

Issue 7 | April 2026

NEWSLETTER

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HEALTH ALL ROUND QUARTERLY DIGEST APRIL 2026



HELLO SPRING!

“Spring is the time of plans and projects”

Anna Karenina by Leo Tolstoy



In the last issue, we talked about New Year being a natural time to make resolutions to try to improve our lives. But spring, when the sun shines for longer, the weather gets better (we hope) and nature seems to come back to life, is also a great time to reassess and make a new start - and this appears to be deeply embedded in humans.

Spring is a time that sees significant celebrations across many cultures and faiths. These celebrations reflect a range of ways in which different people welcome this season of renewal. Despite their varied origins and practices, they often share themes that demonstrate the urge - common to us all - for

renewal and that emphasise the importance of being part of a community.

Health All Round are here to support the community of South-West Edinburgh and in particular, the people of Gorgie-Dalry, Saughton, Stenhouse and surrounding areas, to live longer, healthier lives. We deliver a range of free or low-cost services, listed at the end of the newsletter, to improve your physical, social and mental wellbeing.



If you live in or around Gorgie-Dalry, Saughton or Stenhouse, and you feel you would benefit from our services, please get in touch.

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PROTECTING COMMUNITY HEALTH SERVICES



Our work goes on to secure our long-term survival and to enable us to continue providing a range of services to our community.

We noted in the last issue, that local company, **Grant Westfield**, had made a significant offer that provides direct support to local people in need and that **The Charitable Trust of the Society of High Constables of Edinburgh and St. Columba's by the castle** had made a generous donation.

We are delighted to report that back in December, the City of Edinburgh Council voted to extend, for up to 2 years beyond the original March 2026 cut-off,

funding for projects supported via the Third Sector Resilience Fund, which they originally set up in response to the cuts initiated by the Edinburgh Integrated Joint Board (EIJB).

This is great news for Health All Round and provides a period of stability, not only to continue to deliver our vital services, but also engage with our local community to ensure we continue to meet their needs and develop much needed services.

We would like to thank the local Councillors and the Council Officers who supported us throughout this. We look forward to continuing to work with the Council throughout this funding period and beyond on longer term funding for ourselves and the sector.

SAVE OUR CHARITIES

If you want to know more about how to help, contact us at:
info@healthallround.org.uk.



WHAT ELSE HAVE WE BEEN UP TO?

We wanted to share some of the other work that Health All Round is involved in within the community. To start, we thought it would be good to take a look at the Gorgie-Dalry Forum.

On the first Wednesday of every month, the Gorgie-Dalry forum meet at Gorgie Memorial Hall. The forum is long-standing and plays a vital role in the local ecosystem, bringing together voluntary sector organisations, and statutory partners to help make the area healthier, fairer, and more inclusive.

The Forum focuses on reducing inequalities by sharing information, learning from lived experience, strengthening community connections, and involving local people in shaping services and local resources. The Forum includes a wide range of partners, including Gorgie Community Farm, Edinburgh Voluntary Organisations' Council (EVOG), Big Hearts, Dads Rock, CHAI, Volunteer Edinburgh, The Welcoming, local churches and community centres, schools, council community learning staff, representatives from the Community Council, local MP office staff, and local councillors.



If you would like to attend, find out more, or be added to the mailing list please contact Alan on 0131 337 1376 or alan@healthallround.org.uk

WHAT ELSE HAVE WE GOT PLANNED?

Previously we ran a very popular group which provided a safe space for older members of our community to gather for tea / coffee, snacks, chat and a range of activities. The funding for this sadly ended and we are looking at ways we can continue to provide this vital service. On the 10th February we ran a one-off session for previous members which was attended by around 40 people. This highlighted the need for this type of activity.

Whilst we actively seek funding, the decision has been taken by Health All Round to fund this activity. It does mean this will be provided on a reduced basis, we recognise the need for this important resource going forward. This is only possible with thanks to St. Martins Community Resource Centre for providing the space.

We have another two dates lined up which are only open to current participants. However, we are in the process of recruiting a new part time member of staff to re start a regular group and hopefully open the service back up.

We will update soon with further developments...



A CLOSER LOOK?



As we said above, spring is the time of year when nature seems to come back to life, so it seems the right time for us to look again at some of the outdoor activities we offer. In this edition, we focus on our **Go for Green** services - where nature meets wellbeing - led by Stephen, our **Eco-therapist**.

GO FOR GREEN



If you are seeking connection and healing through the natural world, Go for Green provides a supportive environment to explore nature and meditation while enhancing mental and emotional health. Whether you're looking to reduce stress, improve your mood, or simply enjoy the beauty of the outdoors, Go for Green offers a great opportunity to unwind, share, and grow together.

WHAT WE OFFER:

ECOTHERAPY

Human beings are a part of nature. We have a deep and important need to connect with the natural world, her beautiful trees, birds and rivers. Connecting with nature has been proven to support positive mental health and can help with anxiety and depression.



Our Ecotherapy group meets most Tuesdays in different locations. The walks are very gentle and mindful, and we sometimes do creative work like sketching or writing. At other times we just pay close attention to flowers, trees and birds. We take a flexible approach to group membership, so if you want to come every week or even just occasionally, you are very welcome to join us.

If you are not sure whether ecotherapy is for you, scan the QR code to hear one of our sessions on the Keeping Edinburgh podcast (just fast forward to the 19-minute mark for our section).



A CLOSER LOOK?

MEDITATION GROUP

Join us twice a month for meditation (online and face to face). Stephen will lead you through a few relaxing meditations to help you let go of your busy thoughts and build a more comfortable relationship with your mind. One meditation will be from a mindfulness perspective (being more aware of the present moment), and another will be a relaxing nature-inspired visualisation.



Nature Chat

Calling all nature lovers!

Join this monthly online group for a friendly natter about a nature theme. During these sessions we might also watch a relaxing nature video together or experience a nature-based meditation.



If you are interested in joining one of our **Go for Green** groups, or just want a little more information, contact Stephen at: stephen@healthallround.org.uk or 07714 519 966.

OUR SERVICES

All Health All Round services are free or low cost. However, spaces may be limited, and you must register with us before attending any of our activities. For more information, to check availability, or to register, call us on 0131 337 1376, or email info@healthallround.org.uk.

ACTION FOR PAIN

- Lifestyle management for people experiencing chronic pain
- 6-week courses run in partnership with local GPs supporting you to make small changes for a happier, healthier life
- One to one support to help you reach your personal goals

We've loaded a 5-minute video of co-facilitator, Dr Barbara Phipps, as well as people who have been on the course, talking about the benefits of Action for Pain. Just grab your phone and scan the QR code!

- **CONTACT:** actionforpain@healthallround.org.uk



HEADS UP

Helping you to deal with life's challenges and maintain mental wellbeing. Services include:

- CBT Courses and, if appropriate, one to one support or counselling, for managing anxiety and depression.
- Ecotherapy: Mindfulness in Nature, leave your worries behind and take a walk outdoors with this small and friendly group.

CONTACT: headsup@healthallround.org.uk



OUR SERVICES

GO FOR GREEN

As well as the services mentioned in our Closer Look, above, our **Go for Green** Creative Groups run online or in Saughton Park



- **Read On:** A great way to try new and different kinds of books, and to meet new people who also like to read. Group meets by Zoom on the first Thursday of every month from 5.30 to 7pm. We provide the books so there is no cost.

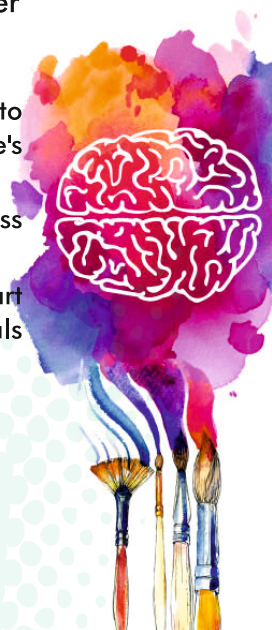
Our **Go for Green** Outdoors groups get you out and about in greenspace



ART FOR HEALTH

Our community art programme is designed to empower individuals through creative expression.

- **Book Club:** members of this online group take turns to select a new book each month to read and discuss. There's no cost because we provide the books too!
- **Out and About:** monthly sociable trips to exhibitions across the city. Meet for a cuppa and chat about art and creativity.
- **Art for Fun:** a small, informal group engaging in various art techniques. All skill levels welcome and all materials provided.
- **All Write Now:** a series of sociable writing workshops.



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