

In collaboration with

**Food for Thought**

and



### 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

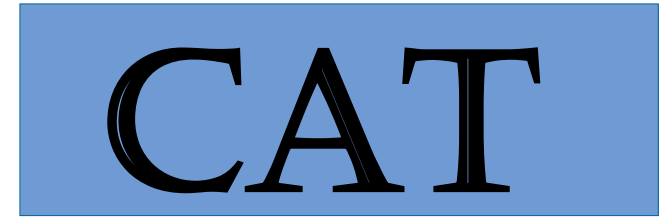
Building on The Keys to Life,  
Bonnyrigg Hub  
develops Life Skills  
and healthy attitudes in a  
local community setting

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),**



**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.**

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



**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**