

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 (£3)

Healthy Living

Monthly sessions at Whin Park, Slateford, Westerhailes and Sighthill GP surgeries. Support and info on healthy eating and increasing physical activity. Book yourself a place through your GP or contact Alan.

Volunteer Opportunity

Befriending, walking and gardening group volunteers needed. Contact Rose.

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.

Events



Come and join us at St Martin's Community Resource Centre (St Martin's Church, 232 Dalry Rd) on Monday December 11 at 2-5pm for our **Christmas Party** and **AGM**. Live music, good food and general celebration. All welcome.

Health All Round

Your Community Health Project



What's On Winter 2017

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
www.healthallround.org.uk



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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 unemployed). Evening appointments £20/session.

Polish Link Worker

One-to-one support to help people new to Scotland access local health services.

English Language Class

A small friendly and supportive class to help increase confidence in spoken English.

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 unemployed). Evening appointments £20/session.

NLP / Hypnotherapy

A one-to-one therapy for the management of insomnia, pain, phobias etc £20/session



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.

Caring Soles

Running alongside Good Morning Gorgie! at St Martin's Community Resource Centre a low cost personal foot care carried out by NHS trained volunteers. To book an appointment ring Lisa 0131 447 4520. £20 initial session £10 subsequent sessions.

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 3.30-5pm at Tynecastle Community Wing (please register with Health All Round first).



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.



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 new community garden and allotment. Beginners and experts welcome.

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.