



OUR SERVICES

Information, advice and support that empowers people to protect and improve their physical, mental and social wellbeing.

Westerhaven

Practical and emotional support for people affected by cancer and other long-term illnesses to help manage conditions and improve their quality of your life.

Mental Wellbeing

Free counselling, CBT and group therapy to help people affected by mental health issues to recover and thrive.

PLEASE NOTE THERE IS A TEMPORARY PAUSE ON NEW REFERRALS FOR OUR MENTAL HEALTH SERVICE.

Positive Moves

Helps people to get more physically active and maintain a healthy diet to improve their health and wellbeing.

Tasting Change

Gives people access to good quality, affordable, healthy food through our Pantry and weekly Community lunch.

Services and activities are free or low cost.
As a charity we rely on funding and donations to support our community.



ABOUT US

The Health Agency is a community-led charity in Wester Hailes supporting over 2,000 people each year to lead longer healthier, more fulfilling lives.

We aim to combat the effects of deep poverty, inequality, ill-health, mental health issues, food insecurity and social isolation experienced by our community.

CONTACT US

To register for our services or activities please complete our online self-referral form, give us a call or pop into see us.

The Health Agency
Wester Hailes Healthy Living Centre
30 Harvesters Way, Edinburgh, EH14 3JF

0131 453 9400

frontdesk@thehealthagency.org.uk

www.thehealthagency.org.uk



Registered Scottish Charity No. SC027773 and
Company Limited by Guarantee No SC181430.

WHAT'S ON AT

The Health Agency

Supporting local people to lead longer, healthier, more fulfilling lives



BY APPOINTMENT

When referred to one of our services we start with a one-to-one assessment to understand what matters most to you and help you access the right support, at the right time, in the right way.

We offer appointments throughout the week to support your wellbeing to access

- Counselling
- Cognitive Behavioural Therapy
- Massage Therapy
- Dietician support

WEEKLY ACTIVITIES

MONDAY

SUPPORTED GYM SESSION | 10:30 - 11:30

Build gym confidence, learn at your pace and take the first step to an active you.

CHAIR BASED EXERCISE | 11:00 - 11:45am

A fun, gentle class to boost your strength, flexibility and wellbeing.

CARERS GROUP | 12:00 - 13:30

Respite, activities and connections with others who understand your journey.

THE PAUSE PLACE | 12:30 - 14:00

A welcoming space for women experiencing symptoms related to menopause to connect, share, and enjoy wellbeing activities.

CHAIR BASED EXERCISE | 14:30 - 15:15

A fun, gentle class to boost your strength, flexibility and wellbeing.

TUESDAY

PANTRY | 09:30 - 12:30 and 17:00 - 18:30

Access affordable, healthy food to stretch your budget without compromising on quality. Members pay £4.50 and receive over £30 worth of essential groceries.

DIGITAL DROP-IN | 13:00 - 15:00

Need a hand with your phone, tablet, computer or getting online? Pop in for some friendly support - no question is too small!

GARDENING GROUP | 13:00 - 16:00

Beginner or seasoned grower, join us to create a beautiful space for people and wildlife.

WEDNESDAY

HERBAL MEDICINE CLINIC | 09:00 - 17:30

Appointments with a trained herbalist to support wellbeing using locally grown herbs. www.grassrootsremedies.co.uk

SUPPORTED GYM SESSION | 10:30 - 11:30

Build gym confidence, learn at your pace and take the first step to an active you.

HEALTH WALK | 12:30 - 13:00

30-minute gentle canal walk perfect for beginners looking to enjoy the outdoors and build friendly social connections.

ART & CRAFT GROUP | 15:30 - 17:00

For Westerhaven clients only. A chance to relax, get creative and connect with others in this friendly, supportive group.

FOLK MEDICINE | 17:00 - 19:00

Join Grassroots Remedies monthly workshops for some great company and a chance to make herbal medicines. 25 February | 18 March | 22 April

THURSDAY

WOMEN'S GROUP | 10:00 - 12:00

Creativity, conversation and community in a relaxed space to enjoy crafts and activities.

WALKING GROUP | 10:30 - 12:30

Get moving, meet new people and explore local paths and green spaces together.

COMMUNITY LUNCH | 12:30 - 13:30

Bringing people together one meal at a time! Tasty, nutritious lunch and good company. Free for locals, donations welcome.

CHAIR BASED EXERCISE | 14:00 - 14:45

A fun, gentle class to boost your strength, flexibility and wellbeing.

FRIDAY

CHAIR BASED EXERCISE | 11:00 - 11:45

A fun, gentle class to boost your strength, flexibility and wellbeing.