



Contact and New Referral Information



The PROP Stress Centre (PROP) is a user-led community mental health service open to people aged 18 and over, who have mental health concerns and live in North Edinburgh. We have now merged with the Threshold Mental Health Project, another user-led mental health project based in Clermiston. PROP/Threshold both offer support, friendship and understanding. PROP/Threshold is all about people working together to improve the mental health and wellbeing of themselves and their local community.

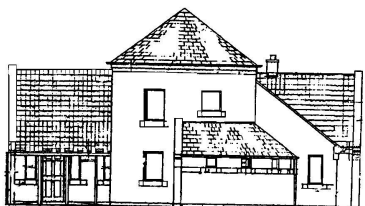
PROP/Threshold
5 West Pilton Park
Edinburgh
EH4 4EL

Office opening hours are Monday to Thursday between 9:00 am and 4:00 pm
Our phone number is 0131 343 6375
Our email address is info@prop.org.uk

To make an appointment to find out more about our activities in Pilton and in Clermiston, please contact our staff at the Centre Monday to Thursday between 9:00 am and 4:00 pm

If you can't get in touch when the Centre is open, you can leave a message on our answering machine, email us, or drop us a line instead.

Your first appointment will last around 45 minutes. It's okay for a friend, support worker or family member to come along with you. You can then join our groups and drop-ins.



The PROP/Threshold is a company limited by guarantee and is registered as a charity in Scotland.
Company Number SC129996:
Scottish Charity Number SCO 17752

PROP/Threshold is funded by the City of Edinburgh Council, NHS Lothian and The Miss Agnes H Hunter's Trust

Phone 0131 343 6375 to contact PROP/Threshold



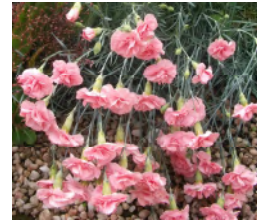
PROP/Threshold Newsletter



Autumn 2011

ACTIVITIES OCTOBER/NOVEMBER 2011

Phone 0131 343 6375 to book a place



Work by members of PROP/Threshold will be showcased at North Edinburgh Arts Centre as part of the Scottish Mental Health Arts and Film Festival.



The exhibition opens on Thursday 6 September and runs to the end of October at 15a Pennywell Court, Edinburgh.

The opening hours are:

Tuesday to Friday—10 am to 8 pm
Saturday—10 am to 1:30 pm

The exhibition theme is 'Dreams and Memories'

Please make sure you bring your artworks into PROP at No 5 West Pilton Park by Monday 26 September.

If you'd like any more information about the Festival, please just call PROP on 0131 343 6375

Phone 0131 343 6375 to contact PROP/Threshold



PROP/Threshold Activities Programme October and November 2011



All change!

Merger of the PROP Stress Centre and Threshold Mental Health Project

- Help us find our new name -

The deadline for members to send in your suggestions is Tuesday 20 September.

Thanks to everyone who's put in their suggestions already.

The new name will be announced at the Launch of the merged organisation on Thursday 27 October 2011

The First Special General Meeting of the new merged PROP Stress Centre/Threshold Mental Health Project will be

on

Thursday 27 October 2011 at 5 West Pilton Park

Activities in Pilton at No 5 West Pilton Park

Monday Activities

RELAXATION

12:30 pm to 1:30 pm



3rd October to 28th November

Come along to our relaxation sessions and explore how breathing, relaxation and visualisation techniques could help you in managing stress and anxiety.

Tuesday Activities

T'AI CHI & RELAXATION

12:30 to 1:15 pm



11th October to 29th November

Doug White will be running 10 more Tai Chi sessions, with the added bonus of 15 minutes of relaxation, where you can learn and enjoy the gentle exercise and the relaxation of body and mind.



POTTERY

1:30 to 3:00 pm

11th October to 29th November

Whether you want to improve your existing pottery skills or try your hand at

Wednesday Activities

CARD MAKING

10:30 am to 12:00 pm



19th October to 30th November

Amaze and delight your family and friends with special and unique cards for all occasions! This is a very popular class so... book your place as soon as possible!

Thursday Activities

CRAFTS

10:30 am to 12 noon



20th October to 24th November except for 27th October

Want to improve your existing skills or try your hand at something new? Make some unique presents, maybe for Christmas, for family and friends or something for yourself...

DROP-IN Thursdays

12 noon to 2:00 pm

All Members' welcome.

Come along for a cuppa and a chat in relaxed and friendly surroundings.



Activities in Clermiton at the Rannoch Centre

DROP-INS

1:30 to 3:30 pm



Tuesdays and Fridays

All Members' welcome. Come along for a cuppa and a chat in relaxed and friendly surroundings.

Please remember to book your place for the activity you want to take part in

Phone 0131 343 6375 to book your place