

Open Community Activities

March programme



*Please see next page for activity information

Wednesday 1st	10am Easy Dancing
Thursday 2nd	12.30 Wellbeing Lunch
Friday 3rd	1-3pm Community Livingroom
Wednesday 8th	11am Gardening
Thursday 9th	12.30 Wellbeing Lunch
Friday 10th	1-3pm Community Livingroom 2-4pm Mahjong
Monday 13th	1-3pm Crochet
Wednesday 15th	11am Gardening
Thursday 16th	12.30 Wellbeing Lunch
Friday 17th	2-4pm Mahjong
Wednesday 22nd	11am Gardening
Thursday 23rd	12.30 Wellbeing Lunch
Friday 24th	1-3pm Community Livingroom 2-4pm Mahjong
Monday 27th	1-3pm Crochet
Thursday 23rd	10.30-12.00 First Aid Training 12.30 Wellbeing Lunch
Wednesday 29th	10am Easy Dancing
Friday 31st	10am-12pm Canal Barge 1.30-3.30pm Canal Barge

Our open community activities are free and open for anyone to join.

There are limited spaces available so please get in touch to book your space.



Get in touch

Please get in touch with Malin if you would like to know more or attend any of these activities.

Malin Wollberg
Service Coordinator
0131 357 1277
wollbergm@ericliddell.org

Open Community Activities

Activity information



Easy Dancing

Seated exercise with Felicity. Relaxed, fun and open to all!

Wellbeing Lunch

The Wellbeing lunch is a two-course meal prepared by our fantastic community café chef. This meal is open to anyone and is a great opportunity for people to come together, meet others and find out more about the different activities that happen in the building.

Community Livingroom

Join us for a cosy afternoon in with friends, games, tea & cakes, sandwiches and lots of cheer. A no strings attached get together welcoming all.

Gardening

The garden project hope to be outdoors, weather permitting, to develop the outdoor space at the hub to be sensory and dementia friendly.

Crochet

An open group where members can bring their crochet, knitting, mending, whatever they want to do while spending time together. There is no pressure to do anything, this is an opportunity to get together, socialise, share stories and perhaps, have some fun!

First Aid Training

This is a workshop by the British Red Cross for anyone who wants to learn the simple skills needed to help in a first aid emergency.

Canal Barge

Join us for trip to explore the canal, find new experiences and socialise, while surrounded by nature. There are two boats booked on this day.

*Due to the lift being broken, unfortunately this activity isn't wheelchair accessible.

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Open Community Activities

March Sign-up sheet



Your name:

Contact details:

I would like to attend the following activities:

- Thursday 23rd, 10.30am First Aid Training
- Friday 31st, 10am Canal Barge
- Friday 31st, 1.30pm Canal Barge

Please tear off this page and return to Malin or leave at reception. Thank you!

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