



Mental Health Information Station

Women's Mental Wellbeing Services

Staying Safe and Abuse

Abuse: Rape and Sexual Violence

24 Hour National Domestic Violence Helpline

0808 200 0247 (Helpline)

Helpline Opens: 24/7 (Helpline)

W: <https://www.nationaldahelpline.org.uk/>

Summary: The Helpline is a service for women experiencing domestic violence and family, friends, colleagues and others calling on behalf of the abused.

Beira's Place

0131 526 3944

0754 669 7067 (text)

Helpline Opens: Monday-Friday 10.00am-4.00pm (Helpline)

W: <https://beirasplace.org.uk/>

Summary: Beira's Place is a new sexual violence support project based in Edinburgh but covering the whole Lothian region.

Edinburgh Rape Crisis Centre

0888 01 03 02 (Helpline)

Helpline Opens: Daily 6.00pm-12.00am (Helpline and Text Support), Tuesdays 1.30pm-5.00pm (Deaf Access Service), Mondays, Thursdays 7.00pm-12.00am (LGBTI Specific Service)

W: <https://www.ercc.scot/>

Summary: They are a specialist agent providing support to survivors in Edinburgh and the Lothians.

Abuse: Domestic Violence

Edinburgh Women's Aid

0131 315 8110

Helpline open: Monday, Wednesday, Thursday, Friday 10.00am-3.00pm. Tuesday 10.00am-7.00pm. Saturday 10.00am-1.00pm.

W: <https://edinwomensaid.co.uk/>

Summary: They provide advice, information and where necessary refuge and accomodation to women who have experienced domestic abuse.



Mental Health Information Station

Women's Mental Wellbeing Services

Abuse: Ethnic Minority

Saheliya.

T: 0131 556 9302

Opening Hours: Monday-Friday 9.00am-4.30pm

E: info@saheliya.co.uk

W: <http://www.saheliya.co.uk/>

FB: <https://www.facebook.com/saheliya.bme.women>

Tw: <https://twitter.com/Saheliya>

Summary: This organisation is specialist mental health and well-being support organisation for black, minority ethnic, asylum seeker, refugee and migrant women and girls (12+) in the Edinburgh and Glasgow area.

Shakti Women's Aid.

T: 0131 475 2399

E: info@shaktiedinburgh.co.uk

W: <https://shaktiedinburgh.co.uk/>

FB: <https://www.facebook.com/ShaktiWA>

Summary: Domestic abuse affects every woman differently, so when a woman gets in contact questions are asked about what's going on in lives and services are fit to suite around that; including taking account of any disabilities, age, sexuality or other factors.

Womens Groups: Support Groups

Wishes Women's Group.

Meetings are currently being held on Zoom

T: 07867583194 Mobile switched on a Thursday when the worker works

E: wisheswomensgroup@gmail.com

W: <https://ithriveedinburgh.org.uk/services/wishes-women-in-self-help-and-emotional-support-womens-group/>

Summary: This group is for women with emotional and/or mental health difficulties who would benefit from meeting other women like themselves in a relaxed and informal setting.

Womens Groups: Muirhouse, Drylaw, Pilton, Granton, Royston and Wardieburn

The following projects (Page 2-4) can only be accessed by women living within Muirhouse, Drylaw, Pilton, Granton, Royston and Wardieburn.

Womens Group: Befriending

Active Buddies – peer-support group

T: 07518 756 330 (Sally Findlay)

E: sallyfindlay@pchip.org.uk

Summary: For women who want to go to the gym, or for a swim or even go for a walk, jog, run cycle – but don't want to do it alone. This peer-support group offers multiple opportunities to gain self-confidence in looking after our own wellbeing. Join our WhatsApp group to meet up with buddies to get active alongside. For more information see contact details above.

The Chat Café

T: 07595 589 343 (Carla Sayer)

Opening Hours: Monday 10.30am - 12.30pm except school holidays

E: carlasayer@pchip.org.uk

Summary: The Chat Café is a welcoming and inclusive space for women. Women are welcome to bring children if they are caring for them at this time. For new and settled migrants Chat Cafe is an informal opportunity to improve English conversation skills. There will be a range of free activities as well as coffee, tea, and snacks every week. Booking essential.

Granton Community Garden Lunch

T1: 07518 756 330 (Sally Findlay)

T2: 07595 589 343 (Carla Sayer)

Opening Hours: Wednesdays at 2pm

E1: sallyfindlay@pchip.org.uk

E2: carlasayer@pchip.org.uk

Summary: All parents and children welcome to enjoy freshly cooked vegetable soup and other tasty treats prepared by Women Supporting Women. Wrap up warm. See contact details above.

Womens Group: Cooking

Outdoor Cooking Club

T: 07518 756 330 (Sally Findlay)

T2: 07595 589 343 (Carla Sayer)

Opening Hours: Wednesdays at 12pm to cook, then eat 2pm

E: sallyfindlay@pchp.org.uk

E2: carlasayer@pchp.org.uk

Summary: Women's outdoor cooking group making a soup each week using fresh vegetables and herbs from Granton Community Garden followed by a Community Lunch. Suitable for all women and mums either with their children, or while they are in nursery or school. Drop in. See contact details above.

Womens Group: Knitting

Knit and Natter

T: 07518 756 330

E: sallyfindlay@pchp.org.uk

Opening Hours: Monday 1pm - 3pm

Summary: For women who like stitching, knitting and crocheting and want to meet friends. All ages, backgrounds and abilities welcome. Drop In.

Womens Group: Pilates

Pilates

T: 07518 756 330 (Sally Findlay)

Opening Hours: Mondays 9.30am

E: sallyfindlay@pchp.org.uk

Summary: A combination of improving strength and flexibility to develop stability within the trunk. Developing the trunk; abdominals, pelvic floor and back, improving posture and reducing injuries. Pilates exercises strengthen the smaller muscles, improve balance and calm the mind using breath work. Mondays 9.30 at The Spartans Community Football Academy. Booking essential. See contact details above.

Womens Group: Play Groups

Ante and post-natal activity

T: 07518 756 330 (Sally Findlay)

E: sallyfindlay@pchp.org.uk

Summary: Antenatal exercise focuses on keeping women active and moving throughout pregnancy, working on breath work and positions to aid them during labour. Postnatal exercise focuses on realigning the lengthened abdominal muscles, pelvic floor work and keeping women active and moving after birth. Both ante- and postnatal activity are fantastic ways of bringing expectant/new mothers together, creating a safe space, designed to be all about them. Day, time and location to be confirmed. Booking essential. See contact detail above.

Womens Group: Play Together Outdoor Adventures

T: 07518 756 330 (Sally Findlay)

T: 07595 589 343 Carla Sayer

E: sallyfindlay@pchp.org.uk

E: carlasayer@pchp.org.uk

Summary: Mums with under 5s learning together to play outdoors and gain confidence to try new things with their children. Activities include scavenger hunts, nature trails, den building, natural art and crafts, swings and hammocks, tool use, bush-craft skills and camp fire cooking. Outdoors at Granton Castle Walled Garden. Day and time to be confirmed. Booking essential. See contact details above.

Womens Group: Post-Natal

Baby Massage

T: 07518 756 330 (Sally Findlay)

E: sallyfindlay@pchp.org.uk

Summary: Five-week course supporting mums to relax and enjoy this special time with their baby. Suitable for babies from six weeks up until crawling. Day, time to be confirmed (online). Booking essential. See contact details above.

Womens Group: Post-Natal

Lothian Breastfeeding Buddies

T: 07518 756 330 (Sally Findlay)

Opening Hours: Thursdays 1pm – 2pm

E: sallyfindlay@pchp.org.uk

Summary: A drop in group focusing on encouraging and supporting local breastfeeding mums delivered in partnership with Lothian Breastfeeding Buddies. Thursdays 1pm – 2pm at Granton Baptist Church. Booking essential. See contact details above.

Womens Group: Reading

Bookbug in the Garden

T: 07518 756 330 (Sally Findlay)

E: sallyfindlay@pchp.org.uk

Opening Hours: Friday 10.30am

Summary: Mums with under 5s songs, rhymes and stories. Benefits parents and children in building confidence and social skills, gives speech and language development a real boost. Playing, learning and developing social relationships helping foster emotional and physical wellbeing. drop in. Stay for a hot drink and a chat after. Starts at the end of February on Fridays 10.30am at Granton Community Garden.

Services open to all women

Womens Group: Better Mental Health

The Changing Room for Young Women

The Shed
Tynecastle Park
Wheatfield Street,
Edinburgh EH11 2NL

E: kirsty.stewart@samh.org.uk

W: <http://www.bighearts.org.uk/programmes/the-changing-room-for-women/>

Summary: The Changing Room Project for Young Women has one goal – bring people together through the power of football in order to help them take care of their mental health. Open to women aged 18 to 30, the programme offers participants opportunities to meet up, engage in social & physical activities together and start positive conversations about their mental health and wellbeing.

The group meets on Wednesday at 6PM in The Shed at Tynecastle Park. Access via the community gate on Wheatfield Street, EH11 2NL.

Womens Group: Music

Ladies Kirky Samba Sisters

Kirkliston Community Centre
16 – 18 Queensferry Road,
Kirkliston, EH29 9AQ

T: 0131 333 4214

Opening Hours: Thursday 7.30pm to 8.30pm

W: <https://kirklistoncommunitycentre.org/music/#cheestown-samba>

FB: www.facebook.com/kirklistoncommunitycentre

Summary: Lifelong Learning and the management committee support this ladies only music group by providing a part-time tutor, Sarah Kelly, as tutor. This is the only activity in the centre that is £4.50 per week to all participants. Learn about the culture and history of samba drums whilst also learning new rhythms and grooves.

Womens Group: Music

Wildfire Womens Choir

Broughton St Mary's Parish Church (room underneath),
12 Bellevue Crescent
Edinburgh EH3 6NE

Opening Hours: Wednesday 7.30-9pm

E: wildfireedinburgh@gmail.com

W: <https://wildfireedinburgh.weebly.com/>

FB: <https://www.facebook.com/WildfireWomensChoir>

Summary: Wildfire is a community choir based in Leith. They learn songs by ear from around the world, often about freedom, women's struggles, strength and solidarity.

They are meeting every Wednesday from 7:30 to 9 pm at Broughton St Mary's church in Bellevue Crescent.

A safe singing distance is maintained from each other, so numbers are limited but they hope everyone who wants to come can do. Please email liz.elkind10@gmail.com if you would like to come along. £6 or £3 for unwaged/low income

Womens Group: Walking

Scottish Women's Walking Group (SWWG)

E: hello@swwg.co.uk

W: <https://www.swwg.co.uk/>

FB: <https://www.facebook.com/scottishwomenswalking/>

Summary: Scottish Women's Walking Group is an award winning community of over 25,000 supportive and encouraging women from all over Scotland who love to walk. We are out walking together every day of the week and have over 100 group walks happening every month.

Our Lothian & Borders Group is for members living in Edinburgh City, East Lothian, Midlothian, West Lothian and Scottish Borders. 2000+ members.

