



Welcome to our August Newsletter

This month's newsletter content

- Hailes Quarry Park
- Activities for Older Adults
- Out & About in South Edinburgh
- Oxfords Healthy Lifestyles
- Craigmillar Family Activities
- Community Gardening
- Specific Design Event

Hailes Quarry Park

Woodland activities



Thanks to the good weather we ran a very successful programme of outdoor activities in Hailes Quarry Park this summer. The programme of activity aims to increase the rates of outdoor recreation and to help build the skills and confidence of young people. This involved working with young carers and local families within the area.

We ran a woodland activity programme with The Big Project and an Owl display which enabled them to learn about and interact with nature. We had a mini highland games which we finished off with a ceilidh.

Outdoor ceilidh



Activities for Older Adults

Silent Disco at Spylaw Park with residents from St Margaret's Care Home



Everyone from St Margaret's Care Home enjoyed the silent disco activity at Spylaw Park, which was part of our ongoing programme of outdoor activities for older people. The aims of the programme are to get people more active and to reduce isolation. They mentioned *"working with ELGT over the past few months has helped to make this a very special summer for us"*. We were delighted that the Edinburgh News also picked up the story [here](#).

Out & About in South Edinburgh

Silent Disco in Moredun Woods



We had great fun at the summer sessions running a silent disco in Moredun Woods. It was attended by a mixture of ages that enabled everyone to get active in the outdoors. Some quotes from the participants included, *" Had a great time at the 2nd silent disco we have done with you in a week"*. *"Very good session today"*. We also ran a family fitness session at Valley Park Community Centre.

Gardening sessions at Goodtrees



Everyone got a chance to get dirty with our community growing sessions at the Moredun Allotments. It was an opportunity for people to find out what can be grown locally.

There will be a Bike Club starting on 31st August from Valley Park Community Centre for 9-12 year olds. Booking essential.

To find out about the activities see [here](#).

Oxgangs Healthy Lifestyles



Bird Walk in Redford Woods



We are developing a new Healthy Lifestyle project in Oxgangs with the aim being to support people through early interventions programmes which enhance mental health, wellbeing and resilience. One of our first activities was bird watching with our new walking group in Oxgangs. We met at Allermuir Medical centre and walked up along the burn.

We will also be running a healthy eating cooking course at Pentland Community Centre with Edinburgh Community Food on Friday mornings starting 24th August.

Craigmillar Family Activities



Forest Festival



The events in Craigmillar Castle Park continue to be successful. Recent events have included nature detectives a foraging guided walk and the massively popular Family Forest Event.

"Thank you for putting the event on, kids loved it as usual"

The recent events have attracted over 240 people along to the park. It has even reached a point where we are fully booked for some of the activities.

They have all provided a great opportunity for local people to get outdoors and learn more about the woods and nature. See [here](#) for the latest programme of activities.

Community Gardening

Spring Onions picked from the garden



Chopping carrots



We ran very successful healthy food cooking sessions at Drylaw Young Persons Centre. We made summer rolls from peas, carrots, spring onions, radish which were harvested from the garden at the centre. Everyone who took part really enjoyed it, and it was a fun social event for both the young people and the staff. A quote from one of the young people who took part was " *this is really fun I miss growing fruit and vegetables, I want to make a tofu stir fry next time*" We are of course going back in a couple of weeks to make a tofu stir fry, again with the veggies from their own garden.

Huge thanks to the key workers at Drylaw, whose enthusiasm and drive to make the garden a success there has helped make these cooking sessions possible.

We are also opening applications for our community garden grants on 28th August with a closing date of 28th Sept. For an application form contact [here](#)

To keep up to date see our [facebook](#)

Specifi Edinburgh Design Event

We will be at the next Specifi Design event on 5th September at the Assembly Rooms. The main speaker will be Martin Brown who will give his talk *Imagine Better: Welcome to the New Normal*.

Get your FREE pass to the event and connect face-to-face with over 100 fellow professionals in the centre of Edinburgh. Tickets are limited. Book now or miss out.

For more details and to book go to <http://www.specifi.co.uk/events/design-edinburgh/>

Upcoming Events

South Edinburgh Out & About Activities

- **Jogging Group, meet at Goodtrees Neighbourhood Centre on Fridays from 9am.** Friendly and sociable with health and fitness tips.
- **Allotment & Gardening Workshops at Goodtrees Neighbourhood Centre, Mondays from 12.30pm.** Join us each week for FREE lunch as a thank you for taking part.
- **Free Health talks at Kirkgate Café, 22nd & 27th August, 3pm to 4pm.** A series of talks about food and mood, physical activity for health and allergies, intolerances and Coeliac disease.
- **Bird Walk in Burdiehouse Burn Valley Park, Saturday 25th August from 11am.** Learn something new and meet new people.
- **Bike Club at Burdiehouse Burn Valley Park. Starts Friday 31st August from 1.30m pm to 3.30pm.** For ages 9-12 years. Booking essential.
- **Jogging Group, meet at Gracemount Medical Practice at 9.15am on Tuesdays starting 4th September.** Friendly and sociable with health and fitness tips.
- **Beginners Cooking Course, starts 7th September, 10am to 1pm.** 8 week course to learn how to make simple, healthy and tasty meals.

For more info on the latest events and activities see the Out & About [Facebook](#) page.

Craigmillar Castle Park Events

- **Bat Walk, Saturday 1st September, 8pm.** Join bat expert Graeme Wilson and discover the bats that call Craigmillar Castle Park their home.
- **International Peace Day, Thursday 20th Sept, 11am to 1pm.** Join us as we celebrate the day by connecting cultures and communities.
- **Wilderness Survival, Friday 28th Sept from 2pm to 3.30 pm.** Come along and learn about water purification and hut building.

For more info email ben@elgt.org.uk. For more info on the latest events and activities see the Craigmillar Castle Park [Facebook](#) page.

Other Events

- **Walking group in Oxbgangs, on Mondays at 10.30am.** Meeting at Allermuir Health Centre. Open to all.
 - **Beginners Cooking course for parents at Pentland Community Centre, starting Friday 24th August, 9.30am to 12 noon.** 6 weeks of cooking to learn how to make simple, healthy and tasty meals.
 - **Boxercise in West Pilton Park, starts Tuesday 4th September from 9am to 10am.** Meet at West Pilton Neighbourhood centre- booking essential.
 - **Walking group in West Pilton Park, starts Tuesday 4th September, from 10.30am.** Meet at West Pilton Park Neighbourhood Centre. Suitable for older people with long term health conditions.
 - **Outdoor family event at West Pilton Park, Sunday 9th September, 11am to 2pm.** Meet at the footprint for Art in the Park, Owl Magic and Circus skills.
-

For more details on any of our events, please visit www.elgt.org.uk or contact the office (info@elgt.org.uk; 0131 445 4025)

[Donate Online here](#)

Donate by text:

To give £10 Text ELGT01 £10 to 70070

To give £4 Text ELGT01 £4 to 70070
