



Health Information
 Counselling
 Groups & Training
 Complementary Therapies
 Yoga
 Low-cost fruit & veg
 Parent Support Groups
 Anxiety Management
 C Card Service
 Open Days & Other Events

Health All Round
 Springwell House
 Ardmillan Terrace
 Edinburgh
 EH11 2JL
 tel 0131 537 7530
 info@healthallround.org.uk
 www.healthallround.org.uk

Opening Hours :

DROP IN SERVICE
 MON - 10-12
 WED - 10-2
 THURS - 12-2

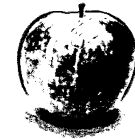
Health All Round is supported
 by the City of Edinburgh Council
 and NHS Lothian Primary
 & Community Division

Registered Charity
 No: SCO 06065

Please note that our services are not NHS
 Lothian services and NHS Lothian is not
 responsible for any aspect of these services.

Health All Round

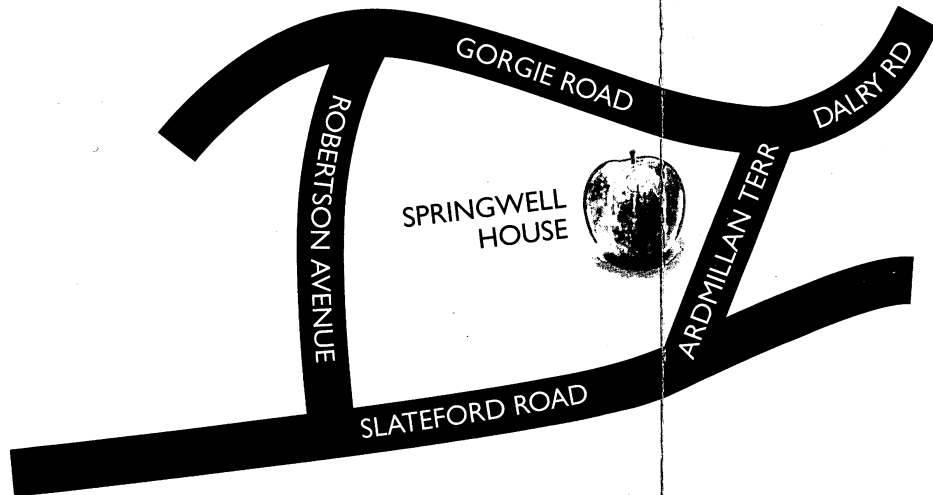
Your Community Health Project



Health All Round

supports the residents
 of Gorgie, Dalry and
 surrounding areas within
 South West & Central
 Edinburgh.

We aim to improve and
 maintain emotional,
 physical and social well
 being through a wide
 range of services.



The Project

The project is run by a management committee including local people and interested professionals. We aim to meet the needs of the whole community and welcome your requests and suggestions.

Drop - in and Information Service

Our drop in and information service is open on Monday, Wednesday and Thursday from 10am – 2pm. This is a confidential, one to one service offering information on a variety of health topics and advice on how to access specialist help from other local agencies.

Counselling Service

Counselling is a process that enables people to take time to talk through problems, to think about their life and aspects of it they may wish to change. This involves exploring and clarifying issues, then deciding whether to make changes. The counsellor will support the client through this process helping them to develop ways of handling problems that may arise in future.

This is a free, confidential service for anyone aged 16 and over. Childcare is available by arrangement.

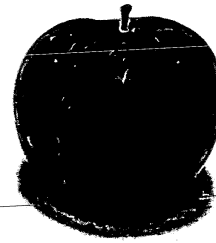
To make an appointment or to speak to someone in confidence about this service visit our drop-in during opening hours or call 0131 537 7530. Counsellors adhere to BACP code of ethics.

Groups and Training

The project runs a range of short-term groups and training courses based on requests from local people. Popular groups include Anxiety Management, Multi-Cultural Womens Group, Parenting Groups & Kids Activities.

We run groups for people of all ages, some are mixed and some are for men or women only. All groups are free or low charge. Make your requests for groups or training by letter, phone, e-mail or the drop-in service.

The walking group



Exercise Classes

Yoga, Pilates, Walking.....

Low cost classes for adults and children, pregnant women and parents and babies. Concessions are available. Please call for details or check the website.

Open Days / Events

The project runs a variety of open days and events throughout the year focussing on all aspects of health and wellbeing. Events are publicised monthly in the Gorgie Dalry Gazette and through Health All Round publicity/website.

C Card Scheme

C Card is a citywide scheme providing free condoms at collection points across Edinburgh & the Lothians. You can collect your free condoms from us during drop-in hours. We also provide information on sexual health and relevant specialist services. Clients are seen on a one to one, confidential basis as requested.

Complementary Therapies

A low cost range of complementary therapies are available at the project. These include...

Reflexology - Aromatherapy Massage - Indian Head Massage
Homeopathy - Australian Bush Flower Remedies - Herbalism

Working with Others

The Health All Round team are committed to partnership work and are keen to develop positive links with other agencies and organisations. Give us a ring to discuss how we could work together.

We are happy to provide training packages and health information to other agencies in our area.

If you are interested in any of our services and require childcare please let us know and we will make every effort to provide this.

Activities vary throughout the year according to demand. Visit our website or drop in during opening hours for information on current services.

www.healthallround.org.uk

