

# Lothians Veterans Calendar August'18



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Edinburgh Veterans Walking Group Most Sundays Contact Marc Hutton 07954702906</p>	<p> August's Rock2Recovery surgery will take place at Napier Uni, Sighthill 1 to 3 August</p>	<p>For info on the LVC fishing group, contact Rab Rowan 07850 674222</p>	<p> 1 <b>LVC Fishing Group</b> Meet at LVC 10:30 (£5) <b>Veterans Café</b>, The Stafford Centre, 18:00 to 21:00</p>	<p> 2 <b>Veterans Café</b>, The Stafford Centre, Yoga every Thursday 18:45 to 20:15</p>	<p> 3 <b>LVC Bacon Roll Morning</b> 10:30 – 12:00 <b>LVC visit to East Fortune Museum of Flight, 12:30</b></p>	<p>4 <b>East Lothian Breakfast Club</b> Ravelston House, Musselburgh, 10:00 for 10:30 £5</p>
5	<p>6 <b>Veterans retreat</b> <b>Samye Ling</b> 6 to 10 August Details from Keith McKenzie 07764 765291</p>	7	<p>8 <b>Thistle Men's Shed</b> Every Monday and Wednesday 11.00-16.00 <b>Veterans Café</b>, The Stafford Centre, 18:00 to 21:00</p>	<p>9 <b>Veterans Café</b>, The Stafford Centre, Yoga every Thursday 18:45 to 20:15</p>	<p>10 <b>LVC</b> Bacon Roll Morning 10:30 – 12:00</p>	<p>11 <b>Royal British Legion Scotland</b> Thank You Service Canongate Kirk 11:00</p>
12	<p>13 <b>Thistle Men's Shed</b> Every Monday and Wednesday 11.00-16.00</p>	14	<p>15 <b>LVC Fishing Group</b> Meet at LVC 10:30 (£5) <b>Veterans Café</b>, The Stafford Centre, 18:00 to 21:00</p>	<p>16 <b>Veterans Café</b>, The Stafford Centre, Yoga every Thursday 18:45 to 20:15</p>	<p>17 <b>LVC</b> Bacon Roll Morning 10:30 – 12:00</p>	<p>18 <b>Mid Lothian Breakfast Club</b> Elginhaugh Farm 09:30 for 10:00 £5</p>
19	<p>20 <b>Veterans Café</b>, 1-2-1 Chaplaincy counselling 12:00 to 18:00</p>	21	<p>22 <b>Veterans Café</b>, The Stafford Centre, 18:00 to 21:00</p>	<p>23 <b>Veterans Café</b>, The Stafford Centre, Yoga every Thursday 18:45 to 20:15</p>	<p>24 <b>LVC</b> Bacon Roll Morning 10:30 – 12:00</p>	<p>25 <b>Edinburgh Veterans Breakfast Club</b> The Foxy Fiddler, Morrison Street 09:30 to 11:30 £5</p>
<p>26  <b>Military Museum Scotland</b> Breakfast Club. 09:00 - 11:30 £5</p>	<p>27 <b>Veterans Café</b>, 1-2-1 Chaplaincy counselling 12:00 to 18:00</p>	28	<p>29 <b>Thistle Men's Shed</b> Every Monday and Wednesday 11.00-16.00 <b>Veterans Café</b>, The Stafford Centre</p>	<p>30 <b>All events and services are free to Veterans unless otherwise indicated (£)</b></p>	<p>31 <b>LVC</b> Bacon Roll Morning 10:30 – 12:00</p>	<p> <b>Military Museum Scotland</b> Drop-in now every Tues, Wed, Fri, Sat &amp; Sun. From 10.00-15-00</p>

## 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 August'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 milmissco@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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