

MUIRHOUSE LIFT MILLENNIUM CENTRE SERVICES

Monday

Muirhouse Minis 09:30 till 11:00 – play group for under 5s and a chance for parents to socialise with each other

Contact lisa1.lift@outlook.com

Tuesday

Quaranteenies 09:30 – 11:00 – play group for under 3s and a chance for parents to socialise with each other

Contact lisa1.lift@outlook.com

Wednesday

Art Group 10:00 – 13:00 – open for adults come and have a chat as well as making some crafts in the base.

Contact Susan.lift@outlook.com

Sunshine club opportunity for elderly to come to the centre for socialisation and activities.

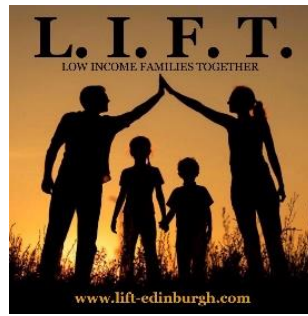
More info to be announced

Contact centre on 01314673578

After school club 15:30 till 17:00 – Youth Work for Primary 1 – 7

Contact Danielle.g.lift@outlook.com

LIFT (Low Income Families Together)
Muirhouse Millennium Centre
7 Muirhouse Medway, EDINBURGH, EH4 4RW
0131 467 1605
www.lift-edinburgh.com
www.facebook.com/muirhousemillenniumcentre
@low_lift



Thursdays

SASS Group – variety of workshops, training opportunities and life skill development.

Lisa1.lift@outlook.com

Mens Me time 16:00 – 18:00 – support group for men
Contact peter on 01314673578

Bag Sale – fill a bag of clothes for a pound

Loose women club – A group for elderly women to have a chat and activity's
Contact centre on 01314673578

Drip in with Susan – 09:00 – 14:00 – Forms, benefits, housing, advice, ect just pop in
Contact susan.lift@outlook.com

Support work

Intense 1:1 Support

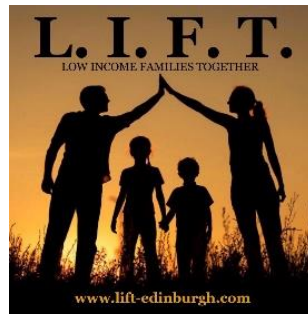
Housing Support

Employability Support

Benefit and Universal Credit Support

Contact heather@lift.edinburgh.com to make a referral for support work

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Muirhouse Base Kitchen

Café - Monday to Thursday 9:30 till 1:30pm

Muirhouse Community Base

Available every day in the base

- 5 for £1 food shelf
- New and Hand-crafted selling shelf
- Free condoms
- Free sanitary product
- Free tooth paste and brushes

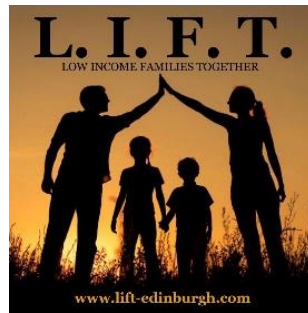


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Our Staff Team		
<i>Peter Arlie</i>	<i>Director of LIFT and Muirhouse Millennium Community Centre</i>	
<i>Pauline Nicol- Bowie</i>	Founder of LIFT and Centre Manager	pauline@lift- edinburgh.com
<i>Danielle Leadbetter</i>	LIFT Manager	danielle@lift- edinburgh.com
<i>Heather Thorburn</i>	LIFT Manager	heather@lift- edinburgh.com
<i>Rachael Gardner</i>	Senior Family Support Worker	Rachael7.lift@outlook.com
<i>Claire Baxter</i>	Children and Families Support Worker	claire.lift@outlook.com
<i>Lisa Thomson</i>	Children's club and group Support Worker	lisa1@outlook.com
<i>Dionne Cowley</i>	Employability Support Worker	dionne.lift@outlook.com
<i>Susan Reynolds</i>	Community Base Worker	susan.lift@outlook.com
<i>Jaimee Nisbit</i>	Community Base Worker	
<i>Eilidh McGeorge</i>	Children's and Families Support Worker	

LIFT (Low Income Families Together)

Muirhouse Millennium Centre

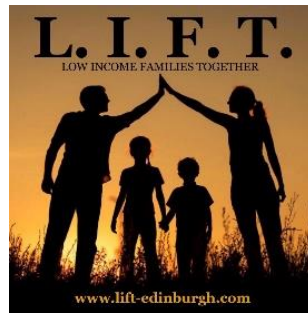
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<i>Darcy Hughes</i>	Group Co-Ordinator	darcy.lift@outlook.com
<i>Danielle Quinn</i>	Children's and Families Support Worker	danielle.q.lift@outlook.com
<i>Dylan Welch Ulke</i>	Admin Assistant	dylan@lift-edinburgh.com
<i>Maryanne Paice</i>	Children and Base Support Worker	
<i>John Mc</i>	Morning Janitor	
<i>Johnny Anthony</i>	Evening Janitor	

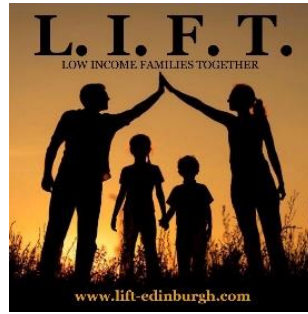
Volunteers
Julie Rouse Mcleod
Nicola Spence
Melissa Gaynor
Kelly Bain
Cheryl May

OUR SERVICES MESSAGE FROM FOUNDER

Our new Base, use the computers, make universal claims with help from our team, enjoy a roll from our Base Kitchen, meet your friend for a coffee in a safe nurturing environment. Support is available from Susan at your request, this can vary from help to fill in a form, make a phone call on your behalf, give you a tissue and a cuppa when you feel down, whatever you need we can provide in the Base. Look out for more information and classes Susan will have within the base.

We have the Sharing shelf outside, with a variety of free food topped up every day. Inside we have our selling shelf, pop in for a cuppa and see what we have available. We have our regular fill your bag for £1 days. The Base Kitchen will have a variety of food for sale, the board will be outside daily.

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Muirhouse Mini's under 5's guardian and child fun morning.

Quarenteenies – for babies and under 3's who had no social interactions due to Lockdown, fun for mums and children.

SASS – Support and Surviving Skills – Meet with mums who are learning new skills through interaction within a group setting. Confidence building, Self-Love through Lockdown, “What is self-esteem”, arts and crafts sessions, coaching and much more.

One – one intense support, self-referral, inhouse referral, advocacy and escort to difficult appoints, whatever you need Rachael is the person who will help you plan your journey, we take your lead, your needs are paramount to the success of your journey.

Flexible Childcare – only need an hour after school contact Heather who will discuss availability with Danielle

Men's Mental Health Support – Peter offers one – one support and in time Group support will be available. Men need support as much as women but its not always readily available, we want to offer much needed support to improve Men's Mental Wellbeing.

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