

Lothians Veterans Calendar OCTOBER '17







Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Thistle Foundation - Veterans Lifestyle Management Short Course Day 1 13:00 – 15:30	3 V1P Music Group 14:00 to 15:00	4 Veterans Café, The Stafford Centre, 18:30 to 21:00 Tai Chi 18:30 to 19:15 Meditation 19:15 to 20:00	5	6 Lothians Veterans Centre, Dalkeith Bacon Roll Morning 10:30 – 12:00	7 East Lothian Breakfast Club The Gothenburg Bar, Prestonpans 09:30 to 11:30 £5
8	9 Lothians Veterans Centre - Emergency 1 st Aid at Work (EFAW) 09:15 – 16:30 <i>Thistle Lifestyle Mgt Day 2</i> 13:00 – 15:30	10 LVC - 5-a-side football The Saltire Soccer Centre, Mayfield Industrial Estate, Newtongrange 19:00 V1P Music Group 14:00 to 15:00	11 Veterans Café, The Stafford Centre, 18:30 to 21:00 Tai Chi 18:30 to 19:15 Meditation 19:15 to 20:00	12 Lothians Veterans Centre – Veteran’s Café Pennypit Centre, Prestonpans 18:30 – 20:30	13 Lothians Veterans Centre, Dalkeith Bacon Roll Morning 10:30 – 12:00	14 Livingston Breakfast Club Almondvale Stadium, Alderstone Rd, EH54 7 Livingston, West Lothian 09:30 to 11:30 £5
15	16	17 V1P Music Group 14:00 to 15:00	18 Veterans Café, The Stafford Centre, 18:30 to 21:00 Tai Chi 18:30 to 19:15 Meditation 19:15 to 20:00	19	20 Lothians Veterans Centre, Dalkeith Bacon Roll Morning 10:30 – 12:00	21 Edinburgh Veterans Breakfast Club The Foxy Fiddler, Morrison Street 09:30 to 11:30 £5
22	23 SPECIAL EVENT – Veterans Residential Working Retreat 23rd - 27th October. Samye Ling, Eskdalemuir, Contact Keith McKenzie for details 07764 765291 cianroanf8@hotmail.co.uk	24 V1P Music Group 14:00 to 15:00	25 Veterans Café, The Stafford Centre, 18:30 to 21:00 Tai Chi 18:30 to 19:15 Meditation 19:15 to 20:00	26 Lothians Veterans Centre – Veteran’s Café Pennypit Centre, Prestonpans 18:30 – 20:30	27 Lothians Veterans Centre, Dalkeith Bacon Roll Morning 10:30 – 12:00	28
29 Breakfast Club Military Museum Scotland, Wilkieston 09:30 – 11:30 £5	30	31 LVC Walking Group Roslin Glen 09:30 – 12:30 V1P Music Group 14:00 to 15:00	All events and services are free to Veterans unless otherwise indicated		It is advisable to double check event details in advance and helpful for organisers to predict numbers attending	 The next Edinburgh Rock2Recovery surgery will be November 1 st to 3 rd

To have your events included in the calendar email bruce@lothiansveteranscentre.org.uk

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	Address and contact telephone	Website and contact email	Core Services
	Normal Venue: The Gothenburg Bar, High St Prestonpans, EH32 9BE	East Lothian Breakfast Club on Facebook	Breakfast Club
	Normal Venue: The Foxy Fiddler, 192 Morrison St. Edinburgh EH3 8EB Contact: Gary Loutitt 07876356605	Edinburgh City Breakfast Club on Facebook	Breakfast Club
	Sighthill Campus, 9 Sighthill Court, Edinburgh EH11 4BN Contact: Gary Seath 0131 455 3214	www.napier.ac.uk/study-with-us/armed-forces G.Seath@napier.ac.uk	Education advice for current, ex service personnel and families
	11 Eskdail Court, Dalkeith, EH22 1AG Contact: Steven Williams 0131 660 5537	www.lothiansveteranscentre.org.uk 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	Veterans Drop-in every Wednesday 10:00 to 12:00 Breakfast Club, last Sunday of month
	c/o Napier University Sighthill Campus 9 Sighthill Court, Edinburgh EH11 4BN 01395 220072	www.rock2recovery.co.uk 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
	The Thistle Centre, 13 Queen's Walk, Edinburgh EH16 4EA Contact: Claire Cumming 07471030957	www.thistle.org.uk/looking-for-support/adjust-to-civvy-street Claire.Cumming@thistle.org.uk	Regular Veterans Lifestyle Management Programmes Men's Shed Mondays and Wednesdays 13:00 to 16:00
	Floor K, Argyle House, 3 Lady Lawson Street Edinburgh EH3 9DR 0131 220 9920	www.veteransfirstpoint.org.uk V1P.Scotland@nhslothian.scot.nhs.uk	NHS Mental Health Service General support

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