



# Western Neighbourhood Network Directory of Community Services In Drumbrae, Gyle, Corstorphine & Murrayfield

A listing of key community organisations and service providers, to support mental and physical wellbeing, and community engagement opportunities to help tackle social isolation.

This directory attempts to list services for people local to Drumbrae, Gyle, Corstorphine and Murrayfield. We appreciate that there are many other commercial services and activities in the area but have tried to limit this to those open to local people at low or no cost.

Please contact [tommy.awvsf@gmail.com](mailto:tommy.awvsf@gmail.com) or [elaine.lennon@edinburgh.gov.uk](mailto:elaine.lennon@edinburgh.gov.uk) if any info is out of date or missing. We aim to update this as much as we can, and hope that you will share on your websites and with your networks.

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## SECTION 1 - Community Venues / Fairs / Libraries

**Adult Learning:** For full listing of adult education classes, community centres and ESOL classes, visit:  
<https://www.joininedinburgh.org/>

**Corstorphine Astoria Centre**, Village Hall, administered by The Corstorphine Trust - volunteer or become a friend. Hall hire for groups. 18 Kirk Loan, Edinburgh, EH12 7HD.  
[www.corstorphineastoriacentre.co.uk](http://www.corstorphineastoriacentre.co.uk)



**Corstorphine Community Centre:** Charity shop, adult/ youth/ older people classes, advice, volunteering, room hire available. 5 Kirk Loan, Edinburgh EH12 7HD; ☎ 07580 659676  
[admin@ccchub.online](mailto:admin@ccchub.online) [www.corstorphinecommunitycentre.org.uk](http://www.corstorphinecommunitycentre.org.uk)

**Corstorphine Fair:** Is held biennially on the first Saturday in June at St Margarets Park, Corstorphine High Street and Corstorphine Primary School and playground etc featuring stalls, rides ,talks, art groups and charities, schools and people from all parts of the Corstorphine Community . The next fair will be held on Saturday 1<sup>st</sup> June 2024. For more information and how to get involved contact: [corsfair@hotmail.com](mailto:corsfair@hotmail.com).

**Corstorphine Heritage Centre** – The Dower House (Headquarters of The Corstorphine Trust). Museum and archive open 10am to 12 noon and 1pm to 3pm Tuesday to Sunday. Also features social events/activities. The Dower House café also trades from here. We ask that people check our website to verify that we are open. Located in the North East Corner of St Margaret’s Park (1A Orchardfield Avenue, Edinburgh, EH12 7SX); ☎ 0131 316 4246. [www.corstorphinetrust.co.uk/](http://www.corstorphinetrust.co.uk/)  
[www.corstorphinetrust.co.uk/room-hire](http://www.corstorphinetrust.co.uk/room-hire)

**Corstorphine Library:** Bookbug, stories and craft sessions for children;, Creative Writing, Knit & Natter, Poetry and Colouring Groups for adults, bus passes; hearing aid batteries; free sanitary products; free Wi-Fi and pc use. " Coffee and Conversation " 10.30am Thursday Mornings. Open: Mon/Wed 1-8pm, Tues/Thurs/Fri/Sat 10-5pm. 12 Kirk Loan; EH12 7HD; ☎ 0131 529 5506; [corstorphine.library@edinburgh.gov.uk](mailto:corstorphine.library@edinburgh.gov.uk); [www.edinburgh.gov.uk/directory-record/1229176/corstorphine-library](http://www.edinburgh.gov.uk/directory-record/1229176/corstorphine-library)

**Drumrae Library Hub:** Community Hub with Library and other City of Edinburgh Council services. Bookbug, children and youth activities; bus passes; hearing aid batteries; free Wi-Fi and pc use; Macmillan Cancer Support, Opening hours – Mon to Wed 10-8pm, Thurs to Sat 10-5pm. 81 Drum Brae Drive, Edinburgh, EH4 7FE; ☎ 0131 529 5244; [drumrae.library@edinburgh.gov.uk](mailto:drumrae.library@edinburgh.gov.uk); [www.edinburgh.gov.uk/directory-record/1229179/drumrae-library-hub](http://www.edinburgh.gov.uk/directory-record/1229179/drumrae-library-hub)

**Gylemuir Community Centre:** managed by Gyle Recreation Ground Association. Wester Broom Place, Edinburgh, EH12 7RT

**Munro Centre:** Independent and volunteer run community centre. Munro Centre Activity Club: After School Club (Clermiston and Fox Covert Primary Schools); ☎ 0131 339 1490; [munrocentre1@gmail.com](mailto:munrocentre1@gmail.com)

**Rannoch Community Centre:** badminton, carpet bowling, exercise groups, parent and toddlers, bingo, chill & chat community meal, scouts, dancing classes. 6 Rannoch Terrace, Edinburgh, EH4 7ES; ☎ 0131 339 5351; [cld-rannoch@ea.edin.sch.uk](mailto:cld-rannoch@ea.edin.sch.uk)

**Saughtonhall Community Hall:** Independent ran by Association room for hire and community use 22a Saughtonhall Avenue, Saughtonhall, Edinburgh, EH12 5TR; [saughtonhallcommunity@gmail.com](mailto:saughtonhallcommunity@gmail.com); [www.saughtonhallcommunity.com](http://www.saughtonhallcommunity.com)

## SECTION 2 - Sports & Recreation



**Bowling** to find a local club near you:  
[www.bowlsscotland.com/club-finder](http://www.bowlsscotland.com/club-finder)

**Carrick Knowe Lawn Bowls Club**, 81A Broomhall Ave, Edinburgh EH12 7NW. ☎ 0131 334 1396 Wheelchair accessible entrance.

**Corstorphine Bowling Club:** All ages, new members welcome.

5 Saughton Road North, Edinburgh, EH12 7HQ; [secretary@corstorphinebowlingclub.co.uk](mailto:secretary@corstorphinebowlingclub.co.uk)  
[www.corstorphinebowlingclub.co.uk/](http://www.corstorphinebowlingclub.co.uk/)

**Corstorphine Chess Club** – St Anne’s Church 1 Kaimes Road, Edinburgh EH12 6JR Monday evenings 7- 10pm. All standards welcome. Contact Graham Wilson [corstorphinechess@gmail.com](mailto:corstorphinechess@gmail.com)

**Corstorphine Cougars Rugby Club (FRC):** outdoor pitch/community use/ schools/ rugby for men, women, young people. Union Park, Saughton Road North, Edinburgh, EH12 7JN; ☎ 0131 476 6033  
[www.pitchero.com/clubs/corstorphinecougarsrhc](http://www.pitchero.com/clubs/corstorphinecougarsrhc)

**Corstorphine Cricket Club:** Royal High Sports Hub, East Barnton Avenue, Edinburgh, EH4 6JP.

**Corstorphine Dynamo – Football Club /Community Hub:** kids, walking football group. Gyle Park, 73 Glasgow Road, EH12 7LJ; [corstorphinedynamo@outlook.com](mailto:corstorphinedynamo@outlook.com) [www.corstorphinedynamo.co.uk](http://www.corstorphinedynamo.co.uk)

**Corstorphine Lawn Tennis Club:** New members always welcome. Social sessions to try out. Caters for all ages and abilities. 65 Belgrave Road, Edinburgh, EH12 6NH; ☎ 0131 551 4055;  
[www.clubspark.lta.org.uk/corstorphineltc](http://www.clubspark.lta.org.uk/corstorphineltc)

**Curl Edinburgh:** Try sessions, beginners, disability curling, youth and schools (season finishes 3 April, starts September). Murrayfield Curling Rink, 13A Riversdale Crescent, Edinburgh, EH12 5XN; ☎ 0131 337 4242. [www.edinburghcurling.co.uk/](http://www.edinburghcurling.co.uk/)

**Drumrae Leisure Centre:** Facility with a 25m swimming pool, gym, fitness studio, badminton courts and a café. Sports activities and classes for all ages. 30 Drumrae Terrace, Edinburgh, EH4 7SE; ☎ 0131 312 7957 [www.edinburghleisure.co.uk/venues/drumrae-leisure-centre](http://www.edinburghleisure.co.uk/venues/drumrae-leisure-centre)

**Edinburgh Community Performing Arts CIC** - delivers free creative movement and dance activities to individuals that may experience barriers to arts participation. Currently seeking older people who may have neurological diseases or health conditions to join new free dance project from February 2023. Contact Emma [www.edinburghcommunityperformingarts.co.uk](http://www.edinburghcommunityperformingarts.co.uk) ☎ 0131 443 0753

**Edinburgh Leisure:** Offer a range of activities such as swimming, gym, golf, across Western NN including **Drumrae Leisure Centre**, 30 Drumrae Terrace, Edinburgh, EH4 7SF ☎: 0131 458 2100 and **Carrick Knowe Golf Course**, 27 Glendevon Park, EH12 5UZ ☎ 0131 458 2100

**Edinburgh Park– Energise Gym:** range of sports activities and classes/ swimming pool, training & leisure recreational sports: wellbeing Wednesday, buggy walking. 3 Lochside Place, Edinburgh, EH12 9DF; ☎ 0131 317 0260. [www.energisegym.co.uk](http://www.energisegym.co.uk)

**Forrester Rugby Club:** all age groups. 2 South Gyle Access, Edinburgh, EH12 9FR; ☎ 0131 334 6981; [www.forresterrfc.co.uk/](http://www.forresterrfc.co.uk/)

**Friends of Corstorphine Hill: Local Nature Reserve Heritage Park.** Corstorphine Hill Tower & Community Garden. Guided walks, historical talks, volunteering. [www.corstorphinehill.org.uk](http://www.corstorphinehill.org.uk)

**Friends of Gyle Park** - Helping to conserve and develop the Gyle Park as a local facility and Green Space. For further information e-mail [s.fotgp@yahoo.com](mailto:s.fotgp@yahoo.com)

**Friends of Roseburn Park** – Providing recreational facilities, and organising recreational activities, with the object of improving the conditions of life for the public and users of Roseburn Park. Contact: Jim McDonough [chair@friendsofroseburnpark.org.uk](mailto:chair@friendsofroseburnpark.org.uk), c/o Pete Gregson, 27 Riversdale Grove, Edinburgh EH12 5QS ☎ 0131 337 2603, [www.friendsofroseburnpark.org.uk](http://www.friendsofroseburnpark.org.uk)

**Gallery Art Club** - Meets in Carrickknowe Church Hall, Saughton Road North, on Tuesday Mornings 10.00am to noon from September to June. Open to anyone interested in drawing and painting. For further information ☎ 07963 143588

**Murrayfield Ice Rink:** Junior Ice Hockey club, schools & recreational skating all ages. Riversdale Crescent, Edinburgh, EH12 5XN; ☎ 0131 337 6933 [www.murrayfieldicerinkltd.co.uk/](http://www.murrayfieldicerinkltd.co.uk/)

**Murrayfield Table Tennis Club.** Contact us at [admin@murrayfieldttc.com](mailto:admin@murrayfieldttc.com) or more information at <https://murrayfieldtt.com/>

- **Church of the Good Shepherd**, Murrayfield Avenue Tuesday Junior beginner class 5pm-6pm and senior practice 7:30-10pm, by booking on <https://bookwhen.com/murrayfieldttc>
- **Royal High School**, Thursday 6pm-8:30pm for juniors and senior players, by booking on <https://bookwhen.com/murrayfieldttc>
- **Gyle Shopping Centre.** Pop in and Play Table Tennis Sessions - Free play every day 11am-2pm (under 16s need to be with an adult). Coaching is also available at the Gyle and at other locations in West Edinburgh for kids, adults and Over 50s.

**Murrayfield DAFS Cricket Club based at Roseburn Public Park.** Four weekend league teams across all abilities. Free Coaching throughout the Summer with 2 net sessions a week. Run a thriving junior section catering for all standards and abilities, both girls and boys between the ages of 5 and 16. Riversdale Cres, Edinburgh EH12 5QT, [www.murrayfielddafsc.co.uk](http://www.murrayfielddafsc.co.uk)

**St Margaret's Park** – bowling greens, 4 Tennis Courts available for public use. Corstorphine High Street

## SECTION 3 - Church & Community Groups

**Carrick Knowe Church – Jubilee Hall:** community facilities; self-help support; **In It Together Project**; arts activities; uniformed youth groups, toddler group. Also, **Corstorphine Dementia project** (see services for older people). 118-132 Saughton Rd, Edinburgh EH12 7DR; ☎ 0131 334 1505 [ckchurch@talktalk.net](mailto:ckchurch@talktalk.net); [www.ckchurch.org.uk](http://www.ckchurch.org.uk)



**Church of Good Shepherd:** 13a Murrayfield Ave Edinburgh EH12 6AU; ☎ 0131 346 4127 [thetrector@uwclub.net](mailto:thetrector@uwclub.net) [www.goodshepherdmurrayfield.org.uk](http://www.goodshepherdmurrayfield.org.uk)

**Corstorphine Community Church:** foodbank, basics bank, social support. 7 Glebe Terrace, Edinburgh; ☎ 07849851231 (Duncan Whitty)

**Corstorphine Old Parish Church:** community development / support; Corstorphine Play project (see local play groups), Tuesday Social Club, Chaplaincy to local workplaces, youth groups, uniformed organisations. 2a Corstorphine High Street, Edinburgh, EH12 7ST; ☎ 0131 334 7864. Community chaplain: Esther Elliot [eelliott@churchofscotland.org.uk](mailto:eelliott@churchofscotland.org.uk); ☎ 07702 863342.

**Craigsbank Parish Church:** On-line chat sessions, lunch club, toddler's groups, uniformed organisations. 19 Craigsbank Edinburgh EH12 8HD. Hall lets: ☎ 0131 466 5196; [achild@churchofscotland.org.uk](mailto:achild@churchofscotland.org.uk)

**Corstorphine Scottish Women's Institutes:** Meets in Astoria Hall, Kirk Loan, on second Thursday of each month (excluding July and August), 2.30pm to 4.30pm. ☎ Brenda 07833 122943

**Corstorphine Sycamore Probus** for retired professional ladies, St Ninians Church Hall, 144 St John's Road EH12 8AY on the 4<sup>th</sup> Thursday of the month, 10am. [www.corstorphinesycamoreprobus.org.uk](http://www.corstorphinesycamoreprobus.org.uk)

**Corstorphine Forrester Probus Club** – St. Ninian's Corstorphine Church Hall on alternate Wednesday mornings from 10.00am for a cuppa and a blether with the meeting itself beginning at 10.30am. Meetings usually last about an hour and consist of a variety of speakers followed by any questions. We have 12 meetings a session running from the end of September to early April. Please contact the Secretary, John Mackay email: [mackaytassie@aol.com](mailto:mackaytassie@aol.com) or ☎ 07954 818375.

**The Corstorphine Ladies Probus Club** is open to ladies aged 50 and over resident in the Corstorphine area. We meet on the first Thursday of the month from October to April in St Ninian's Church Hall. Refreshments are served from 10am and we generally have a talk from a guest speaker. For further information see our website: [corstorphineladiesprobusclub@wordpress.com](mailto:corstorphineladiesprobusclub@wordpress.com)."

**East Craigs Church Centre:** Lunch club, toddlers, young people, theatre group; Craigsbank rambles. 3 Bughtlin Market, Edinburgh, EH12 8XP; ☎ 0131 339 8336 [www.craigsbankchurch.org.uk](http://www.craigsbankchurch.org.uk)

**Murrayfield Parish Church:** hall lets, yoga, dance. Partners **Fresh Start:** Social activities and events. [www.freshstart.org.uk](http://www.freshstart.org.uk) Also **Murrayfield Dementia Project** (see services for older people). 2B Ormidale Terr, Edinburgh EH12 6EQ; ☎ 0131 337 1091.

**Rotary Club of Corstorphine** – Meets in Murrayfield Hotel, 18 Corstorphine Road Edinburgh EH12 6HN on Tuesday evenings at 5.45pm for fellowship and a meal, and a programme of talks,

presentations, and discussions. These help to keep us aware of ways in which we might be of service, and we raise funds to support various local, national and international causes. Further information: [AFHowie@icloud.com](mailto:AFHowie@icloud.com) [www.rotary-ribi.org/clubs/homepage.php?ClubID=71](http://www.rotary-ribi.org/clubs/homepage.php?ClubID=71)

**United Reform:** Memory Lane Café, drama. Church-87, Saughtonhall Drive, Edinburgh, EH12 5TR; ☎ 0131 337 8733; [www.saughtonhall.com](http://www.saughtonhall.com)

**St Andrews Church:** Fast project, large hall, clubs, after school clubs, dance school, uniformed groups. Edinburgh Food Project – Operates Food Bank. 17-19 Clermiston View, Edinburgh, EH4 7BU; ☎ 0131 336 1507

**St Anne’s Parish Church:** community activity groups e.g. walking group, older people’s FAN (Friends & Neighbours Club), parent and toddlers’ group. 1 Kaimes Road, Edinburgh. EH12 6JR; ☎ 0131 316 4740. [office@stannescorstorphine.org.uk](mailto:office@stannescorstorphine.org.uk); [www.stannescorstorphine.org.uk/](http://www.stannescorstorphine.org.uk/)

**St John The Baptist Catholic Church:** St Vincent de Paul Society: (material and social support). 37 St Ninian’s Rd, Edinburgh EH12 8AL; ☎ 0131 334 1693 [parish.turnhouse@gmail.com](mailto:parish.turnhouse@gmail.com); [ssjohnbandkentigern.org.uk/](http://ssjohnbandkentigern.org.uk/)

**St Kentigern Catholic Church (Clermiston):** Community Lunch, St Vincent de Paul Society (material and social support). 26-28 Parkgrove Avenue, Edinburgh, EH4 7QR; ☎ 0131 334 1693. [parish.turnhouse@gmail.com](mailto:parish.turnhouse@gmail.com); [ssjohnbandkentigern.org.uk/](http://ssjohnbandkentigern.org.uk/)

**St Ninian’s Parish Church:** Badminton, Conversazione (Men’s Group), Brownies, Scout & Guide Organisations, Book Group, Care Van, Guild. 144 St John’s Road, Edinburgh, EH12 8AY; ☎ 0131 316 4777; [www.corstorphinestninians.org.uk/](http://www.corstorphinestninians.org.uk/)

**St Thomas’s Church:** Coffee Plus, mums and toddlers, care van, room hire, community café, dementia & carers group. 75-79 Glasgow road, Edinburgh EH12 8LJ; ☎ 0131 285 8782 [churchoffice@saintthomas.org.uk](mailto:churchoffice@saintthomas.org.uk); [www.saintthomas.org.uk/](http://www.saintthomas.org.uk/)

**The Space to Be** is based around a newly renovated, large, attractive space in the Gyle Shopping Centre. It is a place for local people to get support from others, pick up information and build relationships. <https://www.spacetobe.live/> Contact Esther Elliott, [Manager@spacetobe.live](mailto:Manager@spacetobe.live)

**Tummies not Trash:** redistributes surplus food from supermarkets etc to local groups and schools. [www.tummiesnottrash.co.uk](http://www.tummiesnottrash.co.uk), Contact: [clare@tummiesnottrash.co.uk](mailto:clare@tummiesnottrash.co.uk)

## SECTION 4 - Older People Services



**Corstorphine Connect Sight Loss Group** - “Coffee, Cake and Chat” at the Corstorphine Astoria Centre 2- 3.30pm on 3<sup>rd</sup> Sat of month (except Dec) with others with sight loss and speakers / music / information & support.. Everybody welcome including accompanying family member, friend, or carer.. Contact Hazel ☎ 07899875713 [hi.kelly@virgin.net](mailto:hi.kelly@virgin.net)

**Corstorphine Community Centre** – sporting memories. . 5 Kirk Loan, Edinburgh EH12 7HD; ☎ 07580 659676; [www.corstorphinecommunitycentre.org.uk](http://www.corstorphinecommunitycentre.org.uk)

**Corstorphine Dementia Project:** social opportunities provided in the Jubilee Club & other clubs. 118-132 Saughton Rd, Edinburgh EH12 7DR; ☎ 0131 478 7784  
[www.corstorphinedementiaproject.org.uk](http://www.corstorphinedementiaproject.org.uk)

**Drumrae Day Care Centre:** c/o Drumrae Library Hub: Day-care centre for older people including people with dementia and physical support needs. Social opportunities. Support to carers. 0131 553 8294 [socialcaredirect@edinburgh.gov.uk](mailto:socialcaredirect@edinburgh.gov.uk) Referrals: ☎ 0131 200 2324.

**Memory Lane Café:** Meets every Friday between 10am and 12md. All over 65 years are welcome. United Reformed Church, 87 Saughtonhall Drive, Edinburgh, EH12 5TR. ☎ 07881 288909  
[lesley@themurrayfieldclub.com](mailto:lesley@themurrayfieldclub.com)

**Murrayfield Dementia Project:** Non-registered day service providing lunch for over 65's living with dementia and also frail elderly. c/o Murrayfield Parish Church Centre, 2b Ormidale, Edinburgh, EH12 6EQ; ☎ 07881288909 [lesley@themurrayfieldclub.com](mailto:lesley@themurrayfieldclub.com)

**St Thomas's Church: Community Café Plus** For older people, people living with dementia and their carer's. 75-79 Glasgow Road, Edinburgh EH12 8LJ; ☎ 0131 285 8782.

**You're Never Too Old** - Laura Fergusson Court, 72 Craigmount Brae Edinburgh EH12. Meet Mondays and Tuesdays 10am -1.30pm Pick-ups and drop offs provided. Contact: Anne Stewart ☎ 07741645413 or email: [anne.stewart@yourenevertotoold.org.uk](mailto:anne.stewart@yourenevertotoold.org.uk)

## CITY WIDE OLDER PEOPLE SERVICES

**ACE IT:** An Edinburgh based charity which supports older people to learn digital skills. 25 (BF03) Nicholson Square, Edinburgh, EH8 9BX ☎ 0131 667 2053 or 07737 738551  
[info@aceit.org.uk](mailto:info@aceit.org.uk); <https://aceit.org.uk/>

**City Art Centre: Art 4 Dementia:** Welcomes people with dementia, family and friends, carers. Currently meeting online, also offer on-line support. [diana.morton@edinburgh.gov.uk](mailto:diana.morton@edinburgh.gov.uk)

**Edinburgh Theatres Trust (Festival Theatre):** All have a programme of dementia friendly activities. Have been delivered on-line concerts, t dances, gallery sessions etc.: [dawn.irvine@capitaltheatres.com](mailto:dawn.irvine@capitaltheatres.com)

**Lifecare:** Provides support to older people, those living with dementia, poor health and carers. Support people at home and in clubs. Meals on wheels, outreach companionship, groups, events. 2 Cheyne St, Edinburgh, EH4 1JB; ☎ 0131 343 0940 [www.lifecare-edinburgh.org.uk/](http://www.lifecare-edinburgh.org.uk/)

**National Galleries Scotland – Gallery Social:** monthly artist led tours for people affected by dementia to enjoy with friend and relatives. T dances and musical concerts. Scottish Portrait gallery. Currently online.

**National Museum Scotland & National Library of Scotland – Museum Socials** for people with dementia, relatives and friends. Currently online.

**The Living Memory Association** – Edinburgh’s Reminiscence Project: reminiscence training, Wee Museum of Memory in Ocean Terminal Shopping centre. Photo archive to brows on-line. Borrowable memory boxes. Podcasts and CDs of memories. [comhist@googlemail.com](mailto:comhist@googlemail.com)

**Vintage Vibes:** This is an Edinburgh wide charity tackling isolation in 60+, one to one support, companionship, activities, volunteering, friendship between different generations: ☎ 0131 343 0955; [www.vintagevibes.org.uk/](http://www.vintagevibes.org.uk/)

## SECTION 5 - Adults & Families

**The Corstorphine Singers:** A Singing Group that meets Tuesday afternoons 1.45 to 4pm in Corstorphine Community Centre. We bring men and woman together in a safe environment to enjoy company and friendship through music. Email: [thecorstorphinesingers@outlook.com](mailto:thecorstorphinesingers@outlook.com)

**GP Medical Practices** – here is a link where you can find your nearest practice <https://bit.ly/3t11SgM>

**Home-Start Edinburgh (West and South West)** – local charity supporting families with children under five in the North-West and South-West of Edinburgh. The services provide support, friendship, & practical help to parents, through home-visiting and a range of parent and child groups. 525 Ferry Road, Edinburgh, EH5 2FF; ☎ 0131 564 1540; [www.hsew.org.uk](http://www.hsew.org.uk)



### CITY WIDE ADULTS AND FAMILIES' SERVICES

**Befriending Organisations and Services:** City Wide Listing of various organisations on EVOC Red Book website: <https://www.evogcredbook.org.uk/>

**Dad's and male carers:** See support groups and services in [Support for Families](https://www.edinburgh.gov.uk/pacs) <https://www.edinburgh.gov.uk/pacs>

**Health in Mind:** Mental health support/ advice/ training/ self-help, on-line 40 Shandwick Place, Edinburgh EH2 4RT: ☎ 0131 225 8508: [contactus@health-in-mind.org.uk](mailto:contactus@health-in-mind.org.uk) <https://www.health-in-mind.org.uk/one> to one support volunteers, counselling:

- **Online Depression and Anxiety Support Group:** Health in Mind run a friendly peer led support groups to any adults affected by depression, low mood, stress or anxiety. Different groups are available on Monday and Tuesday evenings. More information: [www.healthinmind.org.uk/services/depression\\_and\\_anxiety\\_support\\_groups/d101/](http://www.healthinmind.org.uk/services/depression_and_anxiety_support_groups/d101/)
- **Mental Health and Wellbeing Group:** Peer support for single parents via Zoom each Wednesday 10-11:30 am. ☎ 07814078139 or email [tom.carroll@opfs.org.uk](mailto:tom.carroll@opfs.org.uk)
- **I Thrive:** Find mental health and wellbeing support by area. [Services in North West Edinburgh](https://www.healthinmind.org.uk/services/depression_and_anxiety_support_groups/d101/) . Also, self-help support.

**MECOPP:** city wide support and advocacy for black and ethnic minority carers; multilingual info, training, recreation and social activities. Maritime House, 8 The shore, Edinburgh EH6 6QN. ☎ 0131 467 2994 <https://www.mecopp.org.uk/>



**North West Carers:** Support services for unpaid adult, young adult and young carers; group support and volunteering opportunities. <https://capitalcarers.org.uk/>

**Parenting – Local Support for Parent and Carers:** See support groups and services in [Support for Families](#). For more information and advice contact the Lifelong Learning Parent and Carer Support Team by emailing [supportingparentsandcarers@edinburgh.gov.uk](mailto:supportingparentsandcarers@edinburgh.gov.uk) or text: 07860 736129 and the team will call you back.

**People Know How – Reconnect:** Reconnect is an accredited service offering support to adults and families to help them improve wellbeing by increasing digital and social inclusion. Find out more at: [www.peopleknowhow.org](http://www.peopleknowhow.org); [reconnect@peopleknowhow.org](mailto:reconnect@peopleknowhow.org); ☎ 0131 569 0525

**LGBT Centre for Health and Wellbeing:** This organisation provides a wide range of information and support services for gay, lesbian, bisexual, transgender (LGBT) people. This includes advice/information services, counselling, support, volunteering and recreation. Duncan Place Community Hub, 4 Duncan Place, Leith, Edinburgh, EH6 8HW; ☎ 0300 123 2523; [admin@lgbthealth.org.uk](mailto:admin@lgbthealth.org.uk); <http://www.lgbthealth.org.uk>

**The Spark:** Relationship Support and Counselling for couples, adults, parents, families, children and young people. Free helpline for anyone over 16 year experiencing family or couple relationship issues. In response to COVID some free counselling sessions will be available for individuals and couples needing more in-depth support, sessions will be provided by telephone and online: 0808 802 2088 Mon-Thu 9am-9pm, Fri 9am-4pm. [www.thespark.org.uk](http://www.thespark.org.uk)

**VOCAL:** supports unpaid carers, information, training, benefits advise. Edinburgh Carers' Hub 60 Leith Walk EDINBURGH EH6 5HB; ☎ 0131 622 6666 [centre@vocal.org.uk](mailto:centre@vocal.org.uk)

## SECTION 6 - Children & Young People



**Primary Play Project:** c/o Corstorphine PS PTA. School playground project.

**Corstorphine Village Playgroup:** c/o Corstorphine Old Parish Church: ☎ 07707 695 426 [corstorphinevp@gmail.com](mailto:corstorphinevp@gmail.com)

**East Craigs Playgroup:** c/o Corstorphine Dynamo FC, Gyle Park, Edinburgh EH12 8LJ; ☎ 07377 388

**Forrestines Playgroup:** c/o Forrestines High School, 208 Broomhouse Rd, Edinburgh EH12 9AD: ☎ 07519 106142

**Gylemuir Community Playgroup:** Childrens Centre, 10 Wester Broom Place, Corstorphine, Edinburgh EH12 7RT: ☎ 07704 140 071 [admin@gylemuir-playgroup.co.uk](mailto:admin@gylemuir-playgroup.co.uk)

**Corstorphine Community Centre:** (see Community centres) provides a range of clubs and activities for children and young people. On-line provision, outdoor activities, arts, drama, girl's groups etc.

**Rannoch Centre Parent & Toddler Group,** 6 Rannoch Centre, Edinburgh EH4 7ES; ☎ 0131 339 5351; [cld-rannoch@ea.edin.sch.uk](mailto:cld-rannoch@ea.edin.sch.uk)

**St Ninian's Church Corstorphine:** Toddler group Tuesday and Friday mornings. 0131 316 4777 or [office@st-ninians.co.uk](mailto:office@st-ninians.co.uk)

(See also Corstorphine Community Centre, Libraries and others above for more activities for children and young people)

## CITY WIDE CHILDREN AND YOUNG PEOPLES SERVICES

**Support for families** is a listing of services in Edinburgh produced by the City of Edinburgh Council's Parent and Carer Support Tea. Themes include parenting support, children with additional support need, activities, black and ethnic minority families, wellbeing and much more... [www.edinburgh.gov.uk/supportforfamilies](http://www.edinburgh.gov.uk/supportforfamilies)

Find information on the support available for families across Edinburgh  
[www.edinburgh.gov.uk/supportforfamilies](http://www.edinburgh.gov.uk/supportforfamilies)



**Conflict Resolution Sessions:** Free online sessions for young people between 16 -25 years old who may be struggling with conflict at home, advice and support. [www.scottishconflictresolution.org.uk](http://www.scottishconflictresolution.org.uk)

**Health in Mind:** Wellbeing Hangouts for aged 18 – 25 living in Edinburgh. 6-week drop in workshops to chats, peer support group. All hosted online using Zoom. Call, text or email: Stuart ☎ 0131 225 8508 or 07760 753040 or [stuart.cameron@health-in-mind.org.uk](mailto:stuart.cameron@health-in-mind.org.uk)

**People Know How Befriending:** Support for young people P7-S1 providing a safe, supportive environment. Young people are matched with a befriender to talk, play games, learn, and share stories. [www.peopleknowhow.org/befriending](http://www.peopleknowhow.org/befriending). To make a referral contact [positive.transitions@peopleknowhow.org](mailto:positive.transitions@peopleknowhow.org)

**Pupils Know How Groups:** For young people P7-S1 on themes ranging from art, science, drama or solving riddles and mysteries! Currently running online. Find out more at [www.peopleknowhow.org/pupils-know-how](http://www.peopleknowhow.org/pupils-know-how)

**Uniformed Groups** – click on heading on how to join, and where to find your nearest group.

- **Girl Guides:** <https://www.girlguiding.org.uk/information-for-parents/register-your-daughter/>
- **Scouts:** <https://www.scouts.scot/join/>
- **Boy's Brigade:** <https://boys-brigade.org.uk/>
- **Girl's Brigade:** <https://girls-brigade-scotland.org.uk/>

**Young Minds:** Support for children and young people's mental health and emotional wellbeing. [www.youngminds.org.uk](http://www.youngminds.org.uk). urgent help FREE texting 85258, this is available 24 hours a day, every day. Trained volunteers, with clinical supervisors.

**Free helpline for parents and carers:** ☎ 0808 802 5544 or email [parents@youngminds.org.uk](mailto:parents@youngminds.org.uk)

## SECTION 7 – Other Useful Advice & Support

**Community Councils** are groups of people who care about their community and want to make their area a better place to live. To find out more, or to get involved go to: <https://www.edinburgh.gov.uk/communitycouncils>

- **Corstorphine Community Council:** <http://corstorphinecc.uk/>
- **Drumrae Gyle Community Council:** <https://www.edinburgh.gov.uk/directory-record/1098917/drum-brae>
- **Murrayfield Community Council:** <https://www.facebook.com/murrayfieldcc/>  
<https://www.murrayfieldcc.org.uk>

#### **Your local Councillors:**

- Cllr Robert Aldridge: ☎ 0131 529 4992 [robert.aldridge@edinburgh.gov.uk](mailto:robert.aldridge@edinburgh.gov.uk)
- Cllr Alan Beal ☎ 0131 610 2032 [Cllr.Alan.Beal@edinburgh.gov.uk](mailto:Cllr.Alan.Beal@edinburgh.gov.uk)
- Cllr Euan Davidson ☎ 0131 529 4070 [Cllr.Euan.Davidson@edinburgh.gov.uk](mailto:Cllr.Euan.Davidson@edinburgh.gov.uk)
- Cllr Euan Hyslop: ☎ 0131 529 4073 [Cllr.Euan.Hyslop@edinburgh.gov.uk](mailto:Cllr.Euan.Hyslop@edinburgh.gov.uk)
- Cllr Edward Thornley ☎ 0131 529 4152 [Cllr.Edward.Thornley@edinburgh.gov.uk](mailto:Cllr.Edward.Thornley@edinburgh.gov.uk)

**Western & Almond (Voluntary Sector Forum)** is a network for voluntary organisations which deliver services in the Corstorphine, Drumrae, Gyle and Murrayfield areas. The Forum is supported by **EVOG** (Edinburgh Voluntary Organisations Council). EVOG contact: [kate.barrett@evoc.org.uk](mailto:kate.barrett@evoc.org.uk) They host an online directory of services across city. You can search groups and activities by category and location. [www.evocredbook.org.uk/](http://www.evocredbook.org.uk/)

**Western Neighbourhood Network** is a network open to all community and voluntary groups in Western Edinburgh. This group come together to discuss partnership issues, local grants and agreeing local priorities. Contact [elaine.lennon@edinburgh.gov.uk](mailto:elaine.lennon@edinburgh.gov.uk)

### **CITY WIDE ADVICE AND SUPPORT SERVICES**

**The Advice Shop:** Benefits and debt advice. ☎ 0131 200 2360 or email: [advice.shop@edinburgh.gov.uk](mailto:advice.shop@edinburgh.gov.uk); <https://www.edinburgh.gov.uk/benefits-grants/advice-shop>

**Citizens Advice Edinburgh:** specialises in welfare rights (benefits), debt, budgeting, employment, housing, energy, immigration, consumer rights and health. Online advice and support at <https://www.citizensadviceedinburgh.org.uk/get-advice> or ☎ 0131 510 5510

**Family and Household Support:** can offer support & advice with family relationships, parenting, mental health & well-being, employment and learning, housing options and neighbour disputes. Help with accessing food banks, debt, budgeting, welfare benefits, applying for grants, funding or furniture. [northwest.familyandhouseholdsupport@edinburgh.gov.uk](mailto:northwest.familyandhouseholdsupport@edinburgh.gov.uk); ☎ 0131 529 5014

**Granton Information Centre:** welfare benefits advice, debt/money advice, housing advice, foodbank referral, arranging charitable grants. This service covers North West Edinburgh: ☎ 0131 551 2459 or 0131 552 0458; <https://gic.org.uk/>

**The Welcoming Project:** Support, advice and activities for New Scots in Edinburgh. Including: learning English, health and wellbeing, digital support; befriending, social and cultural activities. <https://www.thewelcoming.org/activities/>, ☎ 0131 346 8577; [info@thewelcoming.org](mailto:info@thewelcoming.org)

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