

## ***Przyjacieli w Potrzebie / Friends in Need***

Support Polish/ Ukrainian people to access Health All Round & other local resources.

**Friends in Need - On the Town:** Getting to know Edinburgh & make new friends at the same time. A monthly group for people new to Scotland. Contact [anna@healthallround.org.uk](mailto:anna@healthallround.org.uk), tel 07494679674, Monday - Thursday 10am-2pm

## ***Action for Pain***

- Lifestyle management for people experiencing chronic pain
- 6-week courses run in partnership with our local GPs supporting you to make small changes for a happier, healthier life
- One to one support to help you reach your personal goals

*For Action for Pain contact Aleksandra on 07707916177*

***Please see the What's On page for details of all activities, times and venues.***



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

***tel 0131 337 1376  
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[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



**All services are free or low cost. Please note you must 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. **Our Heads Up service includes:**

**CBT Courses** and one to one support, for managing anxiety and depression. Drop in to Health All Round to register any Tuesday between 10am and 2pm

**Ecotherapy:** Mindfulness in Nature, leave your worries behind and take a walk outdoors with this small and friendly group. Drop in Tuesday's 10am - 2pm to register

### **Good Morning Gorgie**

A lively social group for people aged 55+: Enjoy a range of activities and light lunch with the GMG clan in St Martins Community Resource Centre (232 Dalry Rd) every Tuesday from 10am - 1pm, no cost, donations appreciated. \*

**Keep on Moving:** a small supportive exercise class for people with mobility or memory issues, St Martins Church, 232 Dalry Rd.\*

\*Contact Gloria on 07380636477 for more information.

### **Go for Green Creative Groups**

Our creative groups run online or in Saughton Park

**Art for Fun:** Small and friendly groups meeting weekly; a lighthearted approach to creativity. No experience required.

**Write-On:** If you enjoy writing come along and join this friendly, supportive group. Experienced writers and absolute beginners. All welcome.

**Read-On:** A wonderful way to try new and different kinds of books, and to meet new people who also like to read. This Zoom group meets on the first Thursday of every month 5.30-7pm. We provide the books so there is no cost.

To register for Grow & Create groups Drop in to Health All Round on Tuesday between 10-2pm

### **Go for Green Outdoors**

A range of groups to get you out and about in greenspace

**Men's Green Shed:** every Monday morning, what better way to start the week!

**Park & Stride:** Gentle walks in the great outdoors. Suitable for people with limited mobility.

**Coming Soon - Green Hearts Park:** a range of activities in Saughton Park: Canvas painting; Photography; Poetry workshops; Local history; Herbal walks; Exercise tasters. Suggestions welcome! If you have a skill to offer we'd like to hear about it!

For Go for Green Outdoors contact  
[pete@healthallround.org.uk](mailto:pete@healthallround.org.uk) tel 07579769378

### **Active Steps (free or low-cost)**

- Supported gym sessions
- Chair based exercise
- Outdoor exercise classes
- Seated Yoga
- Healthy Living courses
- One to one support to help you reach your personal goals

For Active Steps contact  
[louise@healthallround.org.uk](mailto:louise@healthallround.org.uk) tel 07549843925

