



Army Welfare Service Community Support



Special points of interest:

- * Pop up youth club starts on 29th October and will run for 7 weeks. Young people must be registered in advance to attend and there may be a waiting list.
- * Halloween at Scots Corner CC 26th October £1 per child must be accompanied by an adult
- * Halloween at Dregghorn CC is on the 26th Oct and there are prizes for the best costume.
- * Evening activities include Zumba , Yoga, Scouts and Wife's Choir .
- * To become a Youth Voice member contact Gina or Zak
- * Next years residential— get in touch with your ideas
- * Community Soup Friday afternoon from 11.30pm to 2pm
- * Be a volunteer, help us run activities or start something new .
- * Keep me for future reference!

What's on Guide October to December 2018

Hello and welcome from Edinburgh Community Support....

We hope you've had a great year so far. Thank you for your patience over the summer while we carried out our needs assessment. This was necessary in our planning for the future. We are pleased to introduce our new newsletter. Within it you'll find updates of our achievements over the last few months and also information about what's on for the remainder of the year. We hope you enjoy reading about our successes and we'd love for you to be a part of our future activities!

We asked you for your input and you said you wanted to "have more activities for young people, for spouses & partners, for families with all ages groups and to know what's available in your area". We listened to your feedback and suggestions and we have put together a brand new programme full of new and exciting projects. We'll be concentrating our services on:

- Building individual and community resilience
- Participation projects with our young people
- Building partnership networks & integration within the local communities
- Supporting the unit welfare teams with community activities.

And this is just the start you'll receive more information in the weeks ahead detailing individual events. Please let us know what you think, we can only make improvements if you tell us what's needed!

All the best and see you soon

CSDW Zak and Gina



Scots Corner Community Centre

And Caledonian Community Centre are open throughout the week.

You are all welcome to come in have a cuppa and a chat .There are toys for children to choose from and the kettle's always boiled.

We want the centres to be used and welcome any ideas and feedback.



Robinwood Residential

50 young people across Edinburgh Garrison and Leuchars Station had a great time at our summer residential to Robinwood in July. Thankyou very much to our volunteers Helen, Craig and Kelly without whom we would not have been able to do this. And of course to RBL Poppy Adventure Breaks for the funding.

"It's given them a confidence boost in being able to take part in new activities and making new friends is always good. We wouldn't be able to afford to send them on this kind of activity holiday without the funding help either so that's a big thing for us. I think it's important they get a chance to have some time away having fun as it's not easy being an Army child with your parent away a lot and friend groups changing and an often unsettled home life". We thank you for your feedback and we're so pleased we were able to support young people in this way.

We'll be planning next years residential soon, so please get in touch with your ideas



Parent and Tots group Tiny Terrors- Dreghorn

Held at the Caledonian Community Centre from 9.30 to 11am every Tuesday. Cost is £1.50 per child, a small snack is included and unlimited hot drinks. It is a group for all baby and pre-school aged children and their parents/carers. Fun activities include arts & crafts and a wide range of toys for wee ones to choose from. It is informal and the group is led by parents with support from CSDW Zak.

Please see Facebook page 'Tiny Terrors Dreghorn' for regular updates.



Stay and Play group -Glencorse

We are looking for people to volunteer with our upcoming projects.

General duties may include setting up, tidying up, learning new skills, sharing your experiences, ideas and taking part in training. See Gina for more info.

A big thank you to all our volunteers that have supported and managed this group. It would not have been possible without you. A huge good luck and best wishes to our volunteer "Lou" who's moving on to pastures new. You'll certainly be missed!



Coffee morning—Dreghorn & Glencorse

All are welcome to come along to a coffee morning.

You can meet 3RIFLES and 2SCOTS Unit Welfare Team, AWS, AFF and others.

Get information, advice, help and support regarding welfare & any issues in your area.

Find out how to get the most out of living in Edinburgh & Midlothian.

Coffee mornings are held at the Caledonian Community Centre on Thursdays from 10am to 12pm and at Scots Corner Community Centre at Glencorse on Friday mornings.

Breast feeding Café at the Glencorse Centre, Achendinny

Come along every Thursday from 10.30am to 11.30am to our drop in at the Glencorse Centre. It's completely free and you can stay and have your lunch at our "Nest Café". This is a chance to meet new people and get some help and support from other breast feeding mums. Our very own Gina will be there to greet you.

Edinburgh Youth Voice

We're very proud of our young people in Edinburgh Garrison who attended a tri service Youth Voice residential earlier this year. They took the lead in representing themselves and their peer groups to key stakeholders. They articulated their needs, feelings, opinions and ideas with the view to improving the quality of life within their military and civilian settings. Young people aged between 14 and 18yrs from across Edinburgh took part. A diverse group, each with a very different perspective, all having had different experiences and representing a wide variety of needs and social circumstances. The residential allowed them to participate in a wide range of new experiences: Cannoning, giant slip slide, shopping

in charity shops for the very first time (and finding the best bargains and vintage clothing!) They joined in with formal workshops about community profiling, where they identified needs and wrote action plans! These young people feel inspired and enthused and have a strong desire and ambition to host similar types of events within their own location. They are beginning their journeys as the young leadership team in Edinburgh. Watch this space for more info....

Young people will be organising some events in the near future and would welcome new members. Contact Zak for info.



Longstone Lunch Time Drop-In - Dregghorn

Zak will be holding a lunch time drop in at Longstone Primary School every Tuesday. It is for all military young people and their friends. It is an informal get together where young people can meet, share their experiences of military life, find out about what's on in their area and if they choose can get involved in some participation project work.

We are looking for volunteers in the Redhall area to develop and support a youth club in the new year. Please get in touch with Zak if you're interested.

Community Soup—Dregghorn



Come to our Community Soup and enjoy an afternoon of activities and a free bowl of healthy delicious soup. It's a new project we've started in response to your input asking for more whole community activities.

It will be held once a month on a Friday lunchtime from 11.30pm to 2pm.

Parents must accompany young children, S1 + can come alone but must be registered with AWS in advance. This is Run by Zak and AWS volunteers.

First date is to be confirmed, watch this space

Craigiehall Meet and Greet

We will be organising an informal get together for all those living at Craigiehall. There will be an opportunity to meet new people, find out about your area and get some advice and support to make your stay in Edinburgh better. This will be hosted by AWS with the support of the Camp Commandant, AFF, Hive and our Royal Navy colleagues in the families office. The date and venue are to be confirmed. We will be in touch with you soon.

Family Links—The Nurturing Programme

CSDW Gina and Zak successfully secured funding to run a 10 week project called the Nurturing Programme. This was for a group of ten parents and was held at Scots Corner Community Center during deployment. Some of the topics we explored were empathy, self-awareness, positive discipline and appropriate expectations. We had positive feedback from all ranging from improved communication, confidence ...

in dealing with challenging behaviour and a happier more relaxed home environment. We hope to complete this course before the end of the year and to begin a new group early next year at Dregghorn.

A creche will be provided and it is free. If you're interested please look out for our information events and/or contact Zak and Gina for more info.



YOUNG PEOPLE'S GROUP Dreghorn and Glencorse

Need a place to hang out ? The cold and dark nights are coming so come and make use of the space at the community centre. This is for young people in S1 or above.

We have a relaxed setting where you can get together with your friends., chat, relax, listen to music, play pool etc. We also have free WIFI.

We can meet any evening, at a time that suits you. The more interest we get the more we can do. We can set up some activities, events and trips out too. We can also help you to build your CV, do some young leader volunteering and fundraising. It's all up to you.! This is a participation project and we want to encourage young people to take some ownership. Tell us what you'd like to see and we'll try to do it!

Alternatively if you you'd like to meet other civilian young people, Pentlands Community Centre has an S1 to S3 group on a Thursday evening. Contact Zak for info.



Registration forms must be completed before young people are able to attend our youth clubs and take part in our activities. This can be done at the AWS office at Dreghorn Barracks. Please call 0131 310 2845 for details.



Pop-Up Youth Club at Colinton Primary School - Dreghorn

Youth clubs are a great place for young people to learn through play, make friends and have fun. Our aims are to support young people to feel empowered, to build confidence and resilience.

Following your feedback we will be starting a youth club at Colinton Primary School It will be held on Mondays straight after school until 4.30pm. It is for young people in P1 to P7. We have successfully secured ABF funding for this pilot project and we hope to develop it further in the new year. It will be hosted by Zak with support from our ...

..AWS volunteers and the school. It will begin on Monday 29th October for seven weeks. The number of spaces we have is determined by our staff to child ratio and we may need to have a reserve list. Priority will be given to military young people. Cost is £1.50. More info about how to register will follow. Please call Zak for details.

Youth Clubs at Pentland Community Centre—Dreghorn

We are working closely with Edinburgh City Council's life-long learning team by supporting their youth clubs in our area. At Pentlands Community Centre there are lots of different youth clubs on each week during term time and school holidays. They are open for all age groups and we would encourage you to make use of these facilities. It is also a great opportunity to integrate with our civilian communities. The groups are run by youth workers and there are a range of activities and games to choose from.

Youth clubs are held on Tuesday for P1 to P4 , Wednesday for P5 to P7 and Thursdays for S1 to S3 evenings from 6pm onwards. Call Pentlands Community Centre on 0131 445 2871 or speak with Zak for more info.



THE EDINBURGH GARRISON SWIMMING POOL

	0800 0830	0830 0900	0900 0945	1000 1045	1100 1145	1200 1230	1230 1315	1315 1400	1400 1445	1500 1545	1600 1645
MON	Opening up Procedures	Military Session	Rehab (Matt Duncan)	Military Session	Military Session	Lunch Pool Closed	Lunch Swim	Edinburgh College	RRU	Military Session	Organised Swim + kids + 2 lanes
TUE	Opening up Procedures	Plant Duties	Recovery Centre	Military Session	RRU	Lunch Pool Closed	Lunch Swim	Scottish War Blind	RRU	Military Session	Organised Swim + kids
WED	Opening up Procedures	Military Session	Rehab (Matt Duncan)	Military Session	RRU	Lunch Pool Closed	Lunch Swim	Sports Afternoon (1330 - 1430)	Sports Afternoon (1430)	Military Session	Organised Swim + kids
THUR	Opening up Procedures	Military Session	Recovery Centre	Military Session	RRU	Lunch Pool Closed	Lunch Swim (1230 - 1300)	Staff Training (1300 - 1400)	RRU	Military Session	Organised Swim + kids
FRI	Opening up Procedures	Military Session	Rehab (Matt Duncan)	Cleaning (Still bookable)	Cleaning (Still bookable)	Lunch Pool Closed	Lunch Swim	Scottish War Blind	Organised Swim + kids	Pool Closed	Pool Closed

POOL CLOSED SATURDAY – ALL DAY

	1000 – 1045	1100 – 1145	1200 – 1245	1300 – 1345	1345 – 1415	1415 – 1500	1500 – 1545
SUNDAY	TA/Cadets	TA/Cadets	Organised Swim +kids	Organised Swim +kids + 2 lanes	Lunch Pool Closed	TA/Cadets	TA/Cadets

Organised Swim
Open to all Military Personnel,
Dependants and MOD Civilian's

Any Military Units can book
any of the above Military Sessions,
please phone pool staff for info.

Revised Programme 03 September 2018

Tel No: 94740 2857 / 0131 310 2857

Email: EdinburghGar-Pool-Mgr@mod.gov.uk / steven.bell402@mod.gov.uk

**Halloween at Scots Corner, Glencorse and Caledonian Community Centre,
Dreghorn - Please contact the Unit Welfare Teams for further information.**

Information will follow about Unit Children's Christmas Activities

**3RIFLES Unit Children's Halloween Party**

All welcome

Disco, Food, Games, Prizes for best costume plus unlimited tea and coffee for the adults.

£3 per child—Adults free !

Held on Friday 26th October from 3.30pm to 5.30pm.

At the Caledonian Community Centre

Dreghorn Barracks

Please contact Cpl Hamilton (welfare NCO) to book and reserve your space.

Please advise of any dietary requirements.



Army Welfare Service Community Support

We're looking for **VOLUNTEERS!**

The sad reality... We can't run our events or programmes without you! Volunteers are a vital and valued part of all we do and without them we wouldn't be able to provide for our families. Do you think you can help to keep things running? To get to know people in your community. For your own personal growth. To make a difference to our families and children. Because it's fun! *If you are interested, please get in contact with us, we'd love to hear from you!*



Contact us

For further information:

ARMY WELFARE SERVICE

Building 29

Dreghorn Barracks

Edinburgh

EH13 9QW

Phone: 0131 310 2845

Community Support
Development Workers

Zakia Yousaf (Zak)

Zakia.yousaf100@mod.gov.uk

0131 310 2840/ 07780 957 291

Gina Clark

Gina.Clark117@mod.gov.uk

0131 310 3167 / 07825 421 219

Important numbers

Army Welfare Service - 0131 310 2845 To book a contact house, eligibility is based on contact rights to children and/or may also be used for close family members declared VSI / SI. Cost is £10 per night.

Personal Support (IAT) helpline - 01904 882 053

3RIFLES Unit Welfare team - 0131 310 2761

2SCOTS Unit Welfare team - 0131 310 3160

HIVE (Remotely covered by Vron at Leuchars Station) - 013348 857649

Hive Blog address is edinburghhive.blogspot.com

Craigiehall Camp Commandant Office - 0131 310 2287

AFF Scotland Coordinator (Jenny Goodacre) 07780 093115

Dreghorn swimming pool - 0131 310 2857

BFBS Radio Scotland - FM 98.5 - 0131 310 2898

Colinton Primary School - 0131 441 1946

Dreghorn Nursery - 01294 211018

Firhill High School - 0131 441 4501





Longstone Primary School—01629 640377

Pentlands Community Centre - 0131 445 2871

Oxgangs Library - 0131 529 5549

Dreghorn Pool - 0131 310 2857

Dreghorn Gym - 0131 310 2856 - Open Monday – Sunday 06.00—22.00 hrs

	Morning	Afternoon	Evening	
Monday		14.55hrs—16.30hrs P1-P7 Pop up Youth Club Colinton Primary School £1.50 per week Inc. healthy snack Activities include team games, arts, crafts and outdoor play. There is a selection of games for yp to chose from. Our programme is decided by the young people and may change to suit their wishes and needs each week.		19.30-20.30hrs Clubercize Scots Corner Community Centre Simple and fun dance workout with glow sticks and disco lights . To book contact Danielle 07453280327
Tuesday	09.30-11.00hrs Tiny Terrors Caledonian Community Centre, Dregghorn Barracks £1.50 per child A group for all preschool children and their parents or carers. Fun activities including arts & crafts and a wide range of toys for wee ones to chose from. This group is led by parents and supported by the CSDW. Please see Facebook page	Longstone Primary School Lunchtime Drop-In 12.30—13.30hrs It is an informal get together where young people can meet, share their experiences of military life, find out about what's on in their area and if they choose can get involved in some participation project work.	16.30-17.30hrs Pilates Scots Corner Community Centre Edinburgh City Lifelong Learning P1—P4 Youth Club Pentlands Community Centre Oxgangs Road North 0131 445 2871	19.30-20.30hrs Yoga Scots corner Community Centre 1900-2030hrs Edinburgh Military Wives Choir Caledonian Community Centre, Dregghorn Barracks You don't have to be able to sing like Adele to join! Everyone is welcome. For info call Judie on 07599110712.
Wednesday	What Kind of Edinburgh Project Pre-registered young people from the military community are taking part once a month in a participation project with Edinburgh City Council. They share their ideas about how to improve the services in Edinburgh for young people.		Edinburgh City Lifelong Learning P5—P7 Youth Club Pentlands Community Centre Oxgangs Road North 0131 445 2871	18.00-19:30hrs Beavers and Scouts Scots Corner Community Centre Colin Harrison 07906170756 colin@midlothianscouts.com
Thursday	10.00-12.00hrs Coffee Morning Caledonian Community Centre, Dregghorn Barracks Come and meet the 3 RIFLES' Unit Welfare team, AFF and AWS Get information, advice, help and support regarding welfare and community support matters. Refreshments are provided and there is free Wi-Fi. All are welcome	10.30 to 11.30hrs Breast feeding Café Glencorse Centre Auchendinny Come along and meet Gina and other breast feeding mums.	Edinburgh City Lifelong Learning S1—S3 Youth Club Pentlands Community Centre Oxgangs Road North 0131 445 2871	18.30-20.30hrs Zumba Scots Corner Community Centre For more information: contact Zumba Midlothian on facebook To be confirmed 19.00-20.00 hrs Women's Fitness Dregghorn Barracks Gym Improve your health and fitness with help from the 3 RIFLES physical training instructors. Call the gym on 0131 310 2855 for more information
Friday	10.00-12.00hrs Coffee Morning Scots Corner, Glencorse All are welcome to come along and see 2 SCOTS ' Unit Welfare team and the CSDW. Get information, advice, help and support on welfare and community support matters.	11.30—14.00hrs Community Soup Once a month Caledonian Community Centre Enjoy an afternoon of activities and a free bowl of healthy delicious soup. Date to be confirmed		18.00-21.30hrs Every 2nd Friday Bar open Scots Corner Community Centre For more information on times and any of these events please find us on Facebook Scot Corner

Halloween Word Search

Clues may run forwards, backwards, diagonally, up or down.
Some may overlap or even be backwards.

W	I	T	C	H	R	P	B	S	A	B	A	T	V	C
B	Q	O	A	S	D	F	A	P	Z	L	X	C	O	A
A	G	M	H	B	A	T	T	E	Q	W	Z	A	B	U
T	B	B	J	A	Z	C	V	L	A	B	O	S	A	L
L	A	N	K	F	C	V	B	L	Z	A	M	P	T	D
P	U	M	P	K	I	N	A	S	O	T	B	I	T	R
B	A	T	A	S	D	F	T	Z	M	G	I	D	R	O
A	V	A	M	P	D	G	S	K	E	L	E	T	O	N
S	P	I	D	E	R	A	W	I	T	B	N	G	H	O
A	Q	M	Z	E	M	B	A	T	Q	G	H	O	S	T
B	Y	A	P	U	M	A	S	P	E	K	S	B	A	T
A	M	V	V	A	M	P	I	R	E	H	F	K	O	P
T	M	H	R	E	R	G	B	B	A	T	G	B	A	T
X	U	H	A	P	O	Y	A	L	A	B	J	K	Q	W
Z	M	G	B	A	T	R	T	C	Z	G	H	O	U	L

VAMPIRE

PUMPKIN

SPIDER

GHOST

SPELLS

GHOUL

TOMB

WITCH

ZOMBIE

MUMMY

CAULDRON

SKELETON

The word **BAT** also appears 15 times can you find them all?

