

## Making a referral

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Anyone can make a referral to the Calm Project. You can contact us on **0141 552 5592**, email us at **calm@gamh.org.uk**, or you can get someone you trust to get in touch on your behalf if you'd prefer. We will arrange to meet with you as soon as possible to talk more about the project and make sure that our service is the right one for you.

We value difference in people's backgrounds, identities, views and beliefs. The Calm project aims to provide a service to diverse groups. We strive to respect all aspects of identity, including age, race, disability, gender, sexual orientation, gender identity, faith and belief.

## We value your feedback

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If you have concerns about any part of our service or wish to make a complaint, you can contact the Project Coordinator at **GAMH Head Office**. See 'contact us' section for contact details. Making a complaint does not affect your right to receive a service from the Calm Project or GAMH.

## Contact Us

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**St Andrews by Green**  
**33 Turnbull Street**  
**Glasgow**  
**G1 5PR**

**Tel: 0141 552 5592**  
**Email: calm@gamh.org.uk**

# THE CALM PROJECT

 **Complementary therapies and mindfulness**



## What is the Calm Project?

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Calm is a service delivered by Glasgow Association for Mental in partnership with Health and Social Care Agencies.

**The project provides access to complementary therapies and mindfulness for:**

- **People aged 60 and over** who are living with a long-term condition. This could be a mental health problem, arthritis, M.E., diabetes and many other long-term conditions.
- **Carers of people** with mental health problems.

The project receives funding from the Transformation Fund, Glasgow City Reshaping Care Partnership.

## What is mindfulness?

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Mindfulness teaches greater awareness of thoughts and feelings through simple techniques like meditation and gentle movement. It also helps you develop ways of thinking and living that can improve well-being.

**Mindfulness can lead to:**

- feeling calmer
- improved ability to relax
- more energy
- feeling more able to cope with stressful situations
- a more positive outlook on life

The Calm Project provides mindfulness groups which take place once a week for 8-10 weeks. Follow on drop in sessions are available to further enhance/extend practices.

## What are complementary therapies?

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Complementary therapies are therapies that work alongside conventional medicine.

They usually adopt a holistic approach whereby the whole person is treated rather than just the symptoms of an illness.

The Calm project offers a range of complementary therapies including Indian head massage, reflexology, hot stone massage and Reiki.

Therapies will be offered on a weekly basis for a period of 6 weeks.