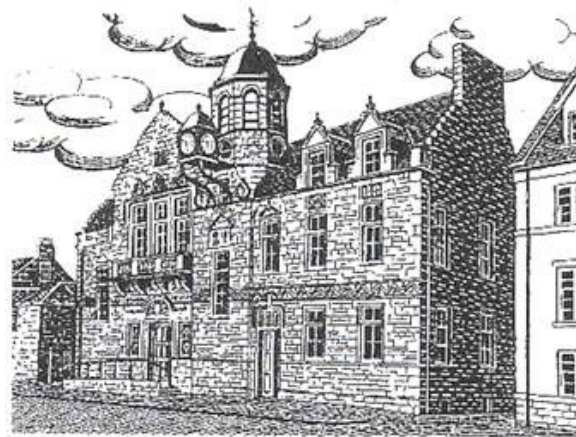




We encourage activity through creativity, friendship and humour

“We firmly believe that all people are equal and each person who uses our service has the same right as you or I to lead a fulfilled and meaningful life”



“Brightening Penicuik”

This is a referral service

For more information, please contact us :

**07703 972 102
or
07768 688 889**



Penicuik Hub



Community Access Team
support adults with a learning disability in Midlothian communities



Penicuik

Building on **The Keys To Life**, HEALTH is a main focus for our activities.

A typical week:

Mondays — outings in mini bus, lunch, return for 1.30 pm

Tuesdays

People 1st Advocacy group
Reflexology. Aromatherapy. Massage
Music and Movement.
Letters & Numbers with Pat. Arts & Craft

Wednesdays — Out exploring our communities: Lunch out. Return for 2 pm
Dolls` House renovation.
Board Games.
Aromatherapy

Thursdays —Exercise, Dance or Games to Music
Media Group
Baking / Cooking Group
Finish the busy day with ...
“Movie Club” (client choice of film)

Fridays — Running our Cafe
Hot rolls, biscuits and drinks
(Everyone participates and enjoy socialising with our happy customers)
Gardening—Indoor potting, Allotment.
Cooking and Baking

Hub



Activities



Dress-making; doll-making; crochet; knitting; pamper; hairdressing; nail-painting; zumba; jewellery-making; photography; music; dance; computing; picture-framing; card-making ; Skills accreditation and many more ...