



## **What's On Summer 2018**

You can come and see us on

Monday morning from 10 o'clock until 12 o'clock.

Wednesday morning from 10 o'clock until 2 o'clock in  
the afternoon.

Or

Thursday from 12 o'clock until 2 o'clock in the afternoon.

Our phone number is 0131 337 1376

Our address is

24 Westfield Avenue, Gorgie, Edinburgh. EH11 2QH

**You are welcome to use our services but you have to speak to us first**

**What we run for people by themselves**

**Counselling.**

You can talk about things that trouble you. You and your counsellor will look for ways to deal with them. You can have an appointment during the day or in the evening. If you do not work the appointments are free.

**Polish worker**

We have someone who can speak polish who can help people who have recently moved to Scotland.

## **English language**

We run classes to help people speak English better.

## **Hypnotherapy**

This can help people who can't sleep well or if they have a lot of pain. It can help people if they are scared of things.

## **Befriending**

This is for people who are over 55. A befriender can help you to try new things. They can take you out to places which you might not be able to do by yourself.

**What we run for people who would like to join a group**

**Good Morning Gorgie**

This is for people who are 55 or over. They meet every Tuesday morning at St Martin's Community Resource Centre. This is in Dalry Road. The group take part in many different activities.

**Caring Soles**

Specially trained people look after your feet. Phone us to get an appointment.

## **Art for Fun**

This is for people who enjoy making things. They meet every Tuesday afternoon at Tynecastle Community Wing.

## **Write –On**

This is for people who enjoy writing. They meet every Thursday afternoon at Tynecastle Community Wing.

## **Anxiety Management**

This is for people who can easily become anxious. It can help people know what makes them anxious. It can help people cope with being anxious better.

## **What we run for people who want to be more active**

### **Engage in Movement**

This is an exercise class for people who have an illness or disability which cannot be cured.

### **Gardening**

We have an allotment and people are welcome to join this group to help us grow vegetables, fruit and flowers.

### **Active Steps**

We can help get people join gyms or walking groups.

We can help people join other activities groups too.

## **Walking Group**

We have our own walking group which meets every Tuesday afternoon at Tynecastle High School.

## **Walking Football**

This is for people over the age of 50 who still like to play football. It is done by walking. It is every Tuesday and Thursday evening. It costs £3.

## **Healthy Living**

This is a group that meets once a month. It meets at different doctor surgeries. It is about healthy eating and getting more exercise.

**We have different therapies for people.**

These cost £20 each.

### **Massage and Reflexology**

These happen every Monday

### **Acupuncture**

This happens every Thursday

We have lots of volunteers and we are always happy to speak to people who want to volunteer with us.