

# Musselburgh East Community Learning Centre (MECLC)

## Centre Programme (Updated February 2013)

Mondays				
Group Name	Times	Cost	Contact person / website	Additional Information
Carpet Bowling	10.00 - 11.30	30p	Agnes Johnstone 0131-665-7332	New Members welcome
Improve Your Everyday Reading and Writing Skills	9.30 – 11.30	Free	Sheila Northcott, Adult Literacy & Numeracy East Lothian Council 01620 828779 email <a href="mailto:snorthcott@eastlothian.gov.uk">snorthcott@eastlothian.gov.uk</a>	To arrange a place in this group please contact Sheila Northcott.
Italian - intermediate	10.00 – 12 noon	Various	Places must be booked through Adult Education 01602 827627 <a href="http://adulthood.ellp.net/">http://adulthood.ellp.net/</a>	Starts 24 September 2012 for 10 weeks
Headway	1.00-4.00	Free	Contact Development Officer Joyce Cattanach on 01875 814735 <a href="http://www.headway.org.uk/">www.headway.org.uk/</a>	Come to our drop-in session and choose the activities that catch your interest, or grab a seat for a chat! This meeting is friendly and informal! Come and have a light lunch, small bite to eat or take part in some friendly chat, art, bingo or dominoes Headway East Lothian offer sessions, for people with an Acquired Brain Injury
Cardiac Rehabilitation Group 'Rest of Life Programme'	1.00 – 2.00	Free	For more information contact CHSS (Chest Heart and Stroke Scotland) Head Office on 0131 225 6963	An exercise class for members of the public who have had heart and lung problems in the past and who would benefit from a supervised exercise session. (Please check with your doctor).
Heart of Midlothian Women & Girls' FC	5.00-6.00	£2.50	Kevin 07545 619675 Kevin@heartsladiesfc.co.uk	
Stop Smoking Support	6.00	Free	NHS Lothian 0131 537 9914	Stop smoking support available. For more information contact NHS Lothian 0131 537 9914
The Jewel Karate Club	6.30-8.30		Alex Rorrison 07552 128981 <a href="http://www.jewel-karate.co.uk">www.jewel-karate.co.uk</a>	6.30-7.30 – Junior, Children from 4 years onward 7.30-8.30 - Adults Beginners welcome.

## Tuesdays

Group Name	Times	Cost	Contact person / website	Additional Information
Brush Up Your Arithmetic & Maths	9.30 – 11.00	Free	Sheila Northcott, Adult Literacy & Numeracy East Lothian Council 01620 828779 email <a href="mailto:snorthcott@eastlothian.gov.uk">snorthcott@eastlothian.gov.uk</a>	To arrange a place in this group please contact Sheila Northcott.
Spanish – Continuing Beginners	4.30 – 6.30	Various	Places must be booked through Adult Education 01602 827627 <a href="http://adulted.ellp.net/">http://adulted.ellp.net/</a>	Starts 25 September 2012 for 10 weeks
Ward School of Irish Dancing	4.30 - 5.00 5.00 – 7.00	Various	Contact Joanne 07791579769 or email <a href="mailto:wardirishdance@live.co.uk">wardirishdance@live.co.uk</a>	New tiny tots classes – 4.30-5.00 For other class details, fees and spaces contact the organisers <a href="http://www.wardirishdance.co.uk">www.wardirishdance.co.uk</a>
Cllr John Caldwell's Surgery	6.00 - 6.40		Tel: 01620 827015 email: <a href="mailto:jcaldwell1@eastlothian.gov.uk">jcaldwell1@eastlothian.gov.uk</a>	Cllr Caldwell's Surgery is held the 3 <sup>rd</sup> Tuesday of each month
Cllr Stuart Currie's Surgery	6.15 – 7.00		Tel: 01620827006 e mail <a href="mailto:scurrie@eastlothian.gov.uk">scurrie@eastlothian.gov.uk</a>	Cllr Currie's Surgery is held the 4 <sup>th</sup> Tuesday of each month
Senior Youth Club	7.00 – 9.00	£1.00	Diann Govenlock 0131 653 4069 or email <a href="mailto:dgoenlock@eastlothian.gov.uk">dgoenlock@eastlothian.gov.uk</a>	For S1 – S3 pupils – contact Diann for further details

Wednesdays				
Group Name	Times	Cost	Contact person / website	Additional Information
Body Tech – Dynamic Yoga	9.15 – 10.15	£3.00	Peter www.bodytechnician.co.uk	Cost depends on numbers in class e.g. £3.00 upwards. Fitness and nutritional advice
Computing (Open/flexible)	9.15 – 12noon	Various	Places must be booked through Adult Education 01602 827627 <a href="http://adulted.ellp.net/">http://adulted.ellp.net/</a>	Starts 5 September 2012
East Lothian Roots & Fruits	10.00 – 2.00	Fresh Fruit and Veg for sale in the foyer	Tel: 01875 616337 Email: roots.fruits@btinternet.com	East Lothian Roots and Fruits is a community-based project that aims to engage with local people and promote the benefits of healthy eating through access to affordable fresh produce and education.
Chest Heart and Stroke Club	1.30 – 4.00	Free	For more information contact June Forson 01620 861981	CHSS (Chest Heart and Stroke Scotland) - www.chss.org.uk
Over 55s	1.45 – 4.00	£1.50	New Members Welcome - Come along to MECLC	Female, 55+, need company, enjoy chat, bingo, outings and a cuppa just come along and join us.
Breathe Easy East Lothian	2.00 - 3.30 2 <sup>nd</sup> Wednesday every month	Free	Pat 0131 629 5997 e mail breathe.easy@blf-uk.org www.lunguk.org	A free information and support group for anyone affected by a lung condition. All welcome – friends and family too! Enjoy chat, refreshments and a speaker.
Spanish Intermediate	4.30 – 6.30	Various	Places must be booked through Adult Education 01602 827627 <a href="http://adulted.ellp.net/">http://adulted.ellp.net/</a>	Starts 26 September 2012 for 10 weeks
Rosemary Conley Slim & Latin Fitness Class	5.30 – 6.30	Class fee £5.90	<a href="mailto:Julie.mckay@rosemaryconley.com">Julie.mckay@rosemaryconley.com</a>	Plus Membership Fee £10 (or Free Membership if you pay 4 weeks £23.60)
Rosemary Conley Slim & Aerobics Class	6.30 – 7.30	Class fee £5.90	<a href="mailto:Julie.mckay@rosemaryconley.com">Julie.mckay@rosemaryconley.com</a>	Plus Membership Fee £10 (or Free Membership if you pay 4 weeks £23.60)
Spanish Beginners	7.00 – 9.00	Various	Places must be booked through Adult Education 01602 827627 <a href="http://adulted.ellp.net/">http://adulted.ellp.net/</a>	Starts 26 September 2012 for 10 weeks
Tai Chi	7.30 – 8.30			

Thursdays				
Group Name	Times	Cost	Contact person / website	Additional Information
Active Schools Mini Movers	4.00 – 4.45 Nursery 5.00-6.00 P1-P2	£14 Oct-Dec Session	Kay Morrison 01875 619073 or 07976376945 – <a href="http://www.activeeastlothian.co.uk/active-schools/">www.activeeastlothian.co.uk/active-schools/</a>	Places limited so prior booking is required. Discounts are available for Leisure Pass Plus card holders
Andrea Mannion Dance School	5.15 – 6.15	£44 per term	Andrea Mannion 01875 811801 or 07711761165 <a href="http://www.andreamanniondanceschool.co.uk/">www.andreamanniondanceschool.co.uk/</a>	5.15 – 6.15 - RAD Intermediate 6.15 – 7.00 - Higher Dance Jazz/contemporary
Boxercise	6.00 – 7.00	£1.00	0131 665 0478	Kids male and female
Adult Boxercise	7.00 - 8.00	£2.00	0131 665 0478	Adult male and female
Zumba	8.00 – 9.00	See website	<a href="http://www.fitnesssoul.co.uk">www.fitnesssoul.co.uk</a>	
Heart of Midlothian Women & Girls' FC	8.00 – 9.00	£2.50	Kevin 07545 619675 Kevin@heartsladiesfc.co.uk	

Fridays				
Group Name	Times	Cost	Contact person / website	Additional Information
Computing (Open/Flexible)	9.15 – 11.45	Various	Places must be booked through Adult Education 01602 827627 <a href="http://adulthood.ed.gov.uk/">http://adulthood.ed.gov.uk/</a>	Starts 7 September 2012
Carpet Bowling	9.30 – 11.30	30p	Agnes Johnstone 0131 665 7332	New Members welcome
Spanish Intermediate	10.00 – 12noon	Various	Places must be booked through Adult Education 01602 827627 <a href="http://adulthood.ed.gov.uk/">http://adulthood.ed.gov.uk/</a>	Starts 27 September 2012 for 10 weeks
East Lothian Disability Sport Multisport Club	1.00 – 2.00	£2 per session	Ron Woodhead 01875 619066 <a href="http://www.activeeastlothian.co.uk">www.activeeastlothian.co.uk</a>	Disability Multisport Clubs for P4-S4 and up with a PD, LD or VI Children
Andrea Mannion Dance	1.45 – 2.30 2.30 – 3.15 3.15 – 3.45 3.45 – 4.30	£44 per term	Andrea Mannion 01875 811801 or 07711761165 <a href="http://www.andreamanniondanceschool.co.uk/">www.andreamanniondanceschool.co.uk/</a>	Pre-school ballet for ages 3-5 yrs Grade 1 Ballet – Primary 4 Beginners Jazz – Primary 4 Grade 3 Ballet – Primary 6 & 7
Superstar Sports Club	2.00 – 3.00	£2 per session	Ron Woodhead 01875 619066 <a href="http://www.activeeastlothian.co.uk">www.activeeastlothian.co.uk</a>	Disability Multisport Clubs for 3-8 year old children with a PD only
Junior Youth Club	6.45-8.15	£1.00	Diann Govenlock 0131 653 4069 or email <a href="mailto:dgoenlock@eastlothian.gov.uk">dgoenlock@eastlothian.gov.uk</a>	For P4-P7 New Members Welcome
Councillor Andy Forrest's Surgery	7.00 –7.45		Tel: 01620 827005 or 07816168680 email: <a href="mailto:afortrest2@eastlothian.gov.uk">afortrest2@eastlothian.gov.uk</a>	CLlr Forrest's Surgery is held the 2 <sup>nd</sup> and 4 <sup>th</sup> Friday of each month please check website for details <a href="http://www.eastlothian.gov.uk">www.eastlothian.gov.uk</a>

Saturdays				
Group Name	Times	cost	Contact person / website	Additional Information
Andrea Mannion Dance	9.45 - 10.30 10.30 -11.30 11.30 -11.45 11.45 -12.45	£44 per term	Andrea Mannion 01875 811801 or 07711761165 <a href="http://www.andreamanniondanceschool.co.uk/">www.andreamanniondanceschool.co.uk/</a>	Pre-primary Ballet RAD Intermediate Foundation + Grade 4 Pointe work class & prep RAD Intermediate foundation + Grade 3
Karate	10.00-11.00		Contact John Anzani 07875 170549	
Fatloss Bootcamp	11.00 – 12.00	Variable	Contact Angela Dickson 07958686713	Class runs for 7 weeks four times a year
Little Tiger Cubs	12.00-12.45		Contact David Clark 07816878550 <a href="http://www.eastlothianteakwondo.com">www.eastlothianteakwondo.com</a>	A fun martial arts training system for children 3-5 years old. <a href="http://www.littletigercubs.com">www.littletigercubs.com</a> Class sizes are strictly limited – so book early to avoid disappointment.

Sundays				
Group Name	Times	Cost	Contact person / website	Additional Information
Socatots	9.30 – 10.25 walking-3yrs 10.30-11.10 3-5yrs	£52 for 13 wk block	Charlotte Wilson 07732 594552 <a href="mailto:charlottewilson88@gmail.com">charlottewilson88@gmail.com</a> <a href="http://www.socatots.com/edinburgh">www.socatots.com/edinburgh</a>	A soccer specific play programme for children from walking to 5 years of age. Helps children develop co-ordination and movement. Great fun with other children and parents.
New Life Fellowship	11.00 – 12.30	Free	Rev Bill Doyle BA <a href="http://www.nlcf.org.uk/">http://www.nlcf.org.uk/</a>	New Life Christian Fellowship is an independent charismatic church who worship at MECLC.. There is also a children's church and crèche.
Ward School of Irish Dancing	2.00 – 4.00		Contact Joanne 07791579769 or e mail <a href="mailto:wardirishdance@live.co.uk">wardirishdance@live.co.uk</a>	Tiny tots, beginner & progressive Irish Dance classes from 3½ yrs upwards For class details, fees and spaces contact the organisers <a href="http://www.wardirishdance.co.uk">www.wardirishdance.co.uk</a>