CLASSES & ACTIVITIES

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The LifeCare Centre is home to a variety of classes and activities delivered by independent providers who rent our rooms. For further information, or to make a booking, please contact the relevant class leader directly using the contact details provided.

Need a room for your party, meeting or class? Visit our website here to find out more. By using our great value spaces, you support our vital work as a charity ensuring no older person is left alone or isolated.

Please note: classes and activities are subject to change. This timetable was last updated in September 2026. We recommend contacting the class leader directly to confirm the details are up to date.

MONDAYS

SARA BEEVERS ART CLASSES

10:00-12:30

A 10 week drawing and painting term with a mixture of exciting subjects including models. Sara also runs occasional Saturday life days and weekends.
Contact: sara.beevers007@btinternet.com
Or visit: www.sarabeeversart.co.uk

HELENE FYFFE - SEATED EXERCISE

10:00-11:00

Seated exercise with Helene.
Contact: hmvfyffe@gmail.com

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FATOWL BABY CLASSES

10:00–11:00 Levels 1 & 2 FATOWL Beats (3 months – 18 mths)

11:15–12:15 Level 1 Bond with Baby (3 months – Pre mobile)

12:30– 13:30 Baby Massage (Birth – 1 Year)

A range of baby classes for little ones aged 3months to 12 months - music, yoga, massage and more!

Visit: https://www.fatowl.uk/book/

FI HENDRY MAT PILATES

13:30-14:30

Pilates mat class for all abilities with Fi.

Contact: fwhpilates@gmail.com

Book a class: https://fwhpilates.com/tuition

LINGOTOT FRENCH AND SPANISH CLASSES

French: 13:00-13:30

Spanish: 13:30-14:00

Fun, interactive French and Spanish classes for children aged 0–5 years and their grown-ups. Sessions use songs, stories, games and movement to introduce language in a natural and engaging way.

A relaxed community class designed to support early language learning through play, repetition and confidence-building.

Contact: westedinburgh@lingotot.com

Book a class: https://www.lingotot.com/centre/west-edinburgh

THE CHEYNE GANG (EVERY 2 WEEKS)

14:30-16:00

The Cheyne Gang is dedicated to transforming the lives of people living with respiratory conditions through the power of community singing. This welcoming 'Sing to Breathe' groups help people with long term respiratory conditions gain control of their breathing, reduce anxiety and isolation, and improve quality of life.

Contact: anne.mckenzie84@yahoo.co.uk

Visit: www.thecheynegang.com

NHS ITHRIVE - MENTAL HEALTH SUPPORT

13:30-15:30

Mental health drop in for over 18s.

Visit: https://ithriveedinburgh.org.uk/thrive-welcome-teams/

LYNNE HERBERT YOGA

18:15-19:15

Science of stretching/yin yoga class.

Contact: lynne@herbieshair.com

GERMAN IMPROVER CLASS

18:30-20:00

Group German classes for various levels, from Absolute Beginner and Post-Beginner through to Improver, plus an immersion-only Intermediate class. Lessons are taught in a warm, welcoming atmosphere, helping students build strong foundations, gain confidence, and enjoy learning without pressure whilst meeting like minded people.

Visit: https://www.germanlessonsedinburgh.co.uk

STOCKBRIDGE REELERS

18:45-22:00

Friendly local ceilidh dancing group.
Contact: https://www.facebook.com/StockbridgeReelers/

WEST COAST SWING EDINBURGH

19:00-21:00

Promoting and developing West Coast Swing in Edinburgh.
Contact: https://www.facebook.com/groups/104393656289660/

TUESDAYS

LIFE DRAWING CLASS

09:00-12:30

For professional or amateur artists who wish to enhance their life-drawing skills.
Contact: bernieodonnell@btinternet.com

FI HENDRY PILATES

9:30-10:30

Pilates mat class for all abilities with Fi.
Contact: fwhpilates@gmail.com
Book a class: https://fwhpilates.com/tuition

THE SENSORY SESSIONS

10:00 -14:00

Baby led, fun, colourful and themed.
Contact: hello@thesensorysessions.com
Or visit: https://www.thesensorysessions.com/baby-class-stockbridge/

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FERN ROSS YOGA - POSTNATAL

13:00-14:00

As a pre- and postnatal corrective exercise specialist, my mum and baby yoga classes fuse yoga with functional movement to help rebuild your core and pelvic floor, improve your posture and breathing mechanics, strengthen the hips and spine, and help ease stress and anxiety, boost your energy and mood, and bond with your baby. These classes are all about prioritising your own recovery, plus have a wonderful supportive community and are a great way to meet fellow new mums.

Contact: info@fernrossyoga.co.uk

Or visit: https://www.fernrossyoga.co.uk/book-your-yoga-class

TAI CHI AND QIGONG RELAXATION CLASS WITH HAZEL

14:30-15:30

In this Beginners Tai Chi and Qigong (pronounced 'Chee Gong') class we'll take a look at some gentle qigong relaxation exercises, some of the basics of Tai Chi and the opening moves of the Tai Chi sequence.

Contact: taichinutritionist@gmail.com

Or visit: https://www.taichiqigongholidayretreats.com/tai-chi-edinburgh.html

INSPIRE THEATRE WORKSHOPS

15:45-16:45 - 4-7 years

16:45-18:00 - 7-11 years

18:15-19:45 - 11-17 years

Inspire Theatre Workshops Ltd provides innovative, exciting Performing Arts classes to children and young people. Passionate about Child Development and nurturing our students' confidence, our workshops are designed to boost social and performing skills through unique, high-energy Drama, Dance, and Singing activities. We host weekly workshops for 4-7s, 7-11s, and 12-17s, working towards a fun end-of-term performance for family & friends to enjoy. Inspire also runs exciting Easter, Summer, and October holiday courses, offers themed adventure-style birthday parties for children aged 4-11years old, and does a lot of work within schools with their renowned Anti-Bullying and Communication Workshops. Want to know more? Head to:

Contact: admin@inspiretheatreworkshops.co.uk

Book and more info: www.inspiretheatreworkshops.co.uk/all-about-inspire

FERN ROSS YOGA - PREGNANCY YOGA

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18:00-19:00

Pregnancy yoga has so many benefits for both mum and baby, such as improved strength, mobility and posture, helping ease common prenatal aches and pains, as well as reduced stress, anxiety and improved sleep, oxygen levels and baby positioning. As a FEDANT- accredited Active Birth teacher, I weave birth preparation tools into every class, including breathing and relaxation techniques, poses to improve baby's positioning and help you have a more positive birth.

Contact: info@fernrossyoga.co.uk
Or visit: https://www.fernrossyoga.co.uk/book-your-yoga-class

MORE HOPE FOUNDATION

17:00-18:30

More Hope Foundation is a registered Scottish charity (SC045626) that works to support children, young people, families, and communities, particularly those from ethnic minority or disadvantaged backgrounds. The organisation runs projects and workshops that help build confidence, reduce social isolation, and encourage community integration, with beneficiaries including children, young people, families, and people with disabilities or health issues. They have a weekly engaging programme offering seasonal events, creative workshops, and social and Christian-based activities that promote learning, friendship, and community involvement for children, young people, and adults.
Contact: info@morehopefoundations.org.uk
Or visit: morehopefoundations.org.uk

LUNG HA THEATRE COMPANY

18:00-21:00

Scotland's leading theatre company for actors and theatre makers with a learning disability and autism. We produce award-winning productions and work with a year-round, large ensemble to develop their practice and remove barriers to participation in the arts. Registered charity SC017635.
Visit: www.lungha.com

GERMAN ABSOLUTE BEGINNER

18:30-21:15

Group German classes for various levels, from Absolute Beginner and Post-Beginner through to Improver, plus an immersion-only Intermediate class. Lessons are taught in a warm, welcoming atmosphere, helping students build strong foundations, gain confidence, and enjoy learning without pressure whilst meeting like minded people.
Visit: https://www.germanlessonsedinburgh.co.uk

EDINBURGH GAY MEN'S CHORUS

19:45-21:30

A vibrant community choir dedicated to sharing our love of music through public concerts across Scotland and beyond..
Contact: secretary@egmc.co.uk
Visit: www.egmc.co.uk

WEDNESDAYS

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MUSIC TOGETHER WITH OLIVIA

09:30-11:30

Early childhood music program with Olivia
Contact: info@musictogetherwitholivia.co.uk

BABY BALLET

09:30-11:00

Four stages of ballet dance classes, for young children.
Contact: edinburghnorth@babyballet.co.uk
Visit: www.babyballet.co.uk/babyballet-school/edinburgh-north/

SPORTIF JUDO CLASSES FOR CHILDREN

15:45-16:30

16:30-17:15

17:15-18:00

Judo classes for children 5 to 12 years beginners and graded players. Coached by qualified coaches. Free kit on joining the class – 3 x free taster sessions.
Contact: info@sportiflifestyle.com
Visit: www.sportifjudo.com

SPLAT! ART CLASSES EDINBURGH

16:00-17:00

Regular term time children's after school art class for ages 7+ nurturing creativity in a fun, supportive environment. Available for parties & adult craft sessions also.
Website: www.splatedinburgh.com
Email: splatedinburgh@gmail.com

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PARKINSONS UK EDINBURGH BRANCH MEETING

14:00-16:00

Contact: secretary@edinburghparkinsons.org

SKILL TUITION

16:00-17:00

Skill Tuition provides personalised 1-1 and group tutoring at primary and S1-S2, focusing on English and Maths based on the Scottish curriculum with experienced, qualified teachers.
Contact: skilltuitionedinburgh@gmail.com

GERMAN BEGINNER

18:30-20:00

Group German classes for various levels, from Absolute Beginner and Post-Beginner through to Improver, plus an immersion-only Intermediate class. Lessons are taught in a warm, welcoming atmosphere, helping students build strong foundations, gain confidence, and enjoy learning without pressure whilst meeting like minded people.
Visit: https://www.germanlessonsedinburgh.co.uk

COLONIES CHOIR

19:15-21:15

Local singing group.
Contact: colonieschoir@gmail.com

BIODANZA

19:15-21:15

Biodanza, originally from South America, is a system of human communication and social integration using movement and dance to express our unique identity and our shared human connection, for wellbeing, personal development and holistic health.
Visit: www.BiodanzaEdinburgh.com

5RHYTHMS

19:30-21:00

A simple movement practice designed to release the dance that lives in everybody, no matter what your shape, size, age, limitations and experience
Contact: gilliangalbraith50@gmail.com
aileen.reid@gmail.com
beth_mcdougall@hotmail.com

THURSDAYS

LILY ROSE YOGA

09:45-10:45

Yoga class.
Visit: lilygriffiths@gmail.com

MUSIC TOGETHER WITH OLIVIA

09:30-11:30

Early childhood music program with Olivia.
Contact: info@musictogetherwitholivia.co.uk
Contact: www.musictogetherwitholivia.co.uk

SINGING WORKSHOP FOR MUMS AND BABIES

13:00-14:00 Sep to Oct

An interactive session for mums and babies that looks at how singing can help both wellbeing for mums and babies and support the health and recuperation of mums after giving birth. We would love to invite any mums with babies up to 12 months to join us. There is no singing ability needed - just a willingness to go with the flow and maybe riff out some Disney and other well-known tunes... or just shake a maraca!

Sign up form: Early Birds Sign up form or scan the QR code

FERN ROSS YOGA - POSTNATAL

13:00-14:00

As a pre- and postnatal corrective exercise specialist, my mum and baby yoga classes fuse yoga with functional movement to help rebuild your core and pelvic floor, improve your posture and breathing mechanics, strengthen the hips and spine, and help ease stress and anxiety, boost your energy and mood, and bond with your baby. These classes are all about prioritising your own recovery, plus have a wonderful supportive community and are a great way to meet fellow new mums.

Contact: info@fernrossyoga.co.uk

Or visit: https://www.fernrossyoga.co.uk/book-your-yoga-class

LA BELLE ARTS

16:00-20:00

Junior ballet, junior jazz & tap, Acro dance.

Contact: hello@labellearts.co.uk

Visit: https://la-belle-arts.class4kids.co.uk

PLAYBOTICS

16:00-18:30

Lego robotics and coding sessions for children aged 5-14 led by trained primary teachers.

Contact: office@playbotics.co.uk

Website: https://playbotics.classforkids.io

GERMAN INTERMEDIATE

18:30-20:00

Group German classes for various levels, from Absolute Beginner and Post-Beginner through to Improver, plus an immersion-only Intermediate class. Lessons are taught in a warm, welcoming atmosphere, helping students build strong foundations, gain confidence, and enjoy learning without pressure whilst meeting like minded people.
Visit: https://www.germanlessonsedinburgh.co.uk

SING FOR SMILES

19:00-20:30

An intermediate class for those who like to sing harmony with others. A fun group who enjoy exploring harmony as well as enjoying the social side of singing with others.
Contact: info@singforsmiles.co.uk
Website: www.singforsmiles.co.uk

EDINBURGH SWING DANCE

19:00-22:30

Lindy hop and Charleston classes and events.
Contact: info@hopscotch-swing.co.uk
Visit: www.esds.org.uk

FRIDAYS

LINGOTOT FRENCH AND SPANISH CLASSES

French: 10:00-10:30

Spanish: 10:30-11:00

Fun, interactive French and Spanish classes for children aged 0–5 years and their grown-ups. Sessions use songs, stories, games and movement to introduce language in a natural and engaging way.
A relaxed community class designed to support early language learning through play, repetition and confidence-building.
Contact: westedinburgh@lingotot.com
Book a class: https://www.lingotot.com/centre/west-edinburgh

EASY MORNING QIGONG CLASS WITH HAZEL

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11:15-12:15

In this Qigong (pronounced 'chee gong') class we'll focus on some slow, gentle relaxation exercises which are done in harmony with the breath.
Contact: taichinutritionist@gmail.com
Or visit: https://www.taichiqigongholidayretreats.com/tai-chi-edinburgh.html

LA BELLE ARTS

13:15-20:15

Junior ballet, junior jazz & tap, Acro dance.
Contact: christie@labellearts.co.uk
Visit: https://la-belle-arts.class4kids.co.uk

BODYLOVESDANCE

19:15-21:15

Discover the freedom and joy of dance as a practice of coming home to the body, moving to a soundscape of music to enable self expression, exploration and play. Music + Movement = Medicine. Come as you are. No experience necessary.
contact: bernazyla@gmail.com
website: https://bernadetazyla.com

SATURDAYS

LA BELLE ARTS

09:00-13:30

Junior ballet, junior jazz & tap, Acro dance.
Contact: christie@labellearts.co.uk
Visit: https://la-belle-arts.class4kids.co.uk

DANCEIHAYAMI INTERNATIONAL LTD

11:00–15:30

We offer a variety of Indian Classical Dance classes suitable for all skill levels, from beginners to advanced . Classes are currently available in Edinburgh, Glasgow, Inverness, and Dunfermline. Explore the beauty and discipline of this art form with our expert instructors.
Contact: info@danceihayami.org
Website: www.danceihayami.org

LA LECHE LEAGUE BREASTEEDING SUPPORT GROUP

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3rd Saturday of every month at 10:00

Friendly breastfeeding support from pregnancy to weaning and beyond. All support is free to access
Visit: https://llledinburgh.co.uk/

SUNDAYS

5RHYTHMS

10:30-12:30

A simple movement practice designed to release the dance that lives in everybody, no matter what your shape, size, age, limitations and experience
Contact: sarena@movetobestill.com
Website: www.movetobestill.com

CELTIC & CHAKRA MEDITATION WITH LORNA MCKEY

10:00-10:30

Blending ancient spiritual practice using a seasonal ceremonial table. Doors open 09.45. Find me on social media at @lorna.mckey
Contact: lornamckey7@gmail.com
Contact: 07854533555

UNITED FAMILY CHURCH SERVICES

13:00-16:00

SUNDAY ASSEMBLY EDINBURGH

11:30-12:30 first Sunday of the month

Celebrate life with Edinburgh's 'secular congregation'. Talks, songs, poems, relections and chats plus tea/coffee and cake. Free to attend.
Website: http://sundayassemblyedinburgh.org