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
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

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 …