

**Friday 9th to
Sunday 11th
October
2026**

**All sessions
are free**

**Celebrating Recovery
in our Community**

**Information, Training
Live Music and DJ's
Family afternoon
Art Workshops
Mindfulness
Nature
Wellbeing
& Yoga
Sessions**



**RECOVERY
LIVES HERE**

**Booking needed
for any event
marked with *
Details on the back
of the programme**

FRIDAY 9TH - DUNBAR

The Ridge Support Centre, Garden Lane, Dunbar

9.30 - 11.30: Groundswell Scotland "Waves for Wellbeing"

Womens Session Breathwork, intention setting, bodyboarding / surfing *

12pm - 4pm: Community Day, including info session, Cafe, Talks, Wellbeing Sessions and Live Music and access to a range of services

12.30 - 2.30pm: Massage Sessions (sign up on the day)

3pm - 4pm: DJ session Come and learn to DJ at this fun session No experience necessary *

FRIDAY 9TH - SSS

Substance Support Scotland

VCEL 56 High Street Tranent EH33 1HH

11am - 1pm EH Club come along to this welcoming, open-access support session for people affected by alcohol and substance use.

The Esk Centre, Ladywell Way, Musselburgh EH21

2pm - 4pm: Join **Substance Support Scotland** for a welcoming and supportive session offering information, advice and access to a range of recovery services. Come along to find out what support is available, meet the team and connect with local recovery opportunities. The event will also include a range of wellbeing and creative sessions, providing a relaxed space to connect and celebrate recovery, wellbeing and community.

3pm: Mindfulness Session (drop in)

3pm: NALOXONE Training workshop with **Substance Support Scotland**

SATURDAY 10TH - DUNBAR

The Ridge Support Centre, Garden Lane, Dunbar

11am - 12pm: Yoga Session *

12.30pm - 2pm: Lego Workshop with **Build Recovery** *

10am - 4pm: Art Workshop with **Anna Davis** *

12PM - 4PM Fun family Afternoon with facepaints, crafts activities and free lunch

3pm - 4pm: Mindfulness Session*



2pm - 4pm: Gardening Session and visit with Belhaven Community Garden, Beveridge Row, Dunbar, EH421

4pm - 6pm: Run for Her Womens walk and wellbeing session with beach walk and Somatic breathing session. Includes wellbeing pack *

7pm - 9.30pm: Mexican Food themed free community meal, Come along and join us for an evening of great food, company and music.

The Ridge Empire Close

1030pm - 12pm: Outdoor Family session with **Get Outdoor *** Join **GetOut** for a fun family session outdoors with games, crafts, singing and bug hunting.

1pm - 2.30pm: Adult Session with **Get Outdoor ***

Join **GetOut** in the Empire Garden for mindful activities, nature crafts and a cuppa, while connecting with yourself and nature

SUNDAY 21ST - DUNBAR

Bayswell Beach, Dunbar

2pm - 4pm: ELAF Land art workshop and Fire Cairn

Join ELAF for a creative and relaxing afternoon on the beach, connecting with nature and each other. Take part in a Land Art workshop, followed by a Fire Cairn with Intentions session, an opportunity to reflect, set positive intentions and celebrate recovery. Enjoy live music and afternoon tea on the beach in a welcoming and supportive atmosphere, surrounded by the beauty of the East Lothian coast.

Facebook:

Festival Event page >>>>>>>>



The Ridge website: the-ridge.org.uk

Email: support@the-ridge.org.uk

For booking events: <https://bookwhen.com/theridge>

Festival of Recovery 2026

Friday 9th – Sunday 11th October

We are thrilled to invite you to the 2026 Festival of Recovery, a weekend dedicated to celebrating all forms of recovery - personal, collective, and community-based.

This year, we embrace themes of acceptance, hope, and resilience, showcasing what recovery means to us as individuals and as a community.

The festival will take place across East Lothian featuring a variety of free events and wellbeing sessions (some require booking) hosted by local groups, support services, and community members. Join us for a weekend of inspiration, connection, and celebration – and discover the many paths to recovery.

Booking Link :



The Ridge website: www.the-ridge.org.uk

Email: support@the-ridge.org.uk

For booking events: theridge.bookwhen

The festival is being funded by **MELDAP**.

