

### 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)

### **NEW** - Women's Walking Football (in partnership with Hearts FC)

Starts 12 June 6-7pm contact Alan for more information.

### Healthy Living

Weekly 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

Walking group volunteers needed for our Tuesday afternoon group. 1-4.30pm. Contact Rose for more information.

### 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 afternoon £20/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.



### Events

#### Sharing Secrets Writing Workshop

Part of the Gorgie-Dalry Sharing Secrets Festival. This writing workshop is lead by award winning playwright and poet Tom Murray. Thursday 15 June 3-5pm Tynecastle Community Wing. Beginners welcome.



## What's On Summer 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](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 - donation appreciated. Evening appointments £20/session. Polish, Greek and Urdu speaking counsellors available.

### Thrive (One-to-One)

A eight week course (one-to-one) to help improve your self confidence and regain a sense of control over your life. £10 working / £5 unwaged

### Central, Eastern European & Roma Link Worker

One-to-one support to help people new to Scotland access local health services. Polish and Romanian speaking staff available.

### Central, Eastern European & Roma Drop-in

English & Polish speaking workers available to discuss your individual needs.

### 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. Donation only. Arabic speaking therapist available.

### NLP / Hypnotherapy

A one-to-to 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 - 12.30. A range of activities: cooking, reminiscence, writing, games, arts+crafts. Contact Caroline to register [caroline@healthallround.org.uk](mailto:caroline@healthallround.org.uk)

### Stress Busting

A series of workshops to equip you with the skills to cope with challenging times. Next workshop Tuesday 27 June 9.30am-12.30 'A Introduction to Mindfulness' at Tynecastle Community Wing (an effective strategy for managing anxiety and helping you to appreciate the here and now). Contact Catriona to book a place.

### 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. Next course starts in August.

### 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 3.30-5pm at Tynecastle Community Wing.

### Cook for Health

Absolute beginners welcome. Learn how to cook healthy and tasty food on a limited budget. Commences August. Contact Alan for more information.

## Get Moving

### Gardening with Health All Round

Get out in the fresh air and join our new gardening group. We need your help to tend our new community garden and allotment. Beginners and experts welcome. Contact Caroline for more information.



### 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.