



## 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](http://www.thehealthagency.org.uk)



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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.

#### 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](http://www.grassrootsremedies.co.uk)

#### SOUND BATH | 11:00 - 12:00

Monthly relaxation session for Westerhaven Clients to enjoy soothing vibrations of sound instruments to ease stress and restore peace. 27 May

#### 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. 20 May | 17 June | 15 July

### 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.