

# What's On Guide

Activities, Events and Support Groups



**Waverley Care**  
making a positive difference

## September 2011

Supporting people living with HIV or Hepatitis C in Scotland

### September at a glance.....

(All events must be pre-booked)

#### Mon 29th to Sun 4th September

See regular weekly activities pg 3 & 4

**Glasgow: Contact 0141 333 9393**

##### Monday 29th:

- Women's Support Group  
Contact Mildred

##### Milestone, Edinburgh:

**Contact 0131 441 6989**

##### Friday 2nd:

- Community Event (Music)  
11 am to 1 pm - Contact Milestone

#### Mon 5th to Sun 11th September

See regular weekly activities pg 3 & 4

##### Mansfield Place, Edinburgh:

**Contact 0131 558 1425**

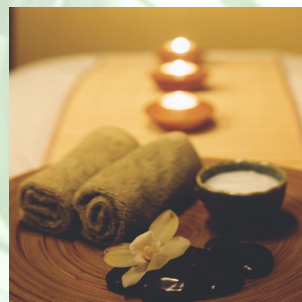
##### Monday 5th:

- HIV/Hep C Support Group - 1 pm to 4 pm  
Contact Paula



NEW

### Swedish Massage/Reflexology



We have a new therapist Kerrie Flockhart offering Swedish Massage and Reflexology to anybody interested. She will be based at Mansfield Place. Her hours and the day she will do are not yet decided, but if you are interested in either of these therapies, then please contact our Volunteer Coordinator Deirdre on [Deirdre.ryan@waverleycare.org](mailto:Deirdre.ryan@waverleycare.org), or on 07765 193126.

### Mon 12th to Sun 18th September

See regular weekly activities pg 3 & 4

**Glasgow: Contact 0141 333 9393**

#### Tuesday 13th:

- Talk-2 Training - Contact Mildred

#### Thursday 15th:

- Talk-2 Training - Contact Mildred

### Mon 19th to Sun 25th September

See regular weekly activities pg 3 & 4

**Mansfield Place, Edinburgh:  
Contact 0131 558 1425**

#### Monday 19th:

- HIV/Hep C Support Group  
1 pm to 4 pm - Contact Paula

#### Friday 23rd to Monday 26th:

- Poz Youth residential  
Contact Nichola or Lynne

**Milestone, Edinburgh:  
Contact 0131 441 6989**

#### Saturday 24th:

- African Support Group - 12 pm to 2 pm  
Contact Marion

**Glasgow: Contact 0141 333 9393**

#### Monday 19th:

- Mixed Support Group - Evening  
Contact Mildred

#### Tuesday 20th:

- Talk-2 Training - Contact Mildred

#### Thursday 22nd:

- Talk-2 Training - Contact Mildred



### Mon 26th to Sun 2nd October

See regular weekly activities pg 3 & 4

**Highland, Inverness: Contact 01463 711 585**

#### Friday 30th:

- Hep C Peer Support Group  
5:30 pm to 7:30 pm - Contact John

**Glasgow: Contact 0141 333 9393**

#### Tuesday 27th:

- Talk-2 Training - Contact Mildred

#### Thursday 29th:

- Talk-2 Training - Contact Mildred

Join **Director of Music, Martin Ritchie** for an afternoon singing some of the best **Choral Classics** - including Handel, Haydn & Parry

**SATURDAY 1st OCTOBER** | **Pilrig St Paul's Church**  
2pm - 6pm Tickets £10\* | Leith Walk, Edinburgh

(\*inc. refreshment & music hire)

To register contact Martin Ritchie:  
07984 466 855 martinsritchie@aol.com



event in support of  
**Waverley Care**  
making a positive difference

# Regular Weekly Activities .....

## Mondays:

Mansfield Place, Edinburgh: (Contact 0131 558 1425)

- **Children & Families Outreach** - 9am to 2pm  
Contact Nichola or Lynne

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## Tuesdays:

Mansfield Place, Edinburgh: (Contact 0131 558 1425)

- **ISIS Women's Support Group** - 1pm to 3:30pm  
Contact Maro
- **Yoga** - 5:15pm to 6:45pm - Contact Maro/  
Gabrielle
- **SourceStar Therapy & Emo Trans**  
1:30pm to 3:45pm (45 min session)

Glasgow: (Contact 0141 333 9393)

- **Drop-In** - 2pm to 5pm
- **One to One support** - 10am to 1pm

Highland, Inverness: (Contact 01463 711 585 )

- **Gaydar Sexual Health Outreach** - 6pm to 8pm  
Log on to [www.gaydar.co.uk](http://www.gaydar.co.uk) or Contact Ian



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## Wednesdays:

Mansfield Place, Edinburgh: (Contact 0131 558 1425)

- **Counselling** - By appointment - contact David Cameron
- **Young People's Group** (12-16 year olds) - 4pm to 6pm - Contact Nichola or Lynne

Milestone Edinburgh: (Contact 0131 441 6989)

- **Men's Group** - 1pm to 3pm - Contact Avril

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## Thursdays:

Mansfield Place, Edinburgh: (Contact 0131 558 1425)

- **Young People's Group** (9-11 year olds) - 4pm to 6pm - Contact Nichola or Lynne
- **Walking Group** - 1pm to 5pm - Contact Gabrielle for detailed newsletter

Milestone, Edinburgh: (Contact 0131 441 6989)

- **Women's Group** - 1pm to 3pm - Contact Jackie or Avril

Glasgow: (Contact 0141 333 9393)

- **One to One Support** - Contact Mildred
- **Drop-In** - All Day
- **Waverley Care Voice of Hope Choir** - 3pm to 5pm - Contact Mildred

Highland, Inverness: (Contact 01463 711 585 )

- **Sexual Health Outreach Session (North Kessock, Garve, Carrbridge, Daviot and Aviemore)**  
2pm to 10pm - Contact Ian or Outreach Team ([outreach@waverleycare.org](mailto:outreach@waverleycare.org) or 07527 855484 )

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**Fridays:**

Mansfield Place, Edinburgh: (Contact 0131 558 1425)

- **Allotment** (Bridgend Allotment) - By arrangement - Contact Deirdre
- **Young People's Group** (4-8 year olds) - 1pm to 3:30pm - Contact Nichola or Lynne

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**Waverley Care Edinburgh**

3 Mansfield Place  
Edinburgh EH3 6NB  
0131 558 1425

**Waverley Care Residential  
Respite & Home Support**

Waverley Care Milestone  
113 Oxfords Road North  
Edinburgh EH14 1EB  
0131 441 6989

**Waverley Care Glasgow,  
Argyll & Bute**

The Renfield Centre  
260 Bath Street  
Glasgow G2 4JP  
0141 333 9393

**Waverley Care Lanarkshire**

Glenalmond House  
Coathill Hospital  
Hospital Street  
Coatbridge ML5 4DN  
07853 041130

**Waverley Care Highland**

34 Waterloo Place  
Inverness IV1 1NB  
01463 711 585

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