



Day Centre

- A registered Day Care service to local older people alongside recreational, educational, cultural and social activities.
- The Day Service operates Monday to Friday 11:00am – 3:00pm with minibus transport on offer to all members.
- A freshly prepared nutritious two course meal will occur during the visit, alongside refreshments.
- New award winning LiberActive Online service where members can attend remotely from home and experience a blended service designed to their individual needs.
- Contact: gillcheney-blake@Libertus.org.uk

Positive Futures

- Positive Futures supports local people (50+) across the South East and East of Edinburgh to develop and run activity groups in community based settings and online dependant on need.
- The groups take place on a weekly basis, facilitated by a dedicated team of local volunteers.
- The aim is to reduce social isolation by offering local people opportunities to get involved, meet new people, develop and use skills.
- This is now expanding into other areas with a focus in the North West localities of the city.
- Contact: danfuller@Libertus.org.uk

Volunteer Project

- Providing a number of different volunteering opportunities within the Volunteering Project depending on your skills and interests.
- Volunteers are integral to the services offered by Libertus and Volunteers play a big role in the service received by the Members.
- Volunteers currently provide assistance and support to over 100 Older People a week within South East Edinburgh
- We assist within the Day Service, LiberActive, local lunch clubs, activity groups and more.
- Contact: karenwright@libertus.org.uk

LiberArts

- An Art Psychotherapy group and 1x1 session for people over 18 with Mild-Moderate levels of anxiety.
- The Project provides adults with the opportunity to discuss their anxiety in a safe online space over 10 week periods
- It is facilitated by Art Psychotherapists, using elements of psychoeducation and the practice of art making facilitating communication.
- Use of Art Making, and peer support, to aid the recovery journey of individuals experiencing symptoms of Mild-Moderate levels of anxiety.
- Contact: liberarts@libertus.org.uk