In collaboration with

Food for Thought

and

SEAM
Social Enterprise Alliance
for Midlothian

We have been developing our Terrace Bar Social Enterprise. This is a wholesome and value for money organic lunch or breakfast snack targeted at people who are health conscious, but enjoy their food. There are currently 2 flavours, in muesli bar and flapjack style (Tropical Cereal and Peanut Cluster), both of which are dairy free and fibre rich and are individually packed in a generous portion.

The Terrace Social Enterprise created The Terrace Bars for dual aims:

- to promote healthier living attitudes especially among our service users and our local communities
- to enable self sufficiency for the service users who make them.

Community Access Team
Building on The Keys to Life,
Bonnyrigg Hub
develops Life Skills and healthy attitudes in a local community setting

Our Day Service Officers work alongside service users to deliver meaningful, life-enhancing, outcomes focused projects

SKILLS ACCREDITATION.
In collaboration with Borders College, CAT Day Service Officers provide a programme of learning and assessment for their service users. Training and assessment takes place at our Hub. Working through units can help candidates improve their skills for life, work, leisure and personal development.

In 2014, six service users successfully achieved this award at the Bonnyrigg Hub

Our Hub is based at Lasswade Rugby Club.
Rosewell Road.
Bonnyrigg
Bonnyrigg   Hub   Activities

As a group on a Monday morning, CAT service users are involved in a Baking Session with our DSOs (Day Service Officers),

On Tuesday mornings, as well as our Weight Watchers’ group, we concentrate on developing Baking Skills and producing health bars for our Social Enterprise

On Thursday we alternate Megabowl, at the Corn Exchange, with Reflexology

In the afternoon there is a Tea Dance hosted by Duncan McBain which we all fully participate in. A very authentic slice of Community Integration.

Wednesday is predominantly a Cooking Skills day: cooking lunch and encouraging healthy choices. To add to the ingredients, David from Malani joins us to develop Literacy and Numeracy skills.

On Thursdays we alternate Megabowl, at the Corn Exchange, with Reflexology

Friday is our Keep Fit day. We are joined by members of the public and facilitated by a qualified and enthusiastic Keep Fit Instructor

For more information, please contact 07703 972 102 or 07768 688 889