



DISCOVER

South West Edinburgh

What's On Near You?

ISSUE 6

**Big Hearts Football
Memories**

A Tasty Recipe

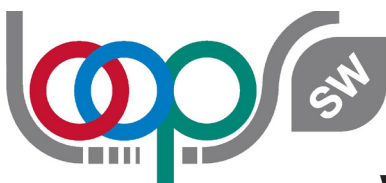
**Oxgangs Neighbourhood
Centre**

Polwarth Canal Shed

**History Stories from Currie &
District Local History Society**

Also in this issue:

- **Community Connecting**
- **Guid Blethers**
- **The Palm Café**



www.loopsprojects.org.uk

FREE

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**Love this Issue?
Don't forget to
subscribe to the
magazine!
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Information Stations

Each month we hold regular information stations around the South West in venues such as libraries, community centres, supermarkets and more. We can help direct you to activities and events in your area.

To find out where your nearest information station is, contact us. Our contact details are on the next page.

Read all about it!

Our free Magazine Discover South West is published twice a year. We can deliver it direct to your door. Contact us to subscribe.

If you know someone - maybe a neighbour, friend or a family member who would like this magazine, please pass it on!

Hello!



South West Edinburgh

Welcome to the 6th edition of Discover: South West. The Discover Magazine is brought to you by the LOOPs project which provides information to people over 65 about local groups and activities they can get involved in and services that might be helpful to them in their local area.

Keeping active and being connected to other people is great for people of any age and for older people there are lots of opportunities taking place near them.

I recently took over as Community Navigator and I have been visiting organisations and services throughout the South West of Edinburgh. I've been hearing about some of the brilliant work that people are doing to provide activities, groups and support to older people in the area.

On page 4 there is information about the Big Hearts Football Memories Groups and on page 7 the Oxfams Care Befriending Service. On page 10 there is information about the Polwarth Canal Shed. Also on page 12 there is an article from the Currie & District Local History Society.

The magazine includes only a small selection of groups and services available so please get in touch if you want to find out more.

We look forward to hearing from you soon.

Best Wishes

Graham Smith
and the Community Navigator Team

Contact Us

Graham Smith

Community Navigator South West

Health in Mind

40 Shandwick Place

Edinburgh

EH2 4RT

0131 225 8508

graham.smith@health-in-mind.org.uk

A huge thanks for Elan our design volunteer who has worked hard to create the layout and additional images used in the articles. Thanks Elan!

Football Memories

A Pie and a Blether



For many, football will always hold many memories including glorious wins, bitter losses and 'it was never a sending off!'

For the gentlemen who attend Big Hearts' Football Memories, things are no different. Many have been diagnosed with dementia and may struggle to remember aspects of their daily life, but the use of simple memorabilia - such as an old picture of their favourite football player from the 1950s - means they are able to revive winning goals, controversial decisions and team line-ups of cup finals.

Football Memories, a project run in partnership with Alzheimer Scotland, gives those with dementia or at risk of isolation a chance to engage in conversations with other football fans, in the well suited Hearts Museum at Tynecastle. Sessions allow caregivers to enjoy some brief respite, as Big Hearts' volunteers are always on hand to share their own stories to the gentlemen.

Over recent years, the group has been visited by many former Hearts players including 'The Golden Vision' Alex Young, Alan Anderson and Freddie Glidden. Sessions are free to attend and open to all football fans.



There are several community-based groups and activities available for those who are affected by dementia, and their loved ones or carers. If you would like more information, or to find a group that would suit you, please contact your Community Navigator. Contact details on the back page.

Interested In Joining?



Football Memories is looking for new participants:

- Second Tuesday of the month at Hearts Museum, Tynecastle Stadium
- Last Tuesday of the month at Hearts Museum, Tynecastle Stadium

If you'd like to attend, or hear more about Football Memories, please contact 0131 200 7225 or visit www.bighearts.org.uk

★ FILMHOUSE

Senior Selections

Our new Senior Selections invites older audiences to enjoy classic cinema and share their thoughts about the film over a cuppa afterwards. Discover new films and make new friendships in the comfortable surroundings of Filmhouse.

Senior Selections films are chosen by our Senior Volunteers, who will be on hand to welcome you and have a chat after the film. These fortnightly film screenings are for audiences who are over 60.

Tickets are £3 each and include tea, coffee and biscuits after the film.

“Cinema can take us on journeys across the globe, make historical stories come to life and ultimately brings people together to share great entertainment. We love talking about films and so do our audiences”.

For more information & booking call:
0131 228 2688
88 Lothian Road, Edinburgh,
EH3 9BZ

*Places are limited and we particularly welcome new audiences.

First class
free, then £3
or £4 (Location
Dependent)

MOVE IT
OR LOSE IT!®

**Gentle Exercise
Class For Over 50s**

The FABS Training Programme brings together the four key components for healthy ageing. Each FABS class covers:

Flexibility Aerobic Balance Strength

This is made up of exercises that are safe, enjoyable, effective and accessible to everyone whatever their ability, and can be done seated or standing.

Classes

Craiglockart Church
Craiglockart Drive South,
EH14 1HS
Mondays
2pm - 3pm
£4

Murrayfield Church
26 Ormidale Terrace,
EH12 6EQ
Wednesdays
11.30am - 12.45am
£3

**Stockbridge LifeCare
Centre**
2 Cheyne Street
EH4 1JB
Tuesdays 2pm - 3pm
£4

For More Information Contact: **Joanne Goodall, Call: 07882 012 930**
Email: joanne@moveitorloseit.co.uk or Visit: www.moveitorloseit.co.uk

You'll receive a warm welcome at the Oxgangs Neighbourhood Centre. It's a small but extremely busy centre with groups, activities and volunteering opportunities for people of all ages living in the local area and further afield. It has a lovely café with tasty and affordable homemade food.

Café@ONC

Open from 10am until 2.30pm
We provide great tasting affordable food. Come in and enjoy our tasty menu including soup of the day and daily specials.

Volunteer Opportunities

The Centre is run by the community for the community and they would not be able to do what they do without the dedicated team of volunteers who assist the small staff team.

Oxgangs Neighbourhood Centre relies on the support of volunteers to run vital groups, projects and services. They have volunteering opportunities in gardening, assisting in the café and helping run their under 5's groups. Volunteering is open to anyone of any age or ability. Contact the centre for more information.

What's On

Carpet Bowls
Mondays, 2pm – 4pm

Bide and Blether Lunch Club
Wednesdays, 1pm -3pm

Awfy Braw Cooks, Cooking Classes
Thursdays, 1:30pm – 3:30pm

Seated Exercise
Fridays, 10:45am -11:45am

Contact Us !

Oxgang Neighbourhood Centre
71 Firrhill Drive
Edinburgh
EH13 9EU

For more information on volunteering or any activities or groups please contact the O.N.C directly on 0131 466 0678 or e-mail them at oxgangsneighbourhoodcentre@gmail.com





Oxgangs Care Befriending Service

Oxgangs Care Befriending Service is accepting referrals. There is no charge for this service. Befriending makes a real difference to people who find themselves struggling, often at a time of change, and find that they need the dedicated support of another person to help them navigate their way through.

It may be you are just looking for a little companionship. It covers a range of supportive and purposeful activity involving the development of a relationship in which one person, who is not family or a close friend, gives time to support and encourage another.

If you would like to become a volunteer befriender yourself, please just get in touch on the contact details above and we can give you more information. We look forward to hearing from you.

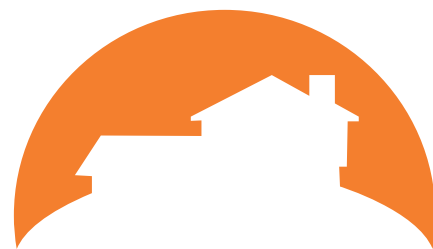
OXGANGS CARE

"I really enjoy going out to local facilities with my Befriender. We also have very interesting chats and quite a few laughs! In my view an excellent and much needed service"



Live in EH10 and EH13 postcode?

If you live in EH10 and EH13 postcodes and feel you would benefit from our visiting volunteer service, please get in touch with Annie on 0131 445 3332



Contact Us !

Oxgangs Care Befriending Service

12 Firrhill Neuk
Edinburgh
EH13 9FF
0131 445 3332

befriending@oxgangscare.org



There was great news for Dementia Friendly Pentland after receiving a grant of £30000 to help with their work. The project aims to create dementia friendly communities in Juniper Green, Currie and Balerno. Dementia Friendly Communities are places where people affected by dementia, including carers and family members, are included and supported to do the things that matter to them. It also includes the whole community and can provide information to local businesses and shops on accommodating the needs of people with dementia.

This new funding will allow Dementia Friendly Pentlands to extend their services and develop a wider variety of support for people in the communities. They have lots of plans which include establishing a hub as a community access point, consulting people affected by dementia, establishing more dementia friendly cafés and raising awareness of support available and how to access it.

The group already runs the Palm Café in Balerno. The Palm Café is a friendly and welcoming social group café for people with dementia and their carers. The Palm Café aims to provide a space for people to meet others for support and social contact. They use activities such as music, movement, reminiscence and craft to enhance the wellbeing of the person with dementia.

The café is held once a month. At a recent café the group welcomed pupils from the local primary school to share and compare experiences of school across the generations. Pupils and volunteers from the café performed a play together about school, with props from a real classroom. It got everyone chatting about their memories of school and how people lived in previous generations.

If you or someone you know would like to attend the Palm Café or if you would like to find out more about Dementia Friendly Pentland see contact details below.

Contact Information:

If you would like more information about PALM please contact:

Kay Latimer

Telephone: 0131 449 6186

E-mail: palmpentlands@gmail.com

Website:

dementiafriendlypentlands.org.uk



Join Us for tea and cake

The PALM café is held in the St Joseph's Centre, Balerno on the last Tuesday of the month at 2.30pm - 4pm

St Joseph's Centre, Balerno Parish Church,
2 Main Street, Balerno
EH14 7EH



About Us

Contact the Elderly is a national organisation which changes the lives of people aged 75 and over who live alone and cannot get out on their own. We have small local groups across Edinburgh and Lothians, made up of guests and volunteers.

One Sunday afternoon a month, each local group meets for tea, cake and company. Our Hosts take it in turns to welcome you and the rest of the group into their homes for few hours, and our drivers always make sure you get home safely. This service is free.

For more information visit their website:
www.contact-the-elderly.org.uk or contact

Anne Grindley
Edinburgh Area Organiser
anne@ravelrig01.demon.co.uk
0131 449 3949



“It’s so nice to have a chance to dress up and go somewhere. I can’t remember when I last had such a lovely time!”



advice and support for older age
Independent Age

Independent Age is a charity founded over 150 years ago, we’re independent so you can be. It can be hard keeping in contact with people as time goes by, especially if you’ve lost close friends or family, or your health isn’t what it used to be.

The Edinburgh Service is managed by Chris Salt and delivered by trained volunteers.

Independent Age friendship Services

A regular Face to Face visit or telephone call from an Independent Age volunteer can make all the difference –our volunteers are people who enjoy listening, talking, and getting to know people. They are trained by Independent Age and have had all the checks you would expect.

To find out more, call 0800 319 6789 or visit www.independentage.org

Polwarth Canal Shed

Scottish Waterways Trust recently held their official launch of The Canal Shed at Polwarth. The Canal Shed is a meeting place where you can share and learn new skills, relax, make new friends and explore and help care for the historic Union Canal.

It is a place of leisure, where people come together on a drop-in basis to socialise and to plan and engage in a wide range of outdoor and indoor activities.

Activities are aimed at providing gentle physical and mental stimulation to improve health and wellbeing, to encourage ownership of the canal side through conservation tasks and heritage talks, and to encourage community connections by introducing participants to other initiatives and opportunities for volunteering and skills development in the communities alongside the canal. The Scottish Waterways Trust offers many

Activities may include:

- Creative writing
- Wood working
- Wild jam making
- Making jewellery
- Pakora-making
- Bees and bee products
- Making cards and stationery
- Making wild soup
- Planting/tidying garden for winter
- Natural skin care gifts
- Willow workshops



other volunteering opportunities and free events throughout the year in Edinburgh with the aim of promoting awareness and enjoyment of the built, cultural and natural heritage of the Union Canal – and conserving it for future generations.



Get outdoors, get active, join in, connect with your local community!



Fancy getting involved?

**Every Wednesday
10.00-13.00**

They'd love to hear from you!
Visit their website
www.scottishwaterwaystrust.org.uk

**Drennan Hall Polwarth
Church
Edinburgh
EH11 1LU**

For More Information
Contact: Anna - 07790 885 969
canalshed@scottishwaterwaystrust.org.uk



Guid Blethers

Guid Blethers offers an opportunity to make new friends, share interests and stories, exchange ideas and views. It may be that you feel isolated or lonely and want company.

Being in a group, getting involved and participating, can give a sense of value, belonging and well-being.

Join us for a cup of tea and a blether! Len, Margaret and Audrey will be providing a variety of topics. Supported by photographs, poems and "guid blether."

If you know someone who might enjoy joining the group, let them know and bring them along. If there is any topic you would like to blether about, please let us know.

Events

Fortnightly
2.00 p.m. until 4.00 p.m.

Monday 6 November
Radio "Now and Then"

Monday 20 November
"Pot Luck Subjects"

Monday 4 December
"Pantomime Season"

Monday 18 December
"Christmas Party"

Finger-labyrinth



Find your way through to the centre with this finger-labyrinth.

Visit Us !

Guid blethers is held in the Small Hall at:

Polwarth Parish Church
36-38 Polwarth Terrace
Edinburgh
EH11 1LU
www.polwarth.org.uk

To find out more about the group please call Margaret on
0131 229 2963
See you soon.



Currie & District Local History Society

From their first meeting in June 1970 Currie & District Local History Society have gone from strength to strength, the membership now stands at around 100.

The Society has been active researching and recording various aspects of local history for 47 years. We organise twelve meetings a year, fortnightly from October to March, involving both external speakers and talks by members.

Our website www.curriehistory.org contains links to our historical photos archive housed at the Heriot Watt University where thousands of our photos have been digitised. The website also contains our survey of Currie Kirk graveyard and our President Malcolm Fergusson's research into the names on the local war memorials, both of which are proving to be a boon for people carrying out family research.

Our latest research project, a Local History Guide with interactive map, is

nearing completion. Superficially our area appears to be a bit of a backwater, once renowned for our paper mills, quarries and farming, but there is history all around us. There are cairns above us in the Pentlands that date from a thousand years or more before Christ. Romans have left their mark, there are Dark Age hill forts on both Dalmahoy and Kaimes and Scottish Stuart Kings hunted in the area.

The ruin of Lennox Tower had associations with Mary Queen of Scots as had Curriehill Castle, one of the properties made "uninhabitable" following the Rizzio murder.

In 1666 General Tam Dalziel and his mosstroopers rode over Currie Brig on the way to defeat the Covenanters at Rullion Green.

Did you know?

In 1827 Burke and Hare were reputed to have had a meeting in a change house near Balerno.

Are you interested in local history?

The Currie and District Local History Society holds a regular schedule of meetings with guest speakers.

The meetings are held at :

Gibson Craig Memorial Hall
Lanark Road West
Currie EH14 5NY

If you would like to learn more about Currie History Society and how you can get involved contact the

Secretary Douglas Lowe

Tel: 0131 449 4349

Email: secretary@curriehistory.org

Also the Caledonian Mercury newspaper in 1821 reported how two earlier “ressurrectionists” were captured in Currie. They were noticed by two roadmen as they travelled along the Lang Whang (A70) as their cartload of peats seemed very light. They stopped at the ale house at the Ravelrig Toll bar near Balerno. The roadmen were suspicious and hurried on along the Lanark Road to Currie where they alerted James Craig overseer of Balerno Paper Mill at Kinauld and William Elliott an excise man, who was armed. There was no police presence in the villages at that time.

The cart was stopped and searched and bodies discovered. The bodies had been exhumed from Lanark Churchyard. They were kept overnight in Currie Kirk before being returned the next day to Lanark. Two of the body snatchers were taken into custody in Edinburgh

Have a interesting story to share with us?

If you or your group are interested in submitting an article or story to the next issue of Discover: South West, please contact your LOOPS Community Navigator today. Contact details on the back page.

Local “Firsts”

- The first post office in Currie was opened on 6th April 1806. The postmaster was Mr Andrew Gourlay, and his salary was £5 per annum!
- The first “co-op” store in the area was opened for business in Balerno in 1866.
- The first SMT bus service from Waverley Bridge to Balerno via Slateford commenced on 15th July 1922.



Improve your health and wellbeing
Be supported by one of our volunteers
Find out what's going on in your area!

Community Connecting is a free service for anyone aged 50+ and living in Edinburgh. The service can last up to 16 weeks and provides information and support to help you go out, use public transport and join in with activities to improve your health and wellbeing.

Anyone can have a dip in self-confidence as a result of illness, personal difficulties or bereavement. Community Connecting is here to offer you support to improve your independence and regain your self-confidence.

“I hadn't been to the movies for years but it was lovely going with other folk who were also on their own”



“My volunteer from Community Connecting helped me to find the confidence to start using the bus again”

A Community Connector will visit you where you feel comfortable and help you plan what you would like to do. It might be joining a new group. It may be to regain the confidence to use public transport, or to use a walking aid or a mobility vehicle. You might like to use local facilities or to take up a new interest. Anything that you feel you can achieve in 16 weeks we can support you with.

We will also invite you along to our Community Connecting social groups for cinema outings, coffee get-togethers and more.

Want to get involved ?

We welcome referrals from family, friends, neighbours, health professionals, social workers, community organisations and yourself.

If you or anyone you know could benefit from this free service, please contact our Community Connectors.

Contact us

Community Connecting
16 Terrars Croft
Edinburgh
EH8 9RE

Tel: 0131 564 0254

Email:
community.connecting@
placesforpeople.co.uk



"I recently retired and was looking for something to keep me active"

What is BorrowMyDoggy?

BorrowMyDoggy connects dog owners with trusted local people who would love to look after their dog. We make it easy to arrange walks, playtime, overnight stays or holidays. Our aim is to help dog owners when they need it, give dogs more exercise and playtime and to allow people without a dog to spend quality time with one. We call it a win-win (or a woof-woof) situation for everyone involved.

Dogs bring so much happiness and joy. Become a BorrowMyDoggy member today!

To become a member you must have access to a computer and internet, follow this link to become a Borrower: <https://www.borrowmydoggy.com>

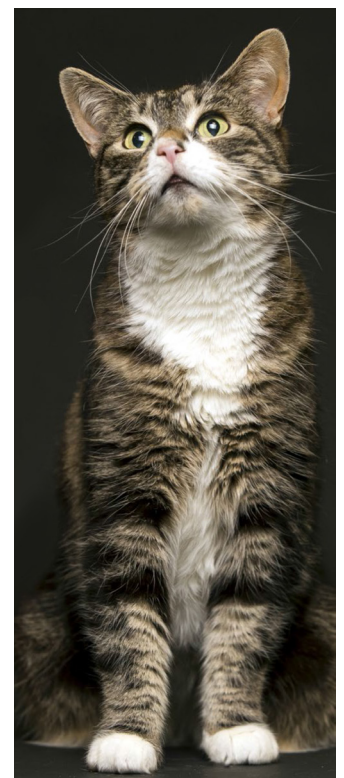


Edinburgh & The Lothians Snip and Chip Campaign

Cats Protection are running a Snip and Chip campaign across the EH post code which allows eligible cat owners to get their cats neutered for only £5 and microchipped for an additional £5. This saves a lot of money as it can cost between £80-£120. People who are receiving a state pension or pension credit are eligible for this service. The scheme is available directly via the participating vets.

To find out and more information and which Veterinary Practices are participating contact the team on :

Tel: 03000 121 212
9.30 a.m. – 1.00 p.m. Mon – Fri
www.cats.org.uk/neuteringeh



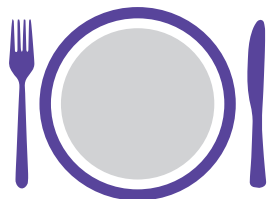


Leek and Potato Soup

1 tbsp vegetable oil
1 onion, sliced
225g/8oz potatoes, cubed
2 medium leeks, sliced
1.2 litres/2 pints vegetable stock
salt and freshly ground black pepper
(Optional) 150ml/5fl oz double cream or crème fraîche

Method

1. Heat the oil in a large pan and add the onions, potatoes and leeks. Cook for 3-4 minutes until starting to soften
2. Add the vegetable stock and bring to the boil. Season well and simmer until the vegetables are tender
3. Optional. If you have a hand blender or blender whizz until smooth
4. If you like, stir in a little cream or crème fraîche, heat through and serve



Eating Well

1. Make sure you have at least one hot meal a day and regular hot drinks
2. Include a variety of food in your diet to get the nutrients that you need. Vegetables, fruit, meat, pulses, fish
3. Keep basic food items in your cupboard or freezer in case it's too cold to go shopping

For Example: Tins of soup (low salt if possible), sardines, tinned fruit, UHT Milk

Get Involved

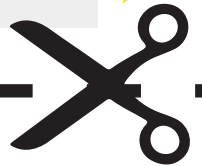
Would you like to HELP us and be a Community Champion?

We need local helpers and there's lots of ways you can get involved. You could,

- Take a few magazines and deliver them to people who might like one in your street.
- Help us keep up to date about what's happening in your area.
- Make sure your local café, shop or library has information about LOOPs.
- Help us with information stalls and events.

If you'd like to assist with any or all of these things, we'd love to hear from you. To find out more please get in touch.

We welcome your feedback



We want to ensure that Discover South West is relevant, interesting and accessible to our readers. Please let us know what you think of the magazine - we will take on board any ideas or comments for our next issue.

Have you enjoyed reading this issue of Discover South West?

Yes

No

Have you found the information in this magazine useful?

Yes

No

Will you access any services or activities as a result of this magazine?

Yes

No

Maybe

Where did you get the magazine?

Do you have any other comments, or ideas for the next issue?

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.....
.....



Social Care Direct

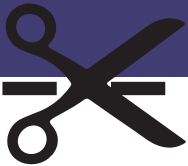
You can contact Social Care Direct, to ask for advice or refer yourself or someone you know in Edinburgh. You may need help due to illness, disability, frailty or concerns about the safety of an adult or child at risk of harm.

Social Care Direct Contact Details:
Phone: 0131 200 2324
Email: socialcaredirect@edinburgh.gov.uk

The Social Care Direct contact centre is open from:

Monday to Thursday
8.30am-5pm

Friday
8.30am - 3.55pm



Subscribe to Discover: South West

Never miss an issue! Subscribe for free and we'll post each new edition to you.

NAME.....

ADDRESS.....

.....

.....

.....

TELEPHONE NO (optional).....

If you would like further information about a service, activity or group, please let us know in the space below (or write us a separate letter)

Your Local Library

Sighthill Library

Adult Colouring in Group - Mondays,
6.30 - 7.30 pm

Knit and Knatter - Fridays, 2 - 4 pm

Housebound Book Delivery Service,
fortnightly on Tuesdays

Library Link- fortnightly on Tuesday
afternoons, pick up usually around 1 pm

Contact details:

Gate 55, 55 Sighthill Road

0131 529 5566

sighthill.library@edinburgh.gov.uk

Ratho Library

Knit and Knatter - Mondays, 2 - 4 pm

Adult Colouring in Group, fortnightly
on Fridays, 11.30 am - 12.30 pm

Book and Blether, fortnightly on
Wednesday afternoons

Library Link - fortnightly on Friday
mornings

Book Group - First Monday of the
month, 6.30 - 7.30 pm

Contact details:

6 School Wynd, Ratho

0131 333 5297

ratho.library@edinburgh.gov.uk

There's lots of things happening at your local library. There are groups and activities you can join. All libraries have large print books, audio books and DVDs, as well as a wide range of fiction and non-fiction. There is free access to computers and the internet

There is also a Library Link service. Library Link is a free service for anyone who has difficulty getting to a library because of age, disability or ill health. The service provides transport to book groups at a selection of local libraries. There is also a home delivery service and a mobile library.

Libraries in South West Edinburgh

Currie Library
210 Lanark Road West

EH14 5NX

0131 529 5609

currie.library@edinburgh.gov.uk

Balerno Library

1 Main Street

EH13 9LY

0131 529 5500

balerno.library@edinburgh.gov.uk

Wester Hailes Library

1 West Side Plaza

EH14 2ST

0131 529 5667

westerhailes.library@edinburgh.gov.uk

Colinton Library

14 Thorburn Road

EH13 0BQ

0131 529 5603

colinton.library@edinburgh.gov.uk

Oxgangs Library

343 Oxgangs Road North

EH13 9LY

0131 529 5549

oxgangs.library@edinburgh.gov.uk

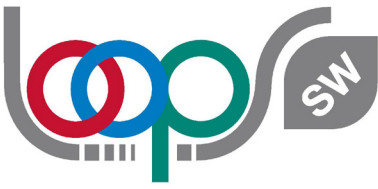
Fountainbridge Library

137 Dundee Street

EH11 1BG

0131 529 5616

fountainbridge.library@edinburgh.gov.uk



**LOOPs CommunityNavigator
South West Edinburgh:**
Graham Smith
Call: 0131 225 8508
graham.smith@health-in-mind.org.uk
Health in Mind, 40 Shandwick Place,
Edinburgh EH2 4RT

Call our Phone Line:
0131 603 8311

The LOOPs City Wide Phone line is open
Monday - Friday: 9am - 5pm
The phonenumber's friendly advisors can tell you
about groups, activities and services in your area.

**Local Opportunities for Older People (LOOPS)
is a citywide partnership initiative.**

No matter where you are, whether you are an older person yourself or you know an older person who needs support or information, there is a LOOPS project available for you. Our local Community Navigators can arrange one to one meetings to discuss what you are looking for, and help you to find the support you need. We hold regular information stations across the city.

South East

Jenny Green

0131 225 8508
Health In Mind

North West

Eilidh & Ryan

0131 315 4466
Pilton Equalities
Project

North East

Mary & Margaretann

0131 553 2559
Pilmey Development
Project



Working together for a caring,
healthier, safer Edinburgh

'Discover: South West' magazine is published as part of the Community Navigator Project. Community Navigator is a Local Opportunities for Older People (LOOPs) project delivered by Health in Mind, a charity registered in Scotland, number SC004128, and a company limited by guarantee, registered in Scotland, number SC124090. The registered office is at 40 Shandwick Place, Edinburgh, EH2 4RT. LOOPs is a joint initiative funded by the City of Edinburgh Council's Health and Social Care Dept. The overall initiative is delivered by Pilmey Development Project and Edinburgh Voluntary Organisation's Council.