

CHANGES



Community Health Project

Promoting Positive Wellbeing

Courses/Groups Programme Winter/Spring 2012

**Supporting people in East Lothian
to find ways to better manage**

**Stress
Anxiety
Depression
Panic Attacks
Low Self-esteem
Negative Thinking**

CHANGES Community Health Project
CHANGES was established in 1996 to “promote positive wellbeing and provide opportunities for people in East Lothian to find ways towards healthier and less stressful living”.

All courses/groups are free for people resident in East Lothian -

Booking essential

See contact details on back page on how to book.

Contacting CHANGES

CHANGES does not have a formal referral system, so adults who live in East Lothian and feel they could benefit from the services the project provides, can get in touch directly. We are a Primary Care service supporting people experiencing **mild to moderate** mental health issues. Many people who come to CHANGES have heard about the project from their GP, friend, relative, Health Visitor, or from leaflets in the library and Health Centres.

What CHANGES Provides

CHANGES offers a range of groups and courses which aim to assist people to increase their capacity to cope with identified issues of stress, anxiety and depression in their lives. If you feel that being part of a group learning new techniques, improving your mental health through exercise or attending a class on stress control could help, then please get in touch to sign-up or to find out more.

“I feel much more able to cope with my life now”

Wellbeing walks

Through taking part in our Wellbeing Walks programme, participants have experienced the many benefits that exercising in the outdoors can bring. For example, exercise can boost your self-esteem, help you concentrate, reduce tension and help you sleep. The walks offer an organised and supportive way for people to start walking and walk more as part of a friendly group. The walks are led by trained volunteer walk leaders and staff and start off at 45 minutes, building up to just over an hour during the ten week block. Participants are able to walk at their own pace, with the emphasis on everyone enjoying walking outdoors in the local area.

Haddington Monday Wellbeing Walks

Starts: Mon 5th March, 2012, 10 am for 10 weeks

Meet: Aubigny Sports Centre cafe, Haddington

Musselburgh Wednesday Wellbeing Walks

Starts: Wed 7th March, 2012, 10 am for 10 weeks

Meet: Sports Centre cafe, Newbigging, Musselburgh

Musselburgh Saturday Wellbeing Walks

Starts: Sat 11th February, 2012, 10.30 am for 10 weeks

Meet: Sports Centre cafe, Newbigging, Musselburgh

Tranent Tuesday Wellbeing Walks

Starts: Tues 21st February, 2012, 10 am for 10 weeks

Meet: Outside Day Care Centre, Church Street, Tranent

What some of the walks participants have said about being part of a walking group

"It's a life saver. The walks have been fun with great companionship and a way to keep healthy."

You are very welcome to join the walks at any point during the current block - please contact for details.

First Steps

This course helps participants to increase awareness and understanding of their emotions, thinking, behaviours and physical changes in relation to how they affect our ability to cope in life. The course looks at how these are related and at some of the things that we can do to improve mental fitness and wellbeing in order to feel more balanced and positive.

First Steps Daytime Course

Starts: Wed 18th Jan, 2012, 10 am - 12 pm for 7 weeks

Venue: Dunbar venue to be confirmed

First Steps Evening Course

Starts: Mon 30th Jan, 2012, 6-8 pm for 7 weeks

Venue: Tranent venue to be confirmed

First Steps Daytime Course

Starts: Wed 7th March, 2012, 10am - 12pm for 4 weeks then resumes 18th April, 2012 for 3 weeks

Venue: Musselburgh venue to be confirmed

Understanding Anxiety

This course supports people to better manage the anxiety in their lives. The course is designed to give a general explanation of anxiety - looking at why we get anxious, what happens to our body and our mind and the way anxiety can alter the quality of our life. It is also hoped that the course will help people feel more confident in their ability to manage their anxiety, be more accepting of it and to be less fearful of their anxiety.

Starts: Thur 1st March, 2012, 10.30am -12.30pm for 6 wks

Venue: Musselburgh venue to be confirmed

Stress Control

This course is open to members of the public who feel they might benefit from stress management. The course will use the “Stress Control” materials, which use proven psychological techniques to help manage stress better.

- People attending will not be required to ask questions or share information during the sessions.
- This is not a therapy group - instead material is taught using lecture style presentations.
- Stress Control booklets will be distributed at each session and individuals will be encouraged to make use of course materials between sessions.
- People attending may be accompanied by family members or friends.

Starts: Sat 28th Jan, 2012, 10 - 11.30 am for 6 weeks
Venue: Hope Church, Musselburgh

Branching Out

This 14 week outdoor activity programme has been developed by the Forestry Commission and offers a variety of activities including willow weaving, environmental art, photography and bushcraft. Previous participants have reported improvements in their self-esteem, confidence, motivation, sense of achievement and social skills from being part of this group programme.

Starts: Thurs 16th Feb, 2012, 12-3.30 pm for 14 weeks
Venue: Carberry, Musselburgh
Minibus pick up from central point in Musselburgh

Mindfulness

This course helps participants learn the skill of “being mindful” or “being present” and develop an attitude of gentle curiosity, acceptance and patience towards themselves and their experience. By the end of this course it is hoped that people will have started to develop a new relationship with their thoughts, feelings and emotions and a more compassionate way of being with themselves. This course is highly experiential and combines simple mindfulness meditation practices with cognitive exercises. People interested in the course will be invited to meet with the course facilitator to help them decide whether it is the right time for them to attend.

Starts: Mon 23rd Jan, 2012, 6-8.30 pm for 8 weeks.

Venue: Musselburgh venue to be confirmed.

Think Better - Feel Better

This course is designed to explore the links between our thinking, how we are feeling, and how we behave. A wide range of techniques are used during the course, which may be useful for tackling unhelpful thinking and worrying. By the end of the course you should have a better understanding of how thinking affects our emotional wellbeing, and perhaps be starting on the journey to implement the ideas and strategies developed during the course.

Starts: Monday 13th Feb, 2012, 6-8 pm for 6 weeks.

Venue: Musselburgh East Community Learning Centre

Assertiveness

This six week course help participants better understand what we mean by the term assertiveness. The aim is to support participants to express themselves in the ways that they would like. It explores the difference between passive, aggressive and assertive behaviour and communication.

Starts: Thurs 8th March, 2012, 6-8 pm for 4 weeks then resumes 19th April, 2012 for 2 weeks

Venue: Port Seton venue to be confirmed

Men's Group

This is a facilitated group that provides a space for men to share their thoughts and feelings, in a safe and supportive way. The group is encouraged to talk and listen to each other, supporting each other with what they may wish to discuss.

Starts: Ongoing fortnightly Wed evening meetings

Venue: CHANGES Office, Musselburgh

Please contact CHANGES to find out how you can take part or ask for the Men's Group Leaflet to be sent to you.

Managing Stress At Work

Do you find your working life stressful? Do you feel frustrated, anxious, angry or down when you think about your job, manager or colleagues and don't know what to do about it? If yes, then this course might be for you. It may help you find ways to improve how you feel about your working environment. It will provide a safe space and time to clarify what stresses you most. It will help you to learn strategies to stay calm, in control and regain a positive attitude to your working life.

Starts: Thursday 2nd February, 2012, 6-8 pm for 7 weeks.

Venue: Hope Church, Musselburgh

Wellbeing for Parents

If you are a parent and would like to find ways to improve your wellbeing, this course could help. Over the eight weeks you will be given information about stress and how it affects us and have the chance to practice ways of relaxing; learn new ways of thinking positively and discover alternative ways of looking at and coping with life.

Starts: Starts Mon 20th February, 2012, 9.45 - 11.45 am for 8 weeks (excluding 2nd, 9th and 16th April)

Venue: Early Years Centre, Sandersons Wynd, Tranent

One to One Appointments

CHANGES can also offer a one to one appointment, if you would like to discuss your situation and how you are feeling before signing up for a group or course. The appointment will help you find out more about how we work and find possible ways to move forward. We can also provide you with information about particular topics or on other places that might be able to help.

Please telephone the office on 0131 653 3977
(Mon-Fri 9.30 am to 5 pm)
if you would like to make an appointment.

How to Book

To find out how to book a place on a group/course

Tel 0131 653 3977 or

Email info@changeschp.org.uk

Please supply your name and address details

Access to Groups/Courses

If you have mobility problems, we will endeavour to meet your needs, as groups and courses can be held in wheelchair accessible premises. Please telephone CHANGES to discuss.

CHANGES

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