

Home Instead supporting Arts & Crafts Club for Older People

There is a free taster session of art next Friday between 1 and 4pm at Home Instead in Peffermill. Click on the link below to register your interest and get along to artist Fiona Fahey's workshop.



Fiona said : "I have a particular interest in using art as therapy, I find the process therapeutic and love to see this in others. In facilitating workshops for older people, I meet amazing people whose creativity and enthusiasm inspire me. On one occasion we even put on an exhibition called 'Treasures from the Attic'.

"My classes are relaxed and fun, I love to see what people can do. They often surprise themselves. Everyone gets a great sense of achievement, as well as enjoying each other's company. There are no rules, just your ideas and a bit of guidance from me."

All the workshops are on Fridays between 1pm and 4pm, with a half hour tea break. Refreshments and all art materials are

included in the £10 charge per session. They take place in Home Instead Senior Care's training suite at Castlebrae Business Centre, Peffer Place, EH16 4BB.

Participants do not need to be clients of Home Instead. Anyone who needs support to attend should do so with their own carer, at no additional charge.

Home Instead is coordinating bookings. For further details and to reserve your place, call their office on 0131 300 0599 during office hours only please.