



Contact and New Referral Information



The PROP Stress Centre (PROP) is a community mental health service open to people aged 18 and over and who live in North Edinburgh. We offer support, friendship and understanding. PROP is about people working together to improve the mental health and wellbeing of themselves and their local community.

PROP Stress Centre
5 West Pilton Park
Edinburgh
EH4 4EL

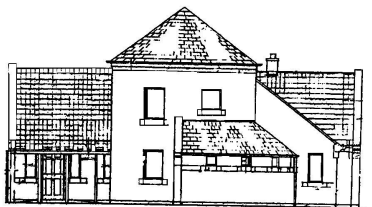
The Centre is open from Monday to Thursday between 9:00am and 4:00pm
Our phone number is 0131 343 6375
Our email address is info@prop.org.uk

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

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 take around 45 minutes. It's okay for a friend, worker or family member to come along with you.

You can then join our groups and drop-in.



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

PROP is funded by: the City of Edinburgh Council and NHS Lothian

Phone 0131 343 6375 to contact PROP

PROP Stress Centre Newsletter

New Year 2011



ACTIVITIES AT PROP JANUARY TO MARCH 2011



Volunteering

Calling out for the Drop-in!

The drop-in is a place for people to relax and chat in friendly surroundings. Our 'VoluntEARS' are also there to make you feel welcome, so there's always someone to talk to. We are currently recruiting for "VoluntEARS" to help run our Thursday afternoon Drop-In.

Although anybody can apply for this position, we are particularly keen for PROP members to become involved, as our research shows that members benefit from the positive example or support of someone who has 'been there' themselves. Do you believe in PROP? Could you provide a reliable service to help other members to feel safe and welcome here? If you are a member and you are interested in helping out or would like some information, then please speak to Agnesia Agrella, our Volunteer Coordinator about this position on 0131 343 6375.

Christmas raffle— fantastic result!

A big thank you to PROP's Fundraising Group, Becky, Helen and June for making the Christmas raffle such a huge success! There was a great collection of prizes and we raised over £300 and the money will be used to buy materials for the groups we run here. Thanks too to everybody who sold tickets for us too.

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Monday Activities

WELLBEING GROUP



10:00am to 1.30pm
17 January to 21 February and
7 March to 11 April

Plan, cook and enjoy a tasty lunch. Learn more about healthy eating and shopping for healthy alternatives. Take part in health promotion discussions, focussing on health screening, lifestyle changes and accessing local GPs. Learn methods of relaxation which can be adopted for use at home. Take part in easy, gentle exercise sessions.

RELAXATION



12:30pm to 1:30pm
**24 January to 21 February and
7 to 28 March**

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

Tuesday Activities

GLASS AND SILK PAINTING



10:00am to 12noon

25 January, 8 February,
22 February, 8 March and 22 March

Build up your confidence in the art of painting on Glass and also Silk.

Glass Painting runs every second week for 2 hours each session

T'AI CHI



12:30 to 1:15 pm

18 January to 22 March

Doug White will be running 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

18 January to 22 March

Whether you want to improve your existing pottery skills or try your hand at something new, this is the group for you. Make some unique presents for family and friends! Doug will show you how!

Wednesday Activities

CARD MAKING



10:30 am to 12:00 pm
26 January to 2 March

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

Thursday Activities

JEWELLERY



10:30 am to 12 noon

27 January to 3 March

Want to design and make some original jewellery? Got some jewellery you would like to revamp? If so, come along to our jewellery class and Liz will show

DROP-IN



12 noon to 2:00pm

Every Thursday

All PROP Members' welcome. Come along for a cup of tea and a chat in relaxed and friendly surroundings.

Please remember to book your place for the activity you want to take part in and be on time in the group, both starting and finishing.

