From the Classroom to the Community

In collaboration with our partners, **Young CATs** nurtures and develops the abilities of Midlothian young people & school-leavers; supporting them to grow as valued members of our communities.

This is a referral service
For more information please contact our team on:
07703 972 100
or
07703 972 102

**CAT**

Young CATs
@ Vogrie and beyond!

Community Access Team
support adults with a learning disability in Midlothian
At present we offer a service on Tuesdays, Wednesdays and Thursdays through the day.

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

**A Typical Tuesday:**
Preparing (and eating) a tasty lunch at Y2K Computers and Pool
Fun exercise group with Jan

...and on Wednesdays:
Swimming and the Gym are on offer in the morning
After lunch, country walks, gardening and woodwork skills

**While on Thursdays:**
New Age Curling and Ball-exercise, followed by a healthy lunch

We offer a relaxed and flexible service, very much geared to the wishes and needs of our service users.
If you are aged between 17 and 24 come and join us!