



My Time Update Wellbeing in Later Life

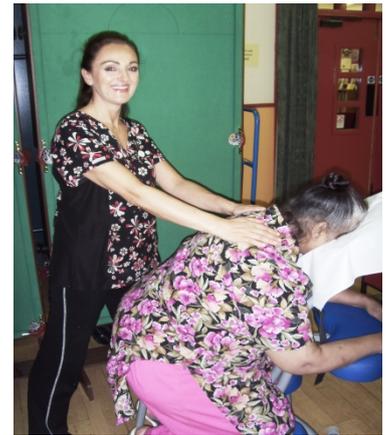
We provide our bespoke wellbeing service for all ages and recently we've enjoyed working with Community Centres and Housing Associations to help them bring together people in later life and offer them the opportunity to try something different to enhance their wellbeing and enjoyment of life whilst at the same time reducing social isolation.

Our 4 week taster session was delivered in Kilmarnock and Stonehouse for West of Scotland Housing Association and included massage therapies, mindfulness and relaxation and arts and crafts. Small groups gathered to experience a seated massage, some for the first time ever!; to enjoy designing a picture frame and card and decorate glass bottles with a Spring theme and to try a few practical sessions of mindfulness and relaxation.

We had fun! The tenants really enjoyed the experience, learning new things, and feeling relaxed, socialising with others and learning to manage their stress.

"Very refreshing, so relaxed, slept better"

"My shoulder was very sore and the massage was very good and eased the pain."



"Lovely to be able to relax with the help of an expert"

"It was good, I liked it. Enjoyed making the bottle and the frame"

The abovementioned projects cost between £600 and £1040 to deliver. We are always happy to adapt what we do to meet your requirements.

Please contact Lynne O'Neill l.oneill@gamh.org.uk or call **0141 552 5592** to discuss any of the above project ideas and pricing or to tell us about your own wellbeing needs.



Southside Housing Association invited us to their Hillington Park Mossheights and Herriet Court developments to work with their tenants during taster weeks designed to offer tenants a range of activities to try. We delivered 2 hour taster sessions of massage, relaxation and yoga. Following on from this we are now delivering an 8 week yoga course for a group of BME women at Mossheights.

We delivered an 8 week Mindfulness course to tenants of Loretto Housing via our Calm Project, which was enjoyed by 10 tenants and then our Mindfulness trainer was invited to speak to 120 people at their Later Life Conference, to talk about what mindfulness is and to offer attendees a practical experience.

The Nan McKay Community Hall had an 8 week experience which included, gentle yoga, therapeutic massage, mindfulness, stress management and aromatherapy product making. The group really enjoyed the range of activities which allowed them to manage stress, physical aches and pains and learn self-management skills.



Mindfulness is simply being aware
of what is happening right now,
without wishing it were different.

~ James Baraz ~