

## The Alma Project

The Alma Project is a Scottish Charity Incorporated Organisation (SCIO) that aims to improve mental health and well-being.

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

**All groups are held at Craigentiny 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 Craigentiny Road, beside Loaning Road. Buses 19 and 34 go to Marionville Road, which is very near Loaning Road. Nos. 13 and 15 go to nearby Sleigh Drive. Buses 5, 45, 124 go to the end of London Road, 15min walk to 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 only accessible up 11 steps.

## 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 (30p). 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>Clay and Mosaic</b>	<b>Thur</b>	<b>1pm - 3pm</b>

We would like to thank our funders -

♦ **EDINBURGH** ♦  
THE CITY OF EDINBURGH COUNCIL

NHS Lothian



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. We have pencils, pastels, printing ink, paint, clay, fabric and other materials free for you to use.

### 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. Materials available as above.

### 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.

### Clay & mosaic- in the Castle hall

Your chance to work with clay, creating and decorating clay tiles that will be made into a ceramic sculpture to be displayed in the castle grounds. (Other groups from Craigentiny Centre will also be adding to the sculpture). Create mosaic tiles to tell the castle's history.

### Future Groups - Drama and Music

Our drama group is closed to newcomers just now, but we hope to be opening it again to new referrals in January 2018.

The music group has stopped just now, but we hope to continue it in January 2018.