



## **What's On - Health All Round**

You can come and see us to find out what we do on:

Tuesday from 10am - 2pm.

Or phone us on 0131 337 1376

Our address is

24 Westfield Avenue, Gorgie, Edinburgh. EH11 2QH

**You are welcome to use our services but you have  
to speak to us first**

## **What we run for people by themselves:**

### **Counselling.**

You can talk about things that are worrying you or making you feel unhappy. You and your counsellor will look for ways to deal with them. You can have an appointment during the day from Monday to Thursday. If you do not work the appointments are free.

### **Ecotherapy**

This is about enjoying time in nature. You can do this on your own (with a therapist) or in a group. It can help you relax and forget your worries. It is always outside and usually in Saughton Park.

## **Polish and Arabic speaking workers**

We have people who can speak Polish and Arabic who can help you find services to improve your health or tell you about our services.

## **Befriending**

A befriender can help you to try new things. They can take you out to places which you might not be able to do by yourself.

**What we run for people who would like to join a group:**

## **Good Morning Gorgie**

This is for people who are 55 or over. They meet every Tuesday morning in a community centre on Dalry Road.

The group take part in many different activities. It is a good way to make new friends.

### **Art for Fun**

This is for people who enjoy drawing, painting and making things. It's a good way to make friends, relax and forget your worries.

### **Write –On**

This is for people who enjoy writing. You don't need to be a good writer. It's about having fun with other people - writing stories and poems.

### **What we run for people who want to be more active**

#### **Exercise Classes**

There are lots of different exercise classes. We will help you pick the one that is best for you.

## **Walking Groups**

Our walking groups are for people who find it difficult to go out walking by themselves, because they have been ill or are in pain, or are too anxious to go out by themselves. We take short walks in nearby places.

Everyone is friendly and you can chat and have a tea or coffee at the end.

## **Active Steps**

We can help you join gyms or swimming pools. We can give you a card that will get you in to places for £1.

## **Healthy Living**

If your doctor says you need to lose weight we can support you to do this in a safe and healthy way.

## **Complementary Therapies:**

We have two different therapies. They cost £20 each session but if you are worried about money please tell us.

**Reflexology:** This is like a massage but only on your hands and feet. It can help you if you are feeling stressed and anxious.

**Acupuncture:** Very tiny needles are inserted into different bits of your body. It is not painful and it can help you if you are in pain.

## **Volunteering**

We have lots of volunteers and we are always happy to speak to people who want to volunteer with us.