

CORSTORPHINE COMMUNITY CENTRE SUMMER FETE

IS COMING!

**Games, Music, Stalls, Tea &
Coffee, Tombola, Home Baking,
Tea dance and much more**



**SATURDAY JUNE 24TH
FROM 10AM - 3PM**

**5 Kirk Loan
Corstorphine**

email: development@ccchub.online
for enquiries/ stall bookings

**ONLY £1
ADMISSION**



The Green Team is an Edinburgh-based charity that supports the development of children and young people through activities in nature – outdoor learning, conservation and nature connection. www.greenteam.org.uk

We are looking for new office accommodation (or shared space) within Edinburgh and would love to hear from anybody who might be able to help.

Essential requirements:

- Minimum 6 desks
- Storage space (min 50m²)
- Parking for 2 minibus
- Secure with 24hr access
- Electricity, wi-fi and phone
- Low/no cost

To discuss further please contact Penny Radway at penny.radway@greenteam.org.uk



CONNECTING
YOUNG PEOPLE
WITH NATURE

LAURISTON FARM

Read their latest newsletter here: <https://zcv3-zcmp.campaign-view.eu/ua/viewinbrowser?od=3z0a5ebc8cbc317b2f4733db9786184249&rd=11ee7b1c4e6f537d&sd=11ee7b1c4e6f518f&n=11699e4c0cf25d1&mrd=11ee7b1c4e6f517d&m=1>

Sumer Solstice ('sun standing still') is nearly here - traditionally a time to reflect on the past half of the year, and set intentions for the next half. We'll not be standing still ourselves for long, but catching the moment for reflection, we are carrying out an assessment of the social impacts of the farm this week and hope to be able to share the results of that soon.

Meanwhile, in this newsletter...

- Tree care days
- Market Garden volunteering
- Look back at the Open Day
- Drop-in volunteering
- Look back at the Grow Your Own courses
- Wheat watch
- Veg boxes: reminder to check your emails

The coos are coming

FreshStart

helping people make a home for themselves

Family friendly
activities at the
Welcome Space
every Thursday
11-1pm

13 July - pebble painting

20 July - toilet roll animals

27 July - biscuit decoration

3 August - Teddy Bears picnic

10 August - Treasure Hunt

Ages P1-P7

Parents must accompany children

To sign up contact
abigail@freshstartweb.org.uk



28-30 Ferry road drive EH4 4BR

Scottish Charity No: SC029184

Holy Cross Church • 36 Quality Street, Edinburgh EH4 5BS



Family Concerts

“traditional tunes for tiny people”

free interactive concerts
for 0-5s (ish!) and their grown-ups
with musicians from Live Music Now Scotland



2pm, last Sunday of the month April-July:



30th April

28th May

25th June

30th July



No need to book. Concerts are free but donations are welcome towards refurbishing our community hall.

For more information contact Izzy, Children's Minister:

07464 611553 families.hce@gmail.com

Facebook @HolyCrossEdinburgh • www.holycrossedinburgh.org



HOLY CROSS

SCOTTISH EPISCOPAL CHURCH
DAVIDSON'S MAINS • EDINBURGH



**LIVE MUSIC NOW
SCOTLAND**

Holy Cross Church Hall, DMains
36 Quality Street, Edinburgh EH4 5BS

HOLIDAY TODDLERS

play, crafts, songs & parachute games
for 0-5s (ish!) and their grown-ups

10am - 12noon
Mondays & Tuesdays in July (not 31st)

£3 per family
free hot drinks for grown-ups



No need to book.
For more information contact Izzy,
Children's Minister: 07464 611553
families.hce@gmail.com



Holy Cross Church Hall, DMains
36 Quality Street, Edinburgh EH4 5BS

Toddler Yoga

with Izzy



18 months to 5 years, with grown-ups

Wednesdays in July 10-11am

£8 per child • booking essential
email Izzy: families.hce@gmail.com

- explore stories & themes through movement
- celebrate growing bodies
- parent-child bonding



Mats provided. No experience needed.
Non-mobile babies welcome to watch their
older siblings. Izzy Armstrong-Holmes is a
trained Birthright Toddler Yoga teacher (as
well as our Children's Minister!)



Holy Cross Church Hall, DMains
36 Quality Street, Edinburgh EH4 5BS

QUIET SPACE

for little ones who like life a bit calmer

self-directed crafts & toys & books
no music • no games • just relax

for 0-5s with their grown-ups
1-3pm Mondays in July (not 31st)

£3 per family
free hot drinks for grown-ups

No need to book. For more information
contact Izzy, Children's Minister:
07464 611553 • families.hce@gmail.com



EDINBURGH COMMUNITY FOOD

Please find our latest newsletter featuring our current news, including British Tomato Fortnight and our Growing to Love Tomato project in partnership with Veg Power UK, Jess' Healthy Little Foodies project and Chris' Oatlette recipe! 😊



JUNE 2023

CHRIS' OATLETTE

Serves 1

Prep: 2 mins; Cooking Time: 5 mins

Ingredients:

- 1 egg, whisked
- Handful of oats
- Toppings of your choice e.g. cheese, hummus, avocado, sliced meat, tinned fish, spread, beans



Method:

1. Mix the egg and oats together.
2. Add a dash of oil to a small frying pan and gently fry for around 4 mins. Flip and fry the other side for about 1 min, until golden.
3. Serve hot with toppings of your choice.

What you'll need:

- Small bowl
- Small frying pan
- Fork



"I love this recipe as it's really quick, really easy and I can add different toppings, varying it everyday. Eggs are also really filling so this keeps me going for longer!" - Chris



- Eggs are really nourishing with lots of vitamins and minerals
- They contain great quality protein they're filling
- They're a great, quick and affordable breakfast option. They're also cheap & easy to cook.
- They are one of the few foods that contain bone & teeth strengthening Vitamin D!

WHAT'S ON

COOKING GROUPS

Come along for free food, energy advice and learn to be a savvy shopper and save money!

Eat Well for Oral Health with Emma & Jo

6 weeks of cooking, nutrition and oral health awareness sessions at:

Bingham Community Centre

Wednesdays 10am-12pm - runs until 14th June



Drylaw Neighbourhood Centre

Thursday 12:30pm-2:30pm - runs until 22nd June

Out & About Cook Club with Theodora

8 weeks of cooking, nutrition and fun!

Sessions at:



Royal Mile Primary School **Fully Booked!**

Starting Thursday 27th April 1pm-3pm

Gracemount Primary School

Starting Friday 28th April 9am-11:30am



LCR EARLY YEARS

Join our drop in sessions with Laura for children aged 0-5 years and their carers

Craigentiny Community Centre

Tuesdays 9-11am from 9th May

REHIS TRAINING COURSES



REHIS

REHIS Eating Well for Older People

Online with Jess

Thursday 11th July

9.30am - 1pm (both days). Join Jess to learn about why it's important that we eat well as we age and how to support people to do so.

REHIS Food & Health - online - Emma

Tuesday 18th & Thursday 20th July

9.30am - 1pm (both days). Join Louise to learn the basics of good nutrition and the importance of a balanced diet.

REHIS Food Hygiene - online - Louise

Thursday 10th & Friday 11th August

9.30am - 1pm (both days). Join Louise to learn the basics of food hygiene and how to safely prepare food either in the workplace or at home.

Please get in touch with **Chris** for more information about the above classes and courses: 0131 467 7326 / cmantle@edinburghcommunityfood.org.uk

JUNE 2023



EDINBURGH COMMUNITY FOOD

Order your fruit & veg boxes online or email Karen to arrange a bespoke box. Free delivery with a minimum £25 order

Eat Well for Oral Health



Do you know that on average we consume 2-3 times our recommended intake of sugar? As a result, more than one in four 5-year-olds experience toothache, fillings and tooth loss.

As part of our Eat Well for Oral Health project, we encourage parents and carers to really think about the foods and drinks they are offering their children. Milk is an excellent choice of drink to help reduce the occurrence of tooth decay and is refreshing during these warmer months.

The nutrients calcium, phosphate and casein in milk may all play a positive role in our dental health.

To find out more, contact Jo on 0131 467 7326 or visit our website for more details on Eat Well for Oral Health.



Healthy Little Foodies



Our Early Years Nutrition project, **Healthy Little Foodies**, has had a great month. We've ran 3 weaning workshops and 3 fussy eating workshops supporting more than 40 families with feeding their children a healthy balanced diet and oral health awareness.

We've also supported 20 healthcare and childcare professionals with their professional development through our professionals fussy eating webinar workshop. Contact Jess for more details or how to sign up to a workshop. jess@edinburghcommunityfood.org.uk

British Tomato Fortnight

29th May - 11th June



Growing to Love VEGPOWER

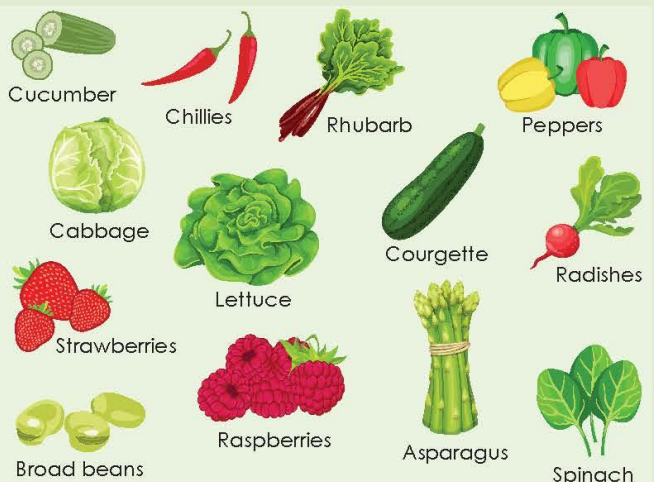
We're delighted that our Growing to Love project with VegPower is now underway. 5000 children in Edinburgh are growing tomato plants from seed right now! Check out these photos from Canaan Lane Primary School.



Tomatoes are highly nutritious. The bright red variety contains an antioxidant called **lycopene**. Lycopene may protect against heart disease and some cancers and may help reduce blood pressure and cholesterol. Consuming different coloured fruits and vegetables ensures we're getting a range of different protective vitamins.

For more information on Grow Strong, contact Louise at louise.cairns@edinburghcommunityfood.org.uk

What's in season in June?



FRIENDS OF ROSEBURN PARK COMMITTEE

We are looking for volunteers for this event- either to deliver flyers and/or assist on the day. We really need your support- last year our Platinum Jubilee party drew about 700 people, but we struggled with a lack of helpers- and lost income as a result. Just a couple of hours makes a massive difference. If you are able to help, please reply to this email.

Also, we are carrying out a survey to find out what new facilities you would like us to focus on next. We last asked residents in 2016 what they'd like to see in the park. Since then, we've helped deliver some of the things folk wanted– the toilet block conversion to a café, the log bench, a better new play park, a new mural, new trees, BBQ slabs and benches and so on. We now want to refresh that vision. For that we need your help! Can you let us know what you think of the ideas we've put forward– and add any you think we need to consider? We'll use your feedback as the basis for grant applications.

You can see the survey form online at tinyurl.com/roseburnparksurvey . We'll also be distributing 2,500 paper survey forms. We can answer your questions at the party, or please email here. The survey closes on the 13th August. We'll then email out the survey results to you.

Finally- the Saughton Rec are having their Summer Fete on Sunday 18th June – (it's on their website at www.saughtonhallcommunity.com) - if you'd like to help out with that, please email helenbrockie@gmail.com

Friends of Roseburn Park

Toilet Block Café Conversion

Completion Party

Sun 2nd July 1-4pm

Burgers and free buck's fizz, Andrew Sharpe majorette, bouncy castle, Jubilee plaque unveiling, stalls, daft games, film screening, raffle



Your chance to examine the building. The conversion was funded by residents, charities and the City of Edinburgh Council. The Rosebean café will open for business later in the summer, operated by the Dower House Café team of St Mags Park

See the film and details of the conversion at

tinyurl.com/AllCisternsGo

Hello

We're working with the PR company Muckle Media on the upcoming [Parks4Life campaign](#). The Park Portraits campaign will bring awareness to Parks4Life and raise crucial funding for Scotland's beloved parks. We're asking for your help in bringing this campaign to life.



Scotland has hundreds of beautiful parks, rich with history and culture and filled with memories. They are places where people come together, and those special moments deserve to be celebrated. We want to shine the light on the untold stories of our parks and highlight the impact they have on individuals and local communities.

We would appreciate if you could share this call for stories to your networks, colleagues and friends to support Parks4Life and greenspace scotland!

Do you have an interesting story that revolves around a local park? Maybe you met the love of your life in a park, and now you visit it frequently together. Perhaps you grew up playing in a local park, and now your child plays in it too. Possibly you took a leap of faith and began a new hobby at a park, which has now become a major part of your life. Or maybe this sounds like someone you know.

Whatever your park story is, we want to hear it! We're looking for people to get involved in the Park Portraits campaign and share their park stories with us. 12 stories will be carefully selected, photographed, and will feature in the final exhibition.

If you have a park story you would like to share, please submit [using this form](#), or get in touch at parks4life@mucklemedia.co.uk.

[About Parks4Life](#)

Funding and vacancies

Link Up Vacancy

Friends – we are looking for a fulltime community development worker to join our project team in North Edinburgh Arts in Muirhouse. Contracted to 31/3/26, it's an attractive post for someone that believes in the need for social change and understand be committed to the role grassroots community development can play in delivering this. See more at: <https://goodmoves.com/vacancy/a4s3z000003blfPAAU/link-up-community-development-worker?sectors=community-development-social-enterprise>

Upcoming events and training opportunities being offered by the Sustrans Scotland Communities team.

NEXT WEEK

Activate Mentoring – 20th and 27th June, 4pm-5.30pm and approx. 2-3 hours online learning in between. Mentor training for people working or volunteering on walking, wheeling, or cycling projects in community settings in Scotland.

This short course provides an introduction to mentoring and the skills required, and comes with a 3 hour Continuing Professional Development Certificate on completion.

Cars, Communities and Active Travel workshop – 22nd June, 6-8pm.

This two hour workshop is an opportunity to explore the impact that car dependency has on our communities, and provides plenty of time for participants to discuss their local situations and think about potential actions that could be taken locally.

In July

Fundraising for Active Travel – 11th and 19th July, 10am – 1pm.

Fundraising training for people working or volunteering on walking, wheeling, or cycling projects in community settings in Scotland.

This short course in partnership with SCVO is run by experienced fundraiser Pam Judd. The course covers the principles of fundraising, what you need to think about when deciding on the most appropriate way to raise funds, creating project profiles for your project. We also share some information on funding opportunities for walking, wheeling and cycling projects. You will be asked to prepare a project profile in between the two sessions.

Barbara

Barbara Kerr

Delivery Coordinator | Communities | Sustrans Scotland

1 Exchange Crescent, Conference Square, Edinburgh, EH3 8RA | 07917 128 627

Barbara.Kerr@sustrans.org.uk

OPPORTUNITIES



ChinaSPAF 2023 – Open Call for Showcase Application

China Shanghai International Arts Festival is a state-level annual international arts festival hosted by the Chinese Ministry of Culture and Tourism and organized by the Shanghai Municipal People's Government. As a major part of the Festival, the CSIAF performing arts fair (ChinaSPAF) is the leading annual marketplace for new works from China, connecting creators and arts professionals worldwide.

ChinaSPAF 2023 runs during **19-23 October at NEW BUND 31 Performing Arts Center**, a brand new venue with a 2500-seat grand theatre as well as a black box arts space that will open this summer. They are now excited to announce the **open call for showcase at the ChinaSPAF 2023!** Application guidelines are as follows –

Once selected, you'll have:

- High exposure as ChinaSPAF 2023 Official Showcase on 21 October
- High efficiency to promote your projects to around 1000 performing arts professionals
- Two complimentary ChinaSPAF 2023 Full Delegate Passes (USD 850 each)

Who can apply?

- Any performing arts programme (music, dance, theatre, children show, etc)

Programmes that do not have complicated technical requirements are preferred.

We provide:

- Showcase space at the NEW BUND 31 Performing Arts Center (ChinaSPAF major venue)
- Local technical support

What to include?

- Project introduction (project summary, length, producer introduction etc...)
- Video file(s) of the project (5-mins version and at least 30-min version)
- Images (3-5)
- Technical requirements

How to apply?

- Please send all required materials titled with “**2023 Showcase + Project Title**” to chinaspaf@artsbird.com.
- Deadline of submission is **Friday, 7 July 2023**.

Should you have any questions related to showcase opportunities, please don't hesitate to contact info@spafchina.com Tel: +86 (0)21 5265 4016 or visit the [Artsbird website](#).

The City of Edinburgh Council – Culture and Communities Committee – Business Bulletin

Should you be interested, you can catch up with all of the Culture & Wellbeing Service's latest news via its [Culture Bulletin](#) (latest version available – 11 May 2023).

Full Funding Bulletins are produced for each scheduled Culture and Communities Committee meeting and are available to download via the [Council's website](#).

Are you a Young Person age 16-24 years?

Do you want to work with children and become a qualified childcare worker?

[North Edinburgh Childcare Training Services](#) recruits Modern Apprentices on behalf of our own organisation and on behalf of various nurseries and out of school care settings in Edinburgh, Midlothian and East Lothian.

If you successfully progress through our initial screening process, you will be supported to secure employment as a Modern Apprentice within a suitable childcare setting where you will earn while you learn and work towards the completion of your SVQ Level 3 Social Services Children and Young People Award. You will work alongside a team of colleagues to provide a safe, caring and stimulating environment for babies and children age 0-5 years if you choose to work in a nursery setting or 5-12 years if you choose to work in an out of school care setting. Some examples of the duties that your day to day job will involve include:

- supporting your team to plan and implement stimulating activities for the children
- supporting the children to learn and develop through play
- keeping the children safe and well at all times
- becoming familiar with and following the setting's policies and procedures
- assisting with snack and lunches

The qualification is fully funded by Skills Development Scotland and can take up to 18 months to complete. You will be supported throughout by one of our experienced Assessors and by your Employer who will provide you with the opportunities and experiences required to help you to develop your childcare knowledge and skills. Upon completion, you will be a fully qualified Childcare Practitioner able to register with the Scottish Social Services Council.

No experience is necessary; however, you will need to be friendly, caring and enthusiastic and able to communicate well with both children and adults. If you would like more information or to apply, please contact Rebecca Radin on 0131 6931 or 07957823316 or email rebecca.radin@northedinburghchildcare.co.uk

Elaine.lennon@edinburgh.gov.uk