



To celebrate the Theme of Gather for this years Scottish Mental Health Arts Festival, Edinburgh Thrive invite you to gather and enjoy some of these free activities.

Programme of Activities

Growing seedlings & show n' tell!	Physic Garden	2 – 4pm
Mad Jam Ensemble	Band Stand	2 – 4pm
Canvas Painting Workshop	Band Stand	2 – 4pm
Wellbeing Walk: “The Hidden Secrets of Saughton Park”	Meet in Courtyard	2 - 3pm
Eco-Therapy	Physic Garden	3 - 4pm
Health walk	Meet in Courtyard	2 - 4pm
Painting stones, making self-watering planters to take away, butterfly spotting	Courtyard/McHattie	2 - 4pm
Hand Massage	Courtyard/McHattie	2 - 4pm
Back and shoulder	Courtyard/McHattie	2 - 4pm
Yoga	TBC on the day	2 - 4pm (30 min sessions)
Sensory messy play	Courtyard/McHattie	2 - 4pm

