

## The Alma Project

The Alma Project is a Scottish Charity Incorporated Organisation (SCIO) that aims to improve mental health and well-being. It was set up in Dec. 2010 and became a SCIO in Nov. 2015.

The name 'Alma' means 'soul' in Latin. We see the arts as being 'food for the soul' - health for mind and spirit.

### Where groups are held

All groups are held at Craightinny Community Centre, 9 Loaning Road, EH7 6JE.

The centre looks like an old castle. You can park in the grounds.

**Buses** - 19, 21, 25, and 49 go to Craightinny Road, beside Loaning Road. 19 and 34 go along London Road and then to Marionville Road, which is very near Loaning Road.

The lounge and main hall are on the ground floor and are accessible, but the Castle Hall is on the first floor which is unfortunately not accessible.

### What you will need

Groups are free, but please bring along a suitable pad of paper for art or creative writing and money for tea/coffee. Other materials are provided.

### Service-user Referral Procedure

If you would like to come to any Alma Project groups/activities, you can telephone to arrange a visit (come with a support worker if possible). Everyone needs a referral from a support worker or health professional. We have a form for this. Once we receive this form, we will then contact you regarding a place.

*The Alma Project - improving mental health through the arts*

### Timetable of Groups

<b>Mon Art Group</b>	<b>Mon</b>	<b>11.45 - 1.45pm</b>
<b>Tues Art Group</b>	<b>Tues</b>	<b>12.30pm - 2.30pm</b>
<b>Creative Writing</b>	<b>Wed</b>	<b>12 noon - 2pm</b>
<b>Drama Group</b>	<b>Thur</b>	<b>12.15pm - 2pm</b>
<b>Outdoor Mural/ 3D art installation</b> (starts 22nd June)	<b>Thur</b>	<b>1pm - 3pm</b>

We would like to thank our funders -



Thanks also to donors and those who support our fundraising events.  
Patrons: Cllr Stefan Tymkewycz; artist and art therapist Lucy Proctor; film and tv director Robert McKillop

## About The Alma Project Groups

### Mon Art Group - in the Castle Hall

A relaxed, friendly art group where you can do your own thing but where the group will occasionally be shown techniques and ways of working with a variety of media.

### Tues Art Group - in the Castle Hall

A relaxed, friendly group that offers time and a safe, supported space for you to explore your creativity. Practical help or tuition are on hand.

### Creative Writing - in the lounge

These are structured, workshop style sessions for people interested in playing with words and using their imagination. Each session focuses on a theme, technique or writing style. You don't need any experience of creative writing.

### Drama Group - in the main hall

A fun, explorative group. You will play drama games, drama techniques to explore stories and issues of concern to you. In partnership with Active Inquiry Theatre Company.

### Outdoor mural/3D art installation - in the Castle grounds/hall

Your chance to help paint a Van Gogh inspired mural in the castle grounds. On wet days you will be indoors where you can plan the next stage of the mural or work on creating a small, 3D art installation with found objects, papier mache, wire, card etc.