

February 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

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Monday

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08:30-09:15 Mature Movers Lasswade centre (booking essential)
10:00-12:00 Lasswade Library Crochet Group
10:30-12:00 AW New Age Kurling Lasswade centre (waiting list contact for details)
11:30-12:30 Health in Mind cycling group Poltonhall Recreation ground, Bonnyrigg all equipment is provided. www.health-in-mind.org.uk
12:-14:00 Bonnyrigg Rose Lunch Club at the Pavilion (contact for

9:30-12:30 Lasswade Library Citizens Advice
09:15-10:15 Aqua Aerobics Lasswade centre (booking essential)
10:00—11:30 AW Tai Chi at the Pitcairn Centre
10-12 Active Gardeners at the Community Hospital
12:00-13:00 AW Beginners Tai Chi at the Pitcairn Centre (**Waiting list please contact for info**)

09:30-10:30 Aqua Aerobics Lasswade centre (booking essential)
10-12 Active Gardeners at the Community Hospital (contact for info)
10:30-11:30 Aqua Aerobics Lasswade centre (booking essential)

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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)

13:30-15:30 Gardening Club at Midlothian community Hospital (contact for info)
14:45-15:45 Seated Pilates+Yoga Lasswade centre (booking essential)

14:00-14:45 Aqua Yoga Lasswade centre (booking essential)

13:30-15:30 Active Gardeners at the Community Hospital (contact for info)
14:45-15:45 Seated Pilates+Yoga Lasswade centre (booking essential)

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18:30-19:30 Aqua Aerobics Lasswade centre (booking essential)
19:30-20:30 Aqua Aerobics Lasswade centre (booking essential)

17:30-19:30 AW Pickleball Lasswade Centre (waiting list)

18:30 -21:00 Lasswade Library Local History Society
19:30 Walking hockey (Wocky) @lasswade centre open to all sticks available to borrow. Contact walkinghockey@eskvalehockeyclub.co.uk for more info

Saturday
Sunday 13:30 AW Bonnyrigg Walking Group meet at The Lasswade Centre.

Information hub about local organisations in Lasswade

1 Library

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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<p>A M</p>	<p>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)</p>	<p>10:00-12:00 Health in Mind gardening & wellbeing group (8 week block) https://health-in-mind.org.uk 10:30--13:30 Grassy Riggs drop in and Homemade soup (contact for info)</p>	<p>10:00-11:30 Health in Mind Walking to recovery (8 week block) https://health-in-mind.org.uk 10:00-12:00 Over 50's club at Dalkeith British Legion.info—Lothian Veterans Centre 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 11:15-12:00 AW Dalkeith Art Centre Light Circuit Exercise Class improve and or maintain your fitness £2 11:00-12:30 Braw Blether at Dalkeith Arts Cen-</p>	<p>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 10:30--13:30 Grassy Riggs drop in and Homemade soup 11:30AW Walk & Talk Meet at The Grassy Riggs (contact for info)</p>	<p>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</p>
<p>P M</p>	<p>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</p>	<p>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) 14:00-16:00 Breath Easy Group 1st Tuesday of the month MVA Office 4-6 Heart St Dalkeith. 15:00-16:30 St Johns & King's church The Warblers singing for lung health (except first Tuesday of the month)</p>	<p>10:30--13:30 Grassy Riggs drop in and Homemade soup & Connect online computer group (contact for info) 11:00-12:30 Writing for wellbeing group Dalkeith arts centre last Wednesday of each month. 14:00-15:30 Welfare hall Bingo with a cuppa & biscuit.</p>	<p>14:00-16:00 Laughter & Friendship group @ kings park & St Johns Dalkeith 2nd & 4th Thursday of the month £2</p>	<p>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 15:00-16:30 AW Dalkeith Art Centre –Ballroom dancing Learn to dance with Nuno and Fred and enjoy a cuppa afterwards. (contact for info)</p>
<p>E V E N I N G</p>	<p>2</p>	<p>*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.</p>	<p>19:00-21:30 Dalkeith library Book club (1st wed monthly) 19:00-21:30 Dalkeith library Tyne & Esk writers (1st & 3rd Wed monthly)</p>	<p>17:00-20:00 Lothian Veteran's Centre 13th February - Female Veterans, Wives and Partners Drop-in.</p>	<p>Saturday Sunday</p>

Danderhall

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Monday

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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.

10:30—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

12:00-12:45 Cyrenians food pantry @ Danderhall Library *** NEW***
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

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9:00-14:00 Beacon café
10:00-11:30 Gorebridge Library digital skills class.
10:30-12:00 Sociable Seniors group @ Birkenside 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
11:30-14:00 Gorebridge Lunch Club in the Parish Church.

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.
10:30-12:00 Outdoor Activity Group @ Vogrie country park fortnightly Morning Meet-Ups are for people living with dementia. 23/01/25

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

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.

17:00-18:30 Gorebridge library Sewing Group ***NEW***
18.00-19.30 AW LADIES walking football Gorebridge Leisure centre

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

17.30-19.00 AW LADIES walking football Gorebridge Leisure centre
18:00 Gorebridge library. monthly book group last Thursday of the month.

Saturday

9:00-16:00 Beacon cafe

Sunday

Howgate

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Monday

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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

M onday

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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) until 10/12/24 resumes 14/01/25. ***NEW***

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
10:30-12:00 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
14:00-15:00 CHSS Post stroke conversation group @Pentlant plants every 2nd week 1/15/29 Oct.

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

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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 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.

09:00-15:00 MAEDT Café at Pavilion Garden in Mayfield Park

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.

11:00 AW Mayfield walk and meet at Pavilion Mayfield Park

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14:00-15:30 Newbattle library craft group Beginners are welcome!

14:30 –16:00 AW Can't Help Singing Group

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.

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

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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

18:30-20:00 AW Newbattle Campus table tennis

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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

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11:00-15:00 Outreach pop-up Post Office in Newtongrange library
12:30-14:00 AW Newtongrange Leisure Centre Table Tennis

11:00- AW Walk and Talk from Newtongrange Library
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 .**

10:30-11:00 Newtongrange library Christine Grahame 1st Friday monthly.
10:30-12 Newbattle Libraries weekly memories group come along for tea and a blether.
11:00-11:45 AW Best Step Forward strength and balance exercises opt short walk @ Newtongrange Leisure centre. Book @ leisure centre.

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14:00-15:30 Newbattle library craft group Beginners are welcome!

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19:00-20:30 AW Newbattle Campus table tennis

18:00-19:00 Newbattle library In stitches sewing & crochet group
18:00-19:00 Book group at Newtongrange library 1st Tuesday monthly

18:00-19:00 Newbattle library Councillor Bryan Pottinger surgery.

18:30-20:00 AW Newbattle Campus table tennis

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

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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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12:30-13:15 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

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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* **NEW**

10:00—12:00 AW Table Tennis at Ladywood Leisure Centre
10:30-12:00 Morning meet up @ the Craigie Hotel, Morning Meet-Ups are for people living with dementia.

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)
14:00-16:00 AW New Age Kurling at Ladywood.
13:30-15:00 Braw Blether at penicuik Library only **2nd & 4th Tues**

13:00-15:00 AW Badminton at Ladywood Leisure Centre. (waiting list contact for info)
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 17th January.

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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 Thur Monthly

Rosewell

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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)

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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

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Saturday

Roslin/Bilston

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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-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)

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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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

Midlothian Libraries

Warm and Well Hubs in Danderhall, Lasswade, Loanhead and Newbattle Libraries will relaunch on the 7th October for Challenge Poverty Week. It will be the same as last Winter, a place people can come to spend time in the warm, there will be soup and a cuppa available for free

VOCAL Events

Coping strategies drop-in Wed 5 Feb | 3pm - 4pm | On Zoom

Caring for someone can be challenging. Learn about the impact of caring on your emotional wellbeing and how to develop strategies to self-regulate and cope with difficulties.

Book club (online) Thu 6 Feb | 1pm - 2pm | On Zoom

Join us online for a discussion about all things books. In this session, we will discuss The Secrets of Blythswood Square by Sara Sheridan.

Future planning: An introduction to residential care costs Thu 6 Feb | 2:15pm - 3:45pm | On Zoom When the person you care for goes into residential care this can be a difficult time for everyone. In this workshop, we will explain the basics of care home fees and pensions.

Coping strategies drop-in Mon 10 Feb | 12pm - 1pm | On Zoom

Caring for someone can be challenging. Learn about the impact of caring on your emotional wellbeing and how to develop strategies to self-regulate and cope with difficulties. These are weekly drop-in sessions which will cover different coping techniques in each session.

Everyday technology for dementia care Tue 11 Feb | 1pm - 2pm | On Zoom

This session will be a lively tour of some of the digital devices that people living with dementia and their carers find useful.

Caring for a stroke survivor Wed 12 Feb | 6pm - 7pm | On Zoom

Join Jolene who will share useful stroke information and details of the support available for stroke survivors.

Coping strategies drop-in Mon 17 Feb | 5pm - 6pm | On Zoom

Caring for someone can be challenging. Learn about the impact of caring on your emotional wellbeing and how to develop strategies to self-regulate and cope with difficulties.

Reading is caring: For carers of someone living with dementia Tue 18 Feb | 3pm - 4pm | On Zoom Reading is Caring is a Scottish Book Trust programme which supports those caring for someone with dementia.

Mindfulness group Wed 19 Feb | 6:30pm - 7:30pm | Midlothian Carer Centre

Join us in practising mindfulness with others in a supportive and communal setting

Artist-led craft group Thu 20 Feb | 10am - 12pm | Midlothian Carer Centre

Come join our artist, Juliana, for a fun new art project every month!

An introduction to Self-directed Support Mon 24 Feb | 5:30pm - 7pm | On Zoom

Explore what Self-directed Support (SDS) is, who it is for, and how to access it

Carer Action Midlothian (CAM) Tue 25 Feb | 10:30am - 12pm | On Zoom

This group brings together carers with similar experiences to raise issues and work towards change.

Mindfulness and wellbeing session Tue 25 Feb | 12pm - 1:30pm | On Zoom

An opportunity to come together, explore practical insights, and adopt a mindful approach moving forward.

Carer-led craft group Wed 26 Feb | 10am - 12pm | Midlothian Carer Centre

Our carer-led craft group is a space to learn and share different hobbies, such as paper crafts. All materials will be provided,

Coping strategies drop-in Thu 27 Feb | 11am - 12pm | On Zoom

Caring for someone can be challenging. Learn about the impact of caring on your emotional wellbeing and how to develop strategies to self-regulate and cope with difficulties

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 (Birken side)	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 Birken side)	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 (Baileyknowe 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 (Baileyknowe 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 (Birken side)	10.29
Gorebridge (Hunter Square)	10.31
Gorebridge (Amprior Road)	10.32
Gorebridge (Wilson Road)	10.35
Gorebridge (Baileyknowe 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 (Baileyknowe Lane)	13.16
Gorebridge (Wilson Road)	13.17
Gorebridge (Amprior Road)	13.20
Gorebridge (Hunter Square)	13.21
Gorebridge (opposite Birken side)	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

	<p>CHSS Advice line Nurse's 08088010899</p>		<p>Midlothian Libraries 0131 271 3980</p>
	<p>Midlothian Community Care Forum 0131 663 9471</p>		<p>Ageing Well 0131 561 6506</p>
	<p>Volunteer Midlothian 07859 914 587</p>		<p>Citizens Advice Bureau Dalkeith 0131 660 1636 Penicuik 01968 675259</p>
	<p>Vocal Midlothian/Wee Breaks 0131 663 6869</p>		<p>Health in Mind 0131 663 1616</p>
	<p>Concessionary Bus Passes, National Entitlement and Young Scot cards 0131 271 3148</p>		<p>Rapid Response Falls Service 0131 270 8890</p>
	<p>Blue Badges and Ring & Go Cards 0131 271 3601</p>		<p>Chest, Heart and Stroke Scotland 0131 225 6963</p>
	<p>Dial-A-Ride 0131 447 9949</p>	<p>Dial-A-Bus 0131 447 1718</p>	<p>Enable Scotland 0131 454 1785</p>

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.