

The Health Agency

westerhaven.
your information and support centre



The Health Agency

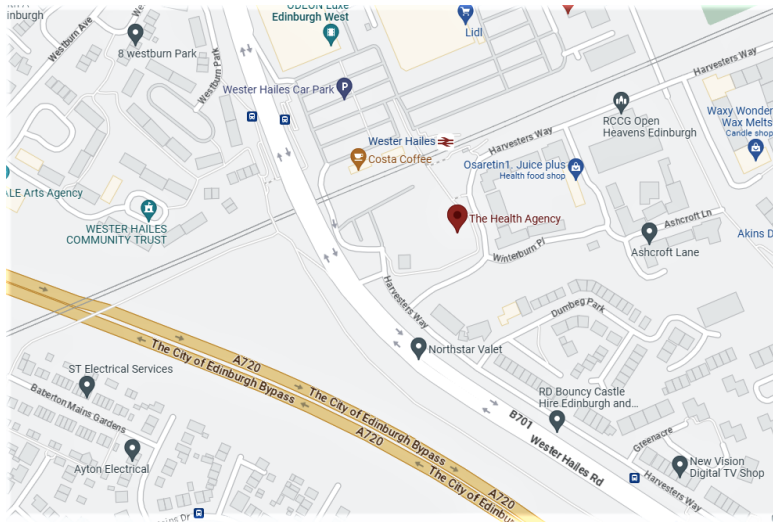
Wester Hailes Healthy Living Centre

30 Harvesters Way

Edinburgh

EH11 3JF

The Health Agency can be accessed by car, buses to the Healthy Living Centre and Westside Plaza. There is also a cycle route near by and the Wester Hailes train station is a short walk. Parking is available at the Wester Hailes Healthy Living Centre and a few moments walk away at Westside Plaza.



The Health Agency is a Company Limited by Guarantee, registered in Scotland No. 181430, and a Registered Charity in Scotland No 027773

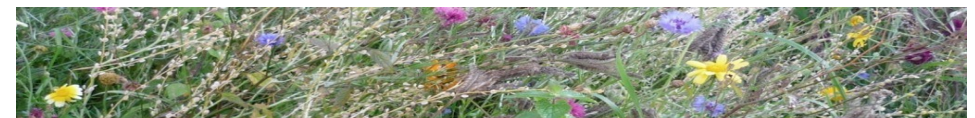
The Health Agency

What's On Guide

We are open Monday-Friday

Please contact: 0131 453 9400

FrontDesk@thehealthagency.org.uk



The Health Agency

Established in 1999, The Health Agency is a community led charity which has built up a strong connection with the local community in Wester Hailes and the wider South-West Edinburgh area.

The Health Agency moved to the Wester Hailes Healthy Living Centre (WHHLC) in the summer of 2013 when the new centre opened. Being accommodated within the WHHLC has meant that The Health Agency has been able to broaden its relationship with the local Wester Hailes Medical Practice which is also based in the WHHLC. It also allowed for closer connections with other agencies in the building such as social services and family support.

The Health Agency is able to offer the community free counselling and CBT services and also cancer and other long term medical conditions support through Westerhaven.

A vital part of the local community, The Health Agency helps people in the local area to maintain health equality through its other services including nutritional support with Tasting Change and others, and also help with physical health with Active Steps, all detailed in next few pages.

We are open Monday—Friday.

To access any The Health Agency services please phone: **0131 453 9400** or email: **frontdesk@thehealthagency.org.uk**

You can also self-refer via our website: **thehealthagency.org.uk**

Our services are FREE (unless stated) and available to anyone in the South-West of Edinburgh.

The Health Agency runs various activities, classes and groups throughout the year so please look out for posters and leaflets advertising upcoming events as well as social media posts and our website.

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GENTLY DOES IT – Mondays and Fridays 11am -12pm (£2 donation)

A predominantly chair based exercise class suitable for older adults and people living with long term health conditions. Led by Yvonne, Gently Does It provides an excellent way to increase your activity levels in a safe, comfortable environment. Through gentle movements and exercises the class will help to improve general health and wellbeing with a focus on flexibility, mobility and increasing strength.

GENTLE YOGA FOR ALL – Thursdays 12:45pm – 1:30pm (£2 donation)

Mat based yoga to help with relieving tension and stress, gently building strength and flexibility, while learning practices in mindfulness and relaxation. To register contact Kim kim@thehealthagency.org.uk or 0131 453 9400.

Notes...



Active Steps

Active Steps aims to support people to become more physically active and maintain a healthy diet in the long term through a range of activities. We offer face-to-face exercise classes, referral access to gyms and swimming pools, supported gym visits, 1:1 support and group health behaviour change programmes. We will help you to make small changes in your everyday routines that will set you on track for a healthier lifestyle. Active Steps has a regular walking group—details on the previous page.

To register interest in any classes or groups, or to arrange an initial appointment please contact kim@thehealthagency.org.uk

SUPPORTED GYM VISITS – Mondays and Wednesdays 10:30am – 11:30am



If you're not sure what to do in a gym or you feel anxious about getting started with a fitness programme then our supported gym sessions can help. We will accompany you into the gym and be on hand to help put you at ease and support you in getting more active.

MAKE A CHANGE – Tuesdays 10:30am – 12pm

This 6 week programme block helps you make small manageable changes for a healthier lifestyle. In this group we break healthy living into bite size chunks looking at topics such as lifestyle, nutrition, balanced diet, portion sizes, empty calories, sleep and activity. Being more active and eating nutritious food is a positive step for everyone and we know that these are behaviours that also have a positive impact on mental wellbeing. This programme is suitable for anyone looking for help with weight management, who has type 2 diabetes or is pre diabetic or has a long term health condition such as COPD; High Blood Pressure or Arthritis.

CHAIR BASED YOGA—Thursdays 1.45pm—2.30 pm (commencing 14/09)

Chair yoga is great for older adults or people with long term health conditions wanting to increase their flexibility, strength and body awareness through calm, gentle yoga practice. Postures are performed while seated. This class is highly popular and there is usually a waiting list. Please get in touch if you would like to be added to the waiting list.



The Health Agency Services

COUNSELLING SERVICE

1-1 counselling provides a safe space to talk about problems and issues that may be troubling you. You will be encouraged to talk about your feelings and emotions, while the counsellor supports you to find solutions to your problems.



COGNITIVE BEHAVIOURAL THERAPY (CBT)

CBT is a 1-1 talking therapy that can help you manage your problems by changing the way you think and behave. CBT can help you change negative patterns to improve the way you feel.

WESTERHAVEN CANCER SUPPORT SERVICES

Supports people in South West Edinburgh who are affected by cancer, this includes carers, family members and the bereaved. Westerhaven offer a range of services including information, 1-1 support, check in calls, yoga, counselling, CBT, relaxation, healthy eating, benefits advice and group work.



WESTERHAVEN LONG-TERM CONDITIONS SUPPORT

Supporting people affected by chronic long-term conditions such as COPD, heart failure and long Covid. Westerhaven offers a range of services including information and support, check in calls, yoga therapy, counselling, CBT and group work, referrals to gentle exercise programmes and healthy eating programmes.

Regular Groups

CARERS GROUP— Monday 12noon-1.30pm

Caring can be a stressful and isolating experience. This group is a chance for carers to come together and have some time for themselves. This group does different activities which they decide each week.

WILLOW GARDENING GROUP—Tuesdays 1pm-4pm



The Willow Gardening Group is a weekly supported gardening group for those interested in getting involved in their local community garden. We garden for wildlife and cultivate many medicinal herbs. The group is open to all. The group meets at the Calders Community Garden and takes part in different activities each week. For more information on this contact:

Rhona@thehealthagency.org.uk

WESTER HAILES WALKING GROUP—Thursdays 10.30am



Come and join us for a gentle paced walk around the local area and further afield. Meets every Thursday, normally at the Wester Hailes train station entrance of the Wester Hailes Healthy Living Centre. This group is run by **Active Steps** (who have page further in our leaflet) To register or for more information contact: kim@thehealthagency.org.uk

WOMENS GROUP—Thursdays 10.30—12.30

A well being support group for local women to come together and support each other. A chance to meet new people and also take part in various activities. The women's group activities include cooking, arts and crafts, creative writing, outings, talks from various organisations, workshops and more.



Other Services



GRASSROOTS REMEDIES - Herbal Clinic

Herbal consultations and medicines. Our Wester Hailes Clinic is a low cost community clinic providing affordable herbal consultations to residents in South West Edinburgh. Open every Wednesday from 9am-6pm. For more information contact: clinic@grassrootsremedies.co.uk

THERAPET

Here at the Health Agency we are lucky to have a special member of staff in our Therapet **Pippin**.



BOOKS TO TAKE HOME—OR BRING IN!



In our waiting room we have a small collection of books. We have fiction as well as cookery books and a variety of others. Sometimes this is better stocked than other times but please feel free to browse the selection and take away whatever you want to read. Equally, if you have any books at home that you wish to donate then please feel free to bring them in. Thank you.



Tasting Change aims to help people access affordable and nutritious meals. Working with the community to provide positive health equality, Tasting Change offers cooking classes that not only demonstrate how to cook healthy meals but also educate on the nutritional values of ingredients and the importance of a healthy diet. There are also community events, regular community meals and the chance to volunteer all within the Wester Hailes and South West Edinburgh communities.

THE GARDEN KITCHEN LUNCHEES –Thursdays 12.30pm –1.30pm

Meal of the week! Plus, bread and a sweet treat! (provided by Naz). Every Thursday at Wester Hailes Healthy Living Centre in the café at the railway station entrance. It's free but donations are appreciated. Come along for a hearty meal and meet friends old and new. For further information please contact The Health Agency on the details on the front page



SUNFLOWER PANTRY COOKING CLUB –Tuesday— 10.30am—12.30pm



The Cooking Club runs at the Clovenstone Community Centre at the Sunflower Pantry. Come along to cook and eat some nutritious meals with other members of the community. Children are also welcome!

Tasting Change alongside other agencies offer a variety of different cookery classes both within the Healthy Living Centre and at other locations so please look out for posters and leaflets advertising upcoming events.