We help people live well and maintain their independence

The Open Door has been bringing care, love and laughter into peoples’ lives for over 42 years. We aim to reduce loneliness in our South Edinburgh community – with a focus on older people, many living with dementia, physical disabilities and other challenges. We provide a welcoming space where people make friends and engage in stimulating and creative social activities that are carefully tailored to their interests and abilities.

We run four weekly Day Service groups for older people - 60+, and their families and carers.

We run a monthly drop-in peer support group for Carers of older people.

We offer supported volunteer placements and work-specific training.

*“Attending The Open Door has given my mum a lot of independence back and improved her mental health. It benefits both my mum and dad greatly”*

**We would love to support anyone you know that would benefit from one of our services, and anyone wanting to volunteer or fundraise for us.**

Please get in touch: email [**hello@theopendoor.org.uk**](mailto:hello@theopendoor.org.uk) or phone **0131-447-9757 and ask for Simon or Lynnette.**