

## SOCIAL PRESCRIBING IN WESTER HAILES

FOR PEOPLE IN RECOVERY FROM SUBSTANCE USE AND ADDICTION AND THEIR FAMILIES. FUNDED BY THE SCOTTISH GOVERNMENT DRUGS MISSIONS LOCAL SUPPORT FUND.



## WHERE WE STARTED

In September 2023 we launched our social prescribing programme in Wester Hailes for people in recovery from substance misuse and addiction and their families funded by the Scottish Government Drugs Missions Local Support Fund.

## LAURA WILSON, FOUNDING DIRECTOR

Our Yoga on Social Prescription project based in Wester Hailes was launched in the summer and thus far has been a wonderful success. The trauma-informed classes are specifically for people in recovery and for those affected by a family member's substance use. They are free to attend and people can be referred in via professionals such as recovery workers, GPs, social workers etc.

Thanks to the hard work of our amazing admin, teaching and peer support team, both the chair and mat-based classes have been very well received and attended, with the chair class currently holding a waiting list to join. Both groups already have many regular attendees and the supportive community that is being built during the yoga practice and tea and refreshment afterwards is very special to see. We hope the examples of feedback below help to paint a picture of the impact the project is having for the people of Wester Hailes. If you would like to join the class, or would like to refer someone, please visit our website [HERE](https://www.edinburghcommunityyoga.co.uk)

***“MY THOUGHTS USED TO BE ALL OVER THE PLACE, UP AND DOWN LIKE BIG, MASSIVE MOUNTAINS, NOW THEY’RE NOT AS BAD, MORE LIKE THE PENTLAND HILLS.”***

# CLASSES

**WEDNESDAYS AT 1.00-2.30PM AT THE COMMUNITY WELLBEING SPACE, WESTSIDE PLAZA, WESTER, HAILES ROAD, EH14 2SW.**

**FRIDAY'S AT 10.30-11.45AM AT THE HEALTH AGENCY (GREEN RECEPTION) AT THE HEALTHY LIVING CENTRE, 30 HARVESTERS WAY, EDINBURGH, EH14 3JF**



## ATTENDEE FEEDBACK

“Everything goes out the window. It’s just me and my breathing”

“This is the first ever club I’ve been to. I have a completely different view of life now”

***“THREE MONTHS AGO WHEN SOMEONE ASKED IF I WANTED TO DO YOGA I SAID NO. BUT I CAME ALONG, NOT EXPECTING TO ENJOY IT. NOW I LOOK FORWARD TO IT EVERY WEEK.”***

“Yoga has been an essential part of my recovery journey”

“I feel seen, acknowledged, and safe. Sacred space much needed in my life! Thank you.”

“The practice makes me feel empowered. I love the sense of community. It helps me to take time out for myself. I wouldn’t be able to practice at home on my own.”

“Different view on life. Mind is calmer.”

“I love Wednesdays. I love the authenticity of the teachings at ECY”

“I felt the benefit straight away. It taught me to lean into the pain. I can now bend down and pick up my dog’s poo. Job done.”

