

COMMUNITY ACTIVITIES

AT THE LIFECARE CENTRE

WINTER 2023-24

WEEKLY

Chatty Café

Mondays 11am-1pm

FREE

Fancy a blether? Every Monday tables are designated at CaféLife for customers who want to meet new people & have a chat over a cuppa.

Pop up play area

Mondays & Tuesdays 9am - 2pm

FREE

Come along, meet other parents & enjoy a treat in our café while your children enjoy playing in a safe & fun play area!

Games Afternoon

Wednesdays 1.45-3pm

FREE

Play games & meet new people at CaféLife. Games to play include - scrabble, dominoes, chess, draughts, cards & puzzles. Everyone welcome - just drop in!

Saturday Social

Saturdays 12.30-3.30pm

FREE

Come & join us at the St Bernard's Club in the LifeCare Centre where we offer a warm & welcoming space to socialise, play board games & enjoy a free hot lunch & hot drinks. Everyone is welcome - just drop in. Thanks to funding from The Mickel Fund & The Russell Trust.

Activities for Unpaid Carers

Various days & times

FREE

Are you an unpaid carer supporting another adult - friend or relative - due to their age, illness or disability? Join us to enjoy a new activity or get back to something you love. All activities are free & accessible with no booking required. Please feel free to bring the person you care for. You can get the full current programme of activities by contacting us or visiting us at the LifeCare Centre. Thanks to funding from Short Breaks Fund.

MONTHLY

Bingo

Fridays 1.30-2.30pm

FREE

Come & join us at CaféLife on the Friday 26th January & Friday 23rd February for a fun game of bingo - with prizes to be won!

LifeCare Talks

Fridays 3-5pm

DONATIONS WELCOME

Come and join us at LifeCare on Friday 9th February for a talk on Edinburgh's old cinemas, dance halls & theatres by Jackie Sangster from Historic Environment Scotland. You can get the full upcoming programme of talks by contacting us or visiting us at the LifeCare Centre.

Join us at the LifeCare Centre, 2 Cheyne Street, Edinburgh, EH4 1JB