

## 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 and have a chat over a cuppa.

### Pop up play area for under 5s

Mondays 9am - 2pm

FREE

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

### Games Afternoon

Wednesdays 1.45-3pm

FREE

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

### Saturday Social

Saturdays 12.30-3.30pm

FREE

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

### Activities for Unpaid Carers

Various days and 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 and 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

### LifeCare Talks

Fridays 3-5pm

DONATIONS WELCOME

Come and join us at LifeCare on Friday 11th October for 'A history of the Stockbridge Colonies' by local author Rose Pipes and Friday 15th November for 'An Edinburgh Cemetery' by Caroline Gerard from Friends of Warriston Cemetery

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