

September 2021

## Midlothian Weekly Calendars for Older People

---

1. [Bonnyrigg, Lasswade and Poltonhall](#)
2. [Dalkeith and Woodburn](#)
3. [Danderhall](#)
4. [Gorebridge](#)
5. [Howgate](#)
6. [Loanhead](#)
7. [Mayfield and Easthouses](#)
8. [Newtongrange and Newbattle](#)
9. [Pathhead and Cousland](#)
10. [Penicuik](#)
11. [Rosewell](#)
12. [Roslin and Bilston](#)
13. [Temple and South Midlothian](#)

British Red Cross Community Coordinators t: 0131 654 0340

# Bonnyrigg/Lasswade/Poltonhall

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

	M onday	T uesday	W ednesday	T hursday	F riday
A M	11:45-14:30 <b>NEW</b> Bonnyrigg Rose Lunch Club at the Pavilion (contact for info)	10:00—11:30 <b>AW</b> Tai Chi at the Pitcairn Centre (booking essential contact for info)  10-12 Active Gardeners at the Community Hospital  12:00-13:00 <b>AW</b> Beginners Tai Chi at the Pitcairn Centre (booking essential contact for info)	10-11 <b>AW</b> Advanced Tai Chi—online Zoom (booking essential contact for info)  11:00– 12:00 Words on Wednesdays Join Juliet and meet others for friendly themed chat and a poem via <b>zoom</b> . (To join contact for info.)	10-12 Active Gardeners at the Community Hospital (contact for info)  11:45-14:30 <b>NEW</b> Bonnyrigg Rose Lunch Club at the Pavilion (contact for info)	
P M		13:30-15:30 Gardening Club at Midlothian community Hospital (contact for info)		13:30-15:30 Active Gardeners at the Community Hospital (contact for info)	
E V E N I N G	17:30-18:15 Tums & Bums Laswade centre (booking essential)  <div>Information hub about local organisations in Lasswade 1 Library</div>	19:00-19:45 Tums & Bums Laswade centre (booking essential)  17:40-18:25 Pilates/Yoga for all at the Lasswade Centre		18:45-19:30 Tums & Bums Laswade centre (booking essential)  17:30-18:15 Body balance Laswade centre.( booking essential)	<u>Saturday</u> <u>Sunday</u>

# 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](mailto:community_coordinator@RedCross.org.uk)

# M

onday

# T

uesday

# W

ednesday

# T

hursday

# F

riday

**9:00-13.30** St John's and King's  
Park Church, Dalkeith community  
café (contact for info)

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

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

**11:00-12:00** Words on Wednes-  
days Join Juliet and meet others  
for friendly themed chat and a po-  
em via zoom. (contact for info)

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

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

**12:00-13:30 VM** Grassy Riggs Con-  
nect online (contact for info)

**10:00-11:30** Health in Mind Walk-  
ing to recovery (8 week block) con-  
tact for info.

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

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

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

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

**10:30-12:00** Lothian Veterans  
Centre bacon roll morning at  
Dalkeith British Legion (Limited no  
booking essential contact for info)  
fortnightly **10/9-24/9**

**13:30 AW** Dalkeith Walkers and  
Striders meets at St Nicholas  
Church (Booking essential contact  
for info)

**14:30-15:30—AW** Walking Rugby,  
Dalkeith RFC (Booking essential  
contact for info)

A  
M

P  
M

E  
V  
E  
N  
I  
N  
G

Saturday

Sunday

# Danderhall

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

**M**onday

**T**uesday

**W**ednesday

**T**hursday

**F**riday

A  
M

**10:00—12:00** Coffee Morning  
at Newton Parish Church  
(contact for info)

**11:00-12:00** Words on  
Wednesdays Join Juliet and  
meet others for friendly  
themed chat and a poem via  
zoom. (contact for info)

P  
M

**12:30-13:30 AW** Line Dancing  
Beginners Danderhall commu-  
nity hub (Booking essential  
Phone for availability)

**13:45-15:15 AW** Walking net-  
ball Danderhall community hub  
(Booking essential Phone for  
availability)

E  
V  
E  
N  
I  
N  
G



# Gorebridge

Information hub about local organisations in Gorebridge Library

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

## M

onday

## T

uesday

## W

ednesday

## T

hursday

## F

riday

**9:00-16:00** Beacon café  
**11:00-12:30** Braw Blether  
Monthly Carers group  
Gorebridge Library (**6th Sept**)

A  
M

**9:00-16:00** Beacon cafe

**9:00-16:00** Beacon café  
**11:00-12:00** Words on Wednesdays Join Juliet and meet others for friendly themed chat and a poem via zoom. (contact for info)

**9:00-16:00** Beacon cafe

**9:00-16:00** Beacon cafe

**13:00 AW** Gorebridge Walkers and Striders Arniston Rangers carpark (booking essential phone for info)

P  
M

E  
V  
E  
N  
I  
N  
G

4

**Saturday**

**9:00-16:00** Beacon cafe

**Sunday**

# 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](mailto:community_coordinator@RedCross.org.uk)

**M**onday

**T**uesday

**W**ednesday

**T**hursday

**F**riday

A  
M

**11:00-12:00** Words on Wednesdays Join Juliet and meet others for friendly themed chat and a poem via zoom. (contact for info)

P  
M

E  
V  
E  
N  
I  
N  
G

# Loanhead

Information hub about local organisations in Loanhead Library

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

# M

onday

# T

uesday

# W

ednesday

# T

hursday

# F

riday

A  
M

**10:00-11:00 AW** Advanced Tai Chi  
Currently online (phone for availability)  
**11:00-12:00 VM** Connect online at Loanhead Library (pre-book contact for info)  
**11:00-12:00** Words on Wednesdays  
Join Juliet and meet others for friendly themed chat and a poem via zoom. (contact for info)

**10.00 AW** Walking Group Striders and Walkers Loanhead Leisure Centre (limited availability booking essential contact for info)

P  
M

**12:30—13:30 AW** Line Dancing at Loanhead Centre (limited availability booking essential contact for info)  
**13:30-15:00** Braw blether at Loanhead Library **7th & 21st**  
**13:45-15.15 AW** New Age Curling The Loanhead Centre (limited availability booking

**14:00-16:00 AW** Walking football Bayne memorial hall (limited availability booking essential contact for info)

E  
V  
E  
N  
I  
N  
G

6

Saturday

Sunday

13:30

19:30

# Mayfield/Easthouses

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

	M onday	T uesday	W ednesday	T hursday	F riday
A M		<b>10-14:00</b> MAEDT Café at Pavilion Garden in Mayfield Park <b>10-14:00</b> MAEDT Community Pantry 14-15 Bogwood Court	<b>10-14:00</b> MAEDT Café at Pavilion Garden in Mayfield Park <b>10-14:00</b> MAEDT Community Pantry 14-15 Bogwood Court <b>10:00-12:00</b> Better outdoors garden group at Pavilion (contact for info) <b>10:00-15:00</b> CAB Worker available for drop in at Pavilion <b>11:00-12:00</b> Words on Wednesdays Join Juliet and meet others for friendly themed chat and a poem via zoom. (contact for info)	<b>10-14:00</b> MAEDT Café at Pavilion Garden in Mayfield Park <b>10-14:00</b> MAEDT Community Pantry 14-15 Bogwood Court <b>10:15</b> litter pick & chat @ the pavilion	<b>10-14:00</b> MAEDT Café at Pavilion Garden in Mayfield Park <b>10:00-12:00</b> Better outdoors garden group at Pavilion. (contact for info)
P M			<b>13:30-15:30</b> Better outdoors garden group at Pavilion (contact for info)	<b>14:00-16:00</b> VM Connect online MAEDT at Pavilion Garden in Mayfield Park (booking essential phone for info)	
E V E N I N G		<b>18.00-19.00</b> AW LADIES walking football Saltire soccer centre (booking essential phone for info)			



# Newtongrange/Newbattle

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

	M <sub>onday</sub>	T <sub>uesday</sub>	W <sub>ednesday</sub>	T <sub>hursday</sub>	F <sub>riday</sub>
A M			11:00-12:00 Words on Wednesdays Join Juliet and meet others for friendly themed chat and a poem via zoom. (contact for info)	10:30-12 Alzheimer's Scotland @Newbattle Abby College Outdoor activity group (contact for info booking essential ) 11:00– AW Walk and Talk from Newtongrange Library (booking essential Limited spaces contact for info)	
P M	15:00-16:00 AW Line dancing for beginners Newbattle community learning centre. (booking essential Limited spaces contact for info) 16:15-17:15 AW Line dancing Newbattle community learning centre (booking essential Limited spaces contact for info)	12-13:00 Alzheimer's Scotland out door dementia café @ the Sun Inn Fortnightly 7/9-21/9 (contact for info booking essential ) 15:00-16:30 The Warblers singing for lung health—Via Zoom (contact for info)		14:30-16:00 AW New Age Kurling at Newbattle Community Centre.(booking essential Limited spaces contact for info)	
E V E N I N G		18.00-19.00 AW LADIES walking football Saltire soccer centre (booking essential contact for info)			

# Pathhead/Cousland

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

	M <sub>onday</sub>	T <sub>uesday</sub>	W <sub>ednesday</sub>	T <sub>hursday</sub>	F <sub>riday</sub>
A M	10.30-12.00 Tea,Chat& Drop In Group, Stair Arms Hotel—Pathhead.		11:00-12:00 Words on Wednesdays Join Juliet and meet others for friendly themed chat and a poem via zoom. (contact for info)		
P M					
E V E N I N G	9			)	<u>Saturday</u>

# Penicuik

Information hub about local organisations in Penicuik Library

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

Monday		Tuesday	Wednesday	Thursday	Friday
A M	<b>9:15-10:30</b> Yoga at Glencorse centre Booking essential (contact for info)		<b>10:00—12:00 AW</b> Table Tennis at Ladywood Leisure Centre (limited spaces booking essential contact for info) <b>10:30-12:00</b> Alzheimer's Scotland outdoor dementia Café @ Craigie House (booking essential contact for info) <b>11:00-12:00</b> Words on Wednesdays Join Juliet and meet others for friendly themed chat and a poem via zoom. (contact for info)		<b>9:45 AW</b> Penicuik Walkers at St Mungos Church (limited spaces booking essential contact for info) <b>10:00-12:00 AW</b> Walking Football at Ladywood Leisure Centre (contact for info) <b>10:00-16:00</b> Penicuik Men's Shed Scout Hut, Kirkhill Road, Penicuik, EH26 8JB (contact for info) <b>10:30-12</b> Alzheimer's Scotland @Penicuik House Outdoor activity group booking essential. (contact for info)
	<b>12:00—13:30 AW</b> Line Dancing at Ladywood ( limited spaces booking essential contact for info) <b>14:00-16:00</b> Bingo at Ladywood Leisure centre £1 entry £1 per book £0:30 for tea/coffee.( contact for info)	<b>12:00-14:00</b> Senior citizens lunch at Glencorse Centre booking essential (limited spaces booking essential contact for info) <b>14:00-16:00 AW</b> New Age Kurling at Ladywood. (limited spaces booking essential contact for info) <b>13:30-15:00</b> Braw Blether at penicuik Library <b>14/9-28/9.</b>	<b>13:30—15:30 AW</b> Badminton at Ladywood Leisure Centre. (limited spaces booking essential contact for info)		
E V E N I N G	10				

# Rosewell

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

M

onday

T

uesday

W

ednesday

T

hursday

F

riday

A  
M

**11:00-12:00** Words on Wednesdays Join Juliet and meet others for friendly themed chat and a poem via zoom. (contact for info)

P  
M

**13:30-15:30 AW** New age Kurling in Rosewell Church Hall. (Limited spaces Booking essential contact for info)

**13:30-15:00 VM** Click and Connect Computer club at Rosewell Hub (contact for info)

**13:30 AW** Rosewell Walkers and striders meet at Rosewell Church Hall (Limited spaces Booking essential contact for info)

E  
V  
E  
N  
I  
N  
G

11

**Saturday**



# Roslin/Bilston

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

M <sub>onday</sub>		T <sub>uesday</sub>		W <sub>ednesday</sub>		T <sub>hursday</sub>		F <sub>riday</sub>	
A M				11:00-12:00 Words on Wednesdays Join Juliet and meet others for friendly themed chat and a poem via zoom. (contact for info)				10.00-AW Roslin walkers meet at the original Rosslyn Inn (Limited spaces booking essential contact for info)	
P M									
E V E N I N G								<u>Saturday</u>	

# Temple/South Midlothian

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

M Monday		T Tuesday		W Wednesday		T Thursday		F Friday	
A M				11:00-12:00 Words on Wednesdays Join Juliet and meet others for friendly themed chat and a poem via zoom. (contact for info)					
P M									
E V	13								

# Up coming events and Info

Midlothian Libraries Bibliotherapy Service

Midlothian 

## Braw Blether

Reading Between The Lines



We use words for wellbeing - short stories, poems, articles, song lyrics and more to spark conversation and connection

Fortnightly groups alternate Tuesdays: 1.30 - 3pm

Loanhead Library 1st and 3rd Tuesday

next group 7th Sept

Penicuik Library 2nd and 4th Tuesday

next group 14th Sept

Monthly Carers Group: Gorebridge Library

next group Monday 6th Sept 11 - 12.30am

For more details contact Juliet [Bibliotherapy@midlothian.gov.uk](mailto:Bibliotherapy@midlothian.gov.uk)  
or call 07771345294

## VOCAL events

**Coffee mornings with speaker;** grab a cuppa and join us for a bit of 'me' time, have a chat with other carers and find out more about our services.

**23rd Sept; Peer Support/Peer Mentoring** – learn about our 1:1 peer support and peer groups and how to access

**Our coffee mornings run from 10.30am-11.30am**

**Online Craft Group; Sept 30/9 @ 10.30-12noon**

Join other like-minded crafters and share your skills & knowledge with other carers and/or learn something new from others. Join this social group and create some time for yourself - no previous experience or skills are required.

**To register for our peer & social opportunities** – please visit: <https://www.carerstraining.co.uk/>

## Upcoming courses

Health in Mind/Thistle New Beginnings course for anyone that has been bereaved will be 6 weeks starting in November 2021 it will run on a Thursday morning from 10-12 on zoom and looks at a variety of self- management tools, models of grief, self- compassion, relaxation and the opportunity to go into smaller groups to reflect on topics such as self- care, what has been better? (contact for more Info)

# Useful Signpost info

## **Midspace**

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

It provides:

information about local mental health and wellbeing services and support

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

## **Breathing Space**

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

Phone: 0800 83 85 87

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

Monday to Thursday, 6.00 pm – 2.00 am

Friday to Monday, 6.00 pm – to 6.00 am

## **Age Scotland**

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

Phone: 0800 12 44 222

Monday to Friday, 9.00 am – 5.00 pm

## **Silverline**

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

Phone: 0800 4 70 80 90

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

Monday to Sunday, 24 hours a day



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

<b>Tuesday</b>	<b>M1</b>	09:00	11:00	Gorebridge - Newtongrange - Easthouses Mayfield - Woodburn - Dalkeith	<b>CAMERON TOLL</b> Via Newbattle Health Centre
	<b>M2</b>	10:00	12:00	Old Craighall - Millerhill - Newton Hilltown - Danderhall	<b>DANDERHALL/ CAMERON TOLL</b>
	<b>M3</b>	13:00	16:15	Penicuik - Auchendinny - Roslin Bilston - Straiton - Loanhead (Every 2 weeks)	<b>GYLE</b>
	<b>M4</b>	13:30	15:30	Newlandrig - Dewartown - Pathhead Ford - Edgehead - Whitehill	<b>TESCO Eskbank</b>
	<b>M5</b>	14:30	16:30	Gorebridge - Newtongrange - Easthouses Mayfield - Woodburn - Dalkeith	<b>TESCO Eskbank</b> Via Newbattle Health Centre
<b>Wednesday</b>	<b>M6</b>	09:00	11:00	Gorebridge - Newtongrange - Easthouses Mayfield - Woodburn - Dalkeith	<b>ASDA</b> Via Newbattle Health Centre
	<b>M7</b>	10:00	12:00	Danderhall - Hilltown - Newton Millerhill - Old Craighall	<b>TESCO Musselburgh</b>
	<b>M8</b>	13:30	15:30	Rosewell - Bonnyrigg - Lasswade Eskbank - Newbattle	<b>STRAITON</b>
	<b>M9</b>	14:30	16:30	Penicuik - Auchendinny Roslin - Bilston - Loanhead	<b>STRAITON</b>
<b>Thursday</b>	<b>M10</b>	09:00	11:00	Roslin - Bilston - Loanhead	<b>STRAITON</b>
	<b>M11</b>	10:00	12:00	Old Craighall - Millerhill - Newton Hilltown - Danderhall	<b>LIDL/MORRISONS/ALDI Gilmerton</b> via Danderhall (usually Morrisons)
	<b>M12</b>	13:30	15:45	Rosewell - Howgate - Pomathorn Penicuik - Auchendinny	<b>CAMERON TOLL</b>
<b>Friday</b>	<b>M13</b>	09:00	11:00	Penicuik - Auchendinny Roslin - Bilston - Loanhead	<b>TESCO Eskbank</b>
	<b>M15</b>	10:00	12:00	Rosewell - Bonnyrigg - Lasswade Eskbank - Newbattle	<b>LIDL/MORRISONS/ALDI Gilmerton</b> (usually Morrisons)
	<b>M16</b>	13:30	15:30	Old Craighall - Millerhill - Newton Hilltown - Danderhall	<b>DANDERHALL/ DALKEITH</b>
	<b>M17</b>	14:30	16:30	Gorebridge - Newtongrange - Easthouses Mayfield - Woodburn - Dalkeith	<b>MORRISONS Dalkeith</b> Via Newbattle Health Centre



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

## Route 1 Thursday

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

## Route 2 Thursday

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

## Route 3 Thursday

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

## Route 4 Monday

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

## Route 5 Monday

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

### FARES (single)

Adult **£1:80**

Child {under 16} **£0:90**

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

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



# Useful Contact Numbers

	<b>British Red Cross Mobility Aids</b> 0131 660 9372			<b>Midlothian Libraries</b> 0131 271 3980	
	<b>Midlothian Community Care Forum</b> 0131 663 9471			<b>Ageing Well</b> 0131 561 6506	
	<b>Volunteer Midlothian</b> 07859 914 587			<b>Citizens Advice</b> 0131 660 1636	
	<b>Vocal Midlothian/Wee Breaks</b> 0131 663 6869			<b>Health in Mind</b> 0131 663 1616	
	<b>Concessionary Bus Passes, National Entitlement and Young Scot cards</b> 0131 271 3148			<b>Rapid Response Falls Service</b> 0131 270 8890	
	<b>Blue Badges and Ring &amp; Go Cards</b> 0131 271 3601			<b>Chest, Heart and Stroke Scotland</b> 0131 225 6963 <b>CHSS Advice line Nurse's</b> 08088010899	
	<b>Dial-A-Ride</b> 0131 447 9949	<b>Dial-A-Bus</b> 0131 447 1718		<b>Enable Scotland</b> 0131 454 1785	

# Day Centres and Catchment Areas in Midlothian

<b>H</b> owgate	<b>P</b> enicuik	<b>R</b> oslin & Bilston	<b>L</b> oanhead	<b>B</b> onnryigg & Lasswade	<b>R</b> osewell
	Broomhill	Broomhill The Bungalow St.Davids (Self Travel)	St David's (Self Travel) The Bungalow	The Bungalow St David's (Self Travel except Fri)	St David's (Self Travel) The Bungalow
<b>D</b> anderhall	<b>D</b> alkeith & Woodburn	<b>N</b> ewtongrange & Newbattle	<b>G</b> orebridge	<b>M</b> ayfield & Easthouses	<b>P</b> athhead & Tynewater
St.Davids (Self Travel)	The Bungalow St.Davids - Woodburn (Self Travel Dalkeith)	St David's The Bungalow	St David's The Bungalow	St David's The Bungalow	St David's (Self Travel)

## Contact Details

**St David's Bradbury** 57 St David's, Newtongrange, EH22 4LF; 0131 660 1285

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

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

---

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