



## 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 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

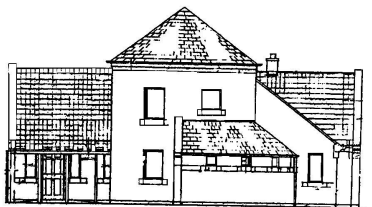
The Centre is open from Monday to Thursday between 9:00 am and 4:00 pm  
Our phone number is 0131 343 6375  
Our email address is [info@prop.org.uk](mailto:info@prop.org.uk)

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

## Spring 2011



ACTIVITIES AT PROP APRIL - JUNE 2011  
Phone 0131 343 6375 to book a place



## News

### Centre Members' Meeting

The next members' meeting will be on Thursday 16th June from 1:00 pm to 2:30 pm in the sitting room

Come along and have your say



### Ideas/Suggestions/Speakers/Visitors



Please let us know if there are things you would like put onto the agenda for a Members' Meeting - or suggestions for speakers or visitors for future meetings.

You can ask PROP's Chair, Jackie Brash or our Manager, Penny Richardson, to do this or you can put your suggestions into the **Suggestions Box in the hall at PROP.**



Phone 0131 343 6375 to contact PROP

# PROP Activities Programme April to June 2011

## Monday Activities

### RELAXATION



12:30 pm to 1:30 pm

4 and 11 April, 9 and 16 May  
30 May and 6, 13 and 20 June

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



10:00 am to 12 noon

5 and 19 April, 3, 17 and 31 May and  
14 June

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

Glass and Silk Painting runs every second week for 2 hours each session.

## Tuesday Activities Continued

### T'AI CHI



12:30 to 1:15 pm

5 April to 21 June

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

5 April to 21 June

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!

**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.**

## Wednesday Activities

### CARD MAKING



10:30 am to 12:00 pm

6, 13, 20 and 27 April, 4 and 11 May,  
1, 8, 15 and 22 June

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!

### SUPPORT GROUP



12:30 pm to 1:30 pm

13, 20 and 27 April and 4 May

A safe place to talk about any problems that may be affecting your life.

### WOMEN'S GROUP

12:30 pm to 1:30 pm

11, 18 and 25 May and 1 June

Do you feel you could benefit from the support of other women with similar experiences of stress, anxiety or isolation? If so ... book your place and come along to Cecilia's group.

## Thursday Activities

### JEWELLERY



10:30 am to 12 noon

21 April to 26 May

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 you how.

### DROP-IN



12 noon to 2:00pm

Every Thursday

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



Phone 0131 343 6375 to book your place