



## What's On When?

### Mon to Fri:

Our Fruit & Veg Shop 9am-12.30pm

### Monday:

Duo (E4L Westside Plaza) 4-4.30pm

### Tuesday:

Buggygym (Gate55) 9.30-10.30am

Baby's First Foods (contact us) 10.45-11.45am

### Wednesday:

Chair Exercise (St Davids) 11.15am-12.15pm

### Thursday:

Buggygym (Gate55) 9.30-10.30am

Mindfulness (contact us) 2-3pm

Tasty Bites Drop In (Our Shop) 2-4pm

### Friday:

Walking Group (Our Shop) 10-11am

## Mindfulness

Calming meditative sessions, with an experienced teacher in a small group. They can be helpful for people experiencing low mood, anxiety or chronic pain.

Terms alternate between Sighthill and Whinpark Medical Centre. We recommend you attend for a few weeks to get the best out of the sessions.

## Health Drop In Service

Our Health Drop-In Service is a great place to get advice and info on all kinds of health issues.

The individual drop-in sessions are a friendly and welcoming place for you to come and talk about your health needs. The service is free and confidential - you do not need to make an appointment.

## Please Contact Us:

### **Broomhouse Health Strategy Group**

1 Broomhouse Market

Edinburgh, EH11 3UU

T: 0131 467 7678

E: [info@healthstrategygroup.org.uk](mailto:info@healthstrategygroup.org.uk)

W: [www.healthstrategygroup.org.uk](http://www.healthstrategygroup.org.uk)



broomhouseHSG

## Update from Broomhouse Health Strategy Group



## Shop Local At Our Fruit & Veg Shop!

*Feed a family of four from £1.50 with our delicious soup and meal bags. Mix up mealtimes with our easy to follow recipes.*

Our fantastic range of fresh and tasty Soup Bags and Meal Bags are unique to us and our regular customers just love them!

Try our **21 different varieties of soup** ranging from old favourites - Lentil to deliciously different options like Sweet Potato and Coconut.

We take **Healthy Start Vouchers**, and have a **Free Home Delivery Service** locally.

You will always get a very **warm welcome**, plus buying at our shop supports our other free services too!

**Mealtimes sorted from just £1.50!**

*We are your local health and wellbeing charity supporting healthier lifestyles.*

*Find us in the **Fruit & Veg Shop** in the colourful Broomhouse Market.*

*As well our great shop we run a range of free services.*

*Anyone is welcome to use our services, we are open to all!*

## Volunteer With Us!

*Would you like to join our award-winning team? We have lots of positions available:*

### **Fruit and Veg Shop Assistant:**

*It's a great way to feel part of a team and do something rewarding for charity.*

### **Tasty Bite Drop in Assistant:**

*To help staff with a cooking and meal planning advice at weekly drop in .*

### **Walking Group Volunteer:**

*To help support our Walking Group.*



## Where Are We?



# What's Going On In Your Community ?

## Bring Your Baby = Activities For Parents!

### BuggyGym

Great exercise for Mums with babies in their buggies, helping them to feel fitter and have more energy. Its really popular, run twice weekly. Mums get a great workout, fresh air and make lots of new friends.

### Baby's First Foods

How to give your wee one the best possible healthy start eating solids. Each six week term includes two practical cookery sessions.

**Special One Off Weaning Event on  
Thurs 19th April 10.30am-12.30pm.**

### Duo

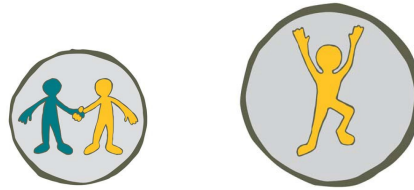
A fast paced 30-minute workout at the E4L Gym with baby and the kids playing supervised nearby. You'll get a high intensity work out to get your week off to a great start.

*Please contact us to find out  
more and book your place on  
any of our services.  
See the back cover for a  
map, our current timetable  
and contact details*

## Adult Walking Group

This friendly social group takes various local walks for an hour every Friday. We have a cuppa back at the shop and some-times go to a local café. It is a medium pace, strollers rather than striders.

Watch out for our new walking group called "Pick up the Pace" in the spring. This will be a more active workout on a walk!



## Chair Exercise

Enjoy company, music, laughter alongside seated exercise (and some standing up exercise too if you feel comfortable with that).

It helps improve your strength, stamina, toning and balance. An excellent exercise for older adults and people returning to exercise after a long break.

Check out our fantastic new Thursday afternoon activity taking place in the shop!

Broomhouse Health Strategy Group's

## Tasty Bite Drop In



Food and Cooking advice drop in Sessions

Drop in to our friendly  
Community Fruit & Veg Shop  
where our staff will help you:  
~ Chat about recipes  
~ Get help with meal planning  
and budgeting  
~ Ask your cooking questions  
~ Recipe Demonstrations



~ Bring the kids to try new  
foods with our

"Tiny Tasters Food Lab"

**Thursdays 2-4pm  
Broomhouse Fruit &  
Veg Shop  
1 Broomhouse  
Market  
All Welcome**

For more information call us on 0131 4677678  
Find Us On Facebook  BroomhouseHSG  
Registered Charity SC037236

Normal Opening Hours of  
our Fruit & Veg Shop are:  
Mon to Fri 9am-12.30pm