

# CRAMOND FOR THE ELDERLY

## ALMOND MAINS INITIATIVE



Available: - Lunch clubs and day services cater for people over 65 who are frail, have difficulty with mobility or a disability or health condition which limits their access to social opportunities. The club is unable to meet the needs of people with dementia or those who require specific personal care.

Venue - Cramond Kirk Halls, Cramond Glebe Road,  
Edinburgh, EH4 6NS

Cost - £7.50

Contact Name - Rebecca Kennedy

Phone - 336 2082 or 07553 365100

## THE MONDAY CAFE



Available : The Monday Cafe welcomes anyone with dementia & their carers. Lunch, teas & coffees are available as well as support, information & plenty of chat.

Time : 1 pm - 3 pm (1<sup>st</sup> Monday of every month)

Venue : Cramond Kirk Halls, Cramond Glebe Road, Edinburgh, EH4 6NS

Cost - Free

Contact Name - Patricia Eason

Phone - 0131 662 1204

E-mail - [patricia.eason@virgin.net](mailto:patricia.eason@virgin.net)

**STEADY STEPS  
FALLS PREVENTION  
IMPROVE BALANCE, STRENGTH AND CONFIDENCE**



Available: Physical Activity referral programme in partnership with Edinburgh Health and Social Care partnership and NHS Lothian. Supported by City of Edinburgh Council. All sessions delivered by a Postural Stability Instructor. Speak to your Health Professional for referral.

Time: Every Monday 12.15 pm - 1 pm

Venue: Cramond Kirk Halls

Cost: £1 (with refreshments)

Contact Name: Amy Fastier

Phone: 0131 458 2260

E-mail: [active@edinburghleisure.co.uk](mailto:active@edinburghleisure.co.uk)

# GENTLE YOGA FOR OLDER WOMEN



Available: Gentle Yoga for Older Women

Time : Mondays 8 pm - 9.30 pm

Wednesdays 11 am - 12.30 pm

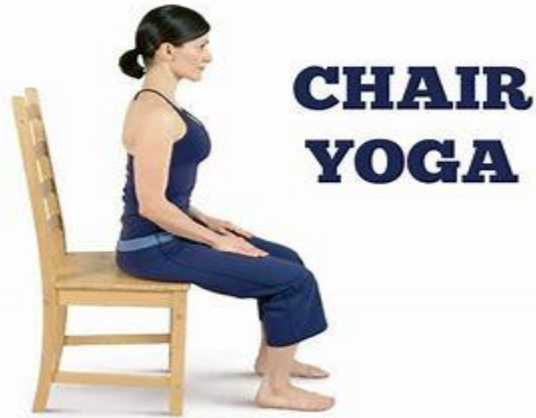
Venue : Cramond Kirk Halls, Cramond Glebe Road, Edinburgh,  
EH4 6NS

Cost - £9

Contact Name - Ulla Lorriman

Phone - 0131 336 3584

E-mail - ulla.lorriman@blueyonder.co.uk



Available: Improve flexibility, strength and good health. Classes available for the young at heart, beginners of any age, weight and level of fitness.

Time : Fridays 11 am - 12.30 pm

All ages - Mondays 3.30 pm - 4.30 pm

Venue : Cramond Kirk Halls, Cramond Glebe Road, Edinburgh, EH4 6NS

Cost -

Contact Name - Caroline Finlay

Phone - 0131 336 3584

E-mail -

YOGA WITH CAROLINE

Available: Improve flexibility, strength and good health. Classes available for the young at heart, beginners of any age, weight and level of fitness. Drop in wearing loose comfortable clothing, blocks, straps and blankets will be provided.

Time : Mondays 3.30 pm - 4.30 pm  
Wednesdays 9.30 am - 10.30 am

Venue : Cramond Kirk Halls, Cramond Glebe Road, Edinburgh  
EH4 6NS

Phone - 07754 477826 or simply turn up

# BARNTON AND CRAMOND COMMUNITY CLUB



Available: Meet with other people, hear guest speakers.

Time : 2pm meetings on alternate Thursdays from October to April

Venue - Cramond Kirk Halls, Cramond Glebe Road, Edinburgh EH4 6NS

Cost - Annual subscription of £15

Contact Name - Jeannette Scholes

Phone - 0131 336 4633

# THE BRIDGE CLUB



Available: Meet friends and make new friends playing bridge.

Time - Tuesdays 1.15 pm - 4.15 pm

Venue : Cramond Kirk Halls, Cramond Glebe Road, Edinburgh EH4 6NS

Cost - Annual subscription

Contact Name - Patricia Eason

Phone - 0131 662 1204

E-mail - patricia.eason@virgin.net or  
rosina.archibald@gmail.com





Available - Pilates helps improve posture, muscle tone, flexibility, balance and relieve stress and tension. Suitable for men and women of all ages. Pilates is safe and effective. It involves gentle low-impact flowing movement.

Venue - Cramond Kirk Halls, Cramond Glebe Road, Edinburgh EH4 6NS

Cost - £11 (single) or £60 for a six-class pass

Contact - Jane Robson

E-mail - [janerobson11@gmail.com](mailto:janerobson11@gmail.com)

Time - Mondays 10 - 11 am & 11 am - 12 noon

# The Community Choir



Available : Community Singing

Time : Tuesdays 7.30 pm - 9.00 pm

Venue : Cramond Kirk Halls, Cramond Glebe Road, Edinburgh  
EH4 6NS

Cost : Annual subscription of £50

Contact : Ian Huggan

E-mail : [ianhuggan@blueyonder.co.uk](mailto:ianhuggan@blueyonder.co.uk)

# The Wednesday Club



Available : A variety of topical talks. Catch up with friends and meet new members.

Time : 7.30 pm - 9.30 pm

Alternate Wednesdays from October to April

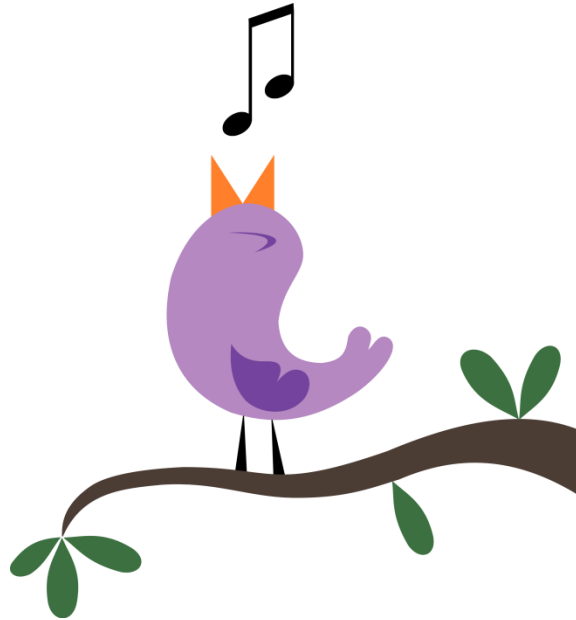
Venue : Cramond Kirk Hall, Cramond Glebe Road, Edinburgh  
EH4 6NS

Cost :

Contact : Olive Glencross

E-mail : [oliveglencross@gmail.com](mailto:oliveglencross@gmail.com)

# SING FOR FUN



Available : Come and join us for some light hearted singing. Rounds, harmonies and much more. All welcome, no auditions. Tea and Coffee provided

Time: Every Thursday 2 pm - 3.30 pm



Venue: Venue : Cramond Kirk Hall, Cramond Glebe Road, Edinburgh EH4 6NS

Cost : £7.00

Contact: [janrenton@hotmail.com](mailto:janrenton@hotmail.com)

# TAI CHI



Available : Tai Chi

Time : 10 am - 11 am every Thursday

Venue : Cramond Kirk Hall, Cramond Glebe Road, Edinburgh  
EH4 6NS

Cost : TBA

Contact : John Ward

Phone : 0131 334 3413

# YOGA FOR MEN

Carl Roderick

Teacher of Hatha and Kriya Kundalini Yoga



Available: Core Strength - Flexibility - Good Health -  
Breathing - Postures - Meditation - Beginners Welcome

Time : 6:30 pm to 7:30 pm

Venue : Cramond Kirk Hall, Cramond Glebe Road, Edinburgh  
EH4 6NS

Cost : £10 per class or £50 for 6 classes - mats provided

Contact Name : Carl Roderick

Phone : 07954 490258

# RESOURCES

## City of Edinburgh Council

### Help to live at home

Click on any of the below

#### Care and support at home

Help with personal care, preparing and eating meals, cleaning, laundry, gardening and repairs

#### Equipment for your home

Order grab rails, hand rails and banisters to help you live at home.

#### Alarms and monitors

Find out about devices to help you keep safe in your home

#### Choosing a home care provider

How to find and choose your own home care provider

#### Adults and older people

- Day care and support
- Dementia and Alzheimer's
- Dementia friendly Edinburgh
- Falls prevention advice

**DIAL A RIDE- Tel 447 9949**

**DIAL A BUS - Tel 447 4718**



**Dial-A-Ride provides a  
door-through-door transport  
service for people with  
limited mobility**

**CLICK THE LINK**

<http://www.hcltransport.org.uk/>



# TAXICARD



**CLICK THE LINK**

[http://www.edinburgh.gov.uk/info/20088/public\\_transport/359/taxicard](http://www.edinburgh.gov.uk/info/20088/public_transport/359/taxicard)

# DISABLED PARKING PERMIT

## BLUE BADGE SCHEME



The Blue Badge scheme supports people who cannot easily get around by helping them park closer to their destination. Blue Badges are also known as disabled parking permits.

**CLICK THE LINK**

<https://www.gov.uk/blue-badge-scheme-information-council>

**NEED SOMETHING REPAIRED?**



**TEL 337 1111**

**CLICK THE LINK**

<https://www.careandrepaiiredinburgh.org.uk/>

**ASSISTED WHEELIE BIN SERVICE  
HELP TO BRING OUT BINS**



**TEL 337 1111**

**CLICK THE LINK**

**[http://www.edinburgh.gov.uk/info/20001/  
bins\\_and\\_recycling/1172/request\\_an\\_assi  
sted\\_bin\\_collection](http://www.edinburgh.gov.uk/info/20001/bins_and_recycling/1172/request_an_assisted_bin_collection)**

# RENEW YOUR BUS PASS

Tel 200 2351

**CLICK THE LINK**

<https://www.mygov.scot/older-persons-bus-pass/>

\* \* \* \* \*

# DO YOU NEED A KEYSAFE?

**CLICK THE LINK**

<https://www.argos.co.uk/product/8033653?CMPID=BPLA>

# THE KIRK VISITING TEAM



Available: A visit by our Kirk team member which offers companionship and signposting to relevant organisations where appropriate.

Contact: Kathleen Malone

Tel: 539 6881

Email: [KAMalone23@hotmail.com](mailto:KAMalone23@hotmail.com)

# PHONELINK



A free city wide service run by the City of Edinburgh Council which calls twice a day to make contact with you. Available to any elderly person who requires a reassuring call. Available by referral at your surgery or personal contact.

**Tel : 510 6930**

**Click the link**

<https://caringincraigmillar.co.uk/>

# HOME HAIRDRESSER



**HAZEL HAMILTON**

**Tel : 07917 108242**





Finding the care you require

CLICK THE LINK

<https://you.caresourcer.com/care-requests/new/care-type>

## **EDINBURGH CARE HOMES**

**CLICK THE LINK**

**[https://www.carehome.co.uk/care\\_search\\_results.cfm/searchcounty/City-of-Edinburgh](https://www.carehome.co.uk/care_search_results.cfm/searchcounty/City-of-Edinburgh)**

## **EDINBURGH COUNCIL DIRECTORY OF RESIDENTIAL AND NURSING HOMES**

**CLICK THE LINK**

**[https://www.edinburgh.gov.uk/directory/34/care\\_homes-residential\\_and\\_nursing](https://www.edinburgh.gov.uk/directory/34/care_homes-residential_and_nursing)**

DAYS OUT

<https://vintagevibes.org.uk/>

[Afternoon Tea Tours \(Edinburgh\) - 2019](#)

## LOCAL CARE

### Queens Manor Care Home

<https://www.barchester.com/home/queens-manor-care-home>

Tel : 339 9653

### Cramond Residence

<http://cramondresidence.co.uk/contact-us/>

Tel : 336 1064

### Home Help Me Care

Tel : 467 4212

### Assisted Living (Lyle Court)

**Tel : 0345 556 4121**