

# Lothians Veterans Calendar June '18



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Edinburgh Veterans Walking Group</b> Contact Marc Hutton Marchutton @btinternet.com	<b>Thistle Men's Shed</b> Every Monday and Wednesday 11.00-16.00	<b>Military Museum Scotland</b> Drop-in every Tues, Wed, Fri, Sat & Sun. From 10.00-15-00	<b>Thistle Men's Shed</b> Every Monday and Wednesday 11.00-16.00	<b>Veterans Café, The Stafford Centre,</b> Yoga every Thursday 18:45 to 20:15	<b>1 Lothians Veterans Centre, Dalkeith</b> Bacon Roll Morning 10:30 – 12:00 Followed by Forth Cruise	<b>2 East Lothian Breakfast Club</b> Ravelston House, Musselburgh, 10:00 for 10:30 £5
3	<b>4 Veterans Café,</b> 1-2-1 Chaplaincy counselling 12:00 to 18:00	5	<b>6 Veterans Café, The Stafford Centre,</b> 18:00 to 21:00	<b>7 Veterans Café, The Stafford Centre,</b> Yoga every Thursday 18:45 to 20:15	<b>8 LVC</b> Bacon Roll Morning 10:30 – 12:00	9
10	<b>11 Veterans Café,</b> 1-2-1 Chaplaincy counselling 12:00 to 18:00	<b>12 LVC - 5-a-side football</b> Saltire Soccer Centre, Newtongrange 19:00	<b>13 Veterans Café, The Stafford Centre,</b> 18:00 to 21:00	<b>14 Veterans Café, The Stafford Centre,</b> Yoga every Thursday 18:45 to 20:15	<b>15 LVC</b> Bacon Roll Morning 10:30 – 12:00	<b>16 Mid Lothian Breakfast Club</b> Elginhaugh Farm 10:00 for 10:30 £5
17	<b>18 The Thistle Centre</b> "Grub, Games 'n' Gym" 11:00 to 13:00 <b>Veterans Café,</b> Chaplaincy	19	<b>20 Veterans Café, The Stafford Centre,</b> 18:00 to 21:00	<b>21 Veterans Café, The Stafford Centre,</b> Yoga every Thursday 18:45 to 20:15	<b>22 LVC</b> Bacon Roll Morning 10:30 – 12:00	23
<b>24 LVC Armed Forces Day Football Festival &amp; Family Fun Day</b> Kings Park Dalkeith <b>Military Museum Scotland</b> Breakfast Club. 09:00 - 11:30 £5	<b>25 Veterans Café,</b> 1-2-1 Chaplaincy counselling 12:00 to 18:00	<b>26 All events and services are free to Veterans unless otherwise indicated (£)</b>	<b>27 R R</b> Rock to Recovery Napier, Sighthill <b>Veterans Café, The Stafford Centre,</b> 18:00 to 21:00	<b>28 R R</b> Rock to Recovery 3 day mental health surgery at Napier Sighthill 27 to 29 June	<b>29 R R</b> Rock to Recovery 3 day mental health surgery at Napier Sighthill 27 to 29 June <b>LVC BRM 10:30 – 12:00</b>	<b>30 Edinburgh Veterans Breakfast Club</b> The Foxy Fiddler, Morrison Street 09:30 to 11:30 £5

## Helplines

Veterans' Gateway: 0808 802 1212

Combat Stress: 0800 138 1619










Forcesline: 0800 731 4880

Soldiers of the Street: 01698 427195

to have your events included email [bruce.smith@lothiansveteranscentre.org.uk](mailto:bruce.smith@lothiansveteranscentre.org.uk)

# Lothians Veterans Calendar June '18



	Address and contact telephone	Website and contact email	Core Services
	Normal Venue: Ravelston House, Musselburgh	East Lothian Breakfast Club on Facebook	Breakfast Club, 1 <sup>st</sup> Saturday of month
	Normal Venue: The Foxy Fiddler, 192 Morrison St. Edinburgh EH3 8EB Contact: Gary Loutitt 07876356605	Edinburgh City Breakfast Club on Facebook	Breakfast Club, last Saturday of month
	Normal Venue: The Elginhaugh Farm, 9 Gilmerton Road, Lasswade, EH18 1AZ Contact: Keith Paterson 07741 193919	Midlothian Armed Forces & Veterans Breakfast Club on Facebook	Breakfast Club, 3 <sup>rd</sup> Saturday of month
	11 Eskdail Court, Dalkeith, EH22 1AG Contact: Steven Williams 0131 660 5537	<a href="http://www.lothiansveteranscentre.org.uk">www.lothiansveteranscentre.org.uk</a> contact@lothiansveteranscentre.org.uk	Support for Veterans and families Drop-in Centre, 10:00 to 16:00 Mon to Fri Support with Employability, Further Education, Housing and Benefits, Health & Wellbeing, or just a brew and a blether! By appointment or drop-in
	Legion Hall, Louis Braille Avenue, Wilkieston, West Lothian EH27 8EJ 07799565243	Military Museum Scotland on Facebook milmussco@aol.co.uk	The O Group Veterans Drop-in Tues, Wed, Fri, Sat & Sun. From 10.00-15.00  Breakfast Club, last Sunday of month
	c/o Napier University Sighthill Campus 9 Sighthill Court, Edinburgh EH11 4BN 01395 220072	<a href="http://www.rock2recovery.co.uk">www.rock2recovery.co.uk</a> jamie@rock2recovery.co.uk	Mental Health Support, based in Devon but providing a monthly 3 day surgery in partnership with Napier University
	The Stafford Centre, 103 Broughton St. EH1 3RZ Contact: Keith McKenzie 07764 765291	Website coming soon cianroanf8@hotmail.co.uk	Veterans Café every Wednesday evening, Tai Chi 18:30 to 19:15 Meditation 19:15 to 20:00 Monday 1-2-1 counselling 12:00 to 18:00 Thursday yoga 18:45 to 20:15
	The Thistle Centre, 13 Queen's Walk, Edinburgh EH16 4EA Claire Cumming or Scott Duncan 0131 661 3366	<a href="http://www.thistle.org.uk/looking-for-support/adjustto-civvy-street">www.thistle.org.uk/looking-for-support/adjustto-civvy-street</a> <a href="mailto:Claire.Cumming@thistle.org.uk">Claire.Cumming@thistle.org.uk</a> or <a href="mailto:Scott.Duncan@thistle.org.uk">Scott.Duncan@thistle.org.uk</a>	Regular Veterans Lifestyle Management Programmes Men's Shed Mondays and Wednesdays 11:00 to 16:00
	Floor K, Argyle House, 3 Lady Lawson Street Edinburgh EH3 9DR 0131 220 9920	<a href="http://www.veteransfirstpoint.org.uk">www.veteransfirstpoint.org.uk</a> V1P.Scotland@nhslothian.scot.nhs.uk	NHS Mental Health Service General support

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