

23 MARCH 2023

NEWS & OPPORTUNITIES IN NW EDINBURGH



Is there an individual or a group within your organisation that
deserves an

Inspiring Volunteer Award?

Why not consider nominating them?

We want to recognise and celebrate as many volunteers as
possible!

You now have less than **two weeks** remaining until the
nomination's deadline ends on the 31st of March.

So, don't delay and nominate today!

Visit our website by following the link below.

voled.in/nominations

The DARED Challenge is back for its sixth year!

Local, Edinburgh based charity, Circle, have just launched their annual DARED (Do A Run Every Day) Challenge, which is back for its sixth year this June. Over 600 runners have taken part in The DARED Challenge over the past 5 years, and they have succeeded in raising over £87,000 for local children and families living in some of Scotland's most disadvantaged communities. Take part in DARED 2023 for a month of fitness and fun, and help Circle bring the total figure raised to £100,000!



Sign up now: <https://www.eventbrite.co.uk/e/the-dared-challenge-2023-tickets-547292535707>

“DARED was exactly the challenge I needed to get my going again after a prolonged period of laziness had set in. The support from the other participants was amazing and kept me going through highs and lows!” DARED Participant

What is The DARED Challenge?

The concept of DARED is very simple – do a run every day in June whilst raising money for Circle. That’s it. You can run at any time of day that suits you, before work, after work, during lunch, early evening- anytime!

There are three challenges to choose from, including the 1 mile, 5km and DARED To Be Different Challenge, and you can choose to participate to raise money for Circle’s children and families or pay a one-off donation entry fee. This includes your welcome pack, runners top, medal, and event fees.

DARED is a challenge of physical and mental stamina, requiring disciplined preparation and recovery, an accomplishment that all participants should be proud of. Every penny raised and every mile run will go towards making a life-changing difference to children and families living in some of Scotland’s most disadvantaged areas, who need support now more than ever.

For more information about The DARED Challenge, visit: <https://circle.scot/support-us/the-dared-challenge-2023/>

Who is Circle?

Circle works at the heart of disadvantaged communities across Central Scotland. Circle offers a range of whole family support services that promote children’s healthy development and potential. They engage with families who face exclusion due to social injustice, poverty, and health inequalities. For more information about Circle, visit: <https://circle.scot/>

Whether you are an experienced runner looking for a challenge, or a beginner, DARED is a great way to improve your fitness and bond with a community of likeminded people, whilst raising money and awareness for Circle.

For more information, get in touch at; Kirsten.Wales@Circle.Scot

Download the FREE DARED Information Pack here: <https://circle.scot/wp-content/uploads/2023/03/DARED-2023-Information-Pack-6.pdf>



CALEDONIA FUNERAL AID INVITE YOU TO...

DYING TO TALK?

AN INFORMAL AND FRIENDLY CHAT ABOUT DEATH, DYING AND LOSS OVER
AFTERNOON TEA

WEDNESDAY 29TH MARCH AT 2PM
LIFE CARE, 2 CHEYNE STREET, EDINBURGH.

Dying to Talk?

An informal and friendly chat about death, dying and loss over afternoon tea.

Wednesday 29 March 2pm. Free all welcome

Life Care, 2 Cheyne Street, Edinburgh.

Death is a subject that's never been easy to talk about, and yet it affects people every day. Life is finite and death is inevitable, so let's bring it out into the open, break the taboo and reduce the fear. Let's talk about it!

We invite you to share experiences, talk about things that we've discovered during our own journeys and maybe discuss our own personal end-of-life plans, all over a cuppa.

Feel free to drop in, listen, and talk as much or as little as you want.

It will be a friendly, safe space where everyone will be welcomed and supported

Just so we can order enough cakes - [could you rsvp here...](#)

Or call 03000 113301

Or email caledonia@funerals.scot

If you have any questions then please do get in touch

If you would like to support our work, you can do so here

[Book your free place](#)

CALEDONIA FUNERAL AID



CALLOUT FOR VOLUNTEERS

FUNERAL AND BEREAVEMENT GUIDES

A wee reminder that we are looking for compassionate and organised people to join our friendly team in providing practical and emotional support to recently bereaved people across Scotland.

[Find out about our volunteering roles](#)



Tea Dance

Saturdays 2pm - 4pm

April 22nd & May 27

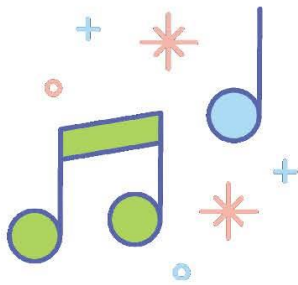
The Corstorphine Astoria Centre

18 Kirk Loan

Funded by EVOC CMH Fund

**Tickets on Sale
from our Charity shop**

Please buy tickets in advance
from Corstorphine Community
Centre, 5 Kirk Loan
Mon - Fri 10am to 3pm





Corstorphine Community Centre

5 Kirk Loan

SERVING THE GREATER CORSTOPHINE &
NORTH WEST EDINBURGH AREA
Groups for children, young people, and adults

Mon - Fri	10.00- 3.00	Charity Shop Open Book Nook- Coorie in, keep warm & have a cuppa
Mon	10.00 - 11.30	Babies Group (birth to 2 years)
	1.00 - 3.00	Men's Shed Social (space available) workshop- full
	4.00 - 5.30	English support homework club (12-19yrs)
Tues	9.30 - 1.00	Digital Support for phones, tablets and laptops Book a slot: Call - 07580 659 676
	10.45 - 11.45	Gentle Seated Exercise- Waiting List
	12.00 - 2.00	Lunch Club - Waiting List
Wed	10.30 - 12.30	Morning Craft Group
	1.00 - 3.00	Afternoon Craft Group- Waiting list
	9.30- 2.00	Walking Group (8km)
Thurs	10.30 - 12.00	Sporting Memory Group -Waiting List
	1.00 - 3.00	Men's Shed Workshop (Full)
	1.00 - 3.00	Crochet and Knitting Group
	6.00 - 8.00	Youth Group (S1- S6)
	10.00 - 12.00	Art Group
Fri	10.00 - 11.00	Music, songs and fun- 5yrs and under
	11.00 - 3.00	Community Shed workshop
	1.30 - 3.00	Gentle exercise, walks and warm ups

Spring

2023

Come along, try new things - meet new people. At CCC we keep connection at the core of our community

STAY UP TO DATE



www.facebook.com/



[@CorstorphineCo1](https://twitter.com/CorstorphineCo1)



Corstorphinecommunitycentre.org.uk

VOLUNTEER

Do you want to: Run a group, Work in the charity shop, Join the Committee?

Contact

Volunteers@ccchub.online

HIRE THE HUB

Great rates for clubs, groups, classes, and parties.

Email Fiona:

bookings@ccchub.online
for a booking form
or complete online at
corstorphinecommunitycentre.org.uk

**Come in out of the cold
and try something new**
Call or email us to register for our groups





Fiona  **07786 870 297**
Groups & bookings

Louise 

Coordinator **07778 888 536**
General Enquiries  **07580 659 676**

available 9.30- 3.30

 youthwork@ccchub.online
development@ccchub.online

 volunteers@ccchub.online
 admin@ccchub.online

Registered Charity SCIO No.: SCO46009 | www.corstorphinecommunitycentre.org.uk | Tel: 07580 659 676

Wellbeing sessions for unpaid carers



Breathing & Grounding

When: 5 April

Where: Vocal Edinburgh Carers' Hub, 60 Leith Walk

Time: 1-3pm

Resilience & Wellbeing

When: 13 April

Where: Rannoch Community Centre, 6 Rannoch Terrace

Time: 1-3pm

Anger Management Techniques

When: 3 May

Where: Health in Mind, 40 Shandwick Pl

Time: 1-3pm

Emotional Regulation

When: 10 May

Where: West Pilton Neighbourhood Centre, 19 W Pilton Grove

Time: 1-3pm

Contact us for more information and to book a place:

Make an enquiry: www.health-in-mind.org.uk

Call: 0131 225 8508 (Ask for Paulina)

www.health-in-mind.org.uk



We're part of the
**Carewell Health
& Wellbeing
Partnership**



Boundaries - course for unpaid carers



This four week course will help you learn how to set up healthy boundaries with your family, friends or the person you care for.



Start: Friday 16 June

Time: 2:00pm - 4:00pm

Where: Leith Community Centre, 12A Newkirkgate, Leith, Edinburgh EH6 6AD

Contact us for more information and to book a place:

Make an enquiry: www.health-in-mind.org.uk

Call: 0131 225 8508

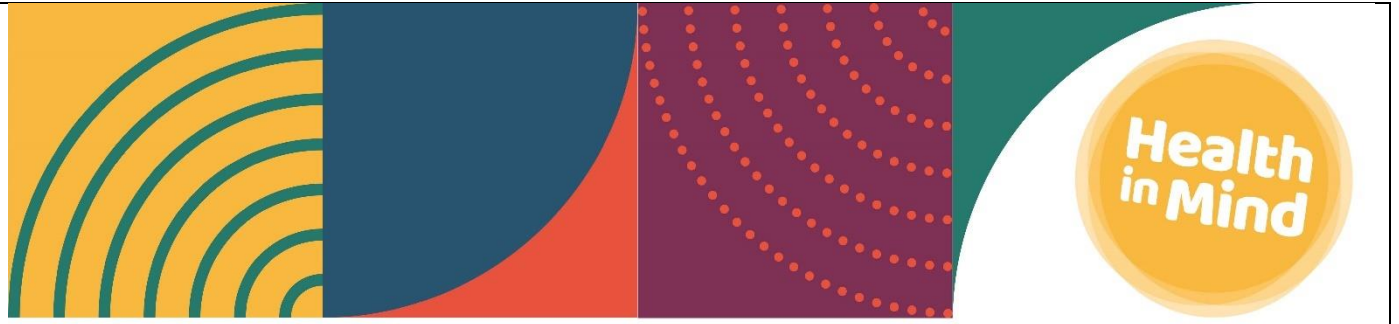
www.health-in-mind.org.uk



We're part of the
**Carewell Health
& Wellbeing
Partnership**



Health in Mind is 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



Keep Yourself Well

Join other people who are looking to better manage their mental health for a 7 week course

Create your own wellness plan to help you manage your bad days and thrive on your better days

Where: Health in Mind (40 Shandwick Place, EH2 4RT)

When: Tuesdays 2 - 4pm

Start date: 23rd May 2023 (for 7 weeks)

Open to Edinburgh residents aged 18+

Contact us for more information and to book a place:

Make an enquiry: www.health-in-mind.org.uk

Call: 0131 225 8508



www.health-in-mind.org.uk   

Thrive Connect Partnership

Working together to provide you with the right support at the right time.



Health in Mind is 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

Wellbeing Toolkit Courses 2023

A series of 6 weekly workshops to learn and practise tools for managing anxiety, low mood and stress.

Newington (starting 21 March):

Tuesday evenings from 6:30-8pm
G.02, 50 George Square, EH8 9JU

Craigmillar (starting 4 April):

Tuesday afternoons from 12.30 – 2pm
Sandy's Community Centre, 76 Craigmillar Castle Ave, EH16 4DW

Pilton (starting 6 April):

Thursday afternoons from 12.30 – 2pm
Pilton Community Health Project, 73 Boswall Parkway, EH5 2PW

City Centre West End - Shandwick Place (starting 20 April)

Thursday afternoons from 2-3:30pm
Health in Mind, 40 Shandwick Place, EH2 4RT

Attendance is free

Refreshments provided! 

Open to Edinburgh residents aged 18+

Contact us for more information and to book a place:

Make an enquiry: www.health-in-mind.org.uk

Call: 0131 225 8508 (Ask for Edinburgh Locality Team)

www.health-in-mind.org.uk   

Thrive Connect Partnership

Working together to provide you with the right support
at the right time.



FUNDING, VACANCIES & OPPORTUNITIES



Corstorphine Community Centre

Westfield House, 5 Kirk Loan EH12 7HD



Can you help people gain more confidence using laptops, tablets or mobile phones?

Could you spare a couple of hours?



Join our team of **Digital Support volunteers!**

If you have an interest in everyday technology, have patience and understanding and the ability to communicate with a range of people, we would love to hear from you!
Call Louise on 07778888536

Email volunteers@ccchub.online for more information

The Social Isolation and Loneliness Fund

The Social Isolation and Loneliness Fund 2023-2026 was released by Scottish Government last week under their Social Isolation strategy. Up to £72,000 available over the 3 years. EOI to be submitted by 31st March with Stage 2 full application by 28th April. See [Social Isolation and Loneliness Fund 2023 - 2026 - Impact Funding Partners](#)

Focus on, but not limited to, work with and for:

- young people (aged 16-24)
- disabled people
- people with a mental health condition
- older people (aged 75+)
- people living in areas of deprivation or on a low income

There is a very quick eligibility check form at the above link that is the first step for any organisations considering this.



Would you like to join our board?



We are looking for new trustees to help LifeCare in its great work supporting local older people. LifeCare is at an exciting stage in its development and we are looking for

Trustees who will passionately inform our services bringing new skills and experience to help lead the organisation. We are particularly (but not exclusively) interested in individuals with experience in the following fields:

- Health and Social Care
- Finance
- Fundraising
- Marketing and Digital Innovation
- Hospitality

Most of all, we are looking for people with lived experience of care, or as an unpaid carer, to help strengthen our capacity to better embed the voice of the people who use our services at Board level. Can you help us? We are looking for people who share our values, that are passionate and committed about supporting local older people, who can be creative in building our profile and work closely with our team and stakeholders to deliver outstanding person-centred services to our clients.

The Board usually meets in the evenings (either in-person or via Zoom). The role is non-remunerated however reasonable expenses will be reimbursed and training / ongoing support will be provided. If you have any questions or would like a quick chat to find out more, please contact our chair beverleyfrancis@lifecare-edinburgh.org.uk.

To apply please send a CV and covering letter expressing your interest to beverleyfrancis@lifecare-edinburgh.org.uk. Please contact us if you would prefer to submit an application in another format.

Closing date 31st March 2023

Although I try to filter events that have passed, cancelled or changed, please check dates and times with organiser, thanks, Elaine

Please email me at elaine.lennon@edinburgh.gov.uk if you have any community news to share.

Preferred format is a link to your website or a jpeg or word docume, and nt if possible, and I would ask you to give me as much notice of events as possible to enable local people to attend if interested.

We will only use any data to provide you with updates associated with the North West Locality and your data will not be shared. This is in line with the [City of Edinburgh Council's Privacy Notice](#).

You can opt out at any time by [using this link to unsubscribe](#).