

# Health in Mind – Midlothian Services :Locations



**Dalkeith:** Drop In/Complementary Therapies  
Rugby Club – Tues P.M

**St Nicholas Buccleuch Church** – Secret Garden (ROWAN project) Also at the Church... Midlothian Depression & Anxiety Support group : The Coffee Shop- 7-9 pm Last Monday of every month.

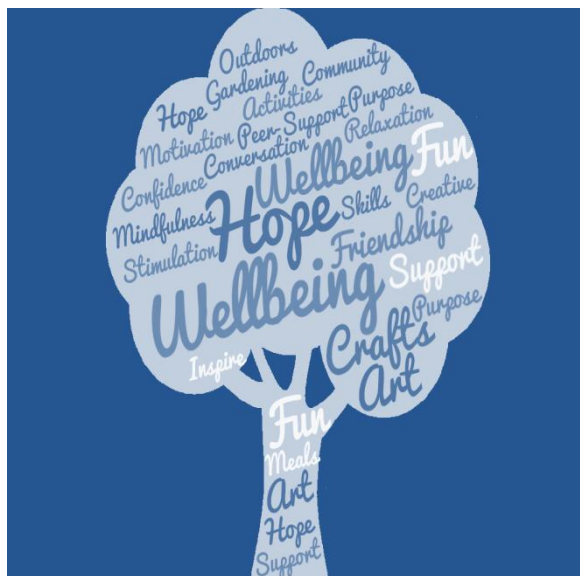
**MVA- Mens SHARE**

**Job Centre** – Wellbeing-Advice-Support (Weekly)

Edinburgh College – Computer Group  
Mon P.M

**Gorebridge :** ‘Creating Wellbeing’  
4 weekly Craft & Wellbeing sessions.  
Old Bank building, Main St, Gorebridge.

**Mayfield:** Monday evening  
Drop in at Sure Start building 4- 8:30 pm



**Lasswade :** Art Therapy: Thurs A.M  
& CLEAR Drop in (Mon P.M)

Lasswade Leisure Centre.

**Newtongrange:** Mens SHARE group, Mon A.M

**Bonnyrigg : Orchard Centre**

Many Activities/groups inc : Out of Hours Service (Drop in), Day Service: Community Development, Walking Group, Art, Horticulture, Relaxation, Photography, Swedish Massage .....

**Penicuik :** Drop in./Complementary Therapies YMCA  
Tues P.M

**Job Centre :** Wellbeing-Advice-Support (Weekly)

**Men's SHARE** –Town Hall (Weekly)

**Loanhead : Leisure Centre**  
Monday night football 6-7pm

## Throughout Midlothian

- Befriending :re:discover Midlothian
- Guided Self-Help :CBT based support.
- Equal Access- 1:1 & group support
- Access Point- Face to face support
- Support From Home
- Volunteering
- Swimming Group
- Cycling
- Walking Groups
- ROWAN: Conservation/Growing
- Clear Peer Support