



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

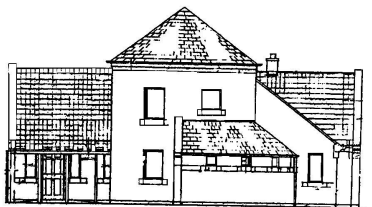
The Centre is open from Monday to Thursday between 9:00am and 4:00pm
Our phone number is 0131 343 6375
Our email address is info@prop.org.uk

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



Autumn 2010



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

News

Centre Members' Meeting

The next members' meeting will be on Thursday 14th October 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 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**

New Programme at PROP



The Wellbeing Group

A new and exciting group is starting on Monday 27 September 2010 at 10.00am. It will be much more than the "normal" Wellbeing Group and will offer a variety of activities and information.

Participants will:

- 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

To find out more or to put your name down, phone Anne or Cecilia as soon as possible because there are only 5 places available per programme.

Phone 0131 343 6375 to contact PROP

PROP Activities Programme September to December 2010

Monday Activities

WELLBEING GROUP

10:00am to 1.30pm
27 September to 1 November
and
15 November to 20 December

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
27 September to 18 October
and
1 November to 13 December

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



CHRISTMAS CRAFTS

10:30am to 12noon
22 November to 13 December

Looking for ideas for Christmas gifts and decorations? Liz will be running a Christmas Crafts group to help inspire you!! Put your name down early and come along.



Tuesday Activities

GLASS PAINTING

10:00am to 12noon
19 October, 2, 16 and 30 November
Group will run every 2nd week (dates above) but will run for 2 hour session.

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



T'AI CHI

12:30 to 1 pm
12 October to 14 December

Doug White will be running 10 Tai Chi sessions where you can enjoy the gentle exercise and the relaxation of body and mind.

Perhaps a good idea to help you cope with the run-up to the festive season?



POTTERY

1:30 to 3:00 pm
12 October to 14 December

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

12:30 to 2:00 pm
13 October to 3 November

Card making - This is a very popular activity so ... book your place as soon as possible!



JEWELLERY

10:30 am to 12 noon
17 November to 15 December

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.



CHRISTMAS CARD MAKING

12:30 to 2:00pm
24 November to 15 December

Make beautiful and one-off cards to give to loved ones at Christmas. Book early for this group!



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.

Thursday Activities

SUPPORT GROUP

11:00 am to 12:00 noon
14 October to 4 November

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



RELAXATION

11:00 am to 12 noon
18 November to 9 December

Give yourself some calm time before the Christmas period! Cecilia will be running a Relaxation group



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.



Phone 0131 343 6375 to book your place