

If you are living with a long term health condition or are going through a difficult time in your life, maybe Thistle can help?

The Health and Wellbeing team at the Thistle Foundation offer a range of activities; from individual self management support, courses on lifestyle and mindfulness to supported exercise options. All of which are designed to help you cope, gain confidence and keep a sense of control. If you are interested you will be invited to meet with a member of the team to explore your own best hopes and what support you feel might be helpful. If the support you are looking for is not available at the Thistle we will help you explore other possible options outside the Thistle.

Our courses

All our courses aim to help you gain control over your situation by making use of and building on your own coping and recovery strategies. The courses aim to boost confidence and self esteem by acknowledging and celebrating the small successes you achieve along the way.

2016 Springtime Courses	Practitioner	Venue	Start	Number sessions	End	Day	Time	Room	Notes
Lifestyle Management (FULL)	Linda	Thistle	11/01/2016	10	21/03/2016	Mon	2pm-5pm	Rowan	
Nutrition Based Lifestyle Management	Mandy	Thistle	14/01/2016	10	24/03/2016	Thurs	10am-1pm	Rowan	break week on 10/03/16
Mindfulness (FULL next available Apr/May time)	Lesley	Thistle	19/01/2016	8 plus intro	22/03/2016	Tues	2.30pm-4.30pm	Rowan	wk 6 = 10am-4pm on 8st March
Allwell Group for 50+ with learning	Chris	Leith	20/01/2016	8	09/03/2016	Weds	10am-12pm	Fort Community Wing	Fort Community Wing, North Fort Street Leith

disabilities									
Veterans Lifestyle Management	Pat, Gary	Thistle	25/01/2016	10	11/04/2016	Mon	10am-1pm	garden suite, small & main room	break weeks 28/03/16, 04/04/16
Lifestyle Management	Gary	Volunteer Centre, Leith	04/02/2016	10	21/04/2016	Thurs	10am-12.45	external	break weeks 31/03/16, 07/04/16
Exercise Based Lifestyle Management	Cathrin	Thistle	03/02/2016	10	13/04/2016	Weds	2.00-4.30pm	Rowan	Break week 23/03/16
Veterans Lifestyle Management	Pat, Gary	Bellrock House Glasgow	17/02/2016	10	04/05/2016	Weds	10.30am-1pm	external	break week 30/03/16, 06/04/16
Lifestyle Management	Linda	Thistle	25/02/2016	10	05/05/2016	Thurs	10am-1pm	Almond	break week 10/03, confirmed

Emma Hollands
Wighton House
Thistle Foundation
Off Tudsbery Avenue
EH16 4ED
T: 0131 656 7343

We believe that life is for living

See the impact of our work at www.thistle.org.uk Follow us at www.facebook.com/thistlefoundation and www.twitter.com/thistlecharity