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September Update

There have been lots of changes for Changes lately and lots to look forward to! Keep scrolling to find out more about the following:

- Introducing Kelly
- Bike Storage Appeal
- Life... and how to survive it!
- Could You Be A Buddy Walker?
- What's On - support available
- Save the Date - Changes AGM
- Men's Get Together
- Changes Info Sessions

To find out more about Changes see our website www.changeschp.org.uk call 0131 653 3977 or email info@changeschp.org.uk

Introducing Kelly



Hi, I'm Kelly and I joined the Changes team in July as a Project Development Coordinator. I live in East Lothian and am excited to be part of a local charity.

I've worked for many years in employability, in a range of roles and always in the third sector. I have experience in coaching, training, leading and developing projects.

I am currently overseeing the Healthy Living Project here. I've already met lots of the wonderful volunteers who give their time to support the community. The staff have all made me feel most welcome too.

My sleeves are rolled up and I'm raring to get stuck in.

Bike Storage Appeal



We are urgently looking for storage for our bikes after repeated vandalism and theft at our former bike shed. To some of our clients, our cycling groups are a lifeline and the only time they get out and socialise. Thank you so much to those who have offered to donate and help us out so far. Please spread the word so that we can get our cycling groups up and running again.

You can read more about our appeal in the East Lothian Courier article [here](#).

We would like to say well done to Kelly for her hands on and proactive response to this challenge, only weeks into the job!

Life... and how to survive it!

We are delighted to link up with our colleagues at NHS Psychological Therapies Services in East Lothian to host their series of videos 'Life... and how to survive it!'

Feeling stressed, overwhelmed, needing help?

You can find out more and link to the videos [here](#).



Could You Be A Buddy Walker?

Could you be a volunteer Buddy Walker with us? Support someone to get out on a regular, short, pre-arranged walk on a one to one basis.

For more information or to apply, come along to our **Buddy Walk Information Session on Thursday 9th September at 11am via Zoom**. Contact kelly@changeschp.org.uk or phone 0131 653 3977 for more information.



What's on

Changes Groups, Courses and Activities

See activities starting in September.

Booking is required for all activities (with the exception of Creative Changes) - places are limited however all activities are repeated. For information click on the links below or contact us:

[Tai Chi \(Face to Face\)](#)
Mondays, 10:00am - 10:50am
Starts Monday 6th September
6 week block
Musselburgh

[Tai Chi \(Online\)](#)
Tuesdays, 9:45am - 10:30am
Starts Tuesday 7th September
6 week block
Zoom

[Men's Group](#)
Mondays, 7:00pm - 8:30pm
Starts Monday 13th September
6 week block
Zoom

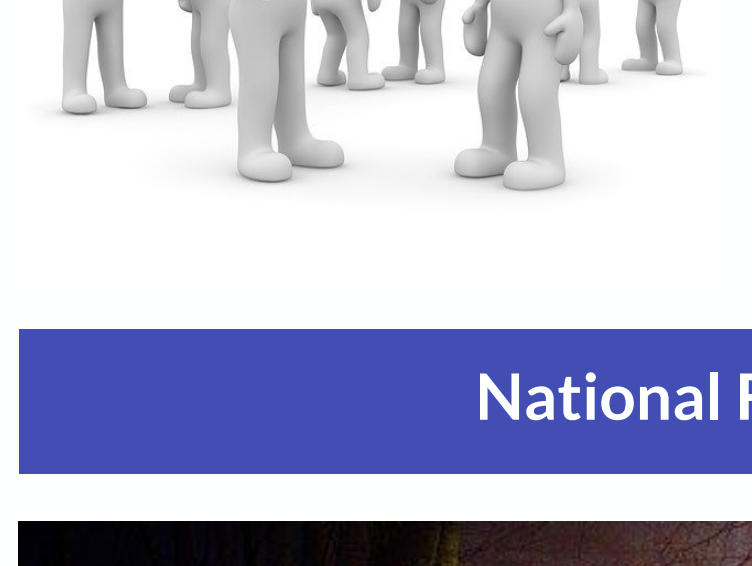
[First Steps Towards Positive Mental Wellbeing \(Face to Face\)](#)
Tuesdays, 10:00am - 12:00 noon
Starts Tuesday 28th September
7 week block
Musselburgh

[Creative Changes](#)
Thursdays 4:00pm - 5:00pm
Ongoing weekly
Zoom

Changes Therapy

Changes Counselling service is currently being offered by video conferencing and telephone with a limited face to face provision available for anyone who cannot attend by telephone/video. For information and to request counselling click [here](#). Please note our counselling service has a waiting list.

Save the Date



Changes AGM will be held on
Tuesday 26th October
from 6:00pm - 7:30pm
in Musselburgh.
Invitations will be shared later this month.

National Fitness Day



As the days get shorter and weather colder, we all need a bit of motivation to get out and about. What better time of year for a nationwide event to promote fitness - check out this website for more information on [National Fitness Day](#) on Wednesday 22nd September.

Let's remind ourselves of these benefits of exercise for our health:

- Increases energy levels
- Reduces risk of chronic disease
- Helps with relaxation and sleep quality
- Improves mood and reduces feelings of anxiety and depression

We have a range of activities to get you out and about and meet like-minded people in the local community within our [Healthy Living Programme](#).

Men's Get Together and Info Evening

Join our friendly, supportive and informal men's get together on Monday 4th October. Meet John, Changes Men's Group Peer Worker and find out about support available at Changes, including our Men's Peer Support Group which provides a safe and supportive space for men to share and support one another through life's challenges.

This event is open to men who have used Changes services in the past, are using them currently, or considering using them in the future.

Monday 4th October 6:30 - 8pm
Fisherrow Centre, South Street, Musselburgh, EH21 6AT

To attend please register [here](#)



Changes Info Session

An opportunity for anyone over the age of 16 in East Lothian to find out more about Changes, the support offered and how people can access support. This session is relevant to anyone looking for support for yourself, to find out more for friends or family or in a professional capacity.

Please note this is **not** a support session, but an opportunity to find out about support available.

Wednesday 3rd November - 4:00 - 4:45pm

These sessions are repeated every second month over Zoom.

Email info@changeschp.org.uk to book your place.

Feedback to shout about



What I like most about Men's Group:

- How it gives a space to listen, talk, think and reflect.
- The support that simply being in the group provides.
- How I am constantly surprised by the ability for involvement in the group to help

Men's Group Participant - Changes

Contact us on 0131 653 3977 or info@changeschp.org.uk
Monday to Friday 9am to 5pm

Phone today

Email today

