

Lothians Veterans Calendar July '18



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Edinburgh Veterans Walking Group Dreghorn Starbucks 12:00 Contact Marc Hutton 07954702906	2 Thistle Men's Shed Every Monday and Wednesday 11.00-16.00 Veterans Café, 1-2-1 Chaplaincy	3 Military Museum Scotland Drop-in now every Tues, Wed, Fri, Sat & Sun. From 10.00-15-00	4 LVC Fishing Group Meet at LVC 10:30 (£5) Veterans Café, The Stafford Centre, 18:00 to 21:00	5 Veterans Café, The Stafford Centre, Yoga every Thursday 18:45 to 20:15	6 LVC Bacon Roll Morning 10:30 – 12:00 LVC visit to Military Museum Scotland Departing 12:30	7 East Lothian Breakfast Club Ravelston House, Musselburgh, 10:00 for 10:30 £5
8 EVWG/ Who Dares Cares Walk Talk and Brew Dreghorn Starbucks 14:00	9 Veterans Café, 1-2-1 Chaplaincy counselling 12:00 to 18:00	10 Lothians Veterans Centre World Cup Semi Final Evening from 18:00	11 Veterans Café, The Stafford Centre, World Cup Semi Final Evening from 18:00	12 Veterans Café, The Stafford Centre, Yoga every Thursday 18:45 to 20:15	13 LVC Bacon Roll Morning 10:30 – 12:00	14
15 Edinburgh Veterans Walking Group Dreghorn Starbucks 10:00	16 Veterans Café, 1-2-1 Chaplaincy counselling 12:00 to 18:00	17	18 Veterans Café, The Stafford Centre, 18:00 to 21:00	19 Thistle Men's Mental Health Day Veterans Café, Yoga	20 LVC Bacon Roll Morning 10:30 – 12:00	21 Mid Lothian Breakfast Club Elginhaugh Farm 10:00 for 10:30 £5
22 Edinburgh Veterans Walking Group Castlelaw car park 14:00	23 Veterans Café, 1-2-1 Chaplaincy counselling 12:00 to 18:00	24	25 Veterans Café, The Stafford Centre, 18:00 to 21:00	26 Veterans Café, The Stafford Centre, Yoga every Thursday 18:45 to 20:15	27 LVC Bacon Roll Morning 10:30 – 12:00	28 Edinburgh Veterans Breakfast Club The Foxy Fiddler, Morrison Street 09:30 to 11:30 £5
29 Military Museum Scotland Breakfast Club. 09:00 - 11:30 £5 EVWG Dreghorn Starbucks 10:00	30 Thistle Men's Shed Every Monday and Wednesday 11.00-16.00 Veterans Café, 1-2-1 Chaplaincy	31	R2R There is no Rock to Recovery surgery at Napier this month, but they can be contacted on 01395 220072	All events and services are free to Veterans unless otherwise indicated (£)	Edinburgh Veterans Walking Group Contact Marc Hutton Marchutton @btinternet.com 07954702906	

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

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	Address and contact telephone	Website and contact email	Core Services
	Normal Venue: Ravelston House, Musselburgh	East Lothian Breakfast Club on Facebook	Breakfast Club, 1 st 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 rd Saturday of month
	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 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	 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 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	www.thistle.org.uk/looking-for-support/adjustto-civvy-street Claire.Cumming@thistle.org.uk or Scott.Duncan@thistle.org.uk	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	www.veteransfirstpoint.org.uk V1P.Scotland@nhslothian.scot.nhs.uk	NHS Mental Health Service General support

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