

# WANT TO TRY NEW THINGS, MAKE FRIENDS AND HAVE FUN?

THE REDWOODS CARING FOUNDATION (REDWOODS) PROVIDES SERVICES FOR PEOPLE WITH LEARNING DISABILITIES IN EDINBURGH AND MIDLOTHIAN.

We are looking for people who are interested in being involved in one or more of our projects at TELFIE CENTRAL, our day service hub near Portobello. Our well trained and committed staff team provide a range of group or 1:1 opportunities for people during weekdays.

**New Shoots:** is our allotment project close by the centre, ideal for those who want to learn about gardening and enjoy being outside. Food grown on the allotment is used in meals prepared at Telfie Central.

**The Blossom Studio:** provides opportunities for people who enjoy arts and crafts at any level.

**Living Well:** this project includes forums and activities that promote living a meaningful, healthy and active life and fostering a sense of well-being. We aim to promote a sense of self-worth, independence and consideration for others as part of 'living well'. There is also opportunity for music and drama therapy.

**Connecting with Life:** enables people to engage with current and cultural events at a local, national or international level, and get involved in the smooth running of the hub.



## THOSE WHO USE OUR SERVICE SAY:

*"I'm happy, I like Art, swimming, going to the library and learning about living well"* *"I like working here, I make the teas, sweep the floors and do the washing"* *"I like the people, they're good to me"* *"It's great fun"*

**At Telfie Central we are committed to supporting people to enjoy life and have fun; to build friendships and community; to try new things as well as learning and maintaining life skills; to exploring their creativity, and above all fulfilling their potential. If you would like to find out more or to arrange a visit please email [telfiecentral@redwoods.org.uk](mailto:telfiecentral@redwoods.org.uk) or telephone **0131 669 4817****

**We also have a vacancy at our Ash Lea Home Support Service in Newtongrange. For more details please contact Chris Townsend, Managing Director: [chris@redwoods.org.uk](mailto:chris@redwoods.org.uk) or **0131 672 2999****

**Further information about Redwoods can be found at [www.redwoods.org.uk](http://www.redwoods.org.uk)**

**charity number SC013566**