

Free of charge
Dalkeith Arts Centre

- Thurs 02/07/26 – 2pm to 3.30pm
- Thurs 06/08/26 – 2pm to 3.30pm
- Thurs 03/09/26 – 2pm to 3.30pm

**All
welcome**

**Meet or make
friends and
share a blether**

**Link in with Forward Mid
(Supported by LAC, Enable
Scotland)**



Forward Mid is a group of active, purposeful, energised, skilled Disabled People working effectively with a team approach