

The Health Agency

What's On Sep- Nov 2021

Join us on our new website at:

www.thehealthagency.org.uk

To access any The Health Agency services please book an initial appointment – either by phone: 0131 453 9400 or email:

frontdesk@thehealthagency.org.uk

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

All our services are FREE unless marked (£) and are available to anybody living in South West Edinburgh. Please note many of our activities are currently being held online, you will be advised at time of initial appointment if this is the case.



THE 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.

WOMEN'S GROUP -Thursday 11am–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 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 1pm-4pm

The Willow Gardening Group is a weekly supported gardening group for those interested in getting involved in their local community garden. We garden for wildlife and cultivate many medicinal herbs. The group is open to all. The group meets at 1pm at the Calders Community Garden and takes part in different activities each week. For more information contact rhona@thehealthagency.org.uk

WESTER HAILES WALKING GROUP – Thursday 10.30am

Come join us for a gentle paced health walk for up to an hour around the local area. The Health Agency Walking Group meets every Thursday 10.30am outside Wester Hailes Health Living Centre (Wester Hailes Train Station entrance). Pre booking required.

ANXIETY MANAGEMENT COURSE- Starts Monday 6th September 4.30-6.30pm

This 6-week online course is for anyone who wants to learn to manage their anxiety. This course aims to give you a better understanding of anxiety, more control, and improved coping skills.

SLEEP WELL COURSE - Starts Tuesday 28th September, 4.30-6.00pm

This 4-week online course is for anyone who finds it hard to fall asleep, has trouble staying asleep, or is interested in learning how to have a better sleep. The course explores why we sleep, how to establish a new sleep/wake routine, learn strategies to tackle troublesome thoughts, create new behaviours and develop relaxation/mindfulness skills.

MANAGING ANGER & IRRITABILITY COURSE – Starts Monday 18th October, 4.30-6.30pm

This 6-week online course is for anyone who wants to learn how to manage feelings of anger and irritability. The course will explore why we get angry, how to identify early warning signs, and use coping skills to manage feelings of anger and irritability.

MENS WELLBEING COURSE – Coming soon

A 5 week online coaching course to support men to feel better. This course will focus on practical and effective tools to feel better, freeing yourself from negative thinking and learning to go from a place of anxiety, doubt and overwhelm to feeling more motivated and energised. For more information on the course content contact Jean, jean@thehealthagency.org.uk. Waiting list is open.

THE HEALTH AGENCY PROJECTS

ACTIVE STEPS

Active Steps is run in partnership with Health All Round and aims to support people to become more physically active & maintain a healthy diet in the long term through online and face-to-face exercise classes, access to gym and swim, and health behaviour change programmes. We will help you to make small changes in your everyday routines that will set you on track for a healthier lifestyle.

TASTING CHANGE

Tasting Change promotes positive food and health opportunities in SW Edinburgh. Activities include the garden kitchen community take away meal, volunteer opportunities, cooking groups and healthy eating workshops for parents and families,

for those interested in gaining new skills in the kitchen and learning about meal planning and nutrition.

GARDEN KITCHEN COMMUNITY TAKE AWAY MEAL – Wednesday 1-2pm

A delicious takeaway lunch is available at our garden gate outside The Health Agency, every Wednesday between 1pm and 2pm. All the meals are freshly prepared and include produce grown locally. Grass Roots Remedies will also join us every second week handing out free herbal remedies and health advice. Everyone is welcome & social distancing rules will apply

WESTERHAVEN 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, 1 to 1 support, check in calls, yoga therapy, counselling, CBT, relaxation/coaching, healthy eating project, benefits advice, and group work.

WESTERHAVEN LONG-TERM CONDITIONS PROJECT

Supports people affected by chronic long-term conditions such as COPD and heart failure and long Covid. Offering a range of services including information and support, check in calls, yoga therapy, counselling, CBT and group work, referrals to gentle exercise programme and healthy eating project.

OTHER PROJECTS AT THE HEALTH AGENCY

HERBAL MEDICINE CLINIC (£)

Grass Roots Remedies offers affordable herbal consultations & medicines on a donation basis for local residents & staff based in Healthy Living Centre. For more info contact: Ally: clinic@grassrootsremedies.co.uk



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