

A Day in the Life of Thistle

Things look very different at Thistle now compared to a year ago. Things look different to even four months ago, when we were able to partially reopen the Centre for gym users. We wanted to show you what a 'typical' day in the life of Thistle looks like now, when things are anything but typical. With the latest lockdown some of these activities have been put on hold again, but we hope we'll be able to restart them soon. We hope this gives you a sense of how wide an impact your support has.



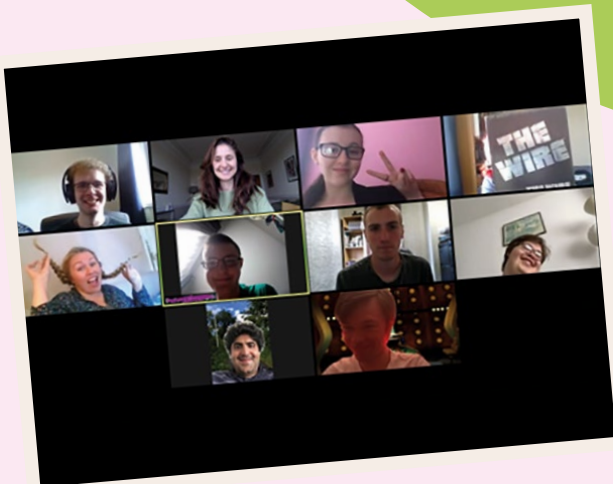
11am: Margaret leads an outdoor Tai Chi session



9am: gym members attend our accessible gym for a supervised exercise session



7pm: the Young People's group meets online for their regular catch up and activity sessions



5pm: members of Connecting Craigmillar, a community development project for local residents of all ages and backgrounds, get together to distribute food packages around the community

1pm: Barbara, our social media volunteer, engages with our supporters on Instagram



2pm: Callum and his Personal Assistant go for a walk by the beach



3pm: Wellbeing Practitioner Sylvia delivers a 1:1 wellbeing consultation over Zoom

