

### Walking Groups

**Springwell Striders** - meeting at Tynecastle High School every Tuesday afternoon at 1pm. This very popular group is a great way to get some exercise and make new friends. Walks are based around Edinburgh and you'll learn some fantastic routes to help you make the most of our beautiful city.

### Walking Football

Football for the young at heart (50+) A slow paced version of the beautiful game. Every Tuesday 12-1.30pm.

### Healthy Eating

Information and support for a tasty nutritious diet to keep you healthy and well. Six-week course starts end of October at Napier University. Contact Alan to register.

### Health at Work

We provide low cost training and workshops on a wide range of topics to support employers to run a happier, healthier workplace. See website or contact Catriona for more information.

### Complimentary Therapies

*(Gift vouchers available)*

**Massage & Reflexology** - relax and de-stress, all day every Monday £20 per session.

**Acupuncture & Tui Na** - based on the five branches of traditional Chinese medicine commonly used for the relief of pain and musculo-skeletal conditions. £20/session. Thursdays only.



### Christmas Party

You are warmly invited to join us at St Martins Community Resource Centre (St Martins Church) 232 Dalry Rd on December 11 at 1-4pm to celebrate Christmas with food and music from the Tubby Horse Co and local musicians, also starring the children of Dalry Primary School!

**Please note Health All Round will close from 21 December to 7 January.**

# Health All Round

Your Community Health Project



## What's On Winter 2018

You can register for our services by visiting at the following times:

10am – Midday every Monday

10 - 2pm Wednesday

12 - 2pm Thursday

If you are unable to attend during these hours please ring to arrange an appointment

*Health All Round  
24 Westfield Avenue  
Edinburgh  
EH11 2QH*

tel 0131 337 1376  
[info@healthallround.org.uk](mailto:info@healthallround.org.uk)  
[www.healthallround.org.uk](http://www.healthallround.org.uk)

Health All Round Community Health Project  
is funded by the City of Edinburgh Council and NHS Lothian  
Charity Number: SC006065  
Ltd Co No: 406209



Health All Round prices vary, often we ask only for a donation (anything you can afford). Please note you should register at Health All Round before attending any of our activities.



## Individual Support

### Counselling

This is an opportunity to talk about problems and issues that are troubling you. Your counsellor can help you identify issues and find the best ways to tackle them. The aim is not to tell you what to do, or to offer a personal opinion, but to help you arrive at your own solutions and support you through this process. Daytime appointments - £10/session (free for people who are in receipt of benefits). Evening appointments £25/session.

### Polish Link Worker

1:1 support to help people new to Scotland access local health services.

### Conversation Cafe

Improve your spoken English skills in a friendly, supportive environment. Tuesday evenings 7-8pm. TEFL qualified volunteer available.

### Cognitive Behavioral Therapy (CBT)

A talking therapy to help you manage your problems by making changes to the way you think and behave. One-to-one therapy. Arabic speaking therapist available. Daytime appointments - £10/session (free for people who are in receipt of benefits). Evening appointments £25/session.

**NLP/Hypnotherapy** £25/session (free for people who are in receipt of benefits) A one-to-one therapy for the management of insomnia, pain, phobias etc

### Befriending

One-to-one support for people aged 55+, helping you to stay active and maintain a healthy social life.

## Groups + Workshops

*All groups and workshops are free of charge - please register before attending*

### Good Morning Gorgie

A social group for age 55+ meeting every Tuesday morning at St Martin's Community Resource Centre. 10am - 1pm. A range of activities: cooking, reminiscence, writing, games, arts+crafts. See website news for latest programme (you can register for this group at St Martin's).

### Sunshine Film Club

Watch a movie with your mates. First and third Wednesday of the month. A wide and varied programme to suit all tastes. See website news for details.

### Anxiety Management

This group will help you recognize the signs and symptoms of anxiety and understand their underlying causes. In gaining a better understanding of your symptoms you can learn how to cope with them more effectively. Practical strategies and tips for relaxation are also provided.

### Art for Fun

A lighthearted approach to creativity. No experience required. Join this friendly group every Tuesday 11-12.30pm at Health All Round 24 Westfield Avenue.

### Write-On!

If you enjoy writing come along and join this friendly, supportive group. No previous experience necessary! Every Thursday 3-4.30pm at Tynecastle Community Wing. Please register with Health All Round first before attending.



## Get Moving

### Engage in Movement

Exercise classes to support people with long term conditions to become more active. Led by specialists in a safe and supported environment (Napier University, Sighthill Campus). Contact Alan to register.

### Gardening with Health All Round

Get out in the fresh air and help us tend our community allotment. Beginners and experts welcome. Group meets every Monday morning 10-12noon. Register with Health All Round first.

### Active Steps

Active Steps supports and motivates individuals to lead a more active life. Active Steps provides access to walking groups, weight management programs, gym, gardening and cooking groups. These are only some examples and a wider range of activities are available.