

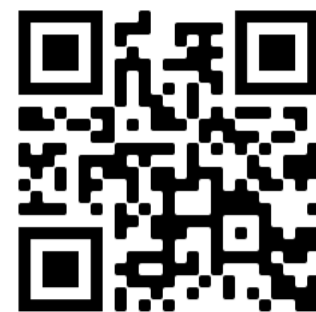
digital

SENTINEL

The community news site for Wester Hailes

.net

Special Print Edition of
YOUR Local News Site



December 2023

www.digitalsentinel.net

Living Well in Wester Hailes

Living Well Wester Hailes have commissioned this special print edition of YOUR local news website the Digital Sentinel to publicise all the fantastic regular activities going on in Wester Hailes, as well as a handy poster detailing support available this Winter.

Living Well Wester Hailes is a partnership of different organisations including:

- Wester Hailes Community Trust
- WHALE Arts
- The Health Agency
- Prospect Community Housing
- The Youth Agency
- SCOREscotland
- CHAI
- Starcatchers
- Sistema Scotland
- With Kids
- About Youth
- Growing Communities
- Edinburgh Community Food
- EVOC
- Volunteer Edinburgh
- Bethany Christian Trust
- Wester Hailes Job Centre
- Local Churches
- Local Schools
- Wester Hailes and Sighthill Libraries
- Police Scotland
- NHS Lothian
- City of Edinburgh Council

They meet regularly to share updates on their different activities, discuss priorities for the area and try to ensure that all the organisations in Wester Hailes work together in a joined up way. They have commissioned this special print edition to highlight the breadth of activities happening in Wester Hailes every day as well as lend a helping hand to members of the community who find the festive period tough.

For more information about anything in this print edition or Living Well Wester Hailes contact WHALE Arts on 0131 458 3267 or info@whalearts.co.uk. We hope you enjoy reading!

Help Shape Wester Hailes Medical Practice

Wester Hailes Medical Practice is keen to invite patients and interested community organisations to take part in a Patient Participation Group, beginning in the early part of 2024. There will be a series of online and in-person events over the course of the year. The aim is to discuss patient experience and practice issues, in order to improve the service.

Patients will be contacted by text message with an invitation to any planned events – please make sure your mobile phone number and details with the practice are up to date. But they will also be advertising in the community so keep an eye out for any news!



A breakdown of the great activities across Wester Hailes everyday - Page 2 and 3
Our poster with some of the emergency support available over the Holiday period - Page 4

WHAT'S ON IN V

Free activities happening across

About Youth

P6 - P7 Youth Club

Mondays, 3.15pm - 4.45pm
Calders Community Flat



S1 - S2 Youth Club

Mondays, 5.00pm - 6.30pm
Calders Community Flat

B Healthy Together

Buggy Gym

Thursdays, 9.30am - 10.30am
Gate 55, call 0131 467 7678
for more information.



Free Community Meal

Wednesdays, 12.00pm - 2.00pm
St Nicholas Church,
Call 0131 442 3978 for more information.

Clovenstone Community Centre

Adult English Conversation Classes

Tuesdays, 9.30am - 10.30am
Clovenstone Community Centre

Free Zumba Class

Thursdays, 10.00am - 11.00am
Clovenstone Community Centre



Family Club

Wednesdays, 5.30pm - 7.30pm
Clovenstone Community Centre

S3 - S6 Youth Club

Tuesdays, 5.00pm - 7.00pm
Calders Community Flat

P4 - P5 Youth Club

Wednesdays, 3.15pm - 4.45pm
Calders Community Flat

Big Noise Wester Hailes

Little Noise (Music class babies to 5)

Fridays, 9.30am - 10.30am
Wester Hailes Baptist Church



Afterschool Club (ages P3 - P4)

Wednesdays, 12.00pm - 2.00pm
Canal View Primary School
Call 07442 482638 for more information.



P4 - P7 After School Club

Mondays, 3.30pm - 5.30pm
Wednesdays, 3.30pm - 5.30pm
Clovenstone Community Centre

P1 - P3 After School Club

Tuesdays, 3.00pm - 5.00pm
Thursdays, 3.00pm - 5.00pm
Clovenstone Community Centre

Under Fives Playgroup

Fridays, 9.30am - 11.30am
Clovenstone Community Centre

For more information contact the Community Centre on 0131 453 4561.

Home Link Family Support

PEEP Group

Fridays, 10.30am - 11.30am
Wester Hailes Library



Call 07359 308045 for more information.

Starcatchers

Expecting Something (Birth to 2 and mums)

Thursday, 11.00am—1.00pm
WHALE Arts

Call Starcatchers on 0131 290 2560 for more information.

P7 - S2 Drop-in

Thursdays, 7.00pm - 9.00pm
Youth Agency Pyramid

S1 - S6 Football

Thursdays, 3.40pm - 5.30pm
Wester Hailes High School



For more information contact About Youth on 078466 14027.

Calders Residents Association

Food Giveaway

Fridays, 10.30am - 12.00pm
Calders Community Flat
calderresidents@gmail.com for more information.



Community One Stop Shop

Clothing Giveaway

Last Friday of the Month,
10.00am - 11.00am
Calders Community Flat



Free Soup

Sundays, 6.00pm - 7.00pm
Calders Community Flat

Call 0131 443 6223 for more information.

Four Square



Drop-in Welfare Support

Fridays, 10.00am - 12.00pm
Calders Community Flat

Call 0131 557 7900 for more information.

Free Creative Play

(Birth to 2) Saturdays,
11.00am—12.00pm
(Birth to 5) Saturdays,
12.00pm—1.15pm
Westside Plaza



The Youth Agency

P5 - P6 Drop-in

Tuesdays, 6.00pm - 8.00pm
Youth Agency Pyramid

Sexual Health Drop-in

Wednesdays, 3.00pm - 5.00pm
Youth Agency Pyramid

S3 - S6 Drop-in

Wednesdays, 7.00pm - 9.00pm
Youth Agency Pyramid



For more information get in touch with the Youth Agency on 0131 442 4015.

WESTER HAILES

Wester Hailes

Holy Trinity Church

Supported Internet Access

Wednesdays, 11.00am - 1.00pm

Bridge Community Café

Games Morning

Wednesdays, 10.30am - 1.30pm

Bridge Community Café

Knit 'n' Natter

Fridays, 10.00am - 12.00pm

Bridge Community Café



COP Job Club

Thursdays, 10.30am - 12.00pm

Bridge Community Café

SCOREscotland



Women's Group

Sewing, Wednesdays, 10.00am - 12.00pm

Community Wellbeing Collective

Dancing, Fridays, 10.00am - 11.00am

WHALE Arts

Empower BME Employability

Wednesdays, 10.30am - 12.00pm

Gate 55

Multicultural Café

Last Monday of the month

12.30pm - 1.30pm

WHALE Arts

Arabic Speaking Café (Young People)

Saturdays, 12.00pm - 1.00pm

Gate 55/Online

The Health Agency

Carers Group

Mondays, 12.00pm - 1.30pm

The Health Agency



Willow Gardening Group

Tuesdays, 1.00pm - 4.00pm

The Willow Garden

Sunflower Pantry Free Soup

Tuesdays, 9.30am - 1.30pm

Clovenstone Community Centre

Garden Lunch

Thursdays, 12.30pm - 1.30pm

Healthy Living Centre

Play Café (0 - 4 Year Old)

Mondays, 9.30am - 11.00am

Holy Trinity Church



Church Food Bank

Tuesdays, 2.00pm - 3.00pm

Holy Trinity Church

Thursday Club (S1 - S6)

Thursdays, 7.00pm - 9.00pm

Holy Trinity Church

Also offer flexible Counselling Service and COP Debt Advice. Contact the Church on 0131 442 3304 for more information.

Community Fridge

Mondays, 12.00pm - 1.00pm

WHALE Arts

Thursdays, 11.00am - 12.00pm

St Nicholas Church

Dr Bike Cycle Maintenance

Last Friday of the Month,

10.00am - 3.30pm

Gate 55



Youth Community Voices

Fridays, 2.30pm - 4.30pm

Gate 55

Women Cycle Training

Fridays, 10.00am - 12.00pm

Gate 55

KCYC/CC - Youth Clubs contact 0131 442 2341 for more information.

Gently Does it

Mondays, 11.00am - 12.00pm

Fridays, 11.00am - 12.00pm

The Health Agency



Gentle Yoga for all

Thursdays, 12.45pm - 1.30pm

The Health Agency

Free Counselling also available in various locations. Contact The Health Agency for more information 0131 453 9400.

WHALE Arts



Digital Support

Mondays, 1.00pm - 3.00pm

Thursdays, 10.00am - 12.00pm

WHALE Arts

Fridays, 10.00am - 12.00pm

Clovenstone Community Centre

Smartcraft (Adults with Additional Needs)

Mondays, 1.00pm - 3.00pm

WHALE Arts

Open Studio

Tuesdays, 10.00am - 12.30pm

Thursdays, 1.30pm - 4.00pm

WHALE Arts

Let's Create

(Women Mental Health Art Group)

Tuesdays, 10.00am - 1.00pm

WHALE Arts

Stitch 'N' Time

Tuesdays, 1.00pm - 3.00pm

WHALE Arts

Men's Makers (Men's making group)

Wednesdays, 10.00am - 2.00pm

WHALE Arts

Smarties (Friday art club ages 6 - 12)

Fridays, 1.30pm - 3.00pm

WHALE Arts



Community Meal

Fridays, 1.00pm - 2.00pm

WHALE Arts

Call 0131 458 3267 for more information.

While we have tried to include as many regular activities as possible but there are so many that we may have missed a few! The Wester Hailes Community Trust creates a calendar every month detailing events and activities going on in Wester Hailes. You can view it at www.westerhailesct.uk, view a physical copy at Westside Plaza or scan the QR code here to find up to date listings:



SUPPORT THIS WINTER

We know that the festive period can be a difficult time
Here is a list of some of the support available

Festive Meals

WHALE Arts

Festive Community Meal

8th December 2023
1.00pm - 2.30pm

Takeaway Lunch

15th December 2023
1.00pm - 2.00pm

The Health Agency

Festive Fair and Lunch

14th December 2023
12.00pm - 2.00pm
Healthy Living Centre

SCOREscotland

Community Fridge Dates

Mondays at WHALE Arts

4th, 11th, and 18th
12.00pm - 1.00pm

Christmas Eve 6.00pm - 7.30pm at WHALE Arts

Thursdays at St Nicholas Church

7th, 14th, and 21st
10.30am - 11.30am

B Healthy Together St Nicholas Church

Community Meal

13th December 2023
12.00pm - 2.00pm
St Nicholas Church
Sighthill

Community One Stop Shop

Support in the Calders

Sundays
6.00pm - 7.00pm
Outside the Community Flat

Community Wellbeing Collective

Big Winter Celebration

16th December 2023
11.00am - 7.00pm
Community Wellbeing Space

Useful Contacts

Edinburgh South West Foodbank (Salvation Army)

Call: 0131 346 2875

Open: Monday 1.00pm – 3.00pm

Wednesday 11.00am – 1.00pm

Friday 10.00am – 12.00pm

Samaritans Call: 116 123

Open: 24 hours

A listening service for people having a difficult time,
thinking about suicide or are worried about someone
who is having suicidal thoughts

Edinburgh Council Emergency Call: 0131 200 2000

Open: 24 hours

For any emergency repairs required

Citizens Advice Call: 0800 028 1456

Open: Monday to Friday from

9.00am – 5.00pm

Specialising in confidential information and
advice to assist people with legal, debt,
consumer, housing, and other problems in the
UK

Coorie in for Winter 2023/24

Scan the QR code for
iThrive Edinburgh's
annual "Coorie in for
Winter" booklet full of
ways to look after our
mental health and
wellbeing.

