



Welcome to our October Newsletter

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Little France Park Opening

Ribbon cutting for new active travel route



Castleview bikeability group



Thank you to everyone who came along to help us open the active travel route at Little France. The new route is part of a £1.4m project to link up the new neighbourhoods as they come on stream to existing residential and employment areas. The project involves the development of a new park, providing opportunities for outdoor activities which will bring social and health benefits to the area. Councillor and Transport and Environment Convenor for the city of Edinburgh, Lesley McInnes sees the opening as "fantastic development for this rapidly evolving part of the city, which will not only encourage active travel but will open up a whole new area of parkland for local people". To find out more see [here](#).

North Edinburgh Cycleways

Bat walk along the route



We had a great turnout of over 200 people who came along to the bat walk along the North Edinburgh Cycleways.

We have also been busy carrying out some conservation work along the route with the help of local volunteers including a group from Wood MacKenzie.

Branching Out

Bird Box making in Carberry Woods



We have recently finished our latest programme of Branching Out which involved taking service users with mental health issues from Cambridge Street House out to Carberry Estate in East Lothian. The programme ran for 12 sessions which included Tai Chi, leaf printing, bird watching, making bird boxes and shelter making. It also involved visits to Redhall Walled Garden and to John Muir's birthplace at Dunbar. It finishes off with a celebration event where the participants are given the John Muir Award. The programme has helped participants feel more confident about themselves.

Activities for older people

Pentland walk with the Allermuir Group



Our walking group from Allermuir enjoyed a lovely trip to the Pentland Hills. It provided a great opportunity to discover outdoor places with new friends and reconnect through some therapeutic Tai Chi!



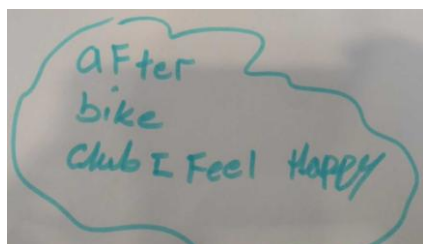
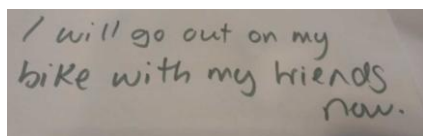
Our **programme of Dementia friendly Woodland Activities** in the Hermitage of Braid continues with a walk through the Mortonhall Arboretum on November 7th, a bush-craft session where we will cook on an open fire on the 21st of November and finally a festive wreath-making workshop on December 5th. All of our Woodland Activities take place on Wednesdays at 2pm, please call Ruth or Abby (01314454025) if you would like to come along and reserve a space on the minibus.

Out & About in South Edinburgh

Bike Club at Burdiehouse Burn



Feedback from the Bike Club



Jam and Scone workshop at Goodtrees



Silent-disco litter picking in Moredun

Having brought many community members out and enjoying greenspaces over six weeks, the popular Bike Club run in partnership with MyAdventure has come to an end. Seventeen children were involved many of whom learnt to ride for the first time. Some gained such confidence that after conquering their local park they have set their sights on "Ben Nevis" and the "Himalayas"!

The end of Bike Club coincided with the Moredun Walking & Cycling Festival which was organised by lifelong learning worker Tom Scott, a perfect opportunity to celebrate new skills and passion for active travel.

It was harvest time at the Moredun community allotment where plenty of potatoes, kale, courgettes and more were harvested. The area is also surrounded by wild blackberry brambles which had a bumper crop following the warm summer. They were picked by the community over the past weeks and then transformed into delicious jam by the local families at Goodtrees Neighbourhood Centre.

Our silent disco clean-up around Moredun was a huge success. A big group of all ages had a fantastic afternoon dancing and cleaning up their local environment – who knew litter-picking could be so fun!



Upcoming South Edinburgh events:

As winter approaches we will be organising some cosier activities, such as bulb planting at Gracemount, Moredun and Southhouse over the next month as well as a cooking programme at either Valley Park or Goodtrees community centres and yoga classes at Goodtrees. For those that can brave the frostier temperatures, the jogging groups at Valley park and Moredun will continue through the winter months.

- **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.
- **Jogging Group, meet at Gracemount Medical Practice at 9.15am on Tuesdays.** Friendly and sociable with health and fitness tips.
- **REHIS Elementary Food Hygiene course, Friday 9th November from 9.30 to 4.30pm. Libertus in Gracemount.** Learn new skills for the workplace and the home. Book your place through admin@edinburghcommunityfood.org.uk

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

Craigmillar Castle Park

Photo courtesy of



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Sustrans

ELGT continues to support a variety of educational activities to promote the use and conservation of the magnificent woodlands of Craigmillar Castle Park.

The main event this month was without a doubt the 'Circus of Lights' glow parade on Wednesday 24th October. ELGT facilitated this exciting event which brought the community together to enjoy the park and travel paths in a spectacular way. Working with [Think Circus](#) and funded by [Sustrans' ArtRoots Fund](#) for community arts on the National Cycle Network, local families had been building giant fairy-tale themed lanterns and learning glow circus routines at Sandys Community Centre and Bridgend Farmhouse. These were performed in a parade across Craigmillar Castle Park and the Innocent Railway Cycle Path. The event had a fantastic response, over 80 people of all ages engaged in this luminous spectacle which was also enjoyed by members of the public in Craigmillar.

Sustrans

The end of October through to mid-November will also see us organise survival workshops, foraging walks, parkour classes and bulb planting.

Sustrans



Upcoming Craigmillar Castle Park Events

- **Wilderness Survival Sunday 28th Oct 2.00pm - 3.30pm**, meet at the adventure playground in the park. Come along and learn about water purification and hut building.
- **Access Parkour Friday 2nd November, 2.00pm - 3.30pm**, meet at the adventure playground in the park. Learn or improve your Parkour skills with physical movement coaching by Access Parkour.
- **Bulb Planting Sunday 11th Nov 1.00pm - 3.00pm**, meet at the adventure playground in the park. Wild flower planting in the park.
- **Foraging Guided Walk Friday 23rd Nov 2.00pm - 3.30pm**, meet at the adventure playground in the park. Workshop on local edible and medicinal plants.

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

Clean up the garden ahead of winter



Keeping things light-hearted!



Bulb planting with Deaf Action

Autumn is a bountiful time for community gardening, the brambles, apples and pears harvested were transformed into delicious crumbles and other treats at the Drylaw community centre garden and Slateford Greens Partnership garden.

This month has also seen us prepare gardens such as [Action Group's](#) allotment on Leith Links, for the winter. Everyone had a great time out in the sun planting winter veg such as leeks and kale and making sure the garden is in good order for next spring.

Meanwhile at [Deaf Action](#) we were able to spruce up the chill out zone by planting some lovely bulbs, giving participants a much-appreciated opportunity to engage with nature and beautify their surroundings.

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



Davidson's Mains Park

Searching for bats!



Our final and very successful Bat Walk of the season was attended by 143 people at Davidson's Mains park. These informative urban safaris are led by local bat specialist [Graeme Wilson](#), to whom we are very grateful and hope to continue working with.

Keep your eyes peeled for upcoming events in this beautiful park including an autumn bulb planting session. For more information about the park you can visit the [Friends of Davidsons Mains website](#).



Consultations on Parks and Forestry

Annual Review of Major Events in Edinburgh Parks 2017/2018

Take part in a survey to provide feedback on how effectively events are being managed in local parks. The survey closes on **2nd November** so you will have to be quick.

See [here](#) for a link to the survey

Edinburgh parks play host to a huge array of events every year but we need to ensure that the quality of the parks and greenspace's across the city are maintained to the highest possible standard.

Scotland's Forestry Strategy 2019-29

Have your say on the next 10 year forestry strategy which provides a framework for action to help achieve a 50 year vision for Scotland's woodlands and forests. The consultation closes on **29th November** so there is still plenty of time to make a comment on the vision, objectives and priorities.

See the link [here](#) for more information and survey.

Forests and woodlands are located across Scotland which serve both rural and urban communities. They are valuable natural assets, providing a range of benefits which support sustainable and inclusive economic growth, sustain livelihoods, enhanced our environment and improve people's quality of life and well being.

Other Events

- **Allermuir Walking group, on Mondays at 10.30am.** Meeting at Allermuir Health Centre. Open to all.
- **Boxercise in West Pilton Park, Tuesdays from 9am to 10am.** Meet at West Pilton Neighbourhood centre- booking essential.
- **Walking group in West Pilton Park, Tuesdays, from 10.30am.** Meet at West Pilton Park Neighbourhood Centre. Suitable for older people with long term health conditions.

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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