

Living Well North Edinburgh July to Sept 2013 Newsletter



"First Minister of Scotland visits
Living Well North Edinburgh"

Alex Salmond visited the NW Food Bank at the Rannoch Community Centre for a trolley dash aimed at raising awareness of the initiative. Mr Salmond happily posed for photos with members of LWNE and enjoyed an impromptu question/answer session. Another visitor that day was Andy from Grapevine who had been advising members on Welfare Change

What's new for Summer?

Cooking Group

Look Good, Feel Good (level 1)

Art Therapy

Garden Group

And many more—see inside for details

Phone 0131 343 6375 to contact Living Well North Edinburgh

Living Well North Edinburgh is a user-led community mental health service open to people aged 18 and over, who have mental health concerns and live in North Edinburgh.

Living Well offers support, friendship and understanding. We are all about people working together to improve the mental health and wellbeing of themselves and their local community.

Contact and New Referral Information

Living Well
North Edinburgh
5 West Pilton Park
Edinburgh

To make an appointment or to find out more about any of our activities, please contact our staff Monday to Thursday between 9:00 am and 4:00 pm

If you can't get in touch when we are open, you can leave a message on our answering machine, email us, or drop us a line instead.

Your first appointment will last around 45 minutes. It's okay for a friend, support worker or family member to come along with you. You can then join our groups

Living Well North Edinburgh is funded by the City of Edinburgh Council, NHS Lothian, Miss Agnes Hunter's Trust, The Lloyds TSB Foundation for Scotland, The Nancie Massey Charitable Trust, Edinburgh Voluntary Organisation Trust and The Robertson Trust

The PROP Stress Centre, known as Living Well North Edinburgh, is a company limited by guarantee and is registered as a charity in Scotland. Company Number SC129996: Scottish Charity Number SCO 17752

Phone 0131 343 6375 to contact Living Well North Edinburgh

Free Tea/Coffee and biscuits to members attending groups at Pilton

Monday Activities

RELAXATION

15th July to 16th Sept (10 weeks)

11.00am-12.00pm

In the Round Room upstairs, you will learn how to use breathing and visualisation techniques to relieve your day to day stress



SUPPORT/CONFIDENCE/ASSERTIVENESS

15th July to 19th August (6 weeks)

1.30pm to 2.30pm

To offer a safe place to talk about problems that may be affecting your life

DRU YOGA

15th July to 19th August (6 weeks)

12.00 pm to 1.00pm

A graceful and potent form of yoga based on flowing movements, direct breathing and visualisations. Building a heightened feeling of positivity, deep relaxation and rejuvenating your whole being.



ZUMBA

26th August to 23rd Sept (5 weeks)

12.00pm—1.00pm

Party yourself into shape! An exhilarating, effective, easy-to-follow, Latin-Inspired, calorie-burning, dance fitness session that will move you to join a million other people who are dancing towards joy and health

Cleermiston Peer Support Group News

Every Tuesday and Friday from 1.30pm -3.30pm

All members are welcome to attend but there is no standing on ceremony and you can pop in for as long/little time as suits you.

We will also be running therapy groups as follows:

TUESDAY

July

2/7 Group at Pilton

9/7 Group at Pilton

16/7 Aromatherapy

23/7 Collage/patchwork

30/7 Collage/patchwork

FRIDAY

July

5/7 CLOSED (refurb)

12/7 CLOSED (refurb)

19/7 Make Do and Mend

26/7 Make Do and Mend

August

2/8 Indian Head Massage

9/8 Make Do and Mend

16/8 Make Do and Mend

23/8 Indian Head massage

30/8 Look Good, Feel Good

September

6/9 Look Good, Feel Good

13/9 What's In the News?

20/9 Look Good, Feel Good

27/9 Look Good, Feel Good

September

3/9 Collage/patchwork

10/9 Recycled Art

17/9 Recycled Art

24/9 Sitting Tai Chi

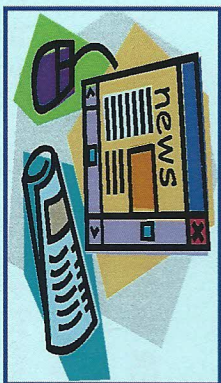
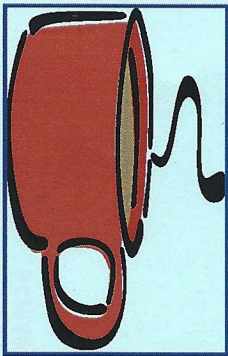
Members will be required to book places on a first come, first served basis by calling 0131 343 6375 or by contacting Mairi or Arthur.

Peer Support Session for Pilton

Every Thursday

Thurs: 12.00pm-2.00pm

The "Drop-In" name has now gone and been replaced with a new title of - **Peer Support Session**. The format is still very informal and you can enjoy a cuppa and a chat, If, however members would like this session to include any activities please speak to one the support workers. We have a variety of games and update to date magazines/newspapers. There is also access to a computer that can be used by any member.



FREE LUNCH AVAILABLE FROM 12.00PM -1.00PM

RECRUITMENT of VOLUNTEERS

We will shortly be looking for Volunteers to assist us in running the Drop-In sessions. If you or somebody you know would be interested, please contact Gillian on 0131 343 6375

Tuesday Activities

COOKING GROUP

6th August to 10th Sept(6 weeks)

10.00am-12.30pm

The aim of these classes is to inspire people to learn some basic cooking skills and recipes.



At the end of the class you can sit down and enjoy a meal together.

LOOK GOOD, FEEL GOOD (Level 1)

23rd July to 13th August (4 weeks)

1.00pm-2.30pm

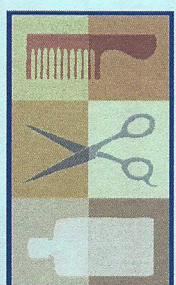
These sessions will focus on parts of your body that have been neglected recently eg. hands, feet, hair and skin. We will teach you to use treatments such as manicures and pedicures to improve all these areas.

LOOK GOOD, FEEL GOOD (Level 2)

27th August to 17th September (4 weeks)

1.00pm-2.30pm

We will now focus on particular treatments and try out samples at home and then have chats about the various pros and cons. We can also try our newly learned skills out on each other.



Booking is on a first come, first served basis, so don't delay

Wednesday Activities

ART THERAPY

17th July to 21st August 2013 (6 weeks)

10.30am-12.00pm

You need not have previous experience or skill in art, the overall aim of practitioners is to enable a client to effect change and growth on a personal level through the use of art materials in a safe and facilitating environment.

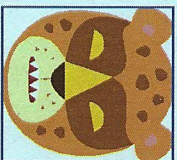
FREE LUNCH AVAILABLE FROM 12.00PM -1.00PM

PAPIER MACHE

17th July to 25th Sept (11 weeks)

1.00pm-2.30pm

Papier mache is a popular method of creating three-dimensional projects. Paper bound with a strong adhesive dries into a sturdy shell that takes the form of its mould.

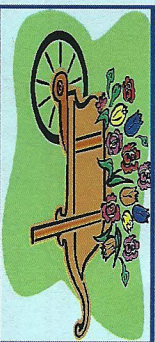


GARDENING

17th July to 11th Sept ((9weeks)

1.30pm-3.00pm

Whether you're a beginner looking for some gardening know-how or an experienced gardener wanting inspiration, we can enjoy learning together and growing together.



Thursday Activities

SILK PAINTING

18th July to 22nd August (6 weeks)

10.30am-12.00pm

Silk Painting is a popular and growing craft. Aimed at all skill levels why not come along and try your hand at this popular activity?



FREE LUNCH AVAILABLE FROM 12.00PM -1.00PM

PEER SUPPORT SESSION

Every Thursday

12.00pm-2.00pm

All members are welcome at this informal session. Activities/games are available but you may simply want a wee cuppa and a chat. The choice is yours!

RELAXATION/MEDITATION

15th July to 19th August (6 weeks)

1.00pm-2.00pm

Learn how breathing, relaxation and visualisation techniques can help to relieve stress and anxiety.