

Midlothian Council



The **Community Access Team** supports adults with a learning disability to lead meaningful and fulfilled lives in the various communities of Midlothian



This is a referral service

Community Access Team Mayfield Hub Promoting Healthy Living

Building on *The Keys To Life*, we aim to give guidance and support to adults with a learning disability on how to live a healthy life.

Our Day Service Officers work along side service users to deliver meaningful, life-enhancing, outcome focused projects

Healthy eating is always promoted in Mayfield Hub. Service Users are supported by our highly experienced staff to shop for and cook their own healthy lunch...
[more details overleaf]



Our hub is based at Mayfield and Easthouses church hall. Bogswood Court. Mayfield

Mayfield * Hub * Activities

On a Monday we run a Bums and Tums class at Mayfield Community Club from 1pm -2pm cost £1.

Also on a Monday, we purchase fresh veg (Toot for Fruit) and prepare a healthy food for Friday`s tea dance and lunch club.

On a Tuesday Morning we have our own version of Weight Watchers at Mayfield Leisure Centre (“Healthy Cherries”) The group starts around 9:45 till 11am and the session includes food discussion and a session with a Keep Fit and Pilates instructor.

Wednesday the service users run their own Community Coffee Morning at Mayfield Leisure Centre, from 10am - 12pm.. In addition some of us use the Tone Zone, an 11 - 12 session in the gym

On a Thursday we have our Walking Group which is supported by our Day Service Officers who are qualified walk leaders.

We also have a Swimming Group on a **Thursday**.

On a Friday from 10am -12 pm the Day Service Officers have set up and organise a successful Tea Dance at Mayfield Community Club where everyone is welcome.

It`s an opportunity for people to meet up and dance the morning away.

**If you wish to make a referral,
please contact us on:**

07703 972 102

Or

07703 972 100