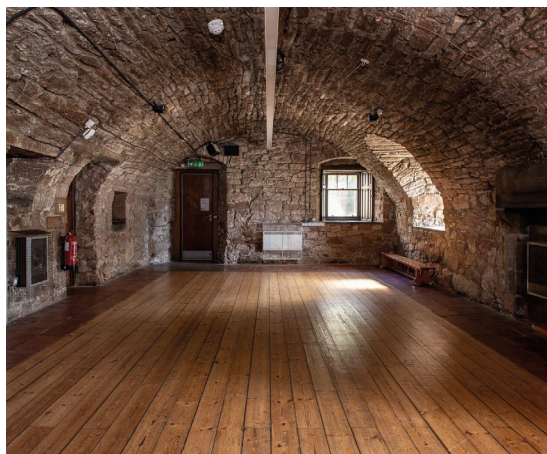
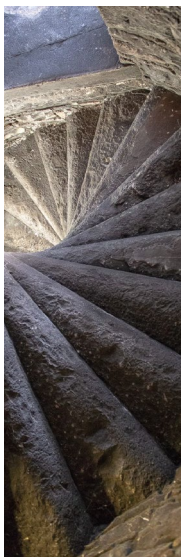


What's going on at Inch House



Information on regular groups and activities – Sept 2019

Monday

ESOL

9.30 – 12.00

Dining Room

An ESOL class for people whose first language is not English. The class meets four mornings a week to work on Reading, Writing, Listening, Speaking, Grammar, Vocabulary and Pronunciation. Contact Agnieszka Waszak - 0131 297 9657.

GLHP

10.00 – 12.30

Meeting Room 2

We are a team of volunteers established in 2002 to support and encourage research and public interest into the unique heritage and cultural identity of the area of Greater Liberton. Email the secretary at glhp@southedinburgh.net or message us on Facebook.

Yoga

11.30 – 12.30

Main Hall

Provided by Out and About and Edinburgh and Lothians Green Space Trust. Open to all and suitable for beginners. Free to attend. Contact Ruth - ruth@elgt.org.uk to reserve a place.

Indoor Bowls

13.00 – 15.30

Main Hall

Indoor bowling in the Main Hall. Not suitable for those with accessibility issues. For more information email tess.joyce@inchhouse.co.uk.

Sing and Sign

13.30 – 14.30

Creche

Learn baby signing the fun way. For more information www.singandsign.co.uk/classes/classes-near-you/edinburgh

ZHP Polish Scouts

18.00 – 20.30

Various Room

Cubs and Scouts for the Polish Community to teach the youth of today about nature, survival skills and Polish culture. Facebook – @zhpedynburg.

Inch House Crafties

18.30 – 20.30

Creche

Getting together to enjoy and share your favourite craft is a wonderful way to meet people and have a natter. Bring along your current project, or join us to have a shot at a new craft such as knitting or crochet, everyone is welcome. £1.50 per session, or £1 if you are a member of Inch House. Tea, coffee and a wee biscuit provided. For more info email tess.joyce@inchhouse.co.uk.

Tuesday

Toy Library

9.30 – 13.00

Front Lounge

Join the toy library as a member and enjoy free open play sessions, where you can drop in to meet new families, and borrow or play with the toys. There is a wide range of good quality toys and resources for children, families, carers and childcare groups. We also offer teas, coffees and healthy snacks for children during the play session. www.smartplaynetwork.org/play-plus-toy-library

ESOL

9.30 – 12.00

Dining Room

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VIP Club

10.00 – 12.00

Creche

The VIP Club is a group for children aged 0-5 years old with additional support needs. We offer weekly structured sessions that are designed to promote the children's development. The VIP group is a highly supportive environment that offers hope, understanding and compassion. It is a positive place where parents/carers benefit from connecting with one another. www.theveryinclusiveplayclub.com

Golden Years

12.30 – 15.30

Dining Room

A group for the older, perhaps mobility restricted, members of the community. Sometime we will go on an outing or we will stay in Inch House for games or activities. A bus is available to collect within the Inch area. £1.50 per sessions. For more information call 0131 664 4710.

LASC

15.00 – 18.00

Front Lounge

Liberton After School Club for pupils at Liberton Primary School

Tae Kwon Do

17.00 – 19.00

Main Hall

Angus Budge Tae Kwon Do. Info@edinburghtaekwondo.com

Youth Club

18.30 – 20.30

Arts and Crafts Room

Join our Youth worker Anita for a fun and fabulous couple of hours for children ages 7 - 11 years. Free to attend. Email Anita - anita.govan@inchhouse.co.uk.

Wednesday

Women's Group

9.00 – 11.00

Front Lounge

A chance to have a natter and a cuppa in a relaxed and welcoming environment. For more information call 0131 664 4710

ESOL

9.30 – 12.00

Dining Room

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Gilmerton 60's+ Club

11.00 – 15.00

Front Lounge

Run by Libertus, a lunch club for local residents. Lunch is supplied by Libertas. Transport is provided for those who need it. After lunch the group enjoys social activities including bowling, bingo, dominoes, art and crafts and gentle exercise. Members can also come along just for the social activities. Bingo and other activities. More information call Libertus on 0131 664 7424

Edin Community Food

12.30 - 14.30

Kitchen

Cooking & Nutrition sessions. 8 week cooking course, learn how to make simple, healthy & tasty meals. Receive recipes and food to take home. For more information jo.howie@edinburghcommunityfood.org.uk.

Dancemasters

6.30pm – 8.30pm

Main Hall

Dance classes. Mini movers 3yrs – 10yrs. Commercial Classics 10yrs – 16yrs. www.dancemasters.class4kids.co.uk.

Thursday

ESOL

9.30 – 12.00

Dining Room

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VIP Club

9.30 – 13.00

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Tai Chi

10.00 – 12.00

Front Lounge

These classes open to all adults. Learn the slow, gentle and flowing movements of Tai Chi, rooted in a firm foundation. The course will be an introduction to Tai Chi and related activities, including those that help to bring flexibility where stiffness shows, and an increased awareness of our physical being. For more information or to book contact Tess Joyce 0131 664 4710 or tess.joyce@inchhouse.co.uk.

Inch v's Arthritis

13.00 – 15.00

Front Lounge

Group Objectives - To support people who have a disability or long term condition via a peer support group in a local venue. To share issues and coping strategies. Share information in a group environment and encourage discussion and peer support. Influence and participate in local community development and capacity building. Contact: Rayhana Rania - inchvarthritis@hotmail.com.



Learning



Pre-school Group



Fitness



Support

Friday

Keep-fit

9.30 – 10.30

Main Hall

Keep fit with Lillian. Move, stretch and jump to 80's and 90's music. For all abilities! Every term time. £2 pay as you go. No block booking required.

Yoga

10.30 – 11.30

Main Hall

For all abilities. Term time. £4 pay as you go. No booking required.

Saturday

Lothian Breastfeeding Buddies

10.00 - 13.00

Front Lounge

Provided by the National Childbirth Trust - Training to become a Breastfeeding Peer Supporter.

Pilates

10.30 – 11.30

Main Hall

Suitable for all levels. Email pilateswithlindabarr@gmail.com for more information

There is a range of fabulous rooms at Inch House for hire for regular groups or one-off events such as birthdays or celebratory events.



THE DINING ROOM

Room size: 11 m X 5.5m.
Situated on the ground floor, this wonderfully unique room can hold up to 60 for a theatre style presentation and 40 for a party and seated with tables.

Room hire is £15 per hour.



THE FRONT LOUNGE

Room size: 9m X 6m.
Situated on the ground floor, this wonderfully unique room can hold up to 60 for a theatre style presentation and 40 for a party and seated with tables.

Room hire is £15 per hour.



THE MAIN HALL

Room size: 14.5m X 6m.
Situated on the first floor, this impressive hall can hold up to 90 for a theatre style presentation and 60 for a party and seated with tables.

Room hire is £22.50 per hour.

Further rooms are also available for meetings and smaller groups.
For information please call 0131 664 4710, email contact@inchhouse.co.uk.

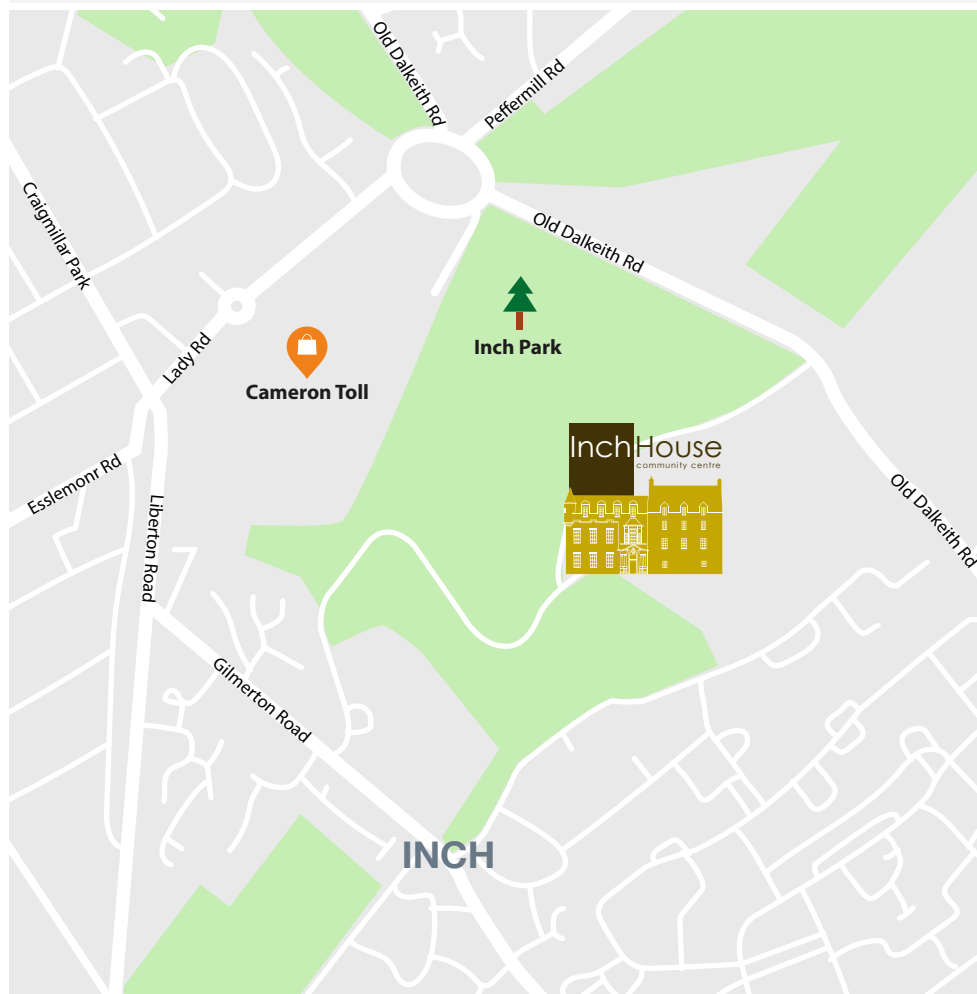
Inch House Community Centre

225 Gilmerton Road

Edinburgh, EH16 5UF

Email – contact@inchhouse.co.uk

0131 664 4710



Inch Community Education Centre Association is a Scottish Charity,
SC001317, regulated by the Scottish Charity Regulator (OSCR).