

## OTHER PROJECTS AT THE HEALTH AGENCY

### **ROOM FOR ART-** Monday 21<sup>st</sup> October to 16<sup>th</sup> December, 10.30-12.30

Room for Art is a project which uses art workshops to support health and wellbeing. No experience of art necessary, each workshop is led by an experienced artist. By referral only: please contact Louise at Art in Healthcare on 0131 555 7638 or [outreachmanager@artinhealthcare.org.uk](mailto:outreachmanager@artinhealthcare.org.uk)

### **HERBAL MEDICINE CLINIC (£) - Wednesday's only**

Grass Roots Remedies offers affordable herbal consultations & medicines on a donation basis for local residents & staff based in Healthy Living Centre. Book an initial consultation at The Health Agency Green Reception. For more info contact: Ally: [clinic@grassrootsremedies.co.uk](mailto:clinic@grassrootsremedies.co.uk)

### **EDIBLE ESTATES**

Edible Estates work with local residents to develop community gardens and growing spaces. The gardens provide volunteer opportunities, growing sessions, food preparation skills, natural play, workshops and more. There are currently gardens in the Calders, Clovenstone and Murrayburn & Hailesland. Contact them directly for more info: [hello@edibleestates.co.uk](mailto:hello@edibleestates.co.uk)

### **GAMBLERS ANONYMOUS - Wednesday's 12.30pm-2pm**

A supportive, informal group for men & women who are worried about their own or someone else's gambling habits. No need to book, just come along. [www.gascotland.org](http://www.gascotland.org) Telephone: 03700508881

### **WITH KIDS**

With Kids offers a range of therapeutic services to children & parents/carers. This includes therapy aimed at helping children work through difficult emotions plus a variety of family, group and parent/carer activities and sessions. Please contact reception for more information about ongoing activities. Or visit [www.withkids.org.uk](http://www.withkids.org.uk) for more details.

# The Health Agency

## What's On Oct-Dec 2019

To access any Health Agency services please book an initial appointment – either in person by visiting reception or by phone: 0131 453 9400. All our services are FREE unless marked (£)

The Health Agency-Green Reception Desk opening hours are:

Mon-Thurs	9am-5pm
Fri	9am-1pm
Wed, Thurs	5pm-8pm

(for evening counselling appointments only)

The Health Agency- Green Reception Desk  
Wester Hailes Healthy Living Centre  
30 Harvesters Way  
Edinburgh  
EH14 3JF

Telephone: 0131 453 9400

Email: [frontdesk@thehealthagency.org.uk](mailto:frontdesk@thehealthagency.org.uk)



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## HEALTH AGENCY SERVICES AND GROUPS

### **COUNSELLING SERVICE**

1-1 counselling provides a safe space to talk about problems and issues that may be troubling you. You will be encouraged to talk about your feelings and emotions, while the counsellor supports you to find solutions to your problems. Service offered for 12 weeks.

### **COGNITIVE BEHAVIOURAL THERAPY (CBT)**

CBT is a 1-1 talking therapy that can help you manage your problems by changing the way you think and behave. CBT can help you change negative patterns to improve the way you feel. Service offered for 16 weeks.

### **COMPLEMENTARY THERAPIES (£)**

Relax, de-stress and manage pain with Massage or Reflexology. Sliding scale for cost, ranging from £10-£25, payable at booking. Please bring your own bath towel

### **WOMENS GROUP -Thursday's 10.30am – 12.30pm**

A weekly wellbeing group for local women to meet new people, support each other and take part in activities of the groups own choice. These can include cooking, arts and crafts, creative writing, painting, outings, talks from organisations, issue based workshops and more.

### **CARERS GROUP - Friday's 10.30am -12.30pm**

Caring can be a stressful & isolating experience. This weekly group is a chance for carers to come together, support each other and have some time for themselves. The group decides on different activities each week.

### **WILLOW GARDENING GROUP - Tuesday's 12pm-4pm**

The Willow Gardening Group is a weekly supported gardening group for those interested in getting involved in their local community garden. The group meets for a healthy lunch at The Health Agency before walking along to the garden, situated along the Union Canal in the Calders.

### **WESTER HAILES WALKING GROUP- Thursday's 10.30am-12pm**

Come join us for a gentle paced health walk around the local area. Group meets every Thursday 10.30am at the cafe in the Healthy Living Centre and will be out walking for around 1 hour.

### **LIFESTYLE MANAGEMENT – Monday 7<sup>th</sup> October to 16<sup>th</sup> December, 1pm-4pm**

This course would be suitable for you if you have a diagnosed physical disability or long term health condition and are keen to explore ways of building your confidence, self-worth and knowledge and skills that will help you to cope better and move on in life **despite** any difficult life situations that you may be dealing with.

### **IN OUR HANDS: WOMEN'S HEALTH COURSE –Wednesday 23<sup>rd</sup> October to 11<sup>th</sup> December 9.30am-12pm**

In this 8 week course we will explore herbal medicine and some key herbs for emotional health, meditations, movement and bodywork practices to support relaxation and rest, the history of mental health, the effects of trauma in the body and responses and tools for support and healing.

### **YOGA (£) - Thursday's 12pm – 1pm**

Weekly gentle yoga class suitable for all levels. Costs £3 for local residents and £5 for workers. No need to book, pay on the day at the Green Reception.

## HEALTH AGENCY PROJECTS

### **ACTIVE STEPS- See the Active Steps Programme for details of current groups**

Active Steps is a healthy living project to support and motivate individuals to lead a healthier, more active life. We can support with gym access, healthy eating & physical activity advice, long term conditions support, gentle exercise and more. Contact Sam directly for more info [Samantha@thehealthagency.org.uk](mailto:Samantha@thehealthagency.org.uk)

### **COMMUNITY FOOD SHOP –Thursday's 10am-2pm**

Local organic vegetables, a rainbow of fresh fruit and delicious snacks. All available at affordable prices every Thursday in the Health Centre foyer. **Soup available from the Tasting Change Garden Kitchen from 12noon**

### **WESTER HAVEN CANCER SUPPORT SERVICE**

Supports people living in South West Edinburgh who are affected by cancer, including carers, family members and the bereaved. Offering a range of services including information & support, complementary therapies, yoga therapy, counselling, benefits advice and group work.

### **WESTERHAVEN LONG TERM CONDITIONS PILOT PROJECT**

(for patients of Wester Hailes and Whinpark Medical Practices)

Supports patients affected by chronic long term conditions such as COPD and heart failure. Offering a range of services including information and support, massage therapy, yoga therapy, counselling and group work.

### **COMMUNI-TEA- Contact for workshop dates**

Supports local people to grow and forage medical herbs around Wester Hailes. The project runs regular workshops to gather wild herbs, learn about their uses in medicines and create herbal teas to share. For details on workshops contact Rhona: [rhona@grassrootsremedies.co.uk](mailto:rhona@grassrootsremedies.co.uk)