

Community House Classes

Monday

Fun Fit 9.30am-11am

Dale Dad's 1pm-3pm

Children's Clubs 4pm - 6.15pm

Tuesday

Children's Clubs 4pm-6.15pm

Wednesday

Early years Art 12.30pm-2.30pm

Employability 2pm-5pm

Children's Clubs 4pm-6.15pm

Thursday

Peace for Parents 9.30am-11am

Smoking Cessation 3pm-4pm

Children's clubs 4pm-6.15pm

Friday

Sunny Dale Assoc mtgs 4pm-5pm

Youth Group 5.30pm-7.30pm

There is no charge for adult groups.

Please drop in or call for further information on any of the groups or clubs. 01501 733248



**Family & Community
Development West Lothian**

Mayfield Community House

198 Mayfield Drive
Armadale
EH48 2JL

Phone: 01501 733248



Find us on Facebook



Mayfield Community House



Developing services to support the community

Tel: 01501 733248

Mayfield community House



We offer adult education classes in a relaxed atmosphere. We put out leaflets and a programme each session to let people know what's on.



Children's clubs

There are clubs for Primary School children during term time in early evenings and fun activity programmes during the holidays.

There is a Youth Group for 10 years and over on a Friday evening 5.30pm—7.30pm

Sunny Dale Association

Are a local group who volunteer in the Community House working with children, young people and adults. They raise funds to put classes and activities on for local people. They are always happy to welcome new volunteers so come along and get involved.

Fun Fit Class



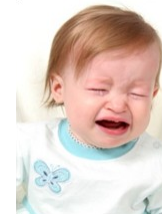
At this class you will get fit while having fun. Your weight, body fat%, BMI and body water% will be checked. You could win a prize by being the biggest loser or becoming the fittest member of the group.

Internet

There is access to laptops and free wifi at the Community House. Drop in, have a tea or coffee and check your emails or browse the internet.

Peace for Parents

Why don't you drop in and let our qualified staff look after your children while you relax and enjoy some 'me' time. The group is free and there is no charge for the childcare.



Smoking Cessation

Come along and see Lesley on a Thursday between 3pm and 4pm if you need help to stop smoking.

