



## Who we are

Craigsfarm Community Development Project is a registered charity (SC020712) serving the community since 1969. Our mission is to work together to promote the wellbeing and resilience of the Craigshill community in a safe, caring, and supportive environment. Our board have been involved in Craigsfarm's history for many years.

## Contact Us

**Address:** Craigsfarm Community Hub  
Maree Walk, Craigshill  
Livingston, West Lothian  
EH54 5BP

**Phone:** 01506 894639

**Email:** [admin@craigsfarm.org.uk](mailto:admin@craigsfarm.org.uk)

Whilst our courses are free to the community, for those that would like to donate you can do so at the Hub reception.

**All our courses and services require registration before attendance.**

**Please contact us if you would like further information:**  
[admin@craigsfarm.org.uk](mailto:admin@craigsfarm.org.uk)

Craigsfarm Community Hub  
Maree Walk, Craigshill  
Livingston, West Lothian  
EH54 5BP



# Community Well-being and Resilience Programme

at Craigsfarm



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AUTUMN 2023

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# Well-being for All

## Why Well-being?

Stress can take a toll on our mental and physical health. Isolation, illness, financial worries, family issues, world events can all accumulate into a level of stress that starts to negatively impact our quality of life.

That's why at Craigsfarm we have made improving the well-being of our community a priority.

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*"Fantastic service for the local community"*

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## Our Programme

Helping the residents of Craigshill and the wider West Lothian community feel whole and fulfilled. We offer the following courses and services:

- Yoga
- Meditation
- Intuitive Dance
- Art & Wellbeing
- Andy's Man Club
- Mindfulness 4 Women
- Counselling
- Active Listening
- Signposting Service
- Bereavement Support
- Women's Day Retreat
- Shinrin Yoku – Nature Therapy

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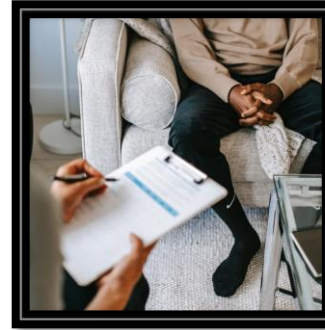
## Community Cafe



Come and join us at our community cafe! Our cafe is a warm and welcoming place where you can meet your neighbours, make new friends and enjoy affordable food and drinks. Our volunteers and staff are dedicated to creating a friendly and inclusive atmosphere, so everyone feels welcome. We are dog friendly too. We hope to see you soon.

# Active Listening & Signposting Service

## Active Listening Service



Sometimes we just need someone to sit with us till we find the answers within ourselves.

The Craigsfarm Active Listening programme provides a space to share anything that is on your mind. It's a space for you to talk in private to a trained listener who will not interrupt, advise, or judge you.

It's a space where you will be encouraged to find your own way forward.

## One-Stop Information & Signposting Service



Offering support in finding out what is available in your area - from well-being courses and social activities to help you build connections in the community to accessing support around finances, debt, employment or anything else on your mind.

We can help you access the services you need.

For further information or appointments, contact:

[admin@craigsfarm.org.uk](mailto:admin@craigsfarm.org.uk)

## Well-being Programmes



### Stepping Stones Bereavement Course

Working with Livingston United Parish Church we offer a 6-week course. The course allows people to explore some of the practical and emotional consequences of bereavement in a safe and informal way.

This course is appropriate for those that have experienced bereavement and those that have been carrying unprocessed grief.

**6 week course on a Thursday - 6:45pm to 8:30pm**  
**7<sup>th</sup> September – 12<sup>th</sup> October**  
**9<sup>th</sup> November – 14<sup>th</sup> December**

### Counselling for All

Sometimes when things feel stuck and difficult, counselling can help.

Counselling involves working with someone in a safe space for a period of time, to explore things without judgement and in confidence so you can understand yourself better and allow you to find a way forward.

At Craigsfarm we believe everyone should have access to counselling, so we're delighted to announce that we are hosting counsellors in training. The service is free, with clients asked to commit for a minimum of six sessions.

**For further information, please contact:**  
[admin@craigsfarm.org.uk](mailto:admin@craigsfarm.org.uk)



### Meditation

#### Daytime Course:

**Tuesday - 10:30am to 12:00pm**  
**6wks – DATES TO BE CONFIRMED**



### Yoga

#### Evening - Ongoing

**Tuesdays & Thursdays - 6pm – 7pm**  
Mornings  
**Wednesday - 11am – 12pm**  
**6wks – DATES TO BE CONFIRMED**



### Mindfulness 4 Women

#### Evening Course:

**Wednesday – 6:30pm to 8:30pm**  
**6wks – 25<sup>th</sup> October – 29<sup>th</sup> November**



### Intuitive Dance

#### Evening Course:

**Tuesday – 7:15pm to 8:00pm**  
**4wks – 31<sup>st</sup> October – 21<sup>st</sup> November**



## Men's Art Group

Visual arts workshops for men to experiment with painting and drawing whilst supporting wellbeing.

Everyone is welcome, whether you feel like an experienced artist, a complete newcomer, or somewhere in between!

There will be a variety of materials to choose from for free. Refreshments will also be provided.

### Mornings

**8-week course on a Friday 11am – 2pm**  
**15<sup>th</sup> September – 3<sup>rd</sup> November**



## Andy's Man Club

Introducing Andy's Man Club

Andy's Man Club is a weekly, free to attend, peer-to-peer support group for men over 18.

### Evenings:

**Every Monday 7:00pm – 9:00pm**

For more information, email: [info@andysmanclub.co.uk](mailto:info@andysmanclub.co.uk)



## Shinrin Yuko [Forest & Nature Bathing]

We welcome back Cath Wright from Highland Quietlife who will lead 3 Forest Bathing retreats.

**Saturday 14<sup>th</sup> October and Sunday 4<sup>th</sup> November**

**- Autumn Forest Bathing Retreats. Age 13 years plus.**

Discover autumn and create your own Web of Interbeing in the woods! Starting in Almond Park, we shall spend time connecting with nature and ourselves and disconnecting from screens and the tasks of daily life.

If you sign up for both, you can continue to develop your work on the second one so won't be repetitive.

**Saturday 9<sup>th</sup> December**

**- Family Friendly Tree Dressing retreat. All ages.**

Come and explore Almond Park woodlands and the River Almond during this family friendly Forest Bathing session. We shall spend time connecting with nature during a series of meditative invitations and unplugging from our screens for a few hours. This is the annual weekend to show our gratitude for our local trees and we shall pay attention to the textures and colours around us, dressing one of the local trees with things that we find.

**Saturday 13<sup>th</sup> January**

**- Welcome the New Year with nature. Age 13 years plus.**

Getting outside in the winter can energise us and give time to reflect and plan for the coming months as we journey into spring. Our morning Forest Bathing session will allow us time to reflect and focus on ourselves before a light lunch at Craigsfarm and spending the afternoon creating something to symbolise the New Year and our plans for 2024.

**Registration is required for attendance.**