

CHANGES Community Health Project

108 Market Street

Musselburgh

East Lothian

EH21 6QA

Tel: 0131 653 3977

email: info@changeschp.org.uk

Website: www.changeschp.org.uk



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CHANGES

Promoting positive wellbeing

CHANGES Community Health Project promotes positive well-being and provides opportunities for people in East Lothian to find ways towards healthier and less stressful living

What's On?

January to June 2018

CHANGES Community Health Project, 108 Market Street, Musselburgh,
East Lothian, EH21 6QA Tel: 0131 653 3977

Email: info@changeschp.org.uk Website: www.changeschp.org.uk

Company Number 230098 Scottish Charity No: SC025130

Courses Programme, January to June 2018

To book your place on the following courses or to find out more, call 0131 653 3977 or email info@changeshp.org.uk:

First Steps Towards Positive Mental Health and Wellbeing one session per week for 7 weeks



Start Date	Times	Location
Monday 15 th January	10:30am—12:30pm	Prestonpans
Thursday 22 nd February	6:00pm—8:00pm	Musselburgh
Thursday 12 th April	6:00pm—8:00pm	Haddington
Monday 28 th May	6:00pm—8:00pm	Musselburgh

Stress Control

One session per week for 6 weeks



Start Date	Times	Location
Tuesday 23 rd January	6:00pm—8:00pm	Haddington
Friday 11 th May	10:30am—12:00pm	Musselburgh

Creative Changes

one session per week for 4 weeks



Start Date	Times	Location
Monday 15 th January	2:00pm—4:00pm	Prestonpans

Doodle Drop In



Doodle Drop In runs weekly and welcomes people experiencing stress, anxiety and/or depression. Join in with accessible and relaxing creative activities, from colouring in to card making, in a welcoming and friendly setting.

Tuesdays—11:00am to 1:00pm

The Quay, 131 New St, Musselburgh EH21 6DH

Tea & Coffee on sale in the café

Thursdays—1:30pm to 3:30pm

Pennypit Centre Café, 9 Rope Walk, Prestonpans, EH32 9BN

Tea & Coffee—50p donation

Craft materials supplied for free!

