



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



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.



Young CATs
@ Vogrie and beyond !



Community Access Team
support adults with a learning
disability in Midlothian



Vogrie

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 !

Hub



Activities

