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

Groups are mainly held at Craigentinny Community Centre, 9 Loaning Road, EH7 6JE.
The centre looks like an old castle. You can park in the grounds.

Alma Theatre is held nearby at McLaren Halls, 48 Restalrig Road South, EH7 6LE

Buses - 19, 21, 25, and 49 go to Craigentinny Road, beside Loaning Road. Buses 19 and 34 go to Marionville Road, which is very near Loaning Road and Restalrig Road South. Nos. 13 and 15 go to the nearby Sleigh Drive.

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 phone or email for a referral form or to arrange a visit. Everyone needs a referral from a support worker, GP or other health professional. Once we receive your form, we will then contact you regarding a place.

The Alma Project - improving mental health through the arts

<table>
<thead>
<tr>
<th>Timetable of Groups</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sculpture Group</td>
</tr>
<tr>
<td>Art for You</td>
</tr>
<tr>
<td>Creative Writing</td>
</tr>
<tr>
<td>Alma Theatre</td>
</tr>
<tr>
<td>Crafts</td>
</tr>
</tbody>
</table>

We would like to thank our funders:
KPE4 Charitable Trust
Corra Comic Relief
W M Mann
Hugh Fraser
Thanks also to donors and those who support our fundraising events. Patrons: Film and tv director Robert McKillop; businessman Stefan Tymkewycz and artist Lucy Proctor.

Donate to The Alma Project at Virginmoneygiving

About The Alma Project Groups
Sculpture Group - in the Castle Hall
An opportunity to try out different materials to create sculptures and visit some sculpture exhibitions. The course will last until March 2020 and work towards an exhibition.

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

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.

Crafts - in the Castle Hall
Create a 3D picture with card, fabric, wire, papier mache etc. You can also make a textile banner. Both to be displayed at the Scottish Mental Health Arts Festival in 2020. Help make a group mosaic to be displayed in the Castle Hall at Craigentinny.

Alma Theatre - McLaren Halls or Craigentinny Centre main hall
The Alma Theatre Company create plays to be shown at the Festival Fringe and at other venues after this. Please email or phone to find out if new members are able to join at this time.