



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 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

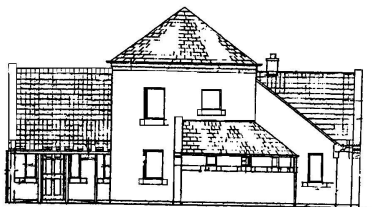
The Centre is open from Monday to Thursday between 9:00am and 4:00pm
Our phone number is 0131 343 6375
Our email address is info@prop.org.uk

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

Summer 2010



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

News

Centre Members' Meeting

The next members' meeting will be on Thursday 29th July from 1 to 2:00pm
Come along and have your say



Ideas/Suggestions/Speakers/Visitor



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 our Manager, Penny Richardson, to do this or you can put your suggestions into the **Suggestions Box in the hall**

PROP's 2010

Annual General Meeting

Another fantastically successful AGM was held on 27 May. Thanks to all who took part and helped us during the year.

PROP's Board of Directors for 2010/11 are

Jackie Brash, Agnes Gallacher,
Valery Hurst, June McDaid,
Kenneth McKay, Alastair Murray and
Becky Wood



Harriet Eadie, Director Volunteer Centre, Edinburgh, presents Valery Hurst with her Inspiring Volunteering Award at the AGM

Phone 0131 343 6375 to contact PROP

PROP Activities Programme July to September 2010

BOOKING YOUR CLASS

Please let the Centre know if you would like to take part in a group activity.

ADDITIONAL CLASSES

There may be additions to these Summer activities. Should any more classes become available we will of course let you know.

Monday Activities



RELAXATION

12:30 to 1:30 pm
28 June to 13 September
Excluding 9 and 30 August

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

Tuesday Activities

GLASS/SILK PAINTING

10:30 am to 12 noon
20 July to 31 August

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



T'AI CHI

12:30 to 1 pm
3 August to 28 September

Doug White will be continuing Tai Chi sessions for us at the Centre.

POTTERY

1:30 to 3:00 pm
3 August to 28 September

Whether you want to improve your existing pottery skills or try your hand at something new this is the group for you. Doug will show you how!



Wednesday Activities

SUPPORT GROUP

11:00 am to 12 noon
14 July to 4 August

Anne will be running this 4 week group offering you a safe place to explore problems and get support.



MEDITATION/ RELAXATION

11:00 am to 12 noon
25 August to 15 September

Introduction to meditation, followed by a short relaxation. Chance to explore some techniques to slow the mind as well as the body.



CARD MAKING

12:30 to 2:00 pm
7 July to 25 August

Continued due to popular demand! So ... book your place as soon as possible!



Thursday Activities

JEWELLERY

10:30 am to 12 noon
15 July to 19 August

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.



DATE FOR YOUR DIARY

COMMUNITY HEALTH FAIR
FAMILY FUN DAY Sat 26 June

10:00 am to 1:30 pm at
Telford College
PROP will have a stall—anyone interested in helping Anne and Penny on the day please just give us a call

Phone 0131 343 6375 to book your place