

Community Programme January - April 2007

South Edinburgh

HAPPY NEW YEAR! This is traditionally a time for new beginnings, so try something new! Maybe you want to eat more fruit and veg to keep colds and bugs away, maybe you'd like some help to relax, maybe you'd like to do more exercise so you have more get-up-and-go, maybe you want to save money and pay less on bills, or get out and meet more people ... however you'd like to be good to yourself in 2007, for whatever the reason, we have something for you ... so go for it!



Healthy Eating

Can Cook, Will Cook!

Sometimes it seems difficult to eat our five portions of fruit and veg every day, but it doesn't have to be. We can show you how in our new cooking course, 'Including more fruit and veg in your meals', starting the week beginning Mon 15th Jan.

Contact Tracy on 664 0555 for more details.

Can Cook Will Cook! group facilitators training

Do you work with a group that would like to do something 'foody'? Would you like to *start* working with groups? If so, our 6-week course may be for you; we'll cover basic healthy eating advice, how to lead groups and what you need to consider when running a cooking course. It begins in **Feb 07** and is really useful for anyone who's interested in working with groups or food. Contact Tracy for details of venue and times.

Fresh Fruit and Go!

The mobile fruit and veg shop continues to run every Thursday come rain or shine! Why shop with us? We have a good range of produce, our prices are great and we hope to have one tasting session every month. So why *not* shop with us?!

New times and stops as follows:

9.45am Southhouse Avenue - opp Southhouse Drive

10.45am Mortonhall Park View

11.05am Drum Court

11.15am Tresillian Gardens

1.15pm Moredun Dykes Road

1.45pm 69 Walter Scott Avenue

1.55pm Ashton Grove

2.10pm Glenallen Loan

2.30pm Southern Surgery

2.40pm Goodtrees Centre

2.55pm Craigour High Flats

AND NOW you can use your **Healthy Start Vouchers** on the bus! Each voucher is worth £2.80, and you can exchange these for fruit and veg.

Weaning Sessions

Together with the Community Dietitians and Health Visitors, we're running practical weaning sessions, open to all new parents in South Edinburgh. These are planned for **Feb and March**. Contact Tracy or your Health Visitor for more details.

Healthy Homes

Healthy Homes continues to visit groups, and give advice and information on reducing fuel bills and making homes safer.

We're now looking for volunteers to help us in this work - see the 'Volunteering' section for details.

If you would like to know more about Healthy Homes, please phone Yvonne on 664 0555.

Community Health Action

Burdiehouse Community Café

After various surveys on the streets of Burdiehouse, Southhouse and Gracemount, and a couple of very tasty community meals, a group of local residents and workers are now working towards setting up a weekly fruit and veg stall in Burdiehouse Community Centre starting early 2007.

In order to help them on their way, they're planning to gather information through visiting other community cafes, research, training (e.g. food hygiene) and producing their own publicity for the project. The group is open to any local residents with an interest in developing the café. If people are interested, they should contact Hugo on 664 0555.



Men's Health

As there are very few services available in South Edinburgh that particularly focus on men's health, a group of local community workers has got together to find out more about Men's Health in general and what services men in South Edinburgh would want to help them keep healthy. If anyone would like to be involved in this work, please contact Hugo.

Active Lifestyles

Free cycle training

Do you have a bike, but don't ride it, because you need a little more confidence? Do you *not* have a bike, but would like to gain confidence in cycling? Do you think your child would benefit from extra cycle training?

We'll be running a cycle training programme for adults and a separate one for children, for 4 Sundays, starting Sunday 21st January, from 11am-1pm in the Burdiehouse Burn Valley Park.

This course is free but places are limited so booking is essential. Bikes can be provided if you contact us before the course starts. For more information, or to book your place, contact Val on 664 0555.



Family Life

Massage to improve your mood...

If you sometimes find it difficult to face the day ahead or your mood affects your life, you may be able to access our well-established Complementary Therapy service. Here you can try Aromatherapy Massage, Acupuncture, Reiki or On-site Massage, amongst other treatments. You must be referred to this service, so please contact Marion or Amanda on 664 0555 for more information and a list of agencies who can refer you.

Cool Moves yoga

Are you a parent or carer of a child in a P3 class in South Edinburgh? Do you find it hard to make time to do an activity with your child, or to exercise your own body and mind? If so, you can now combine both these activities with us in a friendly, relaxed atmosphere in our FREE after-school family yoga sessions.

The next courses will start in the week beginning Mon 15th Jan and will run for 8 weeks:

Tuesdays - Craigourpark

Wednesdays - Gilmerton Primary

Thursdays - St John Vianney Primary

All sessions start at 3.10pm and finish at 4pm.

Courses after Easter will take place in Gracemount, Burdiehouse and St Catherine's primary schools. And a course for young people only will also run later in the year, at Kames School.

Book now to avoid disappointment! For more info, and to book your place please call Nicola or Val on 664 0555.

Volunteering

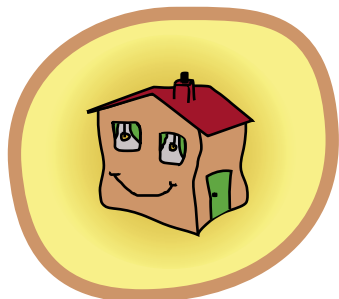


Publicity

We're looking for someone to help produce leaflets, posters, etc for SEHLI. Graphic design or desktop publishing experience would be essential for this role. Please phone Becky on 664 0555 for more info.

Healthy Homes

We're also looking for people to help Healthy Homes; giving advice at stalls, practical advice on home visits or taking part in group information sessions. Training and support will be provided. If you're interested, phone Yvonne for a chat on 664 0555.



Getting in touch

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