



Fishing

From April to October we go down to the Kailzie Fishery. Catching plenty fish and having a good, relaxing time



Woodwork

We have a DIY group making garden planters and bird boxes

We enjoy going out and about, visiting interesting places, stopping off for a coffee



Community Access Team

KINGS PARK HUB ACTIVITIES

We provide services for adults with learning disabilities in the community.

We aim to create awareness, independence and social inclusion with our service users. We promote activities that provide life skills and experiences that give the service users access to the community where they can be valued and accepted.

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



We have woodwork, fishing, bowling, baking and many more. These activities are encouraging the service user to experience, recognise and develop skills, talents and abilities which will enhance their own well being as well as that of those around them .



Our hub is based
at King`s Park Pavilion in Dalkeith
This is a referral service

For more information, please contact:
07703 972 102
Or
07703 972 100

King`s Park

Hub

Activities



Bowling

As well as Carpet Bowls, we have Indoor Bowling in the winter and Outdoor Bowling in the summer, where we have the use of the Pavilion`s own beautifully tended green.



Cooking & Baking

Here, a CAT service user is baking in the Hub kitchen, making lemon drizzle cake and tablet.

As well as the occasional treat ! healthy eating is important to us. Our Day Service Officers and service users make a variety of nutritious lunches, from baked potatoes to home made soups.



Making Friends Because we work together we are making firm friendships.



Reading and Writing

We hold adult literacy as well as creative writing groups. We enjoy using Dalkeith library as our creative base.



Gardening

We work within the bowling green planting flowers, as well as growing vegetables in our garden plot.

