

September 2025

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

	M onday	T uesday	W ednesday	T hursday	F riday
A M	<p>08:30-09:15 Mature Movers Lasswade centre (booking essential)</p> <p>10:00-12:00 Lasswade Library Crochet Group</p> <p>10:30-12:00 AW New Age Kurling Lasswade centre (waiting list contact for details)</p> <p>12:-14:00 Bonnyrigg Rose Lunch Club at the Pavilion (contact for info)</p>	<p>9:30-12:30 Lasswade Library Citizens Advice</p> <p>09:15-10:15 Aqua Aerobics Lasswade centre (booking essential)</p> <p>10:00—11:30 AW Tai Chi at the Pitcairn Centre</p> <p>10-12 Active Gardeners at the Community Hospital</p> <p>12:00-13:00 AW Beginners Tai Chi at the Pitcairn Centre (Waiting list please contact for info)</p>		<p>09:30-10:30 Aqua Aerobics Lasswade centre (booking essential)</p> <p>10:30-11:30 Aqua Aerobics Lasswade centre (booking essential)</p> <p>11:00-12:30 Health-in-Mind Gentle Cycle Group @Poltonhall recreation ground Bonnyrigg.4 Polton Ave Rd, Bonnyrigg EH19 2NU *starts 12/06/25*</p>	
P M	<p>13:00-13:45 AW Best Step Forward strength and balance exercises outdoors & a short walk @ king George V park (Booking essential contact for info)</p>	<p>13:30-15:30 Gardening Club at Midlothian community Hospital (contact for info)</p> <p>14:45-15:45 Seated Pilates+Yoga Lasswade centre (booking essential)</p>	<p>14:00-14:45 Aqua Yoga Lasswade centre (booking essential)</p>	<p>14:45-15:45 Seated Pilates+Yoga Lasswade centre (booking essential)</p>	
E V E N I N G	<p>18:30-19:30 Aqua Aerobics Lasswade centre (booking essential)</p> <p>19:30-20:30 Aqua Aerobics Lasswade centre (booking essential)</p> <div> <p>Information hub about local organisations in Lasswade</p> <p>1 Library</p> </div>	<p>17:30-19:30 AW Pickleball Lasswade Centre</p>	<p>18:30 -21:00 Lasswade Library Local History Society</p> <p>19:30 Walking hockey (Wocky) @lasswade centre open to all sticks available to borrow. Contact walkinghockey@eskvalehockeyclub.co.uk for more info</p>	<p>18:00-19:30 AW Ladies walking football St Marys Primary Astro Pitch.</p>	<p><u>Saturday</u></p> <p><u>Sunday</u> 13:30 AW 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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9:00-13.30 St John's and King's Park Church, Dalkeith community café (contact for info)
10:00-12:00 Renew 22 a quiet shared space where its ok not to be ok within St Johns & Kings Park Church Café.
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) <https://health-in-mind.org.uk>
10:00--13:00 Grassy Riggs drop in over 65 and Homemade soup (contact for info)

10:00-11:30 Health in Mind Walking to recovery (8 week block) <https://health-in-mind.org.uk>
10:00--13:00 Grassy Riggs drop in over 65 and Homemade soup (contact for info)
10:00-12:00 Over 50's club at Dalkeith British Legion.info—**Lothian Veterans Centre**
10:30-11:10 AW Dalkeith Art Centre Seated Strength & Balance Exercises improve your balance and confidence
11:15-12:00 AW Dalkeith Art Centre Light Circuit Exercise Class improve and or maintain your fitness £2

10:00-11:00 Vocal carers group advice & support for older carers @ Grassy Riggs **last Thursday of the month**
10:00-11:30 AW Dalkeith Arts centre- Can't Help Singing Group
10:30-11:30 Welfare hall New age Curling .
10:30-12:00 Sporting Memories group Dalkeith rugby club
10:00--13:00 Grassy Riggs drop in over 65 and Homemade soup
11:30AW Walk & Talk Meet at The Grassy Riggs (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 booking essential contact **Lothian Veterans Centre**
10.30-13.00 Dalkeith Men's Shed at One Dalkeith community workshop

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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

13:00-14:30 Dalkeith library computer class for adults
13:30 AW Dalkeith Walkers and Striders meets at St Nicholas Church
14:00-15:30 Dalkeith Dementia Café 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)
14:15-15:30 Art for life Woodburn Community Hub from **16/09/25** and running through to Christmas ***for Carers***
15:00-16:30 St Johns & King's church The Warblers singing for lung health (except first Tuesday of the month)

11:00-12:30 Writing for wellbeing group Dalkeith arts centre **1st & 3rd Wednesday** of each month.
11:00-12:30 Braw Blether @Dalkeith Arts Centre **Last** Wednesday of month.
14:00-15:30 Welfare hall Bingo with a cuppa & biscuit.

14:00-15:30 Laughter & Friendship group @ kings park & St Johns Dalkeith 2nd & 4th Thursday of the month £2

13:30-15:00 AW Dalkeith Art Centre – Ballroom dancing Learn to dance with Nuno and Fred and enjoy a cuppa afterwards. (contact for info)
13:30-17:30 Central Dalkeith & Woodburn Pantry @ Woodburn Community Hub 10 Woodburn rd Dalkeith
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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16:30-18:30 Dalkeith Library Drop in NHS Hearing aid repairs and maintenance by RNID 3rd Tues of the month* **NEW**
16:30-18:30 Dalkeith Library Knitting Group take along your own knitting or crochet for a blether contact the library to book your place.

19:00-21:30 Dalkeith library Book club (1st wed monthly)
19:00-21:30 Dalkeith library Tyne & Esk writers (1st & 3rd Wed monthly)

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

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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.

10:00—12 AW New Age Curling Millerhill hub EH22 1RZ

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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, Woodwork, Gardening, Music, Train set building and more 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.

12:00-14:30 Millerhill Hub community café run by the community for the community at 6 Cocklerow Loan, Millerhill .

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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

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9:00-14:00 Beacon café
10:30-12:00 Sociable Seniors group @ Birkenstone Pavillion-gentle seated exercise first and then socialise over tea/coffee to book call 01875 822350

9:00-14:00 Beacon café
10:30-12:00 Gorebridge Sporting Memories at Gorebridge Leisure Centre.

9:00-14:00 Beacon café

9:00-14:00 Beacon café
10:00-13:00 Gorebridge Library CAB drop-in
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.
10:00-11:00 Tai Chi (Shibashi) Gorebridge leisure centre ***Referral only to Thistle by your GP.***
10:00-12:00 Health Walk group @The Hive gentle 20-30 minute walk based on the abilities of those attending and then come back for socialising over tea/coffee to book call 01875 822350

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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.
14:00-15:30 Gorebridge Library Sewing group

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.
12:00-13:30 AW Pickleball at Gorebridge Leisure Centre
14:00-15:30 Gorebridge Library Reminiscence group every 2nd Thursday
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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17:00-18:30 Gorebridge library Sewing Group
18.00-19.30 AW LADIES walking football Gorebridge Leisure centre

19:30-21:00 AW Gorebridge Leisure centre Pickleball

18:00 Gorebridge library. monthly book group last Thursday of the month.

Saturday

9:00-16:00 Beacon café
12:30-14:00 Carer Breather A chance for a coffee and a chat. One in every four sessions will be an activity. To find out more, please get in touch Tel: 01875 816320 Email: office@gorebridge.org.uk
For Carers

Howgate

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

Monday

Tuesday

Wednesday

Thursday

Friday

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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

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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

10:30-12:00 VM Connect online Pentland Park in the Burrell room (beside office)
11:00-13:00 Art and Nature at Loanhead Community Garden 1st and 3rd Tuesday of the month. Weekly drop in. Meet outside Loanhead Library and walk over to garden. To find out more: Please get in touch with Katy at loanheadcommunitygarden@gmail.com ***For Carers***

11:00-12:30 VM Connect online at Loanhead Library.

10.00 AW Walking Group Striders and Walkers Loanhead Leisure Centre

10:00 Tea & chat at Loanhead Parish church
10:15-11:45 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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13:30-15:00 AW New Age Curling The Loanhead Centre
14:00-15:00 CHSS Post stroke conversation group @Pentland plants every 2nd week Starts back 19/08/25.
15:30-16:30 AW Line Dancing at Loanhead Centre

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

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18:00- Loanhead library film club 2nd Tues monthly includes free popcorn.
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

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	M onday	T uesday	W ednesday	T hursday	F riday
A M	11:00-13:00 Cat Team Café @ MAEDT Tea, Coffee, Soup and Snacks served 11-1 at Pavilion Garden in Mayfield Park.	09:00-15:00 MAEDT Café open Pavilion Garden in Mayfield Park 10:00-14:00 MAEDT CAB Worker available for drop in at Pavilion (best to arrive early as it can get busy) 10:30-14:30 MAEDT Community Pantry 14-15 Bogwood Court	09:00-15:00 MAEDT Café at Pavilion Garden in Mayfield Park 10:00-14:00 Better outdoors garden group at Pavilion (contact for info) 10:00-11:30 Mayfield & Easthouses Church coffee morning drop-in 11:00-12:00 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.	09:00-19:00 MAEDT Café at Pavilion Garden in Mayfield Park 10:-14:00 MAEDT CAB Housing advise drop-in drop in at Pavilion 10:30-14:30 MAEDT Community Pantry 14-15 Bogwood Court 10:00-11:00 litter pick & chat @ the pavilion. 10:00-13:00 Newbattle library Social security Scotland 3rd Thursday monthly 11:00-12:30 Newbattle library Braw blether for people living with dementia and their carers 2nd Thursday of each month .	09:00-14:00 MAEDT Café at Pavilion Garden in Mayfield Park. 10:30-12 Newbattle Libraries weekly memories group come along for tea and a blether.
P M	14:00-15:30 Newbattle library craft group Beginners are welcome!	12:00-14:00 Lunch at Mayfield & Easthouses Church (last Tuesday of the Month) 14:30-16:00 AW Newbattle Community Learning Centre New Age Kurling.	13:00-17:00 MAEDT Community Pantry 14-15 Bogwood Court. 12:00-14:00 Better outdoors garden group at Pavilion (contact for info)	12:00-14:00 Mens group @ Mayfield and Easthouses Church soup lunch table tennis carpet bowls and dominoes. 16:30-18:00 AW Newbattle Campus table tennis .	12:00-14:00 *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	19:00-20:30 AW Newbattle Campus table tennis			18:00-20:00 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	SATURDAY 10:00-15:00 MAEDT Café at Pavilion Garden in Mayfield Park. SUNDAY 10:15-11:00 AW Newbattle Campus Shibashi gentle exercise & Balance call 0131 561

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

	M _{onday}	T _{uesday}	W _{ednesday}	T _{hursday}	F _{riday}
A M	<p>10:00-11:00 St Annes Amenities Housing Gentle Exercise Class.</p> <p>11:00-15:00 Outreach pop-up Post Office in Newtongrange library</p> <p>11:45-14:00 AW Newtongrange Leisure Centre Table Tennis</p>			<p>11:00- AW Walk and Talk from Newtongrange Library</p>	<p>10:30-11:00 Newtongrange library Christine Grahame 1st Friday monthly.</p> <p>10:30-12:30 Newbattle Libraries weekly memories group come along for tea and a blether.</p> <p>11:00-11:45 AW Best Step Forward strength and balance exercises opt short walk @ Newtongrange Leisure centre. Book @ leisure centre.</p>
P M	<p>14:00-15:30 Newbattle library craft group Beginners are welcome!</p>		<p>14:30-16:00 *New* Newbattle Library Visually impaired support come along for a chat tea and cake, starts 24/09/25 call 0131 561 6745.</p>	<p>16:30-18:00 AW Newbattle Campus table tennis .</p>	
E V E N I N G	<p>19:00-20:30 AW Newbattle Campus table tennis</p>	<p>18:00-19:00 Newbattle library In stitches sewing & crochet group</p> <p>18:00-19:00 Book group at Newtongrange library 1st Tuesday monthly</p>		<p>17.30 – 18.30 Reading group @ Newbattle Library</p> <p>18:00-18:30 Newbattle library Councillor Bryan Pottinger surgery. Last Thursday of the month.</p>	<p>SUNDAY</p> <p>10:15-11:00 AW Newbattle Campus Shibashi gentle exercise & Balance call 0131 561 5325 to book</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

Monday

Tuesday

Wednesday

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10:00-11:00, fortnightly, Healthy Walking Group (easy pace), Callendar Park Pavilion, Pathhead, contact David Richardson: d.richardson170@btinternet.com or 01875 320041.
10:30-12:00 VM Pathhead Pavilion, Drop in Community Café, coffee bakes & biscuits available at café for £1.

10:00-11:30, fortnightly, Healthy Walking Group (faster pace), Pathhead Village Hall, contact 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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12:15-13:00 AW Strength and balance session at Pathhead Pavilion (booking required)

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

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19:00-21:00 The sports & social room rear of Village hall. Andy's Man Club free peer-peer support through the power of conversion.
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 pathhead-swi@gmail.com.

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

Saturday

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

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

Monday

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Wednesday

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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
10:30-12:30 Penicuik Library Drop in NHS Hearing aid repairs and maintenance by RNID **4th Tues of the month**
10:30- Health Walk for Carers at Glencorse Centre, weekly drop in enjoy a stroll then back for cup of tea, biscuit and a blether Please get in touch with Kate or Azima at Glencorse Centre enquiries@glencorseassociation.org.uk
For Carers

10:00—12:00 AW Table Tennis at Ladywood Leisure Centre

10:00-11:15 AW North Kirk Extenders Exercise Class (phone to Book Waiting list)
10:30-12:00 VM Connect online @ Penicuik Food, Facts, Friends. (contact for info)

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
10:00-12:00 Renew 26 a quiet shared space where its ok not to be ok. @ North Kirk.
11:00-12:00 CHSS Walking group @ Angle Park (stepin corner) every 2 weeks

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12:00-14:00 Free community lunch at Ladywood leisure centre.
12:30—13:30 AW Line Dancing at Ladywood
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 booking essential (limited spaces booking essential contact for info)
13:45-15:30 AW New Age Kurling at Ladywood.
13:30-15:00 Braw Blether at penicuik Library on **2nd & 4th Tues each month**

13:00-15:00 AW Badminton at Ladywood Leisure Centre. (waiting list contact for info)
13:30-14:15 AW Penicuik centre Shibashi gentle exercise & Balance call 01968 664066 to book
14:00-15:30 Penicuik Library Reminiscence group **2nd & 4th Wed.**
14:00-15:30 Penicuik Library Needlework and Natter group come along for craft, chat, and a cuppa **1st & 3rd Wed**

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)
13:30-15:30 Penicuik Dementia Café – 1st and 3rd Thursday of the month, @ Cowan Court Refreshments, activity group for people with dementia, carer support 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 Film Club 3rd Friday of the month.

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18:30-20:00 Penicuik Library book group 1st Tuesday monthly
19:00-21:00 Bingo @ Ladywood Leisure centre alternate Tuesday's

18:00-20:00 Penicuik Library-Calendar girls group.
18:30 Tyne and Esk valley writers group, 1st & 3rd Thursday Monthly

Rosewell

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	M onday	T uesday	W ednesday	T hursday	F riday
A M	9:30 The Steading Seated Yoga (contact for info) 11:00 The Steading Seated Yoga (contact for info)	12:00-13:00 Rosewell Lunch Club at The Steading £3:50 (Term time only)		12:00-13:00 Rosewell Lunch Club at The Steading £3:50 (Term time only)	
P M		13:30-15:30 Friendship group The Steading afterwards during term time (contact for info) 14:45-16:45 Rosewell Sewing Bee @ The Steading	13:30-15:00 VM The Steading Connect online. 14:30-16:00 Come dancing last Wednesday of the month @The Steading		13:30 AW Rosewell Walkers and striders meet at Rosewell Church Hall
E V E N I N G					Saturday

Roslin/Bilston

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Monday

Tuesday

Wednesday

Thursday

Friday

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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.

9:30-11:00 AW Pickle ball at Roslin pavilion (call to book)
11:00-12:30 AW Pickle ball at Roslin pavilion (call to book)

10:00-12:00 AW Multi sports – Pétanque, Kurling, Badminton at Roslin pavilion.

10.00-AW Roslin walkers meet at the original Rosslyn Inn

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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

19:00 Roslin Litwits Book Club (Last Tuesday of each month)

18:30-20:00 AW Pickle ball at Roslin pavilion (call to book)

19:30- Roslin Legion Club Bar: Pool, darts & a domino competition for Breakfast pack. Lounge: the new Roslin Choir 7pm (email 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.
14:00 Bingo
16:00 Sunday Bingo
19.30 Bar: Pool, darts & dominoes .

Temple/South Midlothian

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

Up coming events and Info

Health in Mind

Art Therapy

For more information contact: E: hello@health-in-mind.org.uk T: 0131 225 8508 W: health-in-mind.org.uk,

Gentle Cycling group

Outdoor activities can help lift your mood. Cycling is a great way to improve your Mental Health & Wellbeing, meet others, and explore the outdoors.

Thursdays from 11am-12.30pm for 8 sessions. Begins Thursday 12th June 2025

All equipment and Cycles are provided.

Led by trained cycle leader on local cycle paths.

For all ages(adults) and abilities.

Meeting at Poltonhall recreation ground Bonnyrigg.4 Polton Ave Rd, Bonnyrigg EH19 2NU

To register your interest, please submit an enquiry:
Health in Mind Online Enquiry (health-in-mind.org.uk)
For more information or support with your enquiry, please contact
Health in Mind: and ask for Ross Flemington
E: hello@health-in-mind.org.uk
T: 0131 225 8508

Dementia Carer's Events

Where: Bonnyrigg Health Centre

When: First Wednesday of every month (Jun - Dec 2025)

There will be a chance to meet representatives from VOCAL, Red Cross, Dementia Team and Alzheimer's Scotland.

You are welcome to bring the person you are caring with you.

There is no need to book just come along!

September 3rd 2025 3pm-4.30pm

October 1st 2025 - 3pm-4.30pm

November 5th 2025 - 3pm-4.30pm

December 3rd 2025 - 3pm-4.30pm

Midlothian Falls Prevention

Community Day at the Lasswade Centre on Thursday 25th September, drop in between 10am and 2pm What's on offer? Friendly advice from local support teams: Ageing well Alzheimer Scotland Bone health – osteoporosis Continence physio Dietitian Equipment advice & home safety Green health Health inclusion team Midlothian Sport & leisure well-being service Occupational therapist Optometrist - vision Osteoarthritis Pharmacist Physiotherapists & exercise specialist Podiatrist Red cross – home adaptation RNID - hearing Screening advice – breast, bowel & AAA VOCAL – support for carers

VOCAL Events

Unlock your entitlements: Benefits for people over state pension age Mon 1 Sep | 1pm - 2pm | On Zoom

This workshop aims to raise awareness of the common benefits that support older people, including: Pension Credit, Attendance Allowance, Carer Support Payment, Housing Benefit and Council Tax reduction. It covers the eligibility criteria and how to make a claim.

Meditation and mindfulness Mon 1 Sep | 5pm - 6pm | On Zoom

Join Frazer on this online workshop for accessible mindfulness meditation and kindness for all, including complete beginners. A tailored chat, poem, and gentle meditation will help to bring you some presence and peace.

Healthy bowel and bladder session Tue 2 Sep | 1:30pm - 2:30pm | On Zoom

The Bladder and Bowel Nursing Team specialises in bladder and bowel assessment, treatment and management. They provide advice and support to those caring for people with bladder and bowel problems. Join us online to ask questions, discuss products, and gain practical tips around supporting someone with continence issues.

Adult Carer Support Plans Wed 3 Sep | 6pm - 7pm | On Zoom

Find out more about Adult Carer Support Plans (ACSPs) including how to get one, what information is included and why they are important.

Led by an experienced dementia nurse, this session is aimed at carers supporting someone in the early or mid-stages of dementia.

Young adult carers group Wed 3 Sep | 6pm - 7:30pm | Midlothian Carer Centre

Join us once a month for the opportunity to connect with other young adult carers in Midlothian. Suitable for carers looking for a break, wanting to connect with people who understand your situation, or seeking advice.

Stress and distress in dementia Thu 4 Sep | 2pm - 4pm | On Zoom

Led by an experienced dementia nurse, this session will help you understand and manage behaviour you might find distressing, or hard to deal with.

Carer cuppa: Midlothian Mon 8 Sep | 10:30am - 12pm | The Beacon, EH23 4TT

Come along and have some time for you! Meet with other carers for a cuppa and a blether, or join an activity such as crafts or jenga.

VOCAL holiday homes information session Mon 8 Sep | 12:30pm - 1pm | On Zoom

Join us online to find out more about VOCAL's holiday homes, how to book and how to fund your break from caring.

How VOCAL can support you Mon 8 Sep | 5:30pm - 6:30pm | On Zoom

Have you recently registered with VOCAL? Or maybe you haven't spoken with us for a while? Join us online to find out more about our services, ask questions and chat with other carers.

An overview of Lothian Disabled Living Centre Tue 9 Sep | 2pm - 3:30pm | Astley Ainslie Hospital, EH9 2HL

Join us at Lothian Disabled Living Centre at Astley Ainslie Hospital for independent advice about buying equipment to assist in daily living. We will share an overview of the service, and advise on how to make an informed choice before purchasing equipment.

Introduction to employing a personal assistant Tue 9 Sep | 5pm - 6:30pm | On Zoom

If you employ or are planning to employ personal assistants using a Direct Payment from the local authority, join VOCAL and Lothian Centre for Inclusive Living (LCIL) to find out about employer responsibilities, safe recruitment and day-to-day management of support, as well as information and advice for you.

Getting a break from caring Thu 11 Sep | 12:30pm - 1:30pm | On Zoom

A workshop on options for planning a break from caring. Learn about support and services available.

Craft group Mon 15 Sep | 10:30am - 12:30pm | Midlothian Carer Centre

Our monthly craft group is a space to learn and share hobbies. This month we will make shell photo frames and gift cards.

Pilates Mon 15 Sep - Mon 6 Oct (4 sessions) | 6pm - 6:45pm | On Zoom

Join our Pilates instructor Janine, who uses the original principles of Pilates. You will be given the opportunity to lengthen and strengthen your body using a gentle, mat-based exercise suitable for all levels. Modifications for exercises will be given.

Art group Thu 18 Sep | 10:30am - 12:30pm | Midlothian Carer Centre

Join our wonderful artist, Juliana, for a fun new art project every month! You'll learn exciting skills while meeting great people along the way. This month we will be painting with ink.

Moving and handling Fri 19 Sep | 9:30am - 4pm | McSence, Dalkeith, EH22 5TA

This one-day course will introduce you to moving people and objects safely, using real equipment to build understanding. Taking place in the fully equipped Manual Handling Suite, you can practise using the equipment and learn how to avoid injuries and accidents. Lunch and refreshments will be provided.

Digital workshop: Support with your devices Tue 23 Sep | 1:30pm - 3pm | Midlothian Carer Centre

Bring your device along to this informal drop-in session and get support to improve your online skills or fix any issues that you may be having. Please call us on 0800 196 6666 (option 2) and speak to Charmaine about any support you would like at the session.

Employing a personal assistant: Employer responsibilities Tue 23 Sep | 5:30pm - 7pm | On Zoom

If you employ or are planning to employ personal assistants using a Direct Payment from the local authority, join VOCAL and Lothian Centre for Inclusive Living (LCIL) to find out about the employer recruitment process as well as information and advice.

Mindfulness group Wed 24 Sep | 6pm - 7pm | Midlothian Carer Centre

Join us to practise mindfulness with others in a supportive and communal setting. This group is open to anyone, whether you're looking for a space to practise or are a beginner.

Walk and talk Mon 29 Sep | 10:30am - 12pm | Dalkeith Country Park, EH22 2NA

Enjoy the benefits of walking and meet other carers while being out in nature. This group will meet on the last Monday of every month at Dalkeith Country Park.

Carer Action Midlothian (If you have any questions, please contact our team on midlothian@vocal.org.uk or call us on 0800 196 6666 (option 2). 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

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

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

Monday to Sunday, 24 hours a day

Dalkeith and District Citizens Advice Bureau

Call 0131 660 1636 or email Bureau@dalkeithcab.org.uk

Penicuik Citizens Advice Bureau

Call 01968 675259 (Advice and Appointments) or 0800 0327077 (Advice) Email 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 0131 537 1500 or email loth.icj@nhslothian.scot.nhs.uk

Wheelchair Hire

Contact Disability Information Scotland **0300 323 9961**

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

Tuesday	M1	09:00	11:00	Gorebridge - Newtongrange - Easthouses Mayfield - Woodburn - Dalkeith	CAMERON TOLL
	M2	10:00	12:00	Old Craighall - Millerhill - Newton Hilltown - Danderhall	CAMERON TOLL
	M3	14:30	16:30	Newtongrange - Easthouses Mayfield - Woodburn - Dalkeith	TESCO Eskbank
Wednesday	M4	09:45	11:45	Gorebridge - Newtongrange - Easthouses Mayfield - Woodburn - Dalkeith	TESCO Eskbank
	M5	13:30	15:30	Penicuik - Auchendinny Roslin - Bilston - Loanhead	ASDA/SAINSBURY Straiton
	M6	14:30	16:30	Rosewell - Bonnyrigg - Lasswade Eskbank - Newbattle	ASDA/SAINSBURY Straiton
Thursday	M7	09:00	11:00	Roslin - Bilston - Loanhead	ASDA/SAINSBURY STRAITON
	M8	10:00	12:00	Old Craighall - Millerhill - Newton Hilltown - Danderhall	MORRISONS Gilmerton
	M9	13:30	15:45	Penicuik - Auchendinny	CAMERON TOLL
Friday Free For concessionary bus pass holders	M10	10:00	12:00	Rosewell - Bonnyrigg - Lasswade Eskbank - Newbattle	MORRISONS Gilmerton
	M11	13:30	15:30	Old Craighall - Millerhill - Newton Hilltown - Danderhall	MORRISONS DALKEITH
	M11	14:30	16:30	Gorebridge - Newtongrange - Easthouses Mayfield - Woodburn - Dalkeith Eskbank-Newbattle	MORRISONS Dalkeith

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

	CHSS Advice line Nurse's 08088010899			Midlothian Libraries 0131 271 3980	
	Midlothian Community Action 0131 663 9471			Ageing Well 0131 561 6506	
				Citizens Advice Bureau Dalkeith 0131 660 1636 Penicuik 01968 675259	
	Vocal Midlothian/Wee Breaks 0131 663 6869			Health in Mind 0131 663 1616	
	Concessionary Bus Passes, National Entitlement and Young Scot cards 0131 271 3148			Rapid Response Falls Service 0131 270 8890	
	Blue Badges and Ring & Go Cards 0131 271 3601			Chest, Heart and Stroke Scotland 0131 225 6963	
	Dial-A-Ride 0131 447 9949	Dial-A-Bus 0131 447 1718		Enable Scotland 0131 454 1785	

Day Centres and Catchment Areas in Midlothian

H owgate	P enicuik	R oslin & Bilston	L oanhead	B onnryigg & Lasswade	R 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
D anderhall	D alkeith & Woodburn	N ewtongrange & Newbattle	G orebridge	M ayfield & Easthouses	P 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

Wheelchair and Commode Loans **Unfortunately the British Red Cross no longer provide this service in Scotland.** In Scotland wheelchair provision is provided as a statutory service through Health and Social Care Partnerships.