

# what's on

Activities, Events and Support Groups

January - April 2010

## Days at a glance ...

### Mondays

<b>Counselling</b>	<b>Contact:</b> David 0131 558 1425	Mondays By Appointment	<b>Mansfield Place Edinburgh</b>
<b>Family Outreach Support</b>	<b>Contact:</b> Nichola or Lynne 0131 558 1425	Mondays 9am - 2pm By Arrangement	<b>Mansfield Place Edinburgh or by arrangement</b>
<b>Men's Support Group</b>	<b>Contact:</b> AHP Glasgow 0141 333 9393	2nd Monday of each Month	<b>Renfield Centre Glasgow</b>
<b>Mixed Support Group</b>	<b>Contact:</b> AHP Glasgow 0141 333 9393	3rd Monday of each Month	<b>Renfield Centre Glasgow</b>
<b>Reiki or Sports Massage</b>	Practitioner: Ian Gemmel <b>Contact:</b> Gabrielle or Allison 0131 558 1425 or 0131 441 6989	Mondays 6-7.30pm By Appointment	<b>Milestone Edinburgh</b>
<b>Women's Support Group</b>	<b>Contact:</b> AHP Glasgow 0141 333 9393	1st Monday of each Month	<b>Renfield Centre Glasgow</b>

### Tuesdays

<b>Aromatherapy Massage</b>	<b>Practitioner:</b> Lorraine Curr <b>Contact:</b> Gabrielle or Allison	Tuesdays 5.30pm - 7.30pm By Appointment	<b>Mansfield Place Edinburgh</b>
<b>Drop-In</b>	<b>Contact:</b> AHP Glasgow 0141 333 9393	Tuesdays 2pm - 5pm	<b>Renfield Centre Glasgow</b>
<b>ISIS: Women's support group</b>	<b>Contact:</b> Gabrielle 0131 558 1425	Tuesdays 1pm - 3.30pm	<b>Mansfield Place Edinburgh</b>
<b>Massage Therapies</b>	<b>Contact:</b> AHP Glasgow 0141 333 9393	Tuesdays 2pm - 5pm	<b>Renfield Centre Glasgow</b>
<b>One to One Support</b>	<b>Contact:</b> AHP Glasgow 0141 333 9393	Tuesdays 10am - 1pm	<b>Renfield Centre Glasgow</b>

Supporting people living with HIV and Hepatitis C in Scotland

[www.waverleycare.org](http://www.waverleycare.org)

Waverley Care Community Projects  
3 Mansfield Place, Edinburgh EH3 6BN  
Tel: 0131 558 1425 Email: [communityprojects@waverleycare.org](mailto:communityprojects@waverleycare.org)  
Fax: 0131 466 9883

Waverley Care Milestone  
113 Oxfangs Road North, Edinburgh EH14 1EB  
Tel: 0131 441 6989 Email: [milestone@waverleycare.org](mailto:milestone@waverleycare.org)

Scottish Charity No. SC036500

Company Limited by Guarantee No. 253043

<b>Tuesdays</b>			
<b>SourceSTAR</b>	Practitioner Gordon Soutar <b>Contact:</b> Gabrielle or Allison 0131 558 1425 or 0131 312 9952	Tuesdays (not 3rd Tuesday of each month) 1.30pm - 3.15pm By Appointment	<b>Mansfield Place Edinburgh</b>
<b>Yoga</b>	<b>Practitioner:</b> Eleanor O'Donnell <b>Contact:</b> Gabrielle 0131 558 1425	Tuesdays 5.15pm - 6.45pm	<b>Mansfield Place Edinburgh</b>
<b>Young People's Individual Outreach Support</b>	<b>Contact:</b> Nichola 0131 558 1425	Tuesdays By Appointment	<b>Mansfield Place Edinburgh or by arrangement</b>
<b>Wednesdays</b>			
<b>Activities</b>	<b>Contact:</b> Milestone 0131 441 6989	Wednesdays 2pm - 4pm	<b>Milestone Edinburgh</b>
<b>Counselling</b>	<b>Contact:</b> David 0131 558 1425	Wednesdays By Appointment	<b>Mansfield Place Edinburgh</b>
<b>Men's Group</b>	<b>Contact:</b> Charlie 0131 441 6989	Wednesdays 1pm - 3pm	<b>Milestone Edinburgh</b>
<b>Therapeutic Care Massage</b>	Practitioner: Jenny Gaiawyn <b>Contact:</b> Gabrielle or Alison 0131 558 1425 or 0131 441 6989	Wednesdays 2.30pm - 4.30pm By Appointment	<b>Milestone Edinburgh</b>
<b>Young People's Group</b> (12-16 years old)	<b>Contact:</b> Nichola 0131 558 12425	Wednesdays 4pm - 5.45pm	<b>Mansfield Place Edinburgh</b>
<b>Thursdays</b>			
<b>Electro-crystal therapy, Bio-energy and Reiki</b>	With Jackie Cohen <b>Contact:</b> Milestone or Allison 0131 441 6989 or 0131 312 9952	Thursdays afternoons By Appointment	<b>Milestone Edinburgh</b>
<b>Drop-In</b>	<b>Contact:</b> AHP Glasgow 0141 333 9393	Thursdays	<b>Renfield Centre Glasgow</b>
<b>Gardening group</b>	<b>Contact:</b> Charlie 0131 558 1425	Thursdays 1pm-3pm	<b>Milestone Edinburgh</b>
<b>Massage</b>	With Jamie Chalmers <b>Contact:</b> Milestone or Allison 0131 441 6989 or 0131 312 9952	Thursdays 6pm-9pm By Appointment	<b>Alternate weeks at Milestone and Mansfield Place</b>
<b>Open House</b>	<b>Contact:</b> Mansfield Place 0131 558 1425	Thursdays 12pm - 1.30pm	<b>Mansfield Place Edinburgh</b>
<b>One to One Support</b>	<b>Contact:</b> AHP Glasgow 0141 333 9393	Thursdays	<b>Renfield Centre Glasgow</b>
<b>Women's Group</b>	<b>Contact:</b> Jackie or Avril 0131 441 6989	Thursdays 1pm - 3pm	<b>Milestone Edinburgh</b>
<b>Walking Group</b>	<b>Contact:</b> Gabrielle 0131 558 1425	3 Thursday afternoons each month at varying times	<b>Various</b>

**Thursdays**

<b>Young People's Group</b> (9-11 years old)	<b>Contact:</b> Nichola 0131 558 1425	Thursdays 4pm - 6 pm	<b>Mansfield Place</b> <b>Edinburgh</b>
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**Fridays**

<b>Allotment</b>	<b>Contact:</b> Gabrielle or Allison 0131 558 1425 or 0131 441 6989	Fridays By Arrangement	<b>Bridgend Allotment</b> <b>Edinburgh</b>
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<b>Children's Group</b> (4-8years old)	<b>Contact:</b> Nichola 0131 558 1425	Fridays 1pm - 3.30pm	<b>Mansfield Place</b> <b>Edinburgh</b>
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<b>Community Event</b> Soup and sandwiches served	<b>Contact:</b> Charlie or Tricia	Fridays 11am - 1pm	<b>Milestone</b> <b>Edinburgh</b>
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<b>Poz Youth</b>	For young people living with HIV <b>Contact:</b> Lynne 0131 558 1425	One Friday a month Varying times	<b>Various</b>
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**Saturdays**

<b>African Support Group</b> Soup and sandwiches served	<b>Contact:</b> Kapulu or Marion 0131 558 1425 or 0131 441 6989	Last Saturday of month 2 - 4pm	<b>Milestone</b> <b>Edinburgh</b>
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<b>Walking Group</b>	<b>Contact:</b> Gabrielle 0131 1425	3rd Saturday of each month Varying times	<b>Various</b>
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**Months at a glance ...****January**

<b>Allotment</b>	<b>Contact:</b> Gabrielle 0131 558 1425	By Arrangement	<b>Bridgend Allotment,</b> <b>Edinburgh</b>
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<b>African Support Group</b> Soup and sandwiches served	<b>Contact:</b> Kapulu or Marion 0131 558 1425 or 0131 441 6989	Saturday 30th January 2 - 4pm	<b>Milestone</b> <b>Edinburgh</b>
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<b>Gay Men's Group</b>	<b>Contact:</b> Neil 0131 558 1425	Meets most weeks at various times	<b>Edinburgh</b>
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**February**

<b>Allotment</b>	<b>Contact:</b> Gabrielle 0131 558 1425	By Arrangement	<b>Bridgend Allotment,</b> <b>Edinburgh</b>
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<b>CHIVA website consultation</b>	<b>Contact:</b> Nichola or Lynne 0131 558 1425	Saturday 13th February	<b>Mansfield Place</b> <b>Edinburgh</b>
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<b>Community Event</b> Soup and sandwiches served	<b>Contact:</b> Charlie or Tricia 0131558 6989	Friday 5th February	<b>Milestone</b> <b>Edinburgh</b>
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<b>Gay Men's Group</b>	<b>Contact:</b> Neil 0131 558 1425	Meets most weeks at various times	<b>Edinburgh</b>
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<b>Outreach and Support</b> <b>Bi-Monthly outing</b>	<b>Contact:</b> Charlie 0131 441 6989	Thursday 18th February 10 Pin Bowling	<b>Leaving from</b> <b>Milestone, Edinburgh</b>
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<b>Playscheme</b>	<b>Contact:</b> Nichola or Lynne 0131 558 1425	15-19th February	<b>Mansfield Place</b> <b>Edinburgh</b>
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## March

<b>Allotment</b>	<b>Contact:</b> Gabrielle 0131 558 1425	By Arrangement	<b>Bridgend Allotment, Edinburgh</b>
<b>African Support Group</b> Soup and sandwiches served	<b>Contact:</b> Kapulu or Marion 0131 558 1425 or 0131 441 6989	Saturday 30th January 2 - 4pm	<b>Milestone Edinburgh</b>
<b>Community Event -</b>	<b>Contact:</b> Charlie or Tricia 0131 441 6989	Friday 5th March	<b>Milestone Edinburgh</b>
<b>Gay Men's Group</b>	<b>Contact:</b> Neil 0131 558 1425	Meets most weeks at various times	<b>Edinburgh</b>

## April

<b>Easter Playscheme</b>	<b>Contact:</b> Nichola or Lynne 0131 558 1425	13-16th April	<b>Mansfield Place Edinburgh</b>
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## Therapies available at Waverley Care

### Aromatherapy Massage with Lorraine Curr

This is a complementary, holistic therapy, combining the use of essential oils, derived from plants, with therapeutic massage. It is particularly beneficial for stress related conditions but can also help with a variety of other complaints. Typically a 1 hour session will consist of working on the legs, back, neck & shoulders, head and face, although the areas massaged will depend on the individual's specific needs and areas of tension. All sessions include a consultation at the start which will allow time to determine which essential oils would be most suitable to use, in addition areas of tension and specific complaints. Only the area being massaged will be exposed at any one time.

### Healing therapies with Jamie Chalmers

#### Hot Stones

Volcanic in origin, basalt lava stones from deep in the earth are rich in minerals and can be heated and used for deep body massage and intensive energy work. They may be placed on specific energy points ('Chakras') to help the body clear blocked energies, help relax and dissolve stress, drawing hyper-energy away from over-stimulated areas and bringing new energy to depleted zones. Heat from the stones is transferred into deep-lying muscles in order to achieve greater levels of relaxation and pain relief.

#### Swedish massage

Consists of classic Swedish massage movements that can be administered as light or deep as the client requires. A full in depth consultation takes place to determine the client's main areas of tension.

#### Reflexology

Is an ancient Chinese based foot massage working on specific reflex points that mirror the body's organs and systems using a light cream. This treatment is great for boosting energy and immunity, targeting ailments and giving feeling of well being and balance.

## Therapies available at Waverley Care

### Healing Therapies with Ian Gemmel

#### Reiki

Originating in Japan, Reiki is a form of energy healing. It means 'Universal Energy' and involves the channelling of this life force energy through the practitioner's hands to the client. Although spiritual in origin, Reiki is non-religious and is not dependent on belief. It is a wonderful way of feeling more connected to life and is useful for specific healing or general relaxation, stress reduction and increased well-being. The treatment involves the gentle placement of hands on or near the client's body, starting at the head and working down to the feet. Treatment is non-invasive and is carried out lying down and fully clothed. Loose-fitting, comfortable clothing is recommended.

#### Sports Massage

This can be as light or strong as required and uses either oil or cream. It covers the neck, back, arms, legs and feet but focuses on the client's main areas of tension. The client would be required to strip to underwear but with modesty towels provided so that only the area being worked on is exposed.

#### Thai Head Massage

This treatment consists of administering pressure to points across the shoulders, neck, head and face. It is great for headaches, neck tension and general relaxation. Again, the client will not have to remove any clothing, but loose-fitting, comfortable clothing is recommended.

### SourceSTAR Therapy & Meridian Energy Therapies with Gordon Soutar

This is a Channeled Energy Therapy that is over 5000 years old and was used for the purpose of healing by the priesthood in the Ancient Temples of Egypt. SourceSTAR as a therapy can offer a deep sense of relaxation. The healing process itself happens on many different energy levels of the body, soul, and mind. It can reach and heal many core issues both easily and quickly.

In a SourceSTAR therapy treatment, all that is required is for the client to remove any shoes and jewellery. The treatment will begin at the feet and will move up around the body. There is very little physical contact with any part of the body. Most of the treatment occurs with the hands of the therapist away from the body - a fuller explanation will be given before the start of each treatment. Gordon also offers Emotional Freedom Technique and EmoTrance.

#### A Range of Healing Therapies with Jackie Cohen

Jackie has been practising complementary therapies since September 2006 and offers four energy healing techniques: Electro-Crystal Therapy, Bio-Energy, Reiki and EmoTrance. These are all gentle, safe and non-invasive therapies for which you remain fully clothed. There are a range of Jackie's leaflets around so please have a read if you want to learn more – alternatively you can speak to Jackie and she will talk you through which treatment might be the most appropriate for you.

### How to Book, Terms and Conditions:

Name and phone number must be supplied in order to book an appointment. A maximum of four appointments with up to two therapists can be made at any one time. Appointments can be scheduled by telephone, email or in person at Mansfield Place, Renfield Centre or Milestone House.

Cancellations for daytime appointments must be made the night before at the latest; or before 12 pm on the day for evening appointments. Due to popular demand, and in consideration of volunteers, in case of two or more cancellations/missed appointments it will not be possible to make another booking for three months.

## Contacts

**Neil Bird**

Gay Men’s Support Worker  
**Tel: 0131 558 1425**  
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**David Cameron**

Community Projects Deputy Manager  
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**Jackie Cameron**

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**Avril Carr**

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**Tricia Dixon**

Senior Support Worker  
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**Nichola Frith**

Children and Families Project Manager  
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**Karen Hamilton**

Advocacy and Information Worker  
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**Michael Marr**

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**Gabrielle Mora**

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**Allison Murphy**

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**Charlie Tate**

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**Lynne Williamson**

Children and Families Project Worker  
**Tel: 0131 558 1425**  
**email: lynne.williamson@waverleycare.org**

**African Health Project Glasgow**

The Renfield Centre  
 260 Bath Street  
 Glasgow  
 0141 3339393  
**email: africanhealthproject@waverleycare.org**

## Help and Support Phonedines

### African AIDS Helpline

**0800 0967 500**

Provides information and advice on HIV, the risks and taking an HIV test. All calls are free and confidential

### HIV I-Base Treatment Information Helpline

**0800 800 6013**

The phone line is open for calls from Mon to Wed 12-4pm. Calls are usually answered by an HIV-positive person. All calls are confidential.

### National AIDS Manual

Nam provides “Aidsmap” which is a website offering comprehensive information on all aspects of HIV/AIDS from medical, legal and health advice to the latest news.

**www.aidsmap.com**

### National Sexual Health Helpline

**0800 567123**

For comprehensive information about HIV/AIDS and sexual health. Advice and information is also available on their website.

**www.staying-alive.org**

### Terrence Higgins Trust

**Direct Helpline 0845 12 21 200**

THT Helpline can give you HIV information, advice and support over the phone. Open 10am-10pm Mon - Fri, and 12noon-6pm on Sat - Sun.

**www.tht.org.uk**

### UK Hepatitis C Info Line

**0870 242 2467**

Working to Improve quality of life and prevent HIV, hepatitis and drug related harm.

**www.mainliners.org.uk**