



CHANGES

Activity Guide

FREE support for adults in East Lothian

- **One-to-one therapy**
- **Group work**
- **Courses and activities**

**For support or further information contact us on
0131 653 3977 or email info@changeschp.org.uk**



**108 Market Street, Musselburgh, EH21 6QA
Scottish Charity No: SCO25130**

Welcome

Welcome to CHANGES Community Health Project. We know it isn't always easy to ask for help or say that you are "not ok", but by accessing support you are one step closer to positive mental health and wellbeing. Well done for taking this first step!

Who we support

CHANGES provide free support to adults, living, or registered with a GP, in East Lothian. We support adults over 16 (for CBT its over 18). We can support you with a wide range of issues, including:

Stress	Anxiety
Panic	Worry
Low mood	Depression
Low self esteem	Negative thinking

How to access support

It's easy to access support at CHANGES, contact us by phone on 0131 653 3977 or email info@changechp.org.uk for further information.

We are open Monday to Friday 9am-5pm.

We will ask for some details from you and will arrange a telephone appointment to have a further chat about how you are feeling and the support we offer.

Our staff are friendly and will not judge you in any way. What you share with us is treated in confidence, unless there is a risk to yourself or someone else.

Support offered

This booklet contains information on the support CHANGES offers. Contact us for information on dates of courses, groups and activities.

1. Support in a Crisis

- Are you feeling at crisis point?
- Are you dealing with mounting stress?
- Are you struggling to cope?

People can feel at crisis point for many reasons, including:

- Problems at work / Unemployment
- Money or debt worries
- Housing issues
- Health concerns
- Family issues
- Relationships
- Bereavement

Whatever the issue, our **1st Response** service can support you.

1st Response appointments are available Monday-Friday at a variety of locations across East Lothian and the service is run by CHANGES and Penumbra.

To make an appointment call and leave a message on: 07966 526 452 (standard service charges will apply) Please leave your name and number, speaking slowly and clearly.

Messages will be picked up between 11am – 1pm Monday – Friday and we will call you back to arrange an appointment, for you to speak to someone face to face.

If you require immediate support contact your GP during their opening hours or the following services:

NHS 24: 111

The Samaritans: 08457 90 90 90 (24 hours)

Breathing Space: 0800 83 85 87 (Mon-Thurs 6pm-2am, Fri-Mon 6pm-6am)

2. One-to-One Talking Therapy

CHANGES offer counselling and cognitive behavioural therapy (CBT) talking therapies, where people work one-to-one with a therapist. You are welcome to access our other groups and courses too.

Please note our one-to-one therapies have a waiting list.

2.1 Counselling

Counselling offers a safe environment for you to explore your life and talk through what is upsetting for you. Counselling can be beneficial if you are experiencing:-

- Relationship difficulties
- Stress or depression
- Bereavement or loss
- Dealing with change
- Coping with a life crisis
- Loss of confidence

Counselling is for people over the age of 16. We offer short term counselling for 1 hour per week for 8 weeks. You will be asked to complete a Counselling Request form and once we receive the completed form, your name will be added to our waiting list.

2.2 Cognitive Behavioural Therapy (CBT)

CBT focuses on the relationship between thinking, emotions, physical feelings and actions. This helps us to understand more about why we feel like we do, and practise ways to help ourselves to feel better and manage well in the future. It can be applied to a wide range of common mental health issues, such as depression, anxiety, panic, obsessive compulsive disorder or health anxiety.

CBT is for people over the age of 18. You will be asked to complete a CBT Request form and once we receive the completed form, you will be invited for a consultation appointment to ensure this is the right form of support for you.

3. Groups and Courses

CHANGES offer a wide range of groups and courses throughout the year, outlined below (A-Z) Please ask for start dates.

3.1 Doodle Course

An 8-week creative course for people to develop their skills in drawing in a non-judgemental, supportive space. Led by a volunteer art instructor.

According to research drawing is a simple, powerful way to improve your mood (Psychology Today)

3.2 First Steps Towards Positive Mental Health and Wellbeing

This seven-week introductory cognitive behaviour therapy-based course helps us to become more aware of how stress affects us (for example depression, anxiety or panic). It helps us to understand the links between thoughts, emotions, physical feelings and actions. We learn ways to help ourselves feel better and have the chance to practise these. This course is a good starting point to find ways of moving forward. Please contact for details of the next course.

3.3 Men's Group

These are facilitated groups that provide a space for men to share their thoughts and feelings, in a safe and supportive way. The groups are encouraged to talk and listen to each other, supporting each other with what they may wish to discuss. We offer a weekly drop-in session on a Wednesday evening.

Please contact us to find out more.

3.4 Mindfulness Course

Mindfulness is paying attention, on purpose, non- judgementally in the present moment. We often rush through life on autopilot without stopping to notice what is going on around us. Mindfulness is a tool that can help us to pay attention to each moment which can help to improve our emotional well-being, as it encourages us to open up and accept our emotions.

Mindfulness can allow us to see that we can get caught up in unhelpful thoughts which can lead to unhelpful behaviours. Mindfulness can help us to understand ourselves better which can lead us to make better choices in our lives. It can help us to become aware of and let go of negative thought patterns to help us deal with issues in a more productive way.

The 8 week Mindfulness Based Cognitive Therapy (MBCT) course provides a tool for life to help deal with depression and anxiety and feelings of stress.

3.5 Relaxation Workshop

These monthly sessions help participants to learn to relax as a way to increase wellbeing and better manage stress and anxiety. The sessions introduce relaxation as a skill and give participants the opportunity to practice different techniques and find out which technique works best for them. Monthly sessions on a Thursday evening, 6-8 pm in Musselburgh.

3.6 Stress Control

This six-week class is open to anyone keen to learn new ways to manage stress in their lives. Techniques are introduced to help manage difficult thoughts, feelings, behaviours, panic attacks and sleep problems.

- It is taught class with no group discussions
- There is no need to explain why you are there
- You can bring someone else along if you would feel more comfortable

4. Healthy Living Project

Being active can boost your self-esteem, help you concentrate, reduce tension and help you sleep.

Read more about our healthy living activities and find our full programme attached.

4.1 WELL Course

This outdoor activity programme is run by CHANGES and Amisfield Walled Garden, Haddington, offering a variety of activities including willow weaving, environmental art, photography and bush craft. This programme runs once a year starting in May and will take place in Haddington on a Tuesday afternoon, 1.30-4.30 pm. There is a 20/30 minute walk to the Garden from the High Street in Haddington, if coming by bus.

4.2 Health and Wellbeing Walks

The walks are a great way to get out in the fresh air, meet new people, discover new places and feel the overall benefits of walking for our mental and physical wellbeing. Walks last around 45 minutes at the start of the block and build up over the 10 weeks to just over 1 hour 30 minutes at the end. The walks are supported by trained Volunteer Walk Leaders and participants can walk at their own pace.

These walks are run by Ageing Well (adults of all ages welcome) see programme on page 11

You can join these walks at anytime during the 10-week block.

4.3 Nordic Walks

Nordic walking involves using specially designed poles that combines walking with core and upper body conditioning similar to Nordic skiing. The result is a full body workout, which means that you burn up to 46% more calories compared to walking without poles, release tension in the neck and shoulders, improve your posture, strengthen your back and abdominal muscles and reduce the impact on the joints.

- o Musselburgh Nordic Walks, Monday, 2 pm for 10 weeks (Level 2)
- o Musselburgh Nordic Walks, Tuesday, 2 pm, for 10 weeks (Level 1)

4.4. Buddy Walks Programme

Volunteer Buddy Walkers can be matched with participants, one to one to take them on short walks to support people to get back to walking or walk more. These matchings can take place over 20 weekly walks and are arranged to cater for the needs of the individual walker.

4.5 Cycling for All, Musselburgh

This is a six-week programme for participants wishing to get back to cycling or improve their cycling skills. A bicycle, helmet and high viz vest can be supplied if required. The aim of the programme is to make cycling fun and build up confidence on a bike.

- Wed, 10 am, Musselburgh for 6 weeks

After completion of the 6-week block, participants are offered the opportunity to continue cycling in a group with the Follow-on Cycle Rides Programme. Bike Maintenance sessions can also be arranged.

4.6 Gentle Exercise to Music

Wednesday, 3-4pm, Musselburgh, Fisherrow Centre for 8 weeks

The exercises during these sessions can be carried out either seated or standing. You can work at your own pace and the sessions cater for people who are unable to take part in more strenuous classes. The exercises are to music and the classes are run in a relaxed manner where participants can enjoy improving their fitness in the company of others. The sessions are run in blocks of 8 weeks. Participants can join at any time during the 8-week block.

4.7 Simple Dance Exercise to Music

Wednesday, 1.45-2.45 pm, Musselburgh, Fisherrow – Ongoing

This a fun class run in a relaxed manner with participants enjoying a simple dance-based exercise routine. You can work at your own pace and the sessions cater for people who are unable to take part in more strenuous classes and can be carried out either seated or standing.

£4 contribution per week for Simple Dance Exercise to Music.

4.8 Tai Chi

Monday 10.30-11.30 am and Thurs, 10.00-11.00 am

Fisherrow, Musselburgh - Ongoing

This gentle exercise leaves you feeling refreshed and relaxed. Aiding concentration, stress reduction, building muscle tone and improving mobility through gentle stretching, fluid movement and focused breathing. Suitable for all ages and abilities and easily adapted to meet group/individual needs, as participants can complete the session either seated or standing.

£4 contribution per week for Tai Chi.

4.9 Singing for Fun

Friday, 10.30 am – 12 noon, Fisherrow, Musselburgh – Ongoing

These sessions, led by a volunteer, bring together an informal and friendly group of amateur singers, who enjoy singing their favourite songs and experience the joy of singing in a group. There will be some refreshments provided during the session. £1 contribution per week to Singing for Fun.

4.10 Beginners Ukulele

Tuesday or Wednesday 1-2 pm, Fisherrow Centre, Musselburgh

Five lessons to help you get to grips with the basics of this fun and versatile instrument as you gain the confidence to play chords and simple tunes. Ukulele provided during the sessions, if required. £2 contribution per week for Beginners Ukulele.

4.11 Eat Well-Keep Active

This six-week course looks at healthy eating and how we can all make small changes to improve our diet. We look at how eating well and being active can have a positive impact on our physical and mental health. We will look at the basics of healthy eating, food and mood and gentle exercise. Cookery demonstrations and tasting sessions are all part of this course.

4.12 East Lothian Feel Good Walks (and other social events)

Through this meet-up group walks and other social events, supported by CHANGES, take place on average twice per month.

You can join and book onto a walk or event via the Meet-Up group site:-

<http://www.meetup.com/EastLothianFeelGoodWalks/> or Google 'East Lothian Feel Good Walks'.

HEALTH AND WELLBEING WALKS

(ADULTS OF ALL AGES WELCOME)

DAY	TOWN	TIME	MEETING PLACE	DURATION
Monday	Haddington	10.00am	Aubigny Sports Centre, cafe	Weekly – ongoing
	North Berwick	13.30pm	War Memorial on Quality Street (last Mon of the month meet at Church Road bus stop)	Weekly – ongoing
Tuesday	Prestonpans	10.00am	Prestonpans Community Centre	10 week blocks
	Dunbar	10.30am	Bleachingfield Centre (2 nd Tues of the month, drive to a chosen location to walk back to Dunbar)	Weekly – ongoing
Wednesday	Aberlady	10.30am	Old Aberlady Inn (last Tues of the month meet at Gullane library)	Weekly – ongoing
	Musselburgh	10.00am	Musselburgh Sports Centre, cafe	10 week blocks
Thursday	Haddington	10.00am	Aubigny Sports Centre, cafe	Weekly – ongoing
	Dirleton	10.00am	The Open Arms Hotel	Weekly - ongoing
Friday	Dunbar	10.00am	Bleachingfield Centre, cafe	10 week blocks 
	Musselburgh	10.30am	Musselburgh Sports Centre, cafe	10 week blocks

For more information on the walks and their start dates please contact Parvina at Ageing Well at plazayer1@eastlothian.gov.uk or 01620 827240 or Heather at CHANGES at healthyliving@changescp.org.uk or 0131 653 3977

Thank you for choosing CHANGES.

We wish you well in your journey towards positive mental health and wellbeing.

We are here to support you along the way.

**CHANGES is funded by
East Lothian Health and Social Care Partnership.**

Please consider donating to help us support others to change their own lives for the better.

Donate with **JustGiving**

www.justgiving.com/changeschp



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