

Open Community Activities

July programme



Monday 3rd	1-3pm Crochet
Wednesday 5th	10.30-11.30am Gardening
Thursday 6th	11am-12pm Wellbeing Walk 12.30-2pm Wellbeing Lunch
Friday 7th	1-3pm Community Livingroom 2-4pm Mahjong
Wednesday 12th	10.30-11.30am Gardening
Thursday 13th	11-11.30am Wellbeing Walk 12.30-2pm Wellbeing Lunch
Friday 14th	11.30am Meadows Croquet Club 2-4pm Mahjong
Monday 17th	1-3pm Crochet
Wednesday 19th	10.30-11.30am Gardening
Thursday 20th	11am-12pm Wellbeing Walk 12.30-2pm Wellbeing Lunch
Friday 21st	1-3pm Community Livingroom 2-4pm Mahjong
Wednesday 26th	10-11am Easy Dancing 10.30-11.30am Gardening
Thursday 27th	11-11.30am Wellbeing Walk 12.30-2pm Themed Wellbeing Lunch
Friday 28th	1-3pm Memories & Stories 2-4pm Mahjong

Our open community activities are free and open for anyone to join.

There are limited spaces available so please get in touch to book your space.



Get in touch

Please get in touch with Malin if you would like to know more or attend any of these activities.

Malin Wollberg
Service Coordinator
0131 357 1277
07549 193298
wollbergm@ericliddell.org

* Please see next page for activity details

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Crochet

An open group where members can bring their crochet, knitting, mending, whatever they want to do while spending time together. There is no pressure to do anything, this is an opportunity to get together, socialise, share stories and perhaps, have some fun!

Gardening

The garden project will be working at the back garden at the Eric Liddell Community this month. Get in touch with Fi at brownf@ericliddell.org to find out more.

Wellbeing Lunch

The Wellbeing lunch is a two-course meal prepared by our fantastic community café chef. This meal is open to anyone and is a great opportunity for people to come together, meet others and find out more about the different activities that happen in the building.

Community Livingroom

Join us for a cosy afternoon in with friends, games, tea & cakes, sandwiches and lots of cheer. A no strings attached get together welcoming all.

Meadows Croquet Club

Learn to play Croquet at the Meadows Croquet Club. No previous experience required as we will be shown how to play by one of their instructors. The main aim is to have fun and try something new!

Memories & Stories

Join us for an afternoon at Boroughmuir Rugby Club. This is an opportunity to come together over some tea and cakes, meet others with similar interests and share some of your favourite memories and stories.

Mahjong

Mahjong, one of the most popular games in the world! Developed in 19th century China, it's a fun tile-based table game. In honour of Chinese New Year, why not have a go at learning how to play from our talented instructor and join a friendly group of beginner players.

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Wellbeing Walks

Gentle exercise benefits both physical and mental health. Eric Liddell Community's new wellbeing walks are open to all. Our walks as a chance to socialise, make new connections, and clear our minds while outside, combating social isolation and loneliness. Alternating between 30 minutes one week, and 60 the next, so you can choose what suits you time and energy. Each walk is led by a trained health walks leader and an eco-therapist, with focus on nature, mindfulness and wellbeing.

July 6th: We will be exploring the hospital grounds of the Astley Ainslie on July's first walk with special guest leader Judy. Seeing the wonderful greenspace that the hospital stands and learning how we can identify bird song and trees. This walk will be **meeting at the Canaan Lane entry to the Astley Ainslie at 11am**, and 60 minutes duration.

July 13th: This walk will explore the local area of Merchiston with an educational theme as we pass Edinburgh Napier University, George Watsons College, and the Edinburgh Steiner School on our walk. Exploring the themes of childhood and nature as we walk. This walk will be 30 minutes, **departing at 11am and returning to the Eric Liddell Community hub at 11.30am.**

July 20th: Our next walk takes in the beautiful Colinton Tunnel and Water of Leith. This former railway tunnel has been transformed into a fantastic public artwork. From there we will explore the Water of Leith, taking time to enjoy the sights and sounds of the river. Meeting can either be at the **Eric Liddell Community hub at 10.20am** and travel together or **meet directly at Colinton village post office at 11am**, lasting 60 minutes.

July 27th: For this week's walk we will explore Morningside, with the main road forming part of an ancient route from Edinburgh to the southwest of Scotland. We will explore the themes of history and nature as we walk. This walk will be 30 minutes, **departing at 11am and returning to the Eric Liddell Community hub at 11.30am.**

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