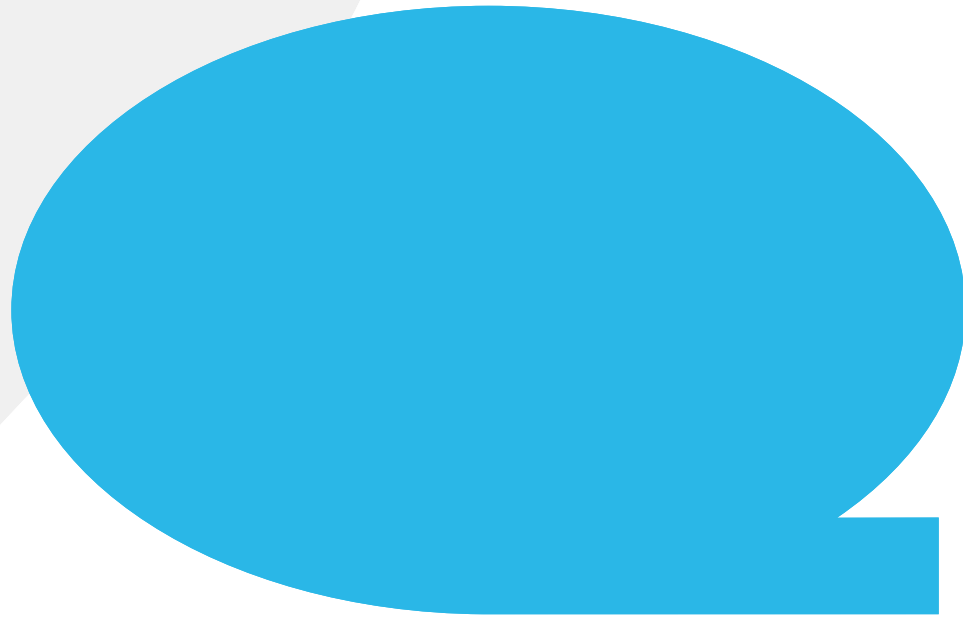


Craigshill



local Activities

Update June 2020



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background

Within the findings, from the mapping, statistical analysis and community consultation; affordable activities for community to take part in is a key element that should integrate into, support and enhance many of the themes within the Craigshill local plan.

Some of these include:

- ⇒ Support for learning through children having exposure and access to positive life experiences
- ⇒ Activities that support children's learning in literacy and numeracy
- ⇒ Activities that support children's physical activity
- ⇒ activity that engages children and young people constructively within their community to minimise anti social behaviour and support them feel included.
- ⇒ Increase health outcomes and reduce isolation
- ⇒ Increase, encourage and support life long learning and community capacity building.

Key to activities

Activity



Learning



employability



health



social

Period of activity



Term time only



Holiday period

Activity type



Booking required



Closed group



Certificated



Cost



Food available

Life stages



Pre school community



Primary age



Young people



Adults



Over 50s



families

activities for the pre school community



Services/organisations	Mon	Tues	Wed	Thurs	Frid	Sat	Sun
Drop in and play Daisy Drop In	9.30-12.00	9.30-12.00	9.30-12.00	9.30-12.00	9.30-12.00		
Messy Play Daisy Drop In	13.00-15.00			13.00-15.00			
Music & Rhythm Daisy Drop In					10.30-11.30		
Drop in Playgroup Daisy Drop In	9.15-11.15	9.15-11.15	9.15-11.15	9.15-11.15	9.15-11.15		
Baby playgroup Daisy Drop In		13.00-15.00					
Baby clinic Craigshill Health Centre				14.00-15.00			
Breastfeeding and post natal group Daisy Drop In							
First Foods Daisy Drop In							
Book bugs Almondbank Library							
Hartbeeps (children's sensory play) Craigsfarm community Hub	9.15-						
SPLAT Craigsfarm community Hub			XXX				

activities for the pre school community



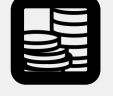
Services/organisations	Mon	Tues	Wed	Thurs	Frid	Sat	Sun
Space Bugs Soft play <i>18 months—7yrs</i> Craigswood					11.30-17.30	12.00-18.00	9.00-21.00
Supervised Space Bugs Soft play <i>18 months—7yrs</i> Craigswood	9.00-11.00 17.30-20.00	9.00-11.30 17.30-20.00	9.00-11.30 17.30-20.00	9.00-11.30 17.30-20.00	9.00-12.00	9.00-12.00	
Get Sporty—Gymnastics <i>18 months-3yrs</i> Craigswood			12.30-13.15	13.05-13.50			
Get Sporty—Gymnastics <i>3-5yrs</i> Craigswood			13.20-14.05 14.10-15.55	12.15-13.00 14.00-14.45			
Xcite soccer school <i>3-5 yrs</i> Craigswood				16.00-16.45			
N-G-Getix <i>3-7 yrs</i> Craigswood				18.00-19.00			
Golf Club <i>4-7yrs</i> Craigswood					13.30-14.30		



activities for the primary community



Services/organisations	Mon	Tues	Wed	Thurs	Frid	Sat	Sun
Space Bugs Soft play <i>18 months—7yrs</i> Craigswood					11.30-17.30	12.00-18.00	9.00-21.00
Supervised Space Bugs Soft play <i>18 months—7yrs</i> Craigswood	9.00-11.00 17.30-20.00	9.00-11.30 17.30-20.00	9.00-11.30 17.30-20.00	9.00-11.30 17.30-20.00	9.00-12.00	9.00-12.00	
Get Sporty—Gymnastics <i>18 months-3yrs</i> Craigswood			12.30-13.15	13.05-13.50			
Get Sporty—Gymnastics <i>3-5yrs</i> Craigswood			13.20-14.05 14.10-15.55	12.15-13.00 14.00-14.45			
Xcite soccer school <i>3-5 yrs</i> Craigswood				16.00-16.45			
Xcite soccer school <i>5-8 yrs</i> Craigswood	17.00-18.00				16.00-17.00		
N-G-Getix <i>3-7 yrs</i> Craigswood				18.00-19.00			
Golf Club <i>4-7yrs</i> Craigswood					13.30-14.30		
Hip Hop dance Class <i>5yrs +</i> Craigswood		16.45-17.45					



activities for the primary age community

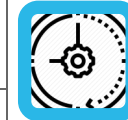
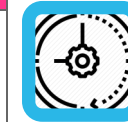


Services/organisations	Mon	Tues	Wed	Thurs	Frid	Sat	Sun
Girls Club Riverside Youth Wing				17.30-19.30			
Lego Club Almondbank Library						10.00-11.00	
Summer play scheme Riverside Youth Wing							
Almondbank Kids Craft sessions Almondbank Library					14.00-15.00		
Coding club Almondbank Library							
Children's Film Club Craigsfarm Community Hub					13.30-15.30		
Golf Club <small>8-11yrs</small> Craigswood					14.30-15.30		
Xcite soccer centre <small>5-6yrs</small> Craigswood					15.00-16.00		
N-R-G Active <small>8-11yrs</small> Craigswood					13.00-14.00		
N-R-Getrix <small>5-7yrs</small> Craigswood					14.00-15.00		
Junior Park Run Craigswood Xcite							9.30

activities for young people



Services/organisations	Mon	Tues	Wed	Thurs	Frid	Sat	Sun
Craigshill Drop In Riverside Youth Wing	18.00- 20.00						
Enable Craigsfarm Community Hub			10.00- 15.00	10.00- 15.00			
YAP music Riverside Youth Wing		18.30- 21.00					
Senior Girls group Riverside Youth Wing			17.30- 19.30				
C Card outlet Riverside Youth Wing ?							
Teentone—without adult Craigswood	15.30- 18.30	15.30- 18.30	15.30- 18.30	15.30- 18.30	12.30- 22.00	9.00- 18.00	9.00- 21.00
Teentone—with adult Craigswood	18.30- 21.00	18.30- 22.00	18.30- 22.00	18.30- 22.00			
Junior Park Run Craigswood Xcite							9.30
Sexual health Clinic		Inver- almond HS— lunch time			Howden Health Centre 13.30- 15.30		



activities for adults



Services/organisations	Mon	Tues	Wed	Thurs	Frid	Sat	Sun
Adult Crime reading group Almondbank			15.00-16.00				
Access2Employment Almondbank	9.00-17.00	9.00-17.00	13.00-17.00	9.00-17.00	9.00-16.00		
Work Club Almondbank		10.00-13.00					
Scottish Women's Institute Craigsfarm Community Hub			19.00-21.00				
Mindfulness course Craigsfarm Community Hub							
Gentle Yoga (for people who do too much) Craigsfarm Community Hub				9.45-11.am			
Food Fridays Riverside Community wing					10.00-12.30		
Football (for men and women of all abilities) Craigswood Sports Centre							19.00-20.00



activities for adults continued



Services/organisations	Mon	Tues	Wed	Thurs	Frid	Sat	Sun
Pins & Needles Craigshill Good Neighbour Network	10.30-12.00						
Paracise (gentle exercise) Craigshill Good Neighbour Network		10.15-11.00					
Lunch Club Craigshill Good Neighbour Network		12.00-15.00					
Singing for Health Craigshill Good Neighbour Network			10.30-12.00				
Carpet Bowls Craigshill Good Neighbour Network			13.00-15.00				
Craft Club Craigshill Good Neighbour Network				10.30-12.00			
Your choice (crafts, games, chat, meet up) Craigshill Good Neighbour Network				13.30-15.30			
Men's Activity group Craigshill Good Neighbour Network					10.30-12.30		
Friendly Forces– veteran project <small>1st and last Tuesday of the month</small> Craigshill Good neighbour Network		18.00-20.00					



activities for over 50s



Services/organisations	Mon	Tues	Wed	Thurs	Frid	Sat	Sun
Gentle Yoga (for people who do too much) Craigsfarm Community Hub				9.45-11.am			
Body Balance Craigswood	20.10-20.55		20.05-20.50	10.10-11.10			11.30-12.30
Gentle Exercise Craigswood		9.15-11.00					
Line dancing—beginners/high/absolute Craigswood			10.30-11.30		10.30-11.30		14.30-15.30
Line dancing—improver Craigswood							15.30-16.30
Line dancing—intermediate Craigswood							16.30-17.30
Paracise Craigswood			11.30-12.30				
Pilates Craigswood		18.30-19.30 19.40-20.40	12.30-13.15				



activities for over 50s



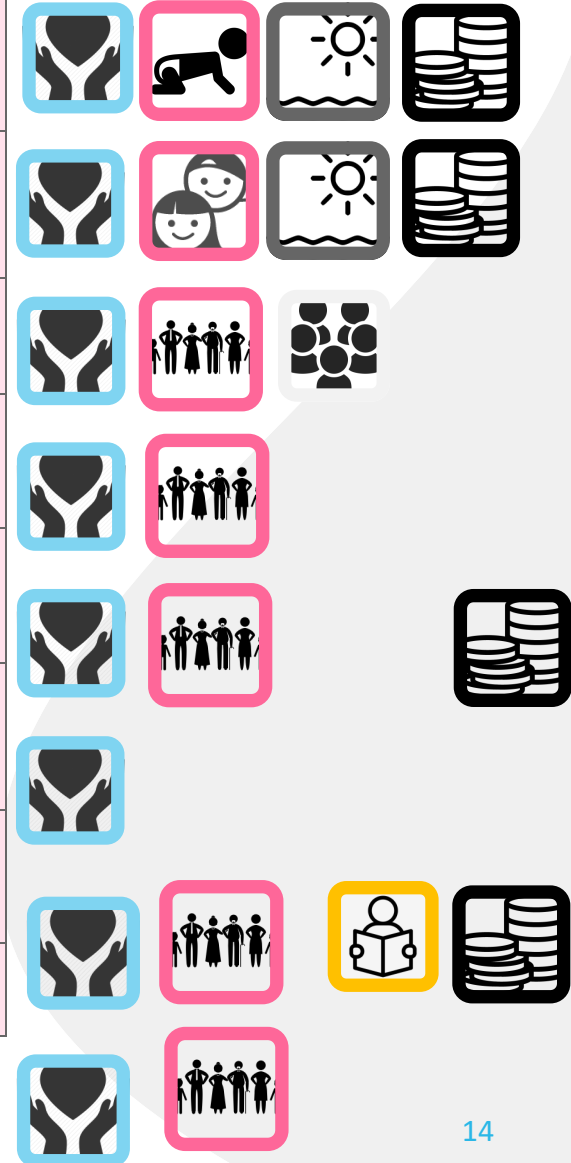
Services/organisations	Mon	Tues	Wed	Thurs	Frid	Sat	Sun
Yoga Craigswood				18.30-19.30 19.40-20.40			
Ballroom & Latin Dance—ageing well Craigswood			15.30-16.30				
Singing for health Craigshill Good neighbour network			10.30-12.00				



activities for families



Services/organisations	Mon	Tues	Wed	Thurs	Frid	Sat	Sun	Yearly
Daisy Drop In Family trips <i>Daisy Drop In</i>								
Play scheme Family trips								
Livingston Festival						All day		
Comics, manga & Graphic Novel reading group <i>Almondbank</i>				16.30-18.00				
Craigshill GNN Family Trips <i>Craigshill Good Neighbour Network</i>								
Events? <i>Craigshill Good Neighbour Network</i>								
Foraging/Wild Food <i>Almond Park</i>			18.30 19.30					



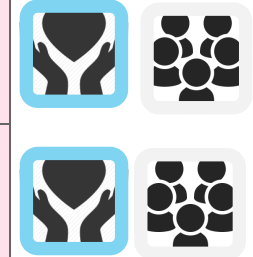
Parks and open spaces

Parks and open spaces	Cycling	Dog walking	playpark	Activities	running		
Letham Park							
Craigs Park							
AlmondPark							
Almondell Country Park							



Places of worship

Services/organisations	Mon	Tues	Wed	Thurs	Frid	Sat	Sun
Services St Andrews RC Church	9.30	9.30	9.30	9.30	9.30	9.30 & 5.30	11.30
Livingston United Church (<i>monthly</i>) Craigengar (Lounge)							6.30



Local organisations & contacts

Services/organisations	Mon	Tues	Wed	Thurs	Frid	Sat	Sun	Contact information
Daisy Drop In								
Craigshill Community Council <i>(2nd wed every month)</i>			19.15- 21.00					
Livingston Festival								
Craigshill Neighbour Network								
Youth Action Project								
Letham PS Parent Council								
Inveralmond CHS Parent council								
Riverside PS Parent Council								
Transform Craigshill								
Citizen Advice Bureau								
Almond Housing								

Useful websites

Services/organisations	Website
Clear your head	https://clearyourhead.scot/?gclid=EAIaIQobChMI5aWT9Mma6glVB7TtCh3lYQPyEAAyASA AEglaZfD_BwE
Breathing space	https://breathingspace.scot/
Samaritans	https://www.samaritans.org/?nation=scotland
SAMH (Scotland's mental health charity)	https://www.samh.org.uk/
Support in mind Scotland	https://www.supportinmindscotland.org.uk/
Penumbra	https://www.penumbra.org.uk/
See me	https://www.seemescotland.org/
Mental welfare commission Scotland	https://www.mwcscot.org.uk/
Mental health Foundation	https://www.mentalhealth.org.uk/
Young Scot	https://young.scot/campaigns/national/coronavirus
Parent Club	https://www.parentclub.scot/topics/coronavirus
VOX (Voices of experience)	http://voxscotland.org.uk/
Scottish Recovery Network	https://www.scottishrecovery.net/
Mind Yer Time	https://mindyertime.scot/
The Spark	https://www.thespark.org.uk/
LGBT health & wellbeing	https://www.lgbthealth.org.uk/
Quit your way	https://www.nhsinform.scot/campaigns/quit-your-way-scotland

Useful websites continued

Services/organisations	Website
Count 14	https://www.count14.scot/
Ready Scotland	https://www.readyscotland.org/coronavirus
Rape Crisis Scotland	https://www.rapecrisisscotland.org.uk/
Maternal Mental health Scotland	https://maternalmentalhealthscotland.org.uk/
Age Scotland	https://www.ageuk.org.uk/scotland/
Childline	https://www.childline.org.uk/
Paths for all	https://www.pathsforall.org.uk/
Scottish Autism	https://www.scottishautism.org/
Scotlands Domestic Abuse & Forced marriage helpline	https://sdafmh.org.uk/
In control Scotland	https://in-controlscotland.org/
Living's Life	https://www.breathingspace.scot/living-life
CAS	https://www.cas.org.uk/
Solihull Online	https://inourplace.heiapply.com/online-learning/
Aliss	https://www.aliss.org/
Beat	https://www.beateatingdisorders.org.uk/coronavirus
Alzheimer Scotland	https://www.alzscot.org/
Scottish Centre for conflict resolution	https://scottishconflictresolution.org.uk/
Age Concern	www.agescotland.org.uk

Useful websites continued

Services/organisations	Website	Contact information	
WL Advice Shop			
CAB WL			
SMILE			
Men Matters			
Homestart west Lothian			Home-Start West Lothian exists to support parents when they need us most, because childhood can't wait
Caresr of West Lothian			Carers of West Lothian is a well-established voluntary organisation offering a range of services that have been developed specifically to meet the needs of carers and their families. It was started in 1990 by a small group of people, themselves carers, who recognised carers' needs for information and support.
Gig Buddies			Gig Buddies is a project that pairs people with a learning disability to like-minded volunteers to go to events together. This could be music, theatre, sport... it's whatever your 'gig' is! Buddies then meet once or twice a month to get out and enjoy their shared interest together.
Macmillan helping matters			Helping Matters is a volunteer led project run by Macmillan Cancer Support. Our volunteers can provide practical assistance such as essential shopping, light housework, gardening or driving a patient to an appointment or community group.