09
Dalkeith (Morrison's)	12.11
Dalkeith (South Street)	12.13

## Route 3 Thursday

Dalkeith (South Street)	14.00
Dalkeith (Jarnac Court, High Street)	14.02
Eskbank (Lasswade Road)	14.06
Danderhall (Campview Crescent)	14.15
Danderhall (Forth View Crescent)	14.19
Danderhall (The Circle)	14.21
Danderhall (Edmonstone Road)	14.23
Newton Village	14.26
Millerhill	14.30
Old Craighall	14.32
ASDA (The Jewel)	14.40
ASDA (The Jewel)	16.00
Old Craighall	16.08
Millerhill	16.10
Newton Village	16.14
Danderhall (Edmonstone Road)	16.17
Danderhall (The Circle)	16.19
Danderhall (Forth View Crescent)	16.21
Danderhall (Campview Crescent)	16.25
Eskbank (Lasswade Road)	16.34
Dalkeith (South Street)	16.40

## Route 4 Monday

Dalkeith (South Street)	09.05
Dalkeith (Jarnac Court, High Street)	09.07
Eskbank (Lasswade Road)	09.11
Lasswade (Laird & Dog)	09.15
Loanhead (Hunter Avenue)	09.18
Loanhead (Mavisbank)	09.20
Loanhead (Burghlee Crescent)	09.25
Loanhead (The Loan)	09.27
Loanhead (Park Avenue)	09.31
Loanhead (Dalum Loan)	09.34
Loanhead (Gaynor Avenue)	09.36
Loanhead (Library)	09.38
Straiton Retail Park	09.42
Sainsbury's	09.45
ASDA (Straiton)	09.50
Sainsbury's	11.25
ASDA (Straiton)	11.30
Straiton Retail Park	11.35
Loanhead (Library)	11.38
Loanhead (Gaynor Avenue)	11.41
Loanhead (Dalum Loan)	11.43
Loanhead (Park Avenue)	11.46
Loanhead (The Loan)	11.50
Loanhead (Burghlee Crescent)	11.52
Loanhead (Mavisbank)	11.55
Loanhead (High Street)	11.57
Loanhead (Hawthorn Gardens)	12.00
Straiton Retail Park	12.03
Sainsbury's	12.05

## Route 5 Monday

ASDA (Straiton)	09.55
Loanhead (The Loan)	10.00
Loanhead (Hunter Avenue)	10.01
Lasswade (opposite Laird & Dog)	10.04
Bonnyrigg (High Street)	10.07
Bonnyrigg (Cockpen Road)	10.10
Carrington 10.17 Temple	10.22
Gorebridge (Birkenside)	10.29
Gorebridge (Hunter Square)	10.31
Gorebridge (Amprior Road)	10.32
Gorebridge (Wilson Road)	10.35
Gorebridge (Barleyknowe Lane)	10.36
Newtonloan Toll	10.40
Bonnyrigg (Cockpen Road)	10.44
Bonnyrigg (High Street)	10.47
Lasswade (Laird & Dog)	10.50
Loanhead (Hunter Avenue)	10.53
Loanhead (Clerk Street)	10.55
Straiton Retail Park	10.58
ASDA (Straiton)	11.03
Sainsbury's	11.08
Sainsbury's	12.45
ASDA (Straiton)	12.50
Straiton Retail Park	12.55
Loanhead (Clerk Street)	12.58
Loanhead (Hunter Avenue)	12.59
Lasswade (opposite Laird & Dog)	13.02
Bonnyrigg (High Street)	13.05
Bonnyrigg (Cockpen Road)	13.08
Newtonloan Toll	13.12
Gorebridge (Barleyknowe Lane)	13.16
Gorebridge (Wilson Road)	13.17
Gorebridge (Amprior Road)	13.20
Gorebridge (Hunter Square)	13.21
Gorebridge (opposite Birkenside)	13.23
Temple	13.30
Carrington	13.35
Bonnyrigg (Cockpen Road)	13.42
Bonnyrigg (Lothian Street)	13.45
Eskbank Toll	13.49
Dalkeith (South Street)	13.53

### FARES (single)

Adult **£1:80**

Child {under 16} **£0:90**

Young person (16-18) with Young Scot Card **£1:20**

National Entitlement Card holders {disabled people & people  
aged 60 or over} **FREE**



# Useful Contact Numbers

	<b>British Red Cross Mobility Aids</b> 0131 660 9372			<b>Midlothian Libraries</b> 0131 271 3980	
	<b>Midlothian Community Care Forum</b> 0131 663 9471			<b>Ageing Well</b> 0131 561 6506	
	<b>Volunteer Midlothian</b> 07859 914 587			<b>Citizens Advice Bureau</b> <b>Dalkeith</b> 0131 660 1636 <b>Penicuik</b> 01968 675259	
	<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>CHSS Advice line Nurse's</b> 08088010899	
	<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> onnryigg & Lasswade	<b>R</b> osewell
	Broomhill	Broomhill The Bungalow St.Davids (Self Travel)	St David's (Self Travel) The Bungalow	The Bungalow St David's (Self Travel except Fri)	St David's (Self Travel) 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
St.Davids (Self Travel)	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

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

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

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Wheelchair and Commode Loans—British Red Cross Unit 52 ,Mayfield Industrial Estate, Dalkeith, EH22 4AD – 0300 456 1914

Open: Tuesday and Wednesday Delivery service only