



What's On Health All Round

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We may be busy in groups so please leave a message and we will get back to you.



Monday 12th February

ECOTHERAPY

12.00pm - 1.00pm - **Saughton Park** (Contact Stephen)

ACTIVE STEPS INDOORS

10.30 - 11.30am - **Come & Try, Supported Gym Sessions @ Napier Engage, Sighthill**

Campus (contact Pete)

11am - 12.00pm - **Gently Does It**, Gentle Exercise @ Napier Engage, Sighthill Campus (contact Pete)

FRIENDS IN NEED

1pm - 3pm - I Like Mondays - Social group for Polish/Ukrainian people in the partnership with Feniks (Contact Anna)

Tuesday 13th February

DROP IN FOR HEADS UP - Register for Mental Health Services & Arts/ Creativity Groups 10.00 am - 2.00pm @ Health All Round, 24 Westfield Avenue

OLDER PEOPLE'S SERVICES

10.00am - 12.30pm - **Good Morning Gorgie**, Collage making & lunch @ St Martin's Community Resource Centre, 232 Dalry Rd (contact Gloria or Anna)

ACTION FOR PAIN

2pm - 4pm. Week 2 of Lifestyle management for those in chronic pain (contact Aleksandra)

Wednesday 14th February

OUTDOOR ACTIVITIES

10.00 - 11.00am **Engage in Movement** - Outdoors (contact Pete)

11.00am - 12.30pm - **Park & Stride**, Gentle walks, coffee & chat (contact Pete)

ACTIVE STEPS INDOORS

10.30am - 11.30am - **Come & Try, Supported Gym Sessions** @ Napier Engage, Sighthill Campus (contact Pete)

2.00pm - 3.00pm - **Engage in Movement** - Gentle exercise class suitable for those with long term health conditions or just starting to get more active (contact Pete)

GOOD MORNING GORGIE - Keep on Moving

2pm - 3pm - Gentle exercise class @ St Martin's Community Resource Centre, 232 Dalry Rd (contact Gloria)

ARTS + CREATIVITY

2.30pm - 4.30pm **Art for Fun** @ Capitol Student community room, next door to Health All Round, (Drop -in to register any Tuesday 10am - 2pm or contact the office for general enquiries)

Thursday 15th February

CONVERSATION CAFE - Building Confidence in Conversational English

9.30am - 10.30am online (contact Anna)

ACTION FOR PAIN

2.30 - 3.30pm **Seated Yoga** @ Napier Engage, Sighthill Campus (contact Aleksandra)

HEADS UP

10.30 - 12.30pm - Week 3 of our **Overcoming low mood and depression**. (Contact Maysoon or Hollie)

Friday 16th February

ACTIVE STEPS OUTDOORS

10.00 - 11.00am **Engage in Movement** (contact Pete)

ACTIVE STEPS INDOORS

11.00am - 12.00pm **Gently Does It**, Gentle Exercise @ Napier Engage, Sighthill Campus (contact Pete)

1.00 - 2.00pm **Gently Does It**, Gentle Exercise @ St Bride's, Orwell Terrace (contact Pete)



Monday 19th February

ACTIVE STEPS INDOORS

10.30am - 11.30am - **Come & Try, Supported Gym Sessions** @ Napier Engage, Sighthill Campus (contact Pete)

11am - 12.00pm - **Gently Does It**, Gentle Exercise @ Napier Engage, Sighthill Campus (contact Pete)

GO FOR GREEN

11am - 3pm - Men's Green Shed. Various activities across Edinburgh to explore what the city has to offer. Contact Pete for further information or to register

ECOTHERAPY

12.00pm - 1.00pm - **Saughton Park** (Contact Stephen)

Tuesday 20th February

DROP IN FOR HEADS UP - Register for Mental Health Services & Arts/ Creativity Groups 10.00 am - 2.00pm @ Health All Round, 24 Westfield Avenue

OLDER PEOPLE'S SERVICES

10.00am - 12.30pm - **Good Morning Gorgie**, Collage making & lunch @ St Martin's Community Resource Centre, 232 Dalry Rd (contact Gloria or Anna)

ACTION FOR PAIN

2pm - 4pm. Week 3 of Lifestyle management for those in chronic pain (contact Aleksandra)

Wednesday 21st February

OUTDOOR ACTIVITIES

10.00 - 11.00am **Engage in Movement** - Outdoors (contact Pete)

11.00am - 12.00pm **Park and Stride**, walking group in Saughton park (contact Pete)

ACTIVE STEPS INDOORS

10.30am - 11.30am - **Come & Try, Supported Gym Sessions** @ Napier Engage, Sighthill Campus (contact Pete)

2.00pm - 3.00pm - **Engage in Movement** - Gentle exercise class suitable for those with long term health conditions or just starting to get more active

ARTS + CREATIVITY

2.30pm - 4:30pm **Art for Fun** @ Capitol Student community room, next door to Health All Round, (Drop-in to register any Tuesday 10am - 2pm)

OLDER PEOPLE'S SERVICES

2.00pm - 3.00pm - **Keep On Moving**, Very Gentle Supported Exercise @ St Martin's Community Resource Centre, 232 Dalry Rd (contact Gloria)

Thursday 22nd February

CONVERSATION CAFE - Building Confidence in Conversational English

9.30am - 10.30am online (contact Anna)

ACTION FOR PAIN

2.30 - 3.30pm **Seated Yoga** @ Napier Engage, Sighthill Campus (contact Aleksandra)

HEADS UP

10.30 - 12.30pm - Week 4 of our Overcoming low mood and depression. (Contact Maysoon or Hollie)

Friday 23rd February

ACTIVE STEPS OUTDOORS

10.00 - 11.00am **Engage in Movement** (contact Pete)

ACTIVE STEPS INDOORS

11.00am - 12.00pm **Gently Does It**, Gentle Exercise @ Napier Engage, Sighthill Campus (contact Pete)

1.00 - 2.00pm **Gently Does It**, Gentle Exercise @ St Bride's, Orwell Terrace (contact Pete)

Monday 26th February

ACTIVE STEPS INDOORS

10.30am - 11.30am - **Come & Try, Supported Gym Sessions** @ Napier Engage, Sighthill Campus (contact Pete)

11am - 12.00pm - **Gently Does It**, Gentle Exercise @ Napier Engage, Sighthill Campus (contact Pete)

GO FOR GREEN

11am - 3pm - Men's Green Shed. Various activities across Edinburgh to explore what the city has to offer. Contact Pete for further information or to register

FRIENDS IN NEED

1pm - 3pm - I Like Mondays - Social group for Polish/Ukrainian people in the partnership with Feniks (Contact Anna)

ECOTHERAPY

12.00pm - 1.00pm - **Saughton Park** (Contact Stephen)

MEDITATION

5pm - 6pm - Various tools to calm the mind (Contact Stephen)

Tuesday 27th February

DROP IN FOR HEADS UP - Register for Mental Health Services & Arts/ Creativity Groups 10.00 am - 2.00pm @ Health All Round, 24 Westfield Avenue

OLDER PEOPLE'S SERVICES

10.00am - 12.30pm - **Good Morning Gorgie**, Collage making & lunch @ St Martin's Community Resource Centre, 232 Dalry Rd (contact Gloria or Anna)

ACTION FOR PAIN

2pm - 4pm. Week 4 of Lifestyle management for those in chronic pain (contact Aleksandra)

Wednesday 28th February

OUTDOOR ACTIVITIES

10.00 - 11.00am **Engage in Movement** - Outdoors (contact Pete)

11.00am - 12.00pm **Park and Stride**, walking group in Saughton park (contact Pete)

ACTIVE STEPS INDOORS

10.30am - 11.30am - **Come & Try, Supported Gym Sessions** @ Napier Engage, Sighthill Campus (contact Pete)

2.00pm - 3.00pm - **Engage in Movement** - Gentle exercise class suitable for those with long term health conditions or just starting to get more active

ARTS + CREATIVITY

2.30pm - 4.30pm **Art for Fun** @ Capitol Student community room, next door to Health All Round, (Drop -in to register any Tuesday 10am - 2pm)

OLDER PEOPLE'S SERVICES

2.00pm - 3.00pm - **Keep On Moving**, Very Gentle Supported Exercise @ St Martin's Community Resource Centre, 232 Dalry Rd (contact Gloria)

Thursday 29th February

CONVERSATION CAFE - Building Confidence in Conversational English

9.30am - 10.30am online (contact Anna)

ACTION FOR PAIN

2.30 - 3.30pm **Seated Yoga** @ Napier Engage, Sighthill Campus (contact Aleksandra)

HEADS UP

10.30 - 12.30pm - **Week 5 of our Overcoming low mood and depression.** (Contact Maysoon or Hollie)



