

December 2023

Midlothian Weekly Calendars for Older People

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British Red Cross Community Coordinators t: 0131 654 0340

(Some Groups will be closed for Christmas holidays please check before attending)

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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Tuesday

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Wednesday

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A M	<p>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 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 info)</p>	<p>9:30-12:30 Lasswade Library Citizens Advice 10:30-11:30 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)</p>	<p>9:00-10:00 Mature Movers Lasswade centre (booking essential)</p>	<p>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)</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>13:30-15:30 Active Gardeners at the Community Hospital (contact for info) 13:45-14:45 Seated Pilates+Yoga Lasswade centre (booking essential) 14:45-15:45 Seated Pilates+Yoga Lasswade centre (booking essential)</p>
E V E N I N G		<p>18:30-19:15 Tums & Bums Lasswade centre (booking essential) 19:30-20:15 Aqua Aerobics Lasswade centre (booking essential)</p>	<p>17:30-19:00 AW Pickleball Lasswade Centre</p>	<p>18:30 -21:00 Lasswade Library Local History Society</p>	<p>18:15-19:00 Tums & Bums Lasswade centre (booking essential)</p>
	<p>Information hub about local organisations in Lasswade</p> <p>1 Library</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)
10:30-13:30 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 Braw Blether at Dalkeith

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)
10.30-13.00 Dalkeith Men's Shed at One Dalkeith community workshop ***NEW***

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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)
14:00-16:00 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
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 Thursday of the month £2

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 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.

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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. **(Not December)**

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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

M onday

T uesday

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9:00-14:00 Beacon café
10:00-11:30 Gorebridge Library digital skills class

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 The Beacon
Gorebridge Contact: 0131 654 1114

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.

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.
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 ***New***
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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18.00-19.30 AW LADIES walking football Gorebridge Leisure centre

19:15-20:15 AW Gorebridge Leisure centre Walking Netball

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

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.

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

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

14:30-15:30 AW Newbattle Campus Walking Netball

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

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 *NEW*

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

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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

10:30-12 Alzheimer's Scotland @Newbattle Abby College Fortnightly Outdoor activity group for Info contact 0131 654 1114.
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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13:00-1400 AW Table tennis at Newtongrange leisure centre. (waiting list contact for info)
14:00-15:00 Newbattle library sewing group Beginners are welcome!

12:30-14:00 AW Table tennis at Newtongrange leisure centre
15:00-16:30 St Anne's Amenities Housing Newtongrange The Warblers singing for lung health (except first Tuesday of the month)

14:30-15:30 AW Newbattle Campus Walking Netball

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

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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.

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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09:30-10:30, weekly, Zumba Gold, Pathhead Village Hall, £5, contact Oliver Anwyl: 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 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 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, Callander Park speakers on a wide range of subjects, tea/coffee & cake, £3, contact Ray Christie: 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.

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, 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

Monday

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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 Ladywood 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.

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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 2nd & 4th Tuesday of the month.

13:30-15:30 AW Badminton at Ladywood Leisure Centre. (waiting list contact for info)
14:00-15:30 Penicuik Library Reminiscence group every second Wednesday 22nd Nov ***NEW***

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 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 FilmClub 17th November.

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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 8-22 March

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

Rosewell

For more information on any of the activities below please contact the British Red Cross Community Coordinators t; 0131 654 0340 e; community_coordinator@RedCross.org.uk

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12:00-13:00 Rosewell Lunch Club at The Steading £3:50

12:00-13:00 Rosewell Lunch Club at The Steading £3:50 (contact for info)

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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

13:30-15:00 Click and Connect @The Steading.

13:30 AW Rosewell Walkers and striders meet at Rosewell Church Hall

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Saturday

Roslin/Bilston

For more information on any of the activities below please contact the British Red Cross Community Coordinators t; 0131 654 0340 e; community_coordinator@RedCross.org.uk

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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

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

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 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

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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

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,

T: 0131 225 8508

W: health-in-mind.org.uk

VOCAL Events

Dealing with guilt

Tue 5 Dec | 6.30pm - 8pm | Zoom

This session will help you to explore the meaning and purpose of the feeling of guilt.

Carer cuppa morning

Wed 6 Dec | 10am - 12pm | Midlothian Carer Centre Join us and other carers for a cuppa and chat and have some 'me' time.

Carers Action Midlothian (CAM)

Tue 12 Dec | 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.

Carer evening cuppa: caring for someone with dementia

Tue 12 Dec | 6pm - 7.30pm | Midlothian Carer Centre Come along to our friendly Carer Centre and discuss issues that matter most to you, and meet other carers on a similar journey.

Carer craft group

Wed 13 Dec | 10.30am - 12.30pm | Midlothian Carer Centre Get creative and enjoy a blether whilst doing so! No previous experience or skills are required. Materials and instructions will be provided.

Sound bath experience

Wed 13 Dec | 7.30pm - 8.30pm | Premier Pilates & Fitness, Dalkeith A sound bath session will help relax your body, mind and soul. Get comfortable on the mat, then allow the sound to encompass you as you float into a blissful state!

Carer Cuppa: Unwind and relax

Wed 27 Dec | 1:30pm - 3pm | Midlothian Carer Centre Can't make our morning cuppa? Join this evening cuppa and enjoy a chat with other carers and discuss issues that matter most to you!

Carer Cuppa and Bingo

Thurs 28 Dec | 10:30am - 12pm | Midlothian Carer Centre Enjoy a cuppa and a game of bingo at our friendly carer centre.

Carer Quiz

Thu 28 December | 2pm - 3:30pm | Zoom Have some 'me' time and join us online for a quiz.

If you have any questions, please contact our team on 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

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 07977 307286 or 07929 84315 or email loth.icj@nhslothian.scot.nhs.uk

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 Via Newbattle Health Centre
	M2	10:00	12:00	Old Craighall - Millerhill - Newton Hilltown - Danderhall	DANDERHALL/ CAMERON TOLL
	M4	13:30	15:30	Newlandrig - Dewartown - Pathhead Ford - Edgehead - Whitehill	TESCO Eskbank
	M5	14:30	16:30	Newtongrange - Easthouses Mayfield - Woodburn - Dalkeith	TESCO Eskbank Via Newbattle Health Centre
Wednesday	M6	09:45	11:45	Gorebridge - Newtongrange - Easthouses Mayfield - Woodburn - Dalkeith	TESCO Eskbank Via Newbattle Health Centre
	M8	14:30	16:30	Penicuik - Auchendinny Roslin - Bilston - Loanhead	ASDA/SAINSBURY Straiton
	M9	13:30	15:30	Rosewell - Bonnyrigg - Lasswade Eskbank - Newbattle	ASDA/SAINSBURY Straiton
Thursday	M10	09:00	11:00	Roslin - Bilston - Loanhead	STRAITON
	M11	10:00	12:00	Old Craighall - Millerhill - Newton Hilltown - Danderhall	LIDL/MORRISONS/ALDI Gilmerton via Danderhall
	M12	13:30	15:45	Rosewell - Howgate - Pomathorn Penicuik - Auchendinny	CAMERON TOLL
Friday Cost £2 Each Way	M13	09:00	11:00	Bilston-Roslin Auchendinny -Leadburn-Penicuik	TESCO Penicuik
	M15	10:00	12:00	Rosewell - Bonnyrigg - Lasswade Eskbank - Newbattle	LIDL/MORRISONS/ALDI Gilmerton
	M16	13:30	15:30	Old Craighall - Millerhill - Newton Hilltown - Danderhall	MORRISONS DALKEITH via Danderhall
	M17	14:30	16:30	Gorebridge - Newtongrange - Easthouses Mayfield - Woodburn - Dalkeith	MORRISONS Dalkeith 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 (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>British Red Cross Mobility Aids</p> <p>0131 660 9372</p>		<p>Midlothian Libraries</p> <p>0131 271 3980</p>
	<p>Midlothian Community Care Forum</p> <p>0131 663 9471</p>		<p>Ageing Well</p> <p>0131 561 6506</p>
	<p>Volunteer Midlothian</p> <p>07859 914 587</p>		<p>Citizens Advice Bureau</p> <p>Dalkeith 0131 660 1636 Penicuik 01968 675259</p>
	<p>Vocal Midlothian/Wee Breaks</p> <p>0131 663 6869</p>		<p>Health in Mind</p> <p>0131 663 1616</p>
	<p>Concessionary Bus Passes, National Entitlement and Young Scot cards</p> <p>0131 271 3148</p>		<p>Rapid Response Falls Service</p> <p>0131 270 8890</p>
	<p>Blue Badges and Ring & Go Cards</p> <p>0131 271 3601</p>		<p>Chest, Heart and Stroke Scotland</p> <p>0131 225 6963</p> <p>CHSS Advice line Nurse's</p> <p>08088010899</p>
	<p>Dial-A-Ride</p> <p>0131 447 9949</p>	<p>Dial-A-Bus</p> <p>0131 447 1718</p>	<p>Enable Scotland</p> <p>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—British Red Cross Unit 52 ,Mayfield Industrial Estate, Dalkeith, EH22 4AD – 0300 456 1914

Open: Tuesday and Wednesday Delivery service only