



Wellbeing



Perth & Kinross Wellbeing Fair 2015



FREE EVENTS ACROSS
PERTH & KINROSS
FOR ALL THE COMMUNITY



Wellbeing



Perth & Kinross Wellbeing Fair 2015

WELCOME TO THE PERTH & KINROSS WELLBEING FAIR 2015



This is the third Wellbeing Fair. It is a partnership series of free events across Perth & Kinross to which the whole community is invited, and it stretches right through October. The ethos of the Fair is about raising awareness of mental health issues, including tackling stigma, and promoting positive mental wellbeing. This year the key themes are Self-Help, and What Keeps You Well?

Participating in the Fair are a diverse range of supports, services, therapies and activities available which can assist you in looking after your own wellbeing.

This is YOUR Wellbeing Fair. Come along and discover what's out there!



Five ways to **wellbeing**

Monday 5th October

Launch Day

10.30am-4.30pm, at Dewars Centre, Perth

Agenda For The Day :-

- | | |
|-------------------|--|
| 10.30am - 11am | Registration, tea/coffee |
| 11am - 11.30am | Guest speakers |
| 11.30am - 12.30pm | <i>Pint-sized theatre company Breeze Productions presents "H Is 4", a dramatic presentation about one person's experience of homelessness. The presentation touches on a range of issues including abuse, family breakdown, self-harm, addiction and mental health and wellbeing. There is an opportunity for discussion following the presentation.</i> |
| 12.30pm - 1.15pm | Light lunch |
| 1.30pm - 2.30pm | <i>Official Launch, guest speakers, award ceremony, live musical interlude.</i> |
| 2.30pm - 4.30pm | <i>Stalls and taster sessions offered from a variety of Wellbeing and Complimentary Therapy services (these will be held in the Gallery, Boardroom, Kinnoull Room, and Hay Room)</i> |

For info contact: 07766 991570

Mon 5th October

Art Psychotherapy (practitioner-based) taster session

9am-11am, at the Boardroom, Dewars Centre, Perth

For anyone who may wish to refer clients to Art Psychotherapy.

Presented by Art Psychotherapist Beth Robertson BA (Hons), MDes. Art Psychotherapy is a form of psychotherapy that uses a mix of talking and art making. The aim of art psychotherapy is to offer a therapeutic intervention to those with emotional difficulties in a way that uses art materials as a form of communication. For some clients communication can be difficult. Art psychotherapy is a gentler way for clients to express traumatic experiences and work through present problems.

Art psychotherapy can be included in care packages for clients as part of the multi-disciplinary team working with them. The presentation will bring more clarity to what art psychotherapy is and how and intervention works.

For info contact: bethandcody@hotmail.com

Hand Therapy Session

2.30pm-3.30pm, at the Boardroom, Dewars Centre, Perth

Hand massages have been proven to help chronic arthritis in your hands; regular hand and wrist massage can reduce your pain and improve your grip strength. But those without arthritis can benefit from hand massage to help relieve stress, tension and headaches. The hand massage is a tool you can use on yourself, is simple and effective.

For info contact: Laura Kelly - laura.positivechoices@gmail.com | 01738 440099

'Hip Hop-eration' (Film)

12pm - 1.30pm, Birks cinema, Aberfeldy
£3.50 includes Tea and Coffee (no booking required).

This film is Part of Luminare: Scotland's Creative Ageing festival.

An engaging documentary that is packed with moments to smile at, Bryn Evans' Hip Hop-eration is an inspirational look into the antics of 30 senior citizens (the oldest of whom is 96) based on a small New Zealand island who are preparing to take part in the world hip-hop dance championships in Las Vegas.

*Those wishing to book tickets for the film, phone:
01887 822845 / www.birkscinema.co.uk*

Tuesday 6th October

SMART Recovery taster session

**2pm-3.30pm at C.A.T.H Day Centre, Ladeside, Perth
(no booking required)**

Self-Management And Recovery Training. An open mutual aid meeting where, through honest and confidential discussion, we can help ourselves and each other recover from any type of addictive behaviour. If we have chosen to maintain an addiction, we can choose to stop it. Working in the 'here-and-now' SMART Facilitator Richard Lister of CAIR Scotland gives an overview of the philosophy of SMART and how tools can be used to help us cope with urges, build motivations, manage thoughts feelings and behaviours, and live a balanced life.

For info contact: 07885 971298 | 01738 458128

Film Night. Screening of “Wild”

7pm at Strathearn Campus Community Library, Crieff (no booking required)

Cheryl Strayed (Reece Witherspoon) makes a rash decision. Haunted by memories of her mother and her self-destructive past, she sets out to hike the Pacific Crest Trail alone and with no experience. Can she turn her life around? Following the film there will be a discussion to compare the book to the film.

For info contact: Strathearn Campus, Community Library, Crieff: 01764 657705

Dementia Friends Launch

1pm till 4pm. Atholl Centre, Pitlochry

Come along and learn more about living well with Dementia and have a chat with our Dementia advisors.

For info contact: KBissett@alzscot.org Tel 07588 485604 (remove “For info contact: Fiona Johnstone 07935 354561

Silk Painting

At Tulloch Net

A collaboration between Tulloch Net and Perth & Kinross Council is running a silk painting session at Tulloch Net in Perth. Many of the people who use the services of Tulloch Net have mental health issues, and this will provide people with an opportunity to take part in a relaxing activity. When people are engaged in an artistic activity they can often open up about what may be going on in their life at that time.

For info contact: 01738 476779

Wednesday 7th October

Music And Mood POW WOW

10.30am-12.30pm at Mindspace, 6 Milne Street, Perth
(no booking required)

Presented by mental health charities Mindspace Recovery College and Penumbra, and featuring local musician Michael Rattray. An interactive, creative and fun workshop which focusses on how music influences mood and wellbeing. Michael is known for his prolific song writing around topical sensitive themes (many of them personal to him), and delivers them in his own inimitable and humorous way. The aim of the workshop is to allow everyone to engage with music and understand how this contributes to your mood. You will learn about music and its history, how music and chords influence positive and negative moods, explore music and different genres, and have a chance to play the guitar.

**For info contact: Willie Wright - 07919 881294 | William.Wright@penumbra.org.uk
Derek Thomason - 01738 639657**

SMART Recovery taster session

2pm-3.30pm at C.A.T.H Day Centre, Ladeside, Perth
(no booking required)

Self-Management And Recovery Training. An open mutual aid meeting where, through honest and confidential discussion, we can help ourselves and each other recover from any type of addictive behaviour. If we have chosen to maintain an addiction, we can choose to stop it. Working in the 'here-and-now' SMART Facilitator Richard Lister of CAIR Scotland gives an overview of the philosophy of SMART and how tools can be used to help us cope with urges, build motivations, manage thoughts feelings and behaviours, and live a balanced life.

For info contact: 07885 971298 | 01738 458128

'Fitlochry' Caring for Carers / Live Active 'Stride For Life' walks

10.45am - 11.30 am and 1pm - 1.30pm
The Atholl Centre, Atholl Road, Pitlochry PH16 5BX

Live Active Stride for Life who aim to support health and wellbeing through health walks in the area providing two taster health walks from The Atholl Centre to encourage people to join in and promote the benefit of short regular exercise.

For info contact: 01738 473718 | 07896 280852

'Fitlochry' Caring for Carers / Hand Therapy Workshop

10am - 10.45am and 2.15pm - 3.00pm

The Atholl Centre, Atholl Road, Pitlochry PH16 5BX

Positive Choices who run Peer Support Groups, in the area would like to encourage people to take some time for themselves and learn some relaxation techniques when taking part in a hand therapy workshop.

For info contact: 01738 473718 | 07896 280852

'Fitlochry' Caring for Carers / Short Regular Exercise workshop

10am - 10.45am and 1.30pm - 2.15pm

The Atholl Centre, Atholl Road, Pitlochry PH16 5BX

Live Active local fitness instructors who aim to support health and wellbeing through Chair Based Exercise activities are providing sessions to encourage people to join in and promote the benefit of short regular exercise.

For info contact: 01738 473718 | 07896 280852

Fitlochry Caring For Carers also offers:

- *2 Arts taster sessions hosted by a local community arts group.*
- *A Talk on management of long-term conditions.*
- *A talk on self-directed support.*
- *The opportunity for local community groups to have stalls at the Fitlochry events to promote their activities.*

Thursday 8th October

Art And Wellbeing POWOW, and Exhibition

9am-12pm, at Sandeman Room, AK Bell Library, Perth

Giraffe Trading and Disadvantage To Advantage (D.A.T.A) join mental health charity Penumbra for a two hour Art and Wellbeing POWWOW (Penumbra Workshop on Wellbeing) An Art exhibition will be facilitated by Giraffe Trading. The aim of the POWWOW is to inform attendees about art, its history, different art forms, and how these link to mental health and wellbeing. The POWWOW will have a mental health social worker guest speaking about a service user's Self Directed Support journey and how they used art to increase wellbeing. Derek Scrimgeour will speak about his website D.A.T.A aimed at showcasing artwork around mental health and stigma. Giraffe Trading will speak about their own organisation and the art exhibition, which the public can view.

For info contact: Willie Wright - 07919 881294 | William.Wright@penumbra.org.uk

Pint-sized theatre company Breeze Productions presents

“A Different Route”

AK Bell Library (Souter Theatre), Perth (no booking required).

- | | |
|--------------|---|
| 1.15pm | Registration and refreshments |
| 1.45pm - 2pm | Guest speaker Anne-marie Quigg of the Scottish Recovery Consortium. |
| 2pm - 3pm | A short dramatic presentation focussing on individual and family issues around Recovery and wellbeing, and a woman's journey which sees her experience the criminal justice system, substance use, mental health problems, and trying to change her life. An open discussion will be held after the performance, with an opportunity to meet Naomi. |

Strathmore Wellbeing Event

11am - 3pm, Alyth Town Hall

In support of the recent Alyth floods, a group has come together in Strathmore to organise a Wellbeing event. The event planning group thought that, due to the trauma of the floods in Alyth, an event in the town might offer support. A number of different activities will be available throughout the day, and Wisecraft and the Wellbeing Support Team are offering free soup and a roll, teas and coffees.

For info contact: 01738 473443 / jackie.doe@nhs.net

SMART Recovery Families and Friends taster session

2pm-3.30pm, at CATH Day Centre, Ladeside, Perth

Are you struggling to cope with a friend's addiction or a loved-one's addiction? You could benefit from a SMART Family & Friends meeting. It can help you to focus on your own wellbeing during stressful situations and difficult times. The SMART Recovery Family & Friends programme offers an evidence-based approach to supporting those who have a loved one struggling with addiction. The programme is designed to help those affected by a loved one's addictive behaviour to learn new ways of dealing with the challenges, thoughts and emotions that they experience. The programme looks at areas including Positive Communication, Disabling the Enabling, Trust and Self Care. SMART F&F will help participants to view their own behaviours, challenge their thinking and find more effective ways to interact with their loved one, as well as learning ways to empower themselves.

Contact: Liam McLaughlin 07825 256999

Pauline McIntosh pauline.mcintosh@cairscotland.org.uk

Wellbeing Cooperative

8.45am - 5pm, MacKenzie Room, AK Bell Library, Perth

The Care and Wellbeing Co-operative are a fast-growing number of small business owners offering care and therapeutic services to elderly and disabled people in rural areas of Perthshire. Brought together by a common set of standards and values we aim to play a key role in promoting community wellbeing. On Thursday 8th October we will be launching our website, introducing our Co-operative members and the services they offer. We will also be taking some time to talk to the community about the types of wellbeing services and opportunities they would like in Highland Perthshire. Why not come and try some taster therapies, learn about membership of the Care and Wellbeing Co-operative and enjoy a conversation about your needs and ideas?

What we can do for you? To date, our members offer: Care services Befriending, Herbal medicine, Therapeutic and creative writing, Walking, Bio-dynamic gardening, Legal advice.

As our membership grows, so the range of services will expand.

What we can do for our members? We offer a shared vision of cooperation and service, both for our clients and one another: Guidance on how to talk with our clients, Guidance on how to help our clients, Up-to-date information and links, Assistance in applying for grants and support measures, Training, Practical and emotional support at every level.

For info contact: Donna Murray-Trail 07917 773655

Reiki Taster Sessions

11am - 4pm, Perth Museum, Library Room

Reiki is a holistic technique for stress reduction and relaxation. Reiki is "life force energy" and can greatly improve your health and enhance your quality of life. Reiki treats the whole person including body, emotions, mind and spirit and creates many beneficial effects including relaxation and feelings of peace, security and wellbeing.

For info contact: 07703 024118

Friday 9th October

A Walk For Wellbeing

A gentle guided walk around the most scenic parts of Perth city in celebration of Wellbeing and recovery.

10.30am	Registration at Bells Sports Centre café
11am- 12.30pm	Walk (starting and finishing at Bells Sports Centre)
12.30pm-1.15pm	Free lunch at Bells Sports Centre
1.15pm-2pm	Medal ceremony

For info contact: 07766 991570

Mindfulness And Meditation taster session

12.30pm - 1.15pm at the Conference Room, St Martin's House, North King Edward Street, Perth.

Therapist Radley Geekie will introduce you to how Mindfulness consciously brings awareness to your here-and-now experience with openness, interest, and receptiveness. It can help us respond to life's pressures in a calmer manner that benefits our heart, head, and body. Practicing mindfulness allows us to be fully present in our life and work, and improve our quality of life.

Contact: 01738 472527 | 0778 9741438

Pint-sized theatre company Breeze Productions presents

“Seeing Auntie”

11 am - 1pm, Kinross High School, Loch Leven Community Campus, Kinross (no booking required). Note: this event is for the school only.

A dramatic presentation about Dementia and the importance of physical activity. Keeping physically active can actually prevent the onset of Dementia or stabilize the condition for longer and this presentation follows one family and their experience of living with dementia and provides lots of tips on keeping active in a way that improves health and wellbeing. 'Seeing Auntie' explores some serious issues. There is plenty of fun and inspiring stuff too so come along and meet 'Auntie' Irene and the family. There will be a chance to ask questions and have a discussion following the presentation.

For info contact: 07896 280843

Putting Green Open Day

11am - 3pm, Aberfeldy Community Putting Green, Taybridge Road, Aberfeldy, PH15 2BP

Open event to celebrate the first full season of the community run putting green promoting awareness of mental health and wellbeing through outdoor activities and volunteering. The Putting green will be providing free putting sessions all day. The event is followed by a celebration event for supporters and volunteers.

For info contact: Donna Murray-Trail - 07917 773655

Sunday 11th October

Sunday Sing Along

3pm - 4.30pm, Birks Cinema, Aberfeldy (donations welcome)

Regular Sing Along at the piano for Senior Citizens with Afternoon Tea.

For info contact: 01887 822845

Wednesday 14th October

Wellbeing Event : 'Celebrate Age'

10am-2.30pm, Loch Leven Community Campus, Kinross

Featuring "Seeing Auntie", a performance by Breeze Productions (a pint-sized theatre company), Interesting stalls and activities, Safety advice, Welfare Rights and Social Care Support information, Local community group activity, Volunteering opportunities, Keep Well health advice & support, Exercise activities, And much much more!

"Seeing Auntie" is a dramatic presentation about Dementia and the importance of physical activity. Keeping physically active can actually prevent the onset of Dementia or stabilize the condition for longer and this presentation follows one family and their experience of living with dementia and provides lots of tips on keeping active in a way that improves health and wellbeing. 'Seeing Auntie' explores some serious issues. There is plenty of fun and inspiring stuff too so come along and meet 'Auntie' Irene and the family. There will be a chance to ask questions and have a discussion following the presentation.

For info contact: 07896 280843

'Live Active' MOT Health Roadshow

10am - 4pm, Bells Sports Centre, Perth

- Wellbeing Promotion
- A health walk
- Wellbeing locality information
- Taster options: sit to stand, balance and strength, social aerobics, social circuits classes
- Free voucher to try a wellbeing class.

For info contact: Colin Melville 01738 454628

Friday 16th October

Mindfulness And Meditation taster session

**12.30pm - 1.15pm at the Conference Room, St Martin's House,
North King Edward Street, Perth**

Therapist Radley Geekie will introduce you to how Mindfulness consciously brings awareness to your here-and-now experience with openness, interest, and receptiveness. It can help us respond to life's pressures in a calmer manner that benefits our heart, head, and body. Practicing mindfulness allows us to be fully present in our life and work, and improve our quality of life.

Contact: 01738 472527 / 0778 9741438

"The Road Within" (film)

5.30pm - 9pm, Birks Cinema, Aberfeldy

A man with Tourette's syndrome brings his OCD roommate and an anorexic woman along on a road trip to bring his late mother's ashes to the ocean. The film is followed by informal discussion on any issues raised with practitioners, those with lived experience, and others interested. Reviews:

"It's one of those rare, rare movies that deals with challenging personality disorders with both wit and wisdom." "The Road Within," if nothing else, is one of the best acted films of the year.

Those wishing to book tickets for the film,
Phone: 01887 822845 | On-line: www.birkscinema.co.uk

Monday 19th October

'Live Active' MOT Health Roadshow

10am - 4pm, Church Day Centre, Kinross

- Wellbeing Promotion
- A health walk
- Take a health MOT
- Wellbeing locality information
- Taster options: sit to stand, balance and strength, social aerobics, social circuits classes
- Free voucher to try a wellbeing class.

For info contact : Colin Melville 01738 454628

Tuesday 20th October

Recovery Café Event

10am - 1pm at the Ogilvie Rooms, Commercial Street, Alyth PH11 8AF

A Recovery Conversation Café assembles a broad range of people from the whole community to chat about Wellbeing and Recovery, Café style! Any interested parties who have something to contribute to a meaningful dialogue about the concept of Recovery and what it means for people are welcome to attend. How can we, as a community of committed individuals, support Recovery from substance use and promote positive wellbeing? What do we have to offer the development and success of this? Irrespective of any professional or personal experience we may bring, we all have the gift of human-ness and it is this quality which can make the event so powerful. A Working Group will serve refreshments throughout the day, leaving participants freed up to take part in the crucial table discussions. The Recovery Café Event is a memorable experience!

For info contact: laura.pack@pkavs.org.uk 01250 874777 / 01738631777

Friday 23rd October

'Live Active' MOT Health Roadshow

10am - 4pm, Blairgowrie High School Community Campus

- Wellbeing Promotion
- A health walk
- Take a health MOT
- Wellbeing locality information
- Taster options: sit to stand, balance and strength, social aerobics, social circuits classes
- Free voucher to try a wellbeing class.

For info contact: Colin Melville 01738 454628

Sunday 25th October

"Silver Linings Playbook" (film)

6pm - 9pm, Birks cinema, Aberfeldy

Silver linings Playbook Film adapted from the novel The Silver Linings Playbook by Matthew Quick. After losing his job and wife, and spending time in a mental institution, Pat Solatano who has bipolar disorder winds up living with his parents. He wants to rebuild his life and reunite with his wife, but his parents would be happy if he just shared their obsession with the Philadelphia Eagles. Things get complicated when Pat meets Tiffany, who offers to help him reconnect with his wife, if he will do something very important for her in exchange. After the film there will be an opportunity to meet to discuss the film and/or the book over a cup of tea.

Those wishing to book tickets for the film, Phone: 01887 822845 / On-line: www.birkscinema.co.uk

Monday 26th October

TurnTable

11am - 2pm, Birks Cinema, Aberfeldy

Turntable uses multiple art forms to connect, reach out and share experiences with individuals and communities in an exploration of the ways in which music can enrich our lives. In the café area of the cinema there will be a pop-up installation inviting café users and participants to browse a selection of LPs, select and play a record of their choice, and engage in a one-to-one conversation with a Turntable host.

For info contact: 01887 82284

Tuesday 27th October

'Live Active' MOT Health Roadshow

10am - 4pm, Strathearn Community Campus, Crieff

- Wellbeing Promotion
- A health walk
- Take a health MOT
- Wellbeing locality information
- Taster options: sit to stand, balance and strength, social aerobics, social circuits classes
- Free voucher to try a wellbeing class.

For info contact: Colin Melville 01738 454628

Thursday 29th October

'Live Active' MOT Health Roadshow

10am - 4pm, Bredalbane Community Campus, Aberfeldy

- Wellbeing Promotion
- A health walk
- Take a health MOT
- Wellbeing locality information
- Taster options: sit to stand, balance and strength, social aerobics, social circuits classes
- Free voucher to try a wellbeing class.

For info contact: Colin Melville 01738 454628

Five ways to wellbeing

Connect...

With the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstone of your life and invest time in developing them. Building these connections will support and enrich you every day.

Be Active...

Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.

Take Notice...

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

Keep Learning...

Try Something new. rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you enjoy achieving. Learning new things will make you more confident as well as being fun.

Give...

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, as linked to the wider community can be incredibly rewarding and creates connections with the people around you.

Also on offer across Wellbeing Fair:

Equine-Assisted Therapy and Learning, taster sessions (advance booking)

“Whispering Horses Human Horse Learning”

We look to provide opportunities for vulnerable individuals to develop self-awareness, self-esteem, confidence, communication and team working skills through working closely with and learning from rescued horses.

Pett Farm, Muthil PH5 2BY

For info contact: 07956 030842 | whisperinghorses001@gmail.com

Look out also for **“Join the Conversation”**
Feedback opportunities in your local area!