


101 High Riggs EH3 9RP

 0131 455 6868

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Monday		2:00PM – 8:00PM	
	Art	2:30pm – 4:30pm	Be creative in an informal, social atmosphere with opportunities to exhibit your work. No artistic experience necessary.
	Mindfulness	5:00pm – 5:30pm	For beginners. Learn to relax and reduce stress and anxiety.
	Games Night	6:00pm – 7:30pm	Join us for a game - from quizzes and board games to bingo!
Tuesday		10:30AM - 4:30PM	
	Walking Group	1:00pm – 2:30pm	Gentle health led walks around Edinburgh. Enjoy a blether while improving your health and wellbeing. Suitable for all levels.
Wednesday		10:30AM - 4:30PM	
	Badminton	1:00pm – 3:00pm	Take part or watch a casual game of Badminton at Craiglockhart Leisure Centre.
Thursday		2:00PM – 8:00PM	
	Music Group	2:30pm – 4:00pm	Come play an instrument or sing along to some songs with your peers. Suitable for beginners and advanced musicians!
	Open Day	4:00pm – 5:30pm	An open day for people to come and check-out the service and what we offer!
	Karaoke Night	5:15pm – 7:30pm	Unwind and relax at our casual karaoke where you can sing along or enjoy watching others sing!
Friday & Saturday		CLOSED	
Sunday		11:00AM – 4:00PM	
	Tea and Talk	2:00pm – 3:30pm	Grab a cup of tea and some join a guided conversation with staff and peers!

*Please note that groups are subject to change based on feedback

To access our social space or any of our activities, we require the completion of an individual referral and risk assessment form, prior to use. This helps us to better support you and keep the service a safe space for you and others.