



Early Service

(For families with young children)

@9.50am

Every week

In the Church Centre



marchmont st giles
church of scotland

www.marchmontstgiles.org.uk

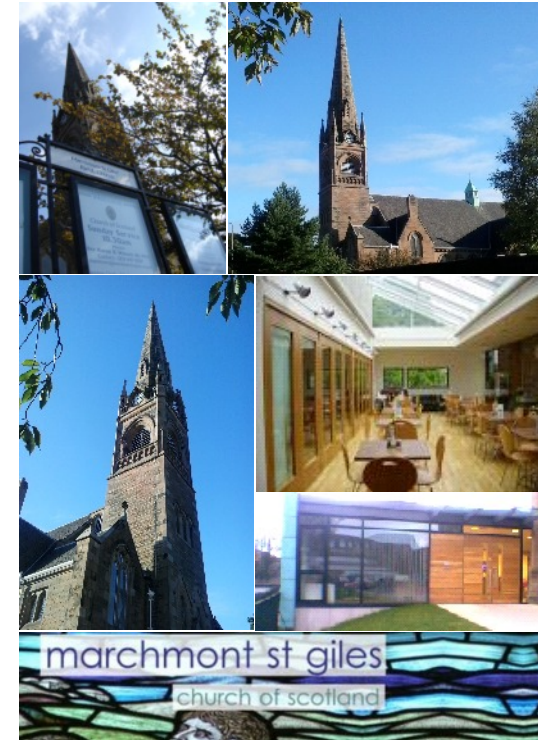
Marchmont St Giles' Parish, Church of Scotland
is a registered Scottish Charity SCO09338

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

Marchmont St. Giles' Church Centre



Contacts

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

Sunday

Early Morning Family Service 9.50 am
The Morning Service 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

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
 Office hours : Monday - Thursday 9.30 am - 12 noon .

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. Updated 160715

Saturday

Tumble Tots 9.00 am - 12.15 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 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

Sunday

Zumba 7.00pm – 8.00 pm **Inchcolm**
 Exercise and Dance to great music. Friendly Class with no experience required. All welcome
 Contact number 07791333204 – Email Dianne_Birrell@iltgroup.com

On going on various dates

Grange Association **Church Centre**
 Meetings of The Grange Association are held throughout the Autumn and Spring, see posters on notice boards or web-site for more details .
 Contact: www.grangeassociation.org or Hon Sec 0131 667 8027

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



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

Thursday - Continued

Mini French 1.00 pm - 2.30 pm 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 and 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 Blackley 477 9148 or email fiona_blackley@hotmail.com.

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

Swing Dance Classes 8.00 pm - 10.00 pm Inchcolm
West coast swing, dance classes
Contact: www.westcoastswingedinburgh.com

Friday

Monkey Music 9.30 am - 12.00 pm Inchcolm
Nurturing a lifetime of music from three months to four years
Contact : 0131 441 4581 morningside.pentland@monkeymusic.co.uk

Sing and Sign 9.45 am - 11.45 am St Giles
Helping babies and toddlers communicate before speech. Learn baby signing the easy way; through music, songs and fun!
Contact: 0131 258 4536 www.singandsign.com

Manor School of Ballet 2.30 pm - 7.15 pm Church and Inchcolm
(See Monday)

Monday

Jo Jingles 9.30 am - 11.00 am Inchcolm
A fun introduction to music, singing and movement for children from 6 months to 5 years; with percussion instruments, nursery rhymes, action songs and games.
Contact: Susan Jameson 0131 620 3282 jojingles@thejamesons.co.uk

Bible Study 10.00 am - 11.30 am Church
Held alternate weeks. A group bible study & discussion. All welcome

Well Baby drop in 10.15 am - 11.45 am Inchkeith/Inchgarvie
A drop in session through NHS Lothian for parents & carers of babies under one year of age.
Contact: Health visiting Team, Bruntsfield 0131 228 7507

Manor School of Ballet 2.30 pm - 6.00 pm Church & Inchcolm
Ballet, Jazz, & Tap classes for children between 2 ½ & 10 years old. From the age of 2 ½ for Ballet & from the age of 7 for the Jazz & Tap classes.
Contact: 0131 347 2570 www.manorschoolofballet.co.uk

Cubs 6.00 pm - 7.30 pm Inchcolm
85th Blackford cubs troop.
Contact: Jon Rae 07920 558 928; jonrae123@gmail.com

Explorer Scouts 7.30 pm - 9.30 pm Inchcolm
Meadows Explorer Scout Unit is a group of 14-18 year olds (both male and female) who enjoy camping, adventurous activities & challenging themselves.
Contact: Pash 07814 705114 meadowexplorers@googlemail.com

PilatesPlus 7.30 pm - 8.30 pm Church
A complete body work out which builds core strength, stamina and flexibility through low impact conditioning exercises
Contact: 0797 177 8962 talk@pilatesplusphysio.co.uk.

Tuesday

Marchmont Playgroup 9.30 am - 12.30 pm Inchcolm
The playgroup operates on Tuesdays, Wednesdays & Thursdays for children aged 2 ¼ to 4 years old. The children learn skills such as sharing & socialisation.
Contact: www.marchmontplaygroup.org.uk marchmontstgilespg@gmail.com

Time for Reflection 10.00 am - 10.30 am Church

Tuesday - continued

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

Chest, Heart & Stroke **1.30 pm - 3.30pm** **Inchkeith/Inchgarvie**
Support group for people who have had a stroke, particularly designed for younger persons.
Contact: Maggie Young 0131 447 5342

3Ms Youth Partnership **6.00 pm - 8.00 pm** **Inchcolm**
An evening of activities and conversation for young people.
Contact: Lucy Howie tel: 0131 221 5800

Pregnancy Yoga **5.45 pm - 7.00 pm** **St. Giles**
Yoga for mums to be, from 2nd trimester. Pregnancy yoga is suitable for both beginners and experienced practitioners.
Contact: 07971605433 www.edinburghyogaaclass.com

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 Saturday morning coffee).Open to all.
Contact: Eileen Dickson 0131 667 2265 or Muriel Anderson 0131 445 2658

Pilatesplus **7.00 pm - 8.00 pm** **Church**
See Monday

Hatha Yoga **7.00pm - 8.00 pm** **St. Giles**
A gentle yoga, with emphasis on posture alignment. This practice enhances muscle tone, flexibility and peaceful mind. Suits beginners & Intermediates.
Contact: Gillian 079971 605433 or www.edinburghyogacoop.com

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 and improved skill progression. Intermediate level.
Contact: 07745 907 380 www.streamlyne.co.uk

Wednesday

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

Mini French **9:30 am - 11.00 am** **Inchkeith/Inchgarvie**
A fun, interactive French language session for young children. Two classes: The Academy (parents leave) for age 3½ to 5 at 9:30am. Babies to age 4 (parents stay) at Music class at 10:10am.
Contact: 07800554328 www.minifrench.co.uk

Pygama Drama **10.30am - 11.30am** **St Giles**
New creative and imaginative play sessions for children.
Contact Louise Kings 0131 516 3099 www.pyjamadrama.com

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

Vinyasa Yoga **6.15 pm - 8.30 pm** **Inchcolm**
Fun & dynamic form of yoga designed to build strength, stamina & flexibility. Everyone welcome!
Contact: 07800850307 esme@edinburghyogaaclass.com yogawithesme.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.

Pilatesplus **8.15 pm - 9.15 pm** **Church**
See Monday

Thursday

Hatha Yoga **9.30 am - 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: Inga Fairweather 0131 667 8075