

Open Community Activities

June programme



Thursday 1st	12.30pm Wellbeing Lunch
Friday 2nd	1.30–3.30pm Sport & Rugby Reminiscence 2–4pm Mahjong
Monday 5th	1–3pm Crochet
Wednesday 7th	10.30am Gardening
Thursday 8th	11–11.30am Wellbeing Walk: <i>A walk in Eric Liddell's footsteps</i> 12.30pm Wellbeing Lunch
Friday 9th	10am–3pm Carers Celebration at Polwarth 2–4pm Mahjong
Wednesday 14th	10.30am Gardening
Thursday 15th	11am–12pm Wellbeing Walk: <i>Exploration of the Union Canal</i> 12.30pm Wellbeing Lunch
Friday 16th	1–3pm Community Livingroom 2–4pm Mahjong
Monday 19th	1–3pm Crochet
Wednesday 21st	10.30am Gardening
Thursday 22nd	11–11.30am Wellbeing Walk: <i>Bruntsfield & Mental Health</i> 12.30pm Wellbeing Lunch
Friday 23rd	10.30am–12pm First Aid Training 1–3pm Community Livingroom 2–4pm Mahjong
Wednesday 28th	<i>Building Closed</i>
Thursday 29th	11am–12pm Wellbeing Walk: <i>Forest Bathing</i> 12.30pm Wellbeing Lunch: <i>Summer Celebration</i>
Friday 30th	1.30–3.30pm Sport & Rugby Reminiscence 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.

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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
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* Please see next page for activity details

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Gardening

The garden project hope to be outdoors, weather permitting, to develop the outdoor space at the hub to be sensory and dementia friendly.

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.

Rugby & Sport Reminiscence

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 memories of your favourite sport. Transport there and back will be provided!

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.

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!

First Aid Training

This is a workshop by the British Red Cross for anyone who wants to learn the simple skills needed to help in a first aid emergency.

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Carers Celebration

We are celebrating Carers Week with a party at Polwarth Parish Church, all are welcome. This will be a mix of barge trips to Indian dancing, food and music. If you wish to attend, please contact Irene.

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.

- 8th of June: To mark Carers Week. This walk is exploring Eric's community. Eric Liddell was a famous athlete, whom the Eric Liddell Community is named after. We will be walking in his footsteps on this 30-minute circular walk exploring the sights and sounds of Churchill. Meeting point for the start of the walk is at the ELC at 11 am.
- 15th of June: This inaugural walk will take place along the Union Canal at Polwarth. It will be a 60-minute exploration of the canal, as we take in how it looks, feels, and sounds in early summer. Meeting point for the start of this walk will be in front of Polwarth Church at 11am.
- 22nd of June: Although associated with golf, Bruntsfield links is a beautiful open green space, which we will explore during this 30-minute circular walk. Focusing on how we can use open greenspace for our mental health and wellbeing. Meeting point for this walk will be at the ELC at 11 am.
- 29th of June: The Meadows is a beautiful tree lined park, perfect for a 60-minute walk to include forest bathing (no swimming costumes will be needed). Learning about the benefits of trees to our health as we walk. The meeting point for this walk will be at the Pavilion Café at 11am.

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