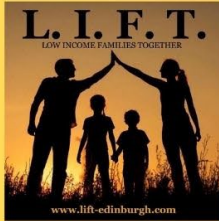
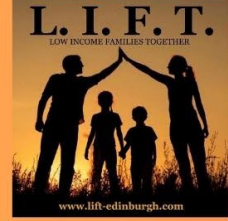


What is on at LIFT



September - November 2023



Mondays -

Open Drop In - 9.30am - 2pm

Sassy Savings - 9.30am - 2pm

Family Night every 2nd Monday - 3.30pm - 4.45pm

Tuesdays -

Muirhouse Mini's - £1 per family, 9.30am - 11am

Mindfulness - 10am - 12pm

Sassy Savings - 9.30am - 2pm

Wednesdays -

Employability Workshop - 10am - 12pm

Sassy Savings - 9.30am - 2pm

Cosy Catch Up Bingo - 12.30pm - 2pm

Kids Drop In - 3pm - 4.30pm

**Autism Sessions - 3pm - 4.30pm First Wednesday of
every month**

Thursdays -

SASS - 9.30am - 11am

Sassy Savings - 9.30am - 2pm

**If you are interested in any of our groups for yourself
or kids, please just get in contact with us on our**

Facebook Page or through email -

eilidh@lift-edinburgh.com



Anxiety Management Course

A series of 5 weekly workshops to learn about what Anxiety is and practise tools to manage the symptoms.

Where: Online (via Zoom)

When: Saturday mornings 10-11:30am

Dates: 30 September, 7, 14, 21, 28 October 2023

Open to Edinburgh residents aged 18+

Contact us for more information and to book a place:

Make an enquiry: <https://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

PCHP's Men's Wellbeing in Nature Group.

Our First session will start on **Tuesday the 5th of September** and we'll meet at PCHP for around 12.45pm before setting off on foot for 1pm sharp. Throughout the year we'll be exploring local Wild Places and Open Spaces encouraging men to increase their physical activity, connect to their local environment and meet new people. This is an informal and relaxed group that aims to tackle social isolation and loneliness through outdoor activity. Men can register here via the link: <https://forms.office.com/e/ciWrzF55zB> by scanning the QR code on the poster (attached), or by contacting me via email or phone.

For our first session, we'll be heading down to Granton Castle Walled Garden which is a real hidden gem! We'll have time to soak up the scenery, enjoy some wild tea and cake before heading back. Please note that this group is for local men living in North Small – any questions, feel free to get in touch.



TAKE FIVE

Men's Wellbeing in Nature

Men learning together to enjoy the outdoors

Activities include - nature trails, foraging, campfire cooking, cold water swimming, fishing, games, film club, creative writing and mindfulness sessions.



Tuesdays 1-3pm
Booking Essential
Men Only



We Believe in **Equality, Wellbeing** and **Belonging**
For All in Our Communities

For more information contact Jules 07517 109 319 julesryan@pchp.org.uk

Pilton Community Health Project 73 Boswall Parkway Edinburgh EH5 2PW. We are a charitable company limited by guarantee registered in Edinburgh 339435 Charity number SC018460



Corstorphine Community Centre

5 Kirk Loan

SERVING THE GREATER CORSTOPHINE & NORTH WEST EDINBURGH AREA

Groups for children, young people, and adults



Autumn 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

admin@ccchub.online

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

- Mon - Fri** 10.00- 3.00 **Charity Shop Open**
Book Nook. Hey Girls free period products.
Tummies not Trash. Community Jigsaw
- Mon** 10.00 - 11.30 Babies Group (birth to 2 years)
1.00 - 3.00 Men's Shed Social (space available) workshop- full
- Tues** 10.00 - 1.00 Digital Support for phones, tablets and laptops
Book a slot: Call - 07580 659 676
10.45 - 11.45 Gentle Seated Exercise
12.00 - 2.00 Lunch Club - Waiting List- **New group coming soon**
- Wed** 10.30 - 12.30 Morning Craft Group- Waiting list
10.30 - 12.00 Moving Forward- Widowers group
1.00 - 3.00 Afternoon Craft Group- Waiting list
- Thurs** 09.30 - 2.00 Walking Group (8km)
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)
- Fri** 10.00 - 12.00 Art Group
10.00 - 11.00 Music, songs and fun- 5yrs and under- waiting list
11:30 - 12:30 Music, songs and fun- 5yrs and under
11.00 - 12.30 Community Shed workshop
1.30 - 3.00 Community Shed workshop
11.00 - 1.00 Community Garden
1.30 - 3.00 Gentle exercise, walks and warm ups

Sept 30th

Tea Dance

Oct 28th

Tea Dance

Nov 25th

Tea Dance

Oct 27th

Halloween Quiz

Nov 27th

AGM & Art Exhibition

Dec 2nd

Christmas Fayre

Contact

ccchub.online

Fiona for groups
0778086 2825
[development@](mailto:development@ccchub.online)

Louise for volunteering
07778 888 536
[volunteers@](mailto:volunteers@ccchub.online)

Jenni for bookings
[admin@](mailto:admin@ccchub.online)

Reception for enquiries
07580 659 676



COMMUNITY FUND

EDINBURGH
YOUR COUNCIL - YOUR CITY



Registered Charity SCIO No.: SCO46009



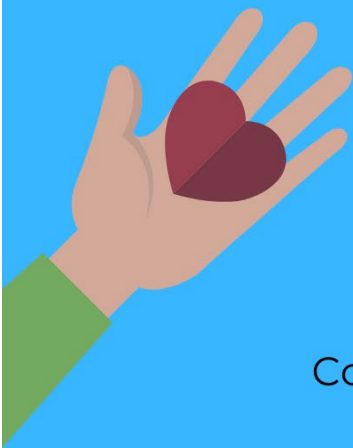
HAVE SOME TIME ON YOUR HANDS? WANT TO GIVE BACK TO YOUR COMMUNITY?

We have various volunteer positions that include supporting our group activities and other roles in the Community Centre

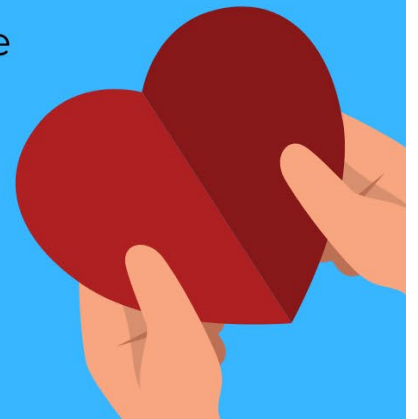
**INTERESTED?
GET IN TOUCH..**

**EMAIL:
VOLUNTEERS@CCCHUB.ONLINE**

**OR
CALL LOUISE ON 07778 888 536**



Corstorphine Community Centre
5 Kirk Loan
Edinburgh
EH12 7HD





CHARITY SHOP SUMMER SALE

STARTS MONDAY 28TH AUGUST

OPEN 10AM - 3PM

MOST STOCK HALF PRICE!

COME AND GRAB A BARGAIN!

5 KIRK LOAN



Tea Dance



Saturday

30th September 2pm - 4pm

The Corstorphine Astoria Centre

18 Kirk Loan

**Tickets are £5 - On Sale
from our Charity shop**

Event tickets subsidised by
communities mental health
and well being grant



**Please buy tickets in
advance from Corstorphine
Community Centre, 5 Kirk
Loan**

Mon - Fri 10am to 3pm



**Includes Light
Afternoon Tea**



Almond & Western Voluntary Sector Forum

**Voluntary Sector
ACTIVITY PROGRAMME
for the West Edinburgh Area Sept 2023**



Bringing People Together

<https://facebook.com/awe.voluntary.sector>

Rannoch Community Centre - 6 Rannoch Terrace (Behind Drumbrae Hub) 0131 339 5351

MONDAY

9.30am – 12pm Parent & Toddlers Play Group
1.00pm – 3pm Baby Massage (Homestart)
1.00pm – 3.30pm Carpet Bowls

TUESDAY

11am – 1pm Badminton –
9.45am - 10.45am Weaning (NHS) 1st Tuesday each month
11am – 12.00pm Breast Feeding Group
12.45 – 1.45pm Parenting Sessions NHS 1st Tues each month

WEDNESDAY

12.30pm - 4pm THRIVE NHS mental health drop in every 2nd Wednesday
1.00pm – 3.00pm Baby PEEP (Homestart)

THURSDAY

9.30am – 12.00pm - Badminton
11am – 1.15pm - Leonard Cheshire Cooking Group
1.00pm - 3.30pm Bingo

FRIDAY

7.00pm – 10.00pm Badminton

For more information on all the activities offered by Rannoch Centre please contact the Centre Office on 0131 339 5351 or e-mail CLD-Rannoch@ea.edin.sch.uk

NHS Lothian – Bereavement Support Group – Rannoch Centre 6 Rannoch Terrace

This new bereavement support group starts on Thursday 7th Sept from 1.00pm to 2.30pm at Rannoch Community Centre.

Everyone is welcome, whether it is a recent or past bereavement. It's an informal, friendly group to chat about bereavement and grief and how it can affect us in different ways. Working with bereaved families has shown us that spending time with others who understand the emotions around grief can be a great support. To talk to us before coming along or to book a place please contact us

Email: bereavement.service@nhslothian.scot.nhs.uk or Phone: 0131 242 6995 or 0131 242 1995

St Thomas Church - St Thomas' Church, 75-79 Glasgow Road, EH12 8LJ

The weekly Coffee Plus Group meet on Thursday's 10am – 12pm, The group restarts on Thursday 14th September after our summer break.. Everyone is welcome to come for refreshments and home baking, arts and crafts are available. Phone church office 0131 285 8782 or email churchoffice@saintthomas.org.uk for more details.

St. Thomas' baby and toddler group meet on Tuesday's 10am – 11.30am in the Gyle Hall at the back of the church. Mum, Dad or grandparent are welcome to chat and enjoy a cuppa while the wee ones play. Contact Hilary via the church office 0131 285 8782 or email churchoffice@saintthomas.org.uk

St Anne's Church - 1 Kaimes Road - EH12 6JR - 0131 316 4740

Saturday Whist - Every third Saturday of the month at 2pm in the Belgrave room. Whist is an enjoyable game of cards, which is easy to play from a beginner level. All welcome

Caring&Sharing@St Anne's starts again on Friday 15th September at 10.30am in the Belgrave Room and finishes at 12 noon. We are a group that meets fortnightly on Friday mornings to enjoy coffee and a speaker on topics of a "caring" nature alternating with a café style meeting to "share" conversation and laughter.

Lunch Club – Wednesday 12noon-2.30pm in the Belgrave room.

Join us for something to eat and fun activities, followed by tea/coffee and home-made baked goodies. Wednesday 12noon-2.30pm in the Belgrave room.

The Corstorphine Trust, The Dower House, St. Margaret's Park

The Museum and Archive Room are open Tuesdays to Sundays and admission is free. You can keep up-to-date with our daily opening hours on our Facebook Page, The Corstorphine Trust.

We have a wealth of material from years gone by charting the lives of people who lived and worked in Corstorphine Village, so why not pop along and spend an hour looking around this fascinating sixteenth century building.

Corstorphine St. Ninian's Church – 144 St John's Road EH12 8AY

Our 'Friendly Corner' runs two days a week in the Beith Hall. Tuesdays and Thursdays, from 11am to 1pm. It offers a space for company, chat, coffee, tea etc. Entrance from St. John's Road. All welcome

Memory Lane Café - at Saughtonhall United Reformed Church, 85/87 Saughtonhall Drive, EH12 5TR.

A warm welcome awaits you at the Memory Lane Cafe. We'd love you to join us for refreshments and friendly chat. All over 65's welcome.

Like to know more? - Call Lesley on 07881 288909

Corstorphine Library – 12 Kirk Loan EH12 7HD - 0131 529 5506

Bookbug: Join us every Tuesday at 11am and Wednesday at 2pm for Bookbug. Please note that booking is now required to attend Bookbug. Follow the link on our Facebook page to book your place via

Eventbrite. www.facebook.com/CorstorphineLibrary

Get Online: Get free and friendly digital support and advice through Edinburgh Libraries. Contact the digital team at getonline@edinburgh.gov.uk or pop into Corstorphine Library and speak to a member of staff to learn more.

Gardening Club: Every Wednesday from 6:00-7:00pm. Flex your green thumbs and help contribute to our community garden. Free and open to all with an interest in gardening.

Book sale: Grab yourself a bargain and check out our Book Sale trolley in the library

Drumrae Library – 81 Drumrae Drive EH4 7FE - 0131 529 5244

P5-P7 Craft Group – every Tuesday evening 6pm-7pm

S1-S5 Group – every Wednesday evening 6pm-7pm

Game Time – Friday 8th, 22nd 2pm-4pm

Funky Friday crafts – Friday 15th, 29th 2pm-3pm

Chatterbooks – Saturday 9th, 23rd 2pm-3pm; P4-P7

Lego Club – Saturday 2nd, 16th, 30th 2pm-3pm; under-8s require an adult

No booking required. Check for updates on our Facebook page!

Corstorphine Geographical and Literary Society

Our Autumn session restarts on Monday 4 September in the Burns Hall of St Ninian's Church Corstorphine (entrance at the rear) with a talk entitled "The Briggers- the men who built the Forth Rail Bridge

The presentation on 2nd October is by Gavin Menzies on his "Support in Ukraine"

The annual subscription will be £25 and visitors pay £4. Information available from the Lit Secretary on 0131 339 6115.

Friends of Corstorphine Hill

Our next Guided Walk, led by Brian Moffat, will be held on Sunday 17th September at 2pm and will look at Trees and Shrubs in Autumn. Meet at the Corstorphine Hill Walled Garden.

Corstorphine Connect Sight Loss Group

Corstorphine Connect Sight Loss Group meets on the 3rd Saturday of every month 2pm-3.30pm at the Corstorphine Astoria Centre, 18 Kirk Loan for a "Coffee Cake and Chat" followed by an interesting speaker or music. Everybody is welcome including a family member or carer.

On September 16th we have a representative from Care & Repair who advise on affordable repairs for older and disabled residents then on 21st October, Hazel and Sylvia each share the story of their "Sight Loss Journey". For more information contact Hazel T 07899875713 or just come along on the day.

Edinburgh Community Performing Arts - DN Studios, 9b South Gyle Crescent, Edinburgh, EH12 9EB.

ECPA have a new gentle movement class for older people aged 65+ on a Thursday from 10.30am - 12.30pm. This supportive community class is designed for people who may have dementia, Parkinson's or restricted movement. This project is free for participants, and is an opportunity for people to improve their health and wellbeing, make new friends and learn a new skill. If you would like further information or to register for the class please contact: info@edinburghcommunityperformingarts.co.uk www.edinburghcommunityperformingarts.co.uk/our-projects

You're Never Too Old- Laura Feguson Court, 72 Craigmount Brae

YNTO'S mission is to reduce social isolation within the community

Enjoy meeting new people, making new friends, carry out various activities, bringing the past back to life with reminiscence and have a light lunch. Our Christmas outing this year is to the Peter Pan Pantomime with Christmas lunch beforehand. If you or someone you know over 65 Years old, who is socially isolated unable to get out on their own, they will be considered along with professional referrals.

Mondays and Tuesdays 10am -1.30pm Laura Fergusson Court, 72 Craigmount Brae Pick-ups and drop offs.

Contact Anne on 07741645413 or anne.stewart@yourenevertoold.org.uk

Energize Health and Fitness – 3 Lochside Place EH12 9DP 0131 317 0260

Opening times Monday - Friday 6:00 - 20:30 Saturday - Sunday 8:30 - 18:00

Our mission is to reduce social isolation and promote a healthy lifestyle.

Over 50s Get Active - FREE 45 min classes - Stay active and be a part of the community

Monday 10:30am, Tuesday 10:15am, Wednesday 10:15am, Thursday 9:30am, Friday 10:15am

Teen Fit - FREE 60 min classes - A fun way to spend free time and meet friends.

Monday - Friday 3.30pm - 5pm (Instructor-led class 4pm - 5pm)

PREBOOKING is required for all classes.

Western Neighbourhood Network –

Directory of Community Services in Drumbrae, Gyle Corstorphine & Murrayfield

The Directory gives information on local Voluntary Organisations and activities in the local area and is available to view on the websites of several local voluntary organisations and copies are available in local Libraries and community venues and on the website of various local organisations.

An updated edition of the Directory (updated August 2023) is now available

For further information or a PDF copy contact tommy.awvsf@gmail.com

Volunteering Opportunities

Befriending Opportunities

Almond and Western Voluntary Sector Forum is working with Vintage Vibes to develop more befriending opportunities for over 60s in our area. We want to help tackle isolation and loneliness and to support people to become more active in their local community.

To develop the existing provision we require to recruit additional volunteers.

Do you have time to volunteer an hour a week to help us make a difference? For more information please email alisonmc@vintagevibes.org.uk or tommt.awvsf@gmail.com or visit www.vintagevibes.org.uk



Supporting our community to improve physical and mental wellbeing.

Watch out for wonderful Facebook posts from Local Groups.

Please Note Some activities in this leaflet may make a small charge to cover costs

Any organisation wishing to have Information included in the October edition of the Leaflet must submit information to tommy.awvsf@gmail.com by 18th September 2023

- Published by A&WVSF
- Project Funded by CEC - Western Neighbourhood Network Community Fund

◆ EDINBURGH ◆
THE CITY OF EDINBURGH COUNCIL



Instead of a September newsletter, we're taking a short break and in its place we're sending you this reminder for all members and everyone interested in how the Heart is being run, that the Heart of Newhaven Community 2023 Annual General Meeting will be held on Saturday 9th September at 2pm.

There will be a short presentation from the chair and an opportunity to ask questions.

Registered members who live within the area of benefit will be able to vote and elect new Board members.

Come along and take the opportunity to talk to some of the current Trustees and find out what has been happening over the last year as well as what the plans are for the future.

You can also register your interest in becoming a volunteer at the Heart.

[AGENDA - click here](#)

If you are unable to come and would like to vote, please nominate a proxy to vote on your behalf. Email agm@heartofnewhaven.co.uk to register.

Coming up soon:

Leith Folk Club will be holding their next event on Tuesday 5th September and it will feature the [Sandy Brechin QuaTrio](#).

Restoration Forth - The Heart will be hosting the Edinburgh Shoreline exhibition from Saturday September 16th until the 24th. Come and see the art made by people along the Forth - also as a preview pop in for coffee any Wednesday or Saturday morning and see photographs of all the artworks on display.

Doors Open Days - The Heart and its associated buildings will be open from 10am until 4pm on both Saturday and Sunday, 23rd and 24th September, for Doors Open Days.

The Victorian Schoolroom and Victorian Home Life Exhibit will also be open for visits.

[Doors Open Edinburgh](#)

October Family Ceilidh - the 28th Oct 2pm, come and join us for another family ceilidh - this is Halloween themed. with prizes, games and refreshments. Tickets available by dropping into the Heart on a Saturday morning.

What's On - Keep an eye on the notice boards as well our [What's On](#) page for regular sessions, classes and events.



[View this email in your browser](#)

Welcome to our August 2023 Newsletter

In this newsletter... read whole bulletin in link above

This edition of the newsletter includes the following

- ELGT Non-Executive Chair Vacancy
- New ELGT staff
- Corporate Conservation Activities
- Baronscourt Allotments
- Craigmillar Castle Park Activities
- Health & Wellbeing Activities

Upcoming Activities:

Monday

9am to 10am, Inch Park Jogging Group, Meet outside Inch House, contact ruth@elgt.org.uk

10am to 11am, Redhall Walking Group - Meet at Redhall Walled Garden. Please contact emily@elgt.org.uk for info

Tuesday

10am, Oxgangs Walking Group (morning) -run by a Walk Leader Volunteer, meeting at Tesco Colinton Mains by 10am.

10.30am to 12pm, Redford Woods Conservation Group – please contact Emily emily@elgt.org.uk

1pm to 2pm, Beginners Fitness at Valley Park Community Centre, For more info contact nelly@elgt.org.uk

1.30pm to 2.30pm, Oxgangs Walking Group (afternoon)-Contact emily@elgt.org.uk for info.

Wednesday

9am to 10am, Wellbeing Walk - Meet outside Inch House, contact ruth@elgt.org.uk

10am to 11am, Morningside Walking Group.- Meet at Morningside Medical Practice. Contact nelly@elgt.org.uk for more info.

1pm to 3pm Orchardng and Conservation at the Royal Edinburgh Hospital – please contact Nelly Nelly@elgt.org.uk

2pm to 3.30pm, Goodtrees Get Togethers, Goodtrees Neighbourhood Centre- a chance to connect with others and take part in a variety of healthy lifestyle activities. Contact ruth@elgt.org.uk for more info.

1.30pm to 3.00pm, Nordic Walking for experienced Nordic walkers at various locations around south west Edinburgh, for more info contact emily@elgt.org.uk

Thursday

9am to 9.45 am, Prestonfield Boxercise and Fitness - Meet at the Cameron House Community Centre. Contact nelly@elgt.org.uk for more info.

9.30am to 10.30am, Gyle Park Couch to 5k- Contact emily@elgt.org.uk for info

10.30am to 12pm, Ambling Adventures Walking Group Holyrood Park - Meet outside the Parliament opposite Queen's Gallery. Contact ruth@elgt.org.uk for more info.

1pm to 2pm, Bangholm Walking Group - Meet at Bangholm Medical Centre, Ferry Road. Contact emily@elgt.org.uk for info.

Friday

9.30am to 12.30pm, Gardening Activities for all at Gilmerton Community Centre, Contact nelly@elgt.org.uk for more info.

11am to 12pm, Move n Groove, Gentle exercise at Gilmerton – Contact

ruth@elgt.org.uk for more info.

Finally, there are lots of opportunities coming up for cooking classes and food & health workshops – for more details email jessica.pearson@edinburghcommunityfood.org.uk and theodora.hidalgo@edinburghcommunityfood.org.uk.

[Donate Online here](#) Donate by text:

To give £10 Text ELGT01 £10 to 70070

To give £4 Text ELGT01 £4 to 70070

Take part in the Edinburgh Community Lottery [here](#)

Leave a legacy by requesting a form [here](#)



Some of you may already be aware, but we're excited to let you know about an initiative at the University that might interest you.

Community groups that hold an affiliation with the University (e.g. through a link with staff, students or a University community grant) can hire a number of University rooms for free.

The University is offering free room hire to local community organisations when these spaces are not being used for other University purposes like teaching or research. This means that University rooms in the heart of Edinburgh are used to their fullest, and that cost is not a barrier to good quality meeting space, allowing for collaboration and creativity.

You can find out [everything you need to know about the service here](#).

There's also [a short web story](#) that highlights the positive impact of the scheme for some of the organisations that have taken advantage of the scheme to date.

It's also worth noting that the scheme has expanded into The Nucleus Buildings at Kings Buildings, in case any of your organisations are located Liberton, The Inch, Newington, Blackford, Gracemount or Moredun.

If your organisation could take advantage of this service, we'd be over the moon to welcome you on campus.

Please respond to local@ed.ac.uk if you have any questions about the scheme.

Funding, training and Vacancies

Community Grants Fund Deadlines:

Forth NN – this weekend! Please get any applications to me before Monday morning.

Western NN - 17th September

Application and guidance here:

<https://www.edinburghpartnership.scot/get-involved>

APPLY NOW! EMPLOYMENT & SKILLS PROGRAMME

UP TO 6 MONTH PROGRAMME FOR YOUNG PEOPLE 16+

- ✓ Real life work placement
- ✓ CV & applications
- ✓ 1-2-1 support with a mentor
- ✓ Group skills training
- ✓ Qualifications offered

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ACADEMY**



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chris@scranacademy.com

Whatsapp/phone/text 07949237019

FREE AND ALL COSTS COVERED.

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Training with Almond and Western Voluntary Sector Forum

Training courses open to Voluntary Sector Groups in Almond and Western NN areas

1) Money Counts Training – Tuesday 5th September 10.00m – 11.30am (Online)

Talking about money worries can be difficult for both staff and citizens. The Money Counts training is designed to assist anyone who works with residents and would like to be able to offer people more advice and support with the cost of living. However, the earlier money worries can be identified, the quicker help and support can be provided.

These sessions will be delivered online via Microsoft Teams.

No matter what your role is, by talking to residents about their money worries and supporting them to get the help they are entitled to, you can play a part in breaking the money worry cycle that so many are in. You can sign up for the free Money Counts Training using this

link, <https://forms.office.com/e/Cphua2jNfM>

If you have any questions or queries please contact Freja.Poulter@edinburgh.gov.uk

2) Mental Health First Aid Course - Wednesdays 27th September and 4th October. 9.30am to 4.30pm at Edinburgh College Sighthill Campus, in person:

Edinburgh College Sighthill Campus, Bankhead Avenue, Edinburgh EH11 4DE
Room: S8-09/10 (8th floor)

Edinburgh College have assisted us in applying for funding to run two courses through the Forum at no cost to the participants or groups. The second course will be held on Wednesdays 27th September and 4th October at Edinburgh College Sighthill campus.

This course is very similar to general First Aid in that it provides participants with the practical tools to spot the signs of distress someone may be experiencing and be able to offer help/support to someone who may be struggling. There is opportunity to share experiences and discuss scenarios.

It is a **two-day** commitment (6hrs each day with a lunch break) and as it is run by Edinburgh College with their trainers, we need all prospective participants to register using the links below. Participants have to create an account with Edinburgh College and fill in an online registration form with your details. The process is quick and very easy. All details regarding venue etc will then be sent to you nearer the time.

Like general First Aid this may be something that benefits you in your role within your work/voluntary role/community generally or with your friends and family which is very good knowledge and training to have.

There are only 16 places so register sooner rather than later.

Step 1 - Mental Health First Aid Course - Public Health Scotland registration link:

https://mhandsplearning.publichealthscotland.scot/course_registration.aspx?id=dd754f09-9902-431d-ada6-e6a117f8597b

Please complete it in good time before the training, ideally by Monday 18th September.

Step 2 - Mental Health First Aid Course - Edinburgh College enrolment link for the course:

To begin enrolment please click [Here](#) and follow the steps below to login and complete the form.

1. If you have previously **applied or enrolled** at the College using the Online system then please enter your Online account details and click "Next".
2. If this is the first time using the College Online system then select "Create account" and follow the instructions to create an account and proceed to completing your enrolment.
3. Please complete the feedback form (Microsoft Teams) after the training using this link <https://bit.ly/2XH0Aru>

If you experience any issues during the above process please contact FWDF@edinburghcollege.ac.uk who will be happy to assist you in the completion of your direct enrol.

Parking on the day: There is parking available, however, the spaces are limited. On the morning of your course, you will need to report to reception and ask for a visitor parking permit to display this on your vehicle. Failure to do so may lead to a parking ticket. Please ensure you arrive early to the college to ensure you get a parking space as these are not guaranteed.

You can also easily travel by tram (airport direction) and get off at 'Bankhead' stop, which is situated within 5min. walking distance to Edinburgh College Sighthill Campus.

Edinburgh4Community

Funding alerts and news for the VCSE sector

Funding news

Registering for the funding news service ensures you are kept up to date with the latest funding news. The following news articles have been published in the last week.

24/08/2 [Museums Galleries Scotland Accepting Applications for Capital Resilience Fund 2023](#)

21/08/2 [Community Learning and Device Fund Accepting Applications for 2023 Funding Round](#)

21/08/2 [Funding to Support Blind and Partially Sighted People Across the UK](#)

21/08/2 [London North Eastern Railway Accepting Applications for Community Funding](#)

18/08/2 [Capital Funding to Improve Sports Facilities Across Scotland](#)



EPAD - Professional Development Support

The Edinburgh Performing Arts Development's (EPAD) Professional Development Support programme will provide paid, supported development for fifteen Edinburgh-based freelance performing arts professionals.

It's open to professional freelance performing arts practitioners at any stage of their career who live in the City of Edinburgh Council area. Recipients will receive a personalised programme of contact with an experienced professional, known as a Supporter, who will help them to develop their practice in specific ways in a series of sessions over a period of several months. It's a straightforward application process and there are more details [here](#).

Deadline: **Monday 4 September (23.59)**.

Creative Edinburgh Awards 2023

Have you been working on something creative this year that you want to shout about? Do you know someone making an impact in their community who deserves recognition? Now is the time to tell Creative Edinburgh all about it.

Creative Edinburgh are celebrating the people, places and projects that are building a resilient creative ecosystem within **Edinburgh at the Creative Edinburgh Awards 2023**. You've got **three weeks to nominate yourself** - or to tell them about someone else's creative work that you've found inspiring these last 12 months!

Everyone is welcome to enter, whether you're a creative agency, a sole trader, a freelancer, or a student. They know imposter syndrome can get the best of us sometimes, so if you're considering applying **DO IT** - they want to hear from you!

Full instructions on how to apply, background on the Awards and detailed criteria can be found [here](#).

If you require additional support to submit an entry, please contact programme@creative-edinburgh.com and they can help!

FUNDING

Creative Scotland - Four Nations International Fund

Funding is available to support creative sector organisations and individuals in the four nations of the United Kingdom towards international partnership development and co-creation projects.

Maximum value:	£7,500
Application deadline:	28/09/2023

Background and Objectives of Fund

With co-investment from Creative Scotland, Arts Council England, Arts Council Northern Ireland and Arts Council of Wales/Wales Arts International, the pilot Four Nations International Fund is designed to support those working in the arts and creative industries in the four nations across the UK and together with counterparts in Europe and beyond. The funding is intended to support in-person, digital or hybrid activity including exchanges, residencies, partnership development, co-creation and networking, with priority given to applications experimenting with innovative models of international collaboration. The fund has a total value of £320,000. Grants of between £1,000 and £7,500 are available.

Who Can Apply and Further Information

Applications will be accepted from creative sector organisations and individuals based in one of the four nations of the UK. Applications will require applicants to have at least one partner from another of the four nations of the UK in addition to at least one international partner. The fund will prioritise support to individuals and those organisations who do not have regular funding status from any the following arts council funding schemes:

- Arts Council England's National Portfolio Organisations.
- Arts Council Northern Ireland's Annual Funding Programme.
- Arts Council Wales' Arts Portfolio Wales.
- Creative Scotland's Regularly Funded Organisations.

The following are not eligible for funding:

- Projects that are not arts-related.
- Continuation of an existing project without any clear new elements.
- Film or video production and cinema exhibition, unless it is in support of artists' work in the moving image (including film and video).
- Projects related to a course of study or tuition fees in a school, a college or a university.
- Accredited qualifications.
- Projects which take place or start before the published decision date.
- Fundraising events, such as charity galas.

- Buying equipment and instruments.
- Projects in a formal education setting for educational purposes necessary by law.
- Projects that support general arts or creative activities in school settings.
- Projects with a primary focus on social development.
- Costs/activity that are already covered by other funding.
- General running costs and overheads that are paid for by other income, including the applicant's own funds.
- Ongoing overheads related to equipment or buildings, such as insurance and maintenance costs.

Grant are used to support in-person, digital or hybrid activity, across a range of artforms including:

- Multi-disciplinary arts.
- Literature.
- Music.
- Theatre.
- Dance.
- Visual arts.
- Craft.
- Creative Learning / Children and Young People.

Eligible projects include:

- Development of artistic practice through working cross-UK and internationally.
- Collaboration with and learning from artists, creative practitioners and organisations cross-UK and internationally.
- Development of early relationships with artists, creative practitioners and organisations with a longer-term view of developing cross-UK and international markets and audiences for work and building profile internationally.
- Exchange of key creative people to develop new concepts or relationships.

Further details on this fund can be found via the [Creative Scotland website](#).

How to Apply

Applicants are invited to contact the Creative Scotland enquiries team to discuss any ideas or questions (fournationsinternational@creativescotland.com), ahead of making an online application via the [My Creative Scotland portal](#).

NL Film Festival and Screening Programme Fund

The National Lottery Film Festival and Screening Programme Fund aims to support organisations who are looking to produce film festivals and screening programmes in Scotland for a public audience.

Maximum value:	£70,000
Application deadline:	11/01/2024

Background and Objectives of Fund

Activities supported by the fund should increase the reach, impact and diversity of film screenings and events for communities throughout Scotland and meet Screen Scotland's Audience Development priorities. Although the focus of this fund is on in-person events, they recognise that some activity may also take place on digital platforms when this is the best way to reach specific under-represented audiences.

The annual budget for this fund is £600,000 and this is supported through the National Lottery. They are expecting to make individual awards in the region of £10,000 to £70,000 per year. If your project budget is likely to be significantly outside this range, please contact Screen Scotland to discuss your application. If you are looking for less than £10,000, please consider the funding opportunities offered by [Film Hub Scotland](#).

Who Can Apply and Further Information

Only applicants who are looking to deliver festivals and screening programmes taking place before 31 August 2024, are eligible to apply. This fund is open to new and existing organisations based in Scotland and producing film festivals, screening programmes and/or exhibition activity for audiences in Scotland.

All in-person screenings must be presented to audiences in Scotland.

New festivals or exhibitors, and organisation who aren't currently film exhibition organisations are encouraged to discuss their plans with us in advance of an application being made. Please contact a member of the Audience Development team by emailing enquiries@creativescotland.com.

Further information on this fund can be found via the [Screen Scotland website](#).

How to Apply

Potential applicants should read the Guidance and the Application Form in full, both documents are accessible from the [Screen Scotland website](#). Before applying to this fund you must make sure that you have made your submission to the [BFI Diversity Standards – Screen Scotland pilot](#). Applications are then made by sending the completed Film Festival and Screening Programme Fund application and the additional documents outlined in the checklist section of the application form to: screen@creativescotland.com.

People's Postcode Trust - Scotland

Grants are available for smaller charities and good causes in Scotland.

Maximum value:	£25,000
Application deadline:	03/10/2023 (opens on 2 October for 24 hours only)

Museums Galleries Scotland Museum Development Fund

Grants for Scotland's museums to strategically develop core or new work.

Maximum value:	£60,000
Application deadline:	03/10/2023

Museums Galleries Scotland - Capital Resilience Fund

Grants are available for accredited and non-accredited museums in Scotland to support projects that help build long-term resilience.

Maximum value:	£60,000
Application deadline:	07/11/2023

Pear Tree Fund for Music

Grants are available for charities, institutions, and organisations across Scotland to deliver projects and activities that promote the advancement of music.

Maximum value:	Discretionary
Application deadline:	None specified

British Council - Spotlight on Culture UK/France 2024 Fund

Creatives across Scotland and France can apply now for grants through the Spotlight on Culture UK/France 2024 Fund.

Maximum value:	£30,000
Application deadline:	11/09/2023

Theo Moorman Trust for Weavers

The Theo Moorman Trust for Weavers awards grants to weavers living and working in the United Kingdom.

Maximum value:	£5,000
Application deadline:	01/02/20234

Art Fund - Going Places

Support available to help engage underrepresented audiences with museum collections through collaborative touring exhibitions.

Maximum value:	Discretionary
Application deadline:	24/11/2023

Scops Arts Trust

A limited number of grants are available to charities across the UK for new high quality projects that provide opportunities for people from all backgrounds to access, enjoy and participate in the arts.

Maximum value:	£30,000
Application deadline:	30/11/2023

The Opportunities and Funding Bulletin is also available for download via the [Update pages](#) from the [Culture Edinburgh website](#).

Cycling Friendly



[About us](#) | [What we do](#) | [News & blog](#)



Apply for funding now

There's still time for community groups across Scotland to apply for up to £25,000 to access cycling facilities and bikes. The fund makes it possible for more people, regardless of background or ability, to enjoy the benefits of being on a bike.

Apply →

Training with EVOC

A number of courses for voluntary sector can be found here, such as:

- [Eventbrite](#)
- Search events
 - [Find Events](#)
 - [Create Events](#)
 - [Help Centre](#)
 - [Log In](#)
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[Setting Up a Charity and Introduction to SCIO](#)
[Setting Up a Charity and Introduction to SCIO](#)

Wed, 20 Sep 2023 16:30 BST

Free

Save Setting Up a Charity and Introduction to SCIO to your collection.

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Emergency First Aid in the Workplace Emergency First Aid in the Workplace

Wed, Sep 27, 09:30

Norton Park Conference Centre (Napier Room) • EDINBURGH

Starts at £85.50

Save Emergency First Aid in the Workplace to your collection.

Save Effective Minute Taking to your collection.

•



Trustee Roles and Responsibilities Trustee Roles and Responsibilities

Wed, 4 Oct 2023 16:30 BST

Free

Save Trustee Roles and Responsibilities to your collection.



Charing Hybrid Meetings
Charing Hybrid Meetings

Wed, 25 Oct 2023 10:00 BST

Starts at £67.50

Save Charing Hybrid Meetings to your collection.

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Fundraising Nuts & Bolts - Applications
Fundraising Nuts & Bolts - Applications

Wed, 25 Oct 2023 16:30 BST

Starts at £11.55

Save Fundraising Nuts & Bolts - Applications to your collection.

Effective Time
Management

evoc.org.uk
EVOC

TRAINING
ONLINE



Effective Time Management
Effective Time Management

Thu, 30 Nov 2023 10:00 GMT

Starts at £122.50

Save Effective Time Management to your collection

Elaine.lennon@edinburgh.gov.uk