



Welcome to our November Newsletter

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Hailes Quarry Park

Boardwalk built in 2017



New Path and information board to improve access and enjoyment



ELGT have been supporting the development of Hailes Quarry Park since 2006. In 2016 a beautiful wetland habitat was created in the park, then the following year a boardwalk and viewing platform were built so that park users could immerse themselves in this bio-diverse habitat. However, access was made difficult by the often-wet ground adjacent to the space, so we are delighted that with funding from [Paths for All](#), ELGT have built a new path which will make access easier and safer through the park enabling all users to enjoy all aspects of Hailes Quarry Park.

An information panel was also erected at the end of the path to inform local park users of the diverse species of flora and fauna which will thrive in this space -- such as the Pipistrelle bats which local park users were able to observe during an ELGT organised bat-walk last month. Further opportunities to engage with local wildlife will be offered at this end of the month in the form of a **bird walk, Friday 30th Nov at 1.30 pm**. If you would like to join us please contact Abby at: abby@elgt.org.uk or on 0131 445 4025.



Bulb Planting with Broomhouse Primary



This month also saw us host really successful bulb planting sessions with the Broomhouse Primary School nursery group and the Clovenstone Community Centre after-school club. As their teacher gleefully reported back to us, children as young as four "were able to tell the other children why there were holes and what they had planted and what they were going to grow into and when! Amazing ☐".

West Pilton Park

Boxercising is the best!



Bulb planting in the woodland.

Our regular and very popular **Tuesday morning (9-10 am) Boxercise** classes continue, with our participants getting stronger, fitter and building confidence with every session. What's even better? We're all having a great time doing it, get in touch with kim@elgt.org.uk if you'd like to get involved. Boxercise is followed by a walking group, accessible for older community members as well, which meets at **10.30 at the West Pilton Neighbourhood Centre**.

Earlier in the month we hosted a fun bulb-planting session with **Primary 7s** from Pirniehall primary school. A small woodland area in the corner of the park was cleared of litter before the children went in and did their best to plant as many bluebells and snowdrops as they could in 45 minutes! As it had not rained in a while, it was hard work getting the trowels into the tough soil, but hopefully the results will show in the spring.



Pirniehall EcoHub litter survey



Activities for older people

Walk through Pilrig Park



Hula at Lochend



Pentlands Walk

A committed team of young students from the Pirniehall 'EcoHub' have also been supporting us with ongoing litter surveys and bulb planting sessions on Friday Afternoon, so credit to them for taking initiative to regenerate their green spaces!

We've had a fantastic month with our two cheerful groups from the North Edinburgh Dementia Care Seagrove centre and the Fairmilehead Church dementia friendly singing group.

When the weather was better early in November we went for a lovely walk out in the sun through Pilrig house. The next week things got a bit more active as we brought the hula hoops along for a bit of fun at Lochend Park -- the hot chocolates were well deserved.

More recently we went for a beautiful walk in the Pentlands followed by a indoor crafts activity. We've had really positive feedback from both groups who relish the opportunities to engage in new activities and spend time outdoors. Carers at the Seagrove centre have reported a notable difference in participant's moods, who they say are visibly lifted and energised by the outdoor activities.



Our next activity will be a **festive wreath-making workshop on 5th December**. All of our Woodland Activities take place on Wednesdays at 2pm, please call Ruth or Abby (0131 4454025) if you would like to come along and reserve a space on the minibus.

Out & About in South Edinburgh

Digging over 100 holes!



Enjoying a hard-earned pic-nic snack.



Gentle exercise fun!



Autumn for ELGT involves a lot of bulb-planting, but few bulb-planting sessions match our recent achievements at St. Katherine's park. With the support of a fantastic inter-generational team of volunteers we were able to dig over a hundred holes for several hundred bluebells and daffodils. The sun was beaming and as one participant commented it was "such a joy to be together for some physical activity" -- indeed it was such a joy that members of the public passing by were inspired to join the effort. It was also great to see that a young girl participating used the experience as the basis for a school project on making a difference in the community. It was our first time collaborating with Friends of St. Katherine's park, and as they reported themselves "Wonderful partnership working between Friends of St Katharines Park and ELGT. Must do it again!"

At the Gilmerton Community Centre we have started a **programme of gentle, seated and standing exercise**. The group is based around the Community Centre's 60+ lunch club, but anyone who would benefit is welcome. This week everyone particularly enjoyed pulling funny faces to release tension in the neck and shoulders, as well as doing the Macarena to improve wrist mobility and grip strength! The sessions take place every **Tuesday until the 4th December from 2 until 2:45** and are **free to join**. For more information please contact kim@elgt.org.uk.

Over at Goodtrees Neighbourhood Centre we had a fabulous morning converting our beautiful produce from the autumn harvest into delicious food during our

Scone and soup-making with allotment harvest



soup and savoury scone -making workshop. We saw a lot of new faces and made a delicious, healthy meal from the very vegetables we grew together.

Upcoming South Edinburgh events:

- Jogging Group, meet at Goodtrees Neighbourhood Centre on Fridays from 9am. Friendly and sociable with health and fitness tips.
- Jogging Group, meet at Gracemount Medical Practice at 9.15am on Tuesdays. Friendly and sociable with health and fitness tips.
- Local residents advice event at Moredun Library, Thursday 29th November, 1pm -4pm. We will be there providing advice about healthy living.
- Silent Disco @ Libertus Christmas Fayre, 12-4 pm Sunday 2nd December, come join the fun, there will be crafts, Santa's Grotto and much more!
- REHIS Elementary Food Hygiene course, at Valley Park Community Centre, Mon 10th Dec 9:30-16:30. Organised by Edinburgh Community Food this is a great chance to develop professional skills.
- Christmas light night, at Goodtrees Neighbourhood Centre, 13th Dec, 5-8pm, there will be stalls, carol singing, a silent disco and much more!
- Festive chutney making workshop, Mon 17th Dec, 9:30am at Goodtrees Neighbourhood Centre. Pop in after school drop off for a cuppa before we start.
- REHIS Elementary Food & Health course at Valley Park Community Centre, Mon 17th Dec, 9.30am -16:30pm. Organised by Edinburgh Community Food this is a great chance to learn more about nutrition.

Save the date: South East Locality Networking Event, Wed 23 Jan, 2019. From 9:30-12:30pm at Faith Mission. This Who's Who event is a fantastic opportunity to meet other local organisations, if you would like a stall or to make a presentation, contact kim@elgt.org.uk

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

Craigmillar Castle Park

P7s from Castleview bulb planting

As part of an outdoor classroom day the pupils from Castleview primary got stuck into different activities at Craigmillar Castle Park. Abby took the P7s to plant some snowdrops while Ben organised a den building session with the P6s and Kim ran a hula hooping session with the P3s. They all got a chance to benefit from using this fantastic local greenspace.

Another installment of the very popular Foraging



Access

Parkour



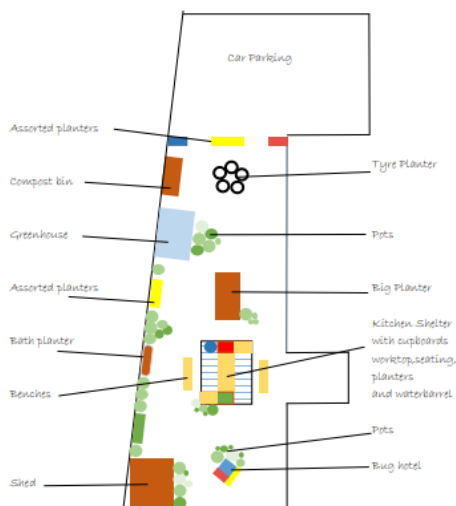
Upcoming Craigmillar Castle Park Events

- **Tree Dressing, Sat 1st Dec, 3.00-6.00pm**, meet at the adventure playground in the park. There will be lots of free activities and performances for the whole family.
- **Willow Wreath Making, Thursday 20th Dec 12.00-2.00pm** -- meet in Cafe at Craigmillar Library. Festive crafts in the run up to Christmas.
- **Winter Tree ID, Fri, 21st Dec 2.00pm - 3.30pm**, meet at adventure playground. Fun workshop trying to identify trees without their leaves.

For more info email ben@elgt.org.uk. For more info on the latest events and activities see the Craigmillar Castle Park [Facebook](#) page or have a look at our [programme](#).

Community Gardening

Garvald Workshops Garden



Our work with [Garvald](#), an organisation which supports adults with learning disabilities, is evolving as we help them revamp the outdoor space in their centre on Gorgie Road to facilitate more gardening and outdoor activities. Following several consultations with members of the organisation on how to improve the space we will start work next month with Scott Glendinning of Acorn Contracts to build a new shelter and work station. This will give users of the centre more space and better resources to continue the gardening, woodwork and outdoor activities they love.

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

Presentations and Community Outreach

Over the past month ELGT team members have given three very successful public presentations showcasing ELGT's work and ethos.

Abby gave a very well received presentation titled "Outside Now! Using Greenspace for Physical and Mental Wellbeing" to the Morningside [Justice and Peace Group](#). The Presentation explored the ways in which engagement with greenspace has been proven to enhance our well-being by encouraging natural and social connections; allowing us to engage in physical activity; exposing us to diverse sensory stimulation and enabling us to escape from the pressures of modern life. It then showcased how ELGT achieves this through its diverse engagement with young people, elderly people and communities more generally. The group feedback very positively, they "were very impressed at the range of work done by the trust" and really enjoyed the talk and following discussion.

Meanwhile our Chief Executive, Charlie Cumming and our Community Projects Officer Ruth Wyatt gave two excellent presentations at "[Places for Health: Creating Healthy, Vibrant and Safe Communities](#)" -- an event organized by [Holyrood Magazine](#). The event sought to explore how to improve Scotland's health by reducing inequality and empowering people in the context of the Scottish Government's recent report on [Public Health Priorities for Scotland](#). Charlie gave an overview of ELGT's work, highlighting how clearly our vision relates to these themes. Ruth then demonstrated how our work in South Edinburgh helps to improve the health and well-being of communities suffering from Scotland's stark health inequalities.

Other Events

- **Boxercise in West Pilton Park, Tuesdays from 9am to 10am, last one on the 4th Dec.** Meet at West Pilton Neighbourhood centre - booking essential.
- **Walking group in West Pilton Park, Tuesdays, from 10.30am, last one of on the 4th Dec.** Meet at West Pilton Park Neighbourhood Centre. Suitable for older people with long term health conditions.
- **Litter clearance and festive decorations in Harrison Park, Sunday 9th December from 10.30 to 2pm** - meet

by the diagonal path at West Harrison Park. clearing and decorating the park for the festive season.

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)

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