



As we start to begin the easing of the lockdown ELGT are well underway in the planning of how we will be able to deliver some outdoor engagement activities safely, and within the Scottish Government guidelines. We anticipate further relaxation of the social distancing guidelines to be relaxed over the coming weeks and hope to be able to start site activity shortly afterwards and we are making plans to reopen the office when it is safe to do so towards the end of the summer. Our popular online activities will be continuing for the foreseeable future as there are still many people who are in isolation or anxious about venturing outdoors to use their local greenspaces. ELGT are still encouraging people to stay local and visit their nearby valuable and much appreciated greenspaces.

If there is anything else you think we could do, or if you would like to discuss things further, then please do not hesitate to get in touch through our [contact](#) page.

In this newsletter...

This edition of the newsletter will cover recent activity from;

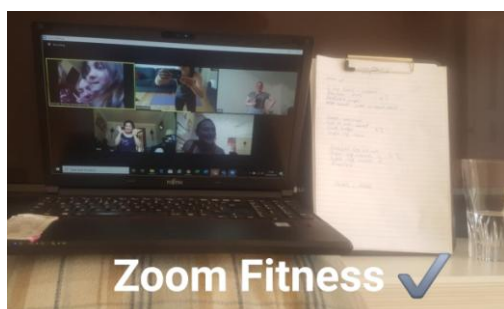
- Shale Trail Walk
- Healthy Lifestyle Activities
- Online Family Activities
- Tree Time

Shale Trail Walk



As part of the new Shale Trail project in West Lothian we have developed a walking route through [Komoot](#). The route is 3.48km long and should take approximately 35 mins. It takes in some of the local heritage sites including cottages built in 1890. To find out more about the project see [here](#)

Healthy Lifestyle Activities



The fitness roadshow has now moved to Oxfangs where the team were joined by lots of local people including the staff at [Bib & Tucker](#). They have been bringing joy to people that are still isolated. The response has been great with people now looking forward to it each week. *"Great fun today.. well done ladies"*

We are very excited to be launching our new Zoom exercise programme which is aimed at older adults and those with long-term health conditions. This will offer people the chance to be more social and take part in very gentle and appropriate moves, making them more mobile and lifting the mood. We will have a catch-up and a refreshment together afterwards too.

To help get people into gardening, we sent out packs of seeds and compost to the families that have requested them with help from [Goodtrees Neighbourhood Centre](#). It is a great way to get the kids involved in growing and experimenting with something they can eat. Also it grows really quickly so the kids can see it coming up after only a few days. The online sessions have helped show people how to sow the seeds which has gone down well as people are starting to see the fruits of their labour. *"Mine are coming on nice too. The chives are just starting to show, the coriander is too"*

Our virtual chats are continuing to help people stay connected and supported. Everyone is welcome at our chats and have received positive feedback from people that have joined in.

All live activities are saved on our facebook [page](#)

Upcoming Online events:

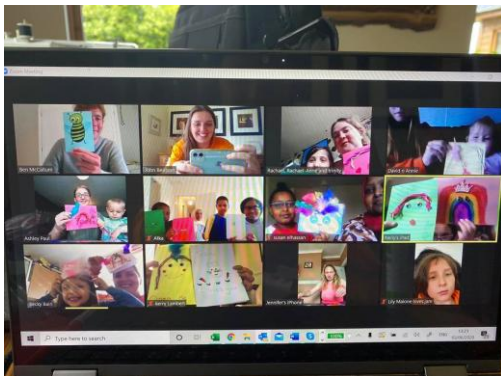
- Get Fit at Home Live, each Monday and Wednesday at 11am. Various exercise regimes, easy to do and fun for all - suitable for indoors or garden space.
- Virtual catch up & cooking activity, Tuesdays at 11am. A chance to ask questions on simple cooking.
- Gentle exercise Online, Wednesday at 10am. To join our classes all you have to do is contact us and we will arrange the connection with zoom. Help can be offered if there are any problems accessing. Contact kim@elgt.org.uk or call 07795070585.
- Gardening activities live & virtual catchup, Thursdays at 3pm. A chance to ask questions about gardening.
- Fitness Roadshow, Fridays 9am. See us in action delivering gentle fitness in the streets.
- Gentle Exercise & Stretching Live, each Friday at 11am, suitable for older adults and those wishing to take things down a pace whilst strengthening up
- Healthy eating talks, Fridays at 1-2pm. To sign up email cmantle@edinburghcommunityfood.org.uk

Online Family Activities



We're absolutely delighted to have received funding from the Wellbeing Fund to work alongside [Sandys Community Centre](#), [Goodtrees Neighbourhood Centre](#) and [Craigmillar Community Grows](#) to provide an 8 week online activity programme with local families. We have put together and dropped off activity packs and online devices to local families so they can participate.

So far our activities have involved making some very creative clay creatures and some cards to go out to the local community. It has been well received. *"Had a great time, looking forward to the coming weeks and it's great being able to connect. Hopefully soon, we will all be together"*



We've also teamed up with [Craigmillar Community Grows](#) who have produced this wonderful map. It contains some suggested walking routes for anyone that would like to go on a bit of an exploration! These will be available on postcards, so if anyone would like one just let us know.

To keep up with the different posts then follow the Craigmillar facebook [page](#)



Tree Time



We have been out watering the new trees that the Trust recently planted in Lutton Place which are looking good, even with the dry weather. Any help in looking after them would be greatly appreciated. There are still lots of opportunities to help look after Edinburgh's trees including gift donations by going to the Tree Time [website](#)

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