

*‘Finding a great friend has been the best thing coming from the group’.*



"I have more tools to manage stressful days.""

"A short burst of support that has changed my life for good."

*‘It’s given me a new lease of life!! I went to see Elton John which I never thought I could do at my age and I get up and dance at my club on a Thursday now!’*



## REFERRALS

Anyone can make a referral to the project. You can contact us yourself or you can ask someone you trust to contact us on your behalf.

We will arrange to meet with you and have a chat about the project to make sure that our service is the right one for you.

## CONTACT US

Calming Connections  
33 Turnbull Street,  
Glasgow,  
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# CALMING CONNECTIONS

***Promoting mental health and wellbeing for older people and unpaid mental health carers***

## WHAT DO WE OFFER?

Calming Connections offers support to older adults aged 55 and over, who are experiencing or recovering from mental health problems and unpaid mental health carers who live in the NE / NW of Glasgow.

The service offers a holistic approach to wellbeing and provides access to:

- 6 sessions of massage therapies at home
- 8 week mindfulness course and/or a 4 session mindfulness drop-in
- 'Out and About' community group
- 2 taster session groups delivered within independent living complexes

## COMPLEMENTARY THERAPIES

Complementary therapies work alongside conventional medicine. A holistic approach is taken whereby the whole person is treated rather than just the symptom of an illness.



## MINDFULNESS

Mindfulness is a way of paying attention to whatever is happening in our lives, which brings us more control. When we slow down, we make better decisions and feel more confident in our choices. Studies show that Mindfulness can help with stress, anxiety and depression.

## INDEPENDENT LIVING COMPLEXES

Our taster group sessions within Independent Living Complexes give older adults the opportunity to participate in massage, Mindfulness and art sessions.



## WELLBEING ACTIVITY GROUP

The aim of this group is for older adults and carers to:

- Feel less socially isolated and more connected with family, friends and their community
- Learn new skills and become involved in meaningful activities
- Improve access to relevant and helpful information
- Participate and build social networks
- Establish a sense of purpose and direction
- Improve individual mental health, wellbeing and confidence.

## ABOUT GAMH

Glasgow Association for Mental Health promotes the mental health and wellbeing of people and their carers in Glasgow.

We provide services that assist people with or who are recovering from mental health problems to live the lives they want to live.

We value differences in people's backgrounds, identities, views and beliefs.