



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.

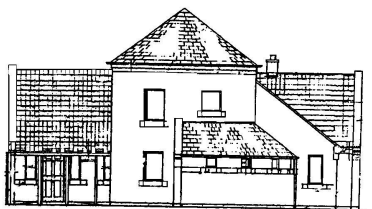
PROP Stress Centre
5 West Pilton Park
Edinburgh
EH4 4EL

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

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 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.



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

Summer 2011



ACTIVITIES AT PROP JULY - SEPTEMBER 2011
Phone 0131 343 6375 to book a place



Dates for your Diary



PROP's 2011 Annual General Meeting will be held on Thursday 30th June 2011 from 12 noon to 2:00 pm



The meeting will be followed by a bulb planting ceremony and some nice snacks and nibbles



Centre Members' Meeting – Update from AGM

The next Members' Meeting will be on Thursday 14th July 2011 from 1:30 to 2:30 pm



Come along and have your say

Ideas/Suggestions/Speakers/Visitors



Please let us know if there are other 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.**

Phone 0131 343 6375 to contact PROP

PROP Activities Programme July to September 2011

Monday Activities

RELAXATION

12:30 pm to 1:30 pm



4 July to 1 August
and
15 August to 12 September

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

Tuesday Activities

SILK PAINTING

10:00 am to 12 noon



12 and 26 July, 9 and 23 August,
6 and 20 September

Build up your confidence in the art of painting on silk.

Silk painting runs every second week for 2 hours each session.

Tuesday Activities Continued

T'AI CHI & RELAXATION

12:30 to 1:15 pm



19 July to 20 September

Doug White will be running 10 more T'ai 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



19 July to 20 September

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



20 July to 24 August
and 7 to 28 September

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

JEWELLERY

10:30 am to 12 noon



7 July to 4 August
and
1 to 29 September

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 2:00 pm



Every Thursday

All PROP 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 and be on time for the group.

PROP's GOT TALENT !

PROP has been asked to exhibit Members' art work at the 2011 Mental Health and Arts Festival which will be held at North Edinburgh Arts in October.

This is an amazing opportunity for PROP Members' to show off their brilliant works of arts and crafts.

The theme of the exhibition will be 'Dreams and Memories'

We will of course keep you updated about this exhibition at Members' Meetings and around the Centre.



Phone 0131 343 6375 to book your place