

Polish Link Worker

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

English Language Cafe

A non-certificated course for absolute beginners by a CELTA qualified teacher. 5.30-7pm every Tues. Contact Anna 07494679674 or email linkworker@healthallround.org.uk.

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.

The Carnival comes to Gorgie Dalry!

Friday 14th June 12.00 – 2pm @ St. Brides Centre, Orwell Terrace.
Free event includes lunch & performance from around the world by Edinburgh Festival Carnival Performers. All Welcome.



What's On Summer 2019

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

2 - 4pm 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
www.healthallround.org.uk

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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.



Heads Up

Helping you to deal with life's challenges and maintain mental wellbeing through stressful times. When you come in to register a member of our team will discuss the best options for you.

CBT (Cognitive Behavioural Therapy)

Addressing unhelpful thinking styles and helping you to develop a more constructive and hopeful approach to managing life. The next CBT group will be:

Anxiety Management 26 Aug - 30 Sep (every Mon 10-12pm) Free service

Evening CBT one to one CBT is available Tues and Wed evenings @£25 per session. Contact us to arrange an evening registration appointment. Fast Track CBT is available from time to time @£40 per session.

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. Fast Track Counselling is available from time to time @£40 per 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

Polish Workshops for Wellbeing

A range of half-day workshops including: Confidence building; Anxiety management; Assertiveness (delivered in Polish). Contact Anna 07494679674 or email linkworker@healthallround.org.uk.

Good Morning Gorgie *(all GMG activities are free)*

Tuesday Group

This social group for age 55+ meets 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.

Befriending

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

Grow & Create

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.

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 Tuesday afternoon. Register with Health All Round first.

Active Steps *(all AS activities are free or low-cost)*

Supporting you to lead a healthier more active lifestyle. Current activities include: Gentle exercise; Walking football; Walking netball; advice and support for weight management; Gym vouchers and passes.

Our weekly walking group meets every Tues 1pm. [More info on website >](#)