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# A WARM WELCOME

to

## Marchmont St Giles' Parish Church Centre

1a Kilgraston Road Edinburgh, EH9 2DW



### A guide to weekly activities at the Centre

**“As part of God’s family, we are open to all.  
We seek to share God’s love in worship,  
welcome, fellowship and service.”**

We believe that the Church is for everyone

[www.marchmontstgiles.org.uk](http://www.marchmontstgiles.org.uk)

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# Marchmont St. Giles' Church Centre



## Contacts

The Minister	Rev Dr Karen Campbell	447 2834
Family & Children	Bettina Hather	447 4359
Session Clerk	Ian Moss	662 9293
Church Office	Administrator	447 4359
The Choir	Robert Parsons	557 1257

## Sunday

**Early Morning Family Service**  
**The Morning Service**

**9.50 am**  
**10.30 am**

### **After the Service**

Coffee every Sunday in the Café

The congregation is committed to Christian outreach and to sharing God's love with all people.

Amongst other charities we support:

Christian Aid - FreshStart - Mary's Meals - Blythswood Care -  
The Mark Wright Project - Hearing Dogs for the Deaf - Place at the table  
- Save the Children -

### **Other regular Church Activities**

The Guild, Ladies Club, Butterflies Plus, Guild Coffee,  
Bible study, Time for reflection.

If you would like to use the Church Centre, please contact the Church Administrator on 0131 447 4359 or email [office@marchmontstgiles.org.uk](mailto:office@marchmontstgiles.org.uk)  
Office hours : Monday - Thursday 9.00 am - 1.00 pm .

A variety of organisations that use the centre are often looking for Volunteers to help with their activities. If you are interested in finding out more, please contact the office.

**NB:** Information in the leaflet was correct at the time of printing, please check details with the activity organiser. Activities have different term and holiday dates. Please contact the individual groups for details.



Tuesday - *continued*

**Streamlyne Pilates**                      **10.00 am - 12.15 pm**                      **Skye**

Mat Classes are group classes, limited to ten people to allow the opportunity for individual attention and improved skill progression.

Beginners 10-11am Improvers 11.15-12.15 Intermediate level.

Contact: 07745 907 380    [www.streamlyne.co.uk](http://www.streamlyne.co.uk)

**Singing4Fun**                              **2.00 pm - 4.00 pm**                              **Inchcolm**

Community singing designed for those with Parkinson's, their carers, family, friends and anyone who wants to join in.

Contact: Cathie Quinn 0131 557 6438 [cathie@edinburghparkinsons.org](mailto:cathie@edinburghparkinsons.org)

**Young Engineers**                      **3.45pm - 6.45pm**                      **Inchkeith/Inchgarvie**

A LEGO Engineering club. Sessions are led by a professional engineer with children aged 7 to 10 building different LEGO models each week.

Classes are educational with new topics explored across the term helping children develop their understanding of Science, Technology, Engineering and Maths (STEM). Book online.

Contact [www.edinburgh.young-engineers.co.uk](http://www.edinburgh.young-engineers.co.uk) or 07731 657 775

**3Ms Youth Partnership**    **6.00 pm - 8.00 pm**                      **Inchcolm**

An evening of activities and conversation for young people.

Contact: Lucy Reddish *tel:* 0131 221 5800

**The Guild** (fortnightly)    **7.30 pm**                              **Inchkeith/Inchgarvie**

A welcoming, friendly group, meeting to hear a variety of speakers, with worship, fundraising for projects (see Satmorning coffee). Open to all.

Contact: Eileen Dickson 0131 667 2265 or Muriel Anderson 0131 445 2658

**Hatha Yoga Beginners**    **5.45pm - 6.45 pm**                      **St. Giles**

This is a great class to start your yoga journey! Yoga is not just about touching your toes. Hatha yoga is about investing in healthily maintained of your spine and spirit.

Contact: Gillian 079971 605433 or [www.edinburghyogacoop.com](http://www.edinburghyogacoop.com)

**Hatha restorative yoga**    **7.00 - 8.00 pm**                              **St Giles**

Restorative yoga aims to achieve physical, mental & emotional relaxation with the aid of props. Many restorative yoga poses are similar to normal hatha yoga poses, except performed with the support of props.

Contact: Gillian 07971 605433 or [www.edinburghyogaaclass.com](http://www.edinburghyogaaclass.com)

**Pilatesplus**                              **6.00 pm - 9.00 pm**                              **Church**

See Monday

**Streamlyne Pilates**                      **7.00 pm - 9.30 pm**                              **Skye**

Mat Classes are group classes, limited to 12 people to allow the opportunity for individual attention & improved skill progression. Intermediate.

Contact: 07745 907 380    [www.streamlyne.co.uk](http://www.streamlyne.co.uk)

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## Wednesday

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**Marchmont Playgroup**      **9.30 am - 12.30 pm**      **Inchcolm**  
(See Tuesday)

**Butterflies Plus**      **12.30 pm**      **Inchkeith/Inchgarvie**  
Weekly lunches for the "over 60's". Come along any Wednesday for good food and company. Please book in advance  
*Contact: June Wilson 0131 447 7572*

**Sing & Sign 'Babes'**      **1.15pm - 2.15pm**      **St Andrews**  
For babies from 2 to 7 months old. Baby signing can benefit any family with a baby or toddler. Our 'Babes' classes are a gentle class aiming to build the foundations for good communication. The class is relaxed, and a perfect place to begin your baby signing journey.  
*Contact: 0131 258 4536 [www.singandsign.com](http://www.singandsign.com)*

**Highland Dancing**      **2.30pm -3.30pm**      **Inchkeith/Inchgarvie**  
Rosalie Millar School of Dancing - UKA Highland Dancing for children Age 3 upwards.  
*Contact [rosalie.millar.dance@gmail.com](mailto:rosalie.millar.dance@gmail.com) tel: 07718894061*

**SJM Performance Academy** **6.00pm - 9.00pm**      **Church**  
Drama session for Children P1 - P4 : 5.00pm to 6.00pm, P5 - P7 : 6.00pm to 7.30pm and S1 - S4 : 7.30pm to 9.00pm  
Email [hello@sjmcreative.com](mailto:hello@sjmcreative.com) for full details

**SJM Performance Academy** **6.00pm - 9.00pm**      **Skye Room**  
Adult drama sessions  
Email [hello@sjmcreative.com](mailto:hello@sjmcreative.com) for full details

**Beaver Scouts**      **6pm - 7pm**      **Inchcolm Hall**  
A BEAVER COLONY for children aged 6-8 years  
*Contact David Colley 0131 663 3757 [www.scouts.org.uk](http://www.scouts.org.uk)*

**Kyudo**      **7pm - 9pm**      **Inchcolm Hall**  
The West of Scotland Kyudo Society is a private voluntary body established to promote Kyudo – the traditional art of the Japanese bow. It is open to all who have an interest in Japanese traditional culture & who wish to take on the challenge & demands that Kyudo has to offer.  
*Contact: [westofscotlandkyudo.wordpress.com](http://westofscotlandkyudo.wordpress.com) [westofscotlandkyudo@gmail.com](mailto:westofscotlandkyudo@gmail.com)*

**Ladies' Club**      **7.45 pm - 9.45 pm**      **Inchkeith/Inchgarvie**  
Church group which meets for dancing, games, chat and outings such as walking in the summer; also helps with Church activities.  
*Contact: Frances Brown 0131 672 3329.*

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## Thursday

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**Hatha restorative yoga**                      **9.30 -10.30 am**                      **St. Giles**  
(See Tuesday)

**Marchmont Playgroup**                      **9.30 am - 12.30 pm**                      **Inchcolm**  
(See Tuesday)

**Toddlers Group**                      **10.00 am - 12 noon**                      **Inchkeith & Inchgarvie**  
A group for children and parents/carers aged 0-5 (pre-school age).  
*Contact: Bettina (Family worker) 0131 447 4359*

**Bible Study**                      **10.00 am - 10.30 am**                      **The Mull Room A**  
group bible study & discussion. All welcome

**Mini French**                      **1.00pm - 2.30pm**                      **Inchkeith & Inchgarvie**  
See Wednesday

**Post-natal Pilates**                      **2.00 pm - 4. 00 pm**                      **Inchcolm**  
A great way to regain core strength and fitness post birth.  
*Contact: 0791778962 talk@pilatesplusphysio.co.uk.*

**Peacock Academy of Irish Dancing**   **4 pm - 5.30 pm**                      **Church**  
Classes are for boys & girls aged 3 and up. Our classes cater for all abilities, whether you have been a dancer before or not, it doesn't matter.  
*Contact: 07525 171 425    www.irishdancingclasses.co.uk*

**Rainbows**                      **6.00 pm - 7.00 pm**                      **Inchkeith/ Inchgarvie**  
Girl guiding group for girls aged 5-7 that involves games & activities both indoor & outdoor.  
*Contact: Fiona Gray    fgray@hotmail.co.uk*

**Brownies**                      **6.15 pm - 7.30 pm**                      **Inchcolm**  
Girl guiding group for girls aged 7-10 . Involves various activities including arts and crafts, games, cookery, parties, and visits.  
*Contact: Kirstin Leighton 07793862978 or email msg.brownies@yahoo.com*

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## Friday

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**Monkey Music**                      **9am - 12noon**                      **Inchkeith/Inchgarvie**  
The popular award-winning pre school music classes with original music & quality percussion instruments, written how children learn best. Sessions for four age groups starting at just 3 months!  
*Contact: Abbey Smith 0131 229 4480 web: www.monkeymusic.com*

**Sign and Sign**                      **10 am - 2.00 pm**                      **St Andrews'**  
Helping babies and toddlers communicate before speech. Learn baby signing the easy way; through music, songs and fun!

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**Saturday**

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**Monkey Music**

**9am - 12noon**

**Inchkeith/Inchgarvie**

The popular award-winning pre school music classes with original music & quality percussion instruments, written how children learn best. Sessions for four age groups starting at just 3 months!

Contact: Abbey Smith 0131 229 4480 web: [www.monkeymusic.com](http://www.monkeymusic.com)

**Tumble Tots**

**9.00 am - 2.00 pm**

**Inchcolm**

Classes designed for children aged from walking to 2 years old, 2 to 3 years old, and 3 years old to school age.

Contact: Jo Letelier-Lobos at [joletelier.lobos@virgin.net](mailto:joletelier.lobos@virgin.net) or 01875 819966.

**The Guild Morning Coffee 10.00 am -12 noon**

**Cafe**

Coffee and chat, open to all. Held every Saturday from September to June. Monies raised go towards Guild projects.

Contact Eileen Dickson 0131 667 2265 or Muriel Anderson 0131 445 2658

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**On going on various dates**

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**NCT**

**Inchkeith/Inchgarvie**

Join an NCT Signature antenatal course and we'll help you make the best choices and the best of friends. Also, NCT Introducing solids workshops give information to wean your baby onto solid food.

Contact: 0208 752 2481 [www.nct.org.uk](http://www.nct.org.uk)



## *Butterflies Café*



*Tuesday, Wednesday & Thursday 10.00am to 4.00pm*

*Monday and Friday 10.00am to 5.00pm*

*Serving teas, coffees, soft drinks, light lunches,  
Sandwiches, paninis, home baking,  
and a special menu for "little caterpillars".*

*also*

***Butterflies Plus - Lunch for the Over 60s***

*Every Wednesday from 12.30 pm*



# Early Service

(For families with young children)

@9.50am

Every Sunday

In the Church Centre



marchmont st giles

church of scotland

Marchmont St Giles' Parish, Church of Scotland  
is a registered Scottish Charity SCO09338

Updated 08/01/18