










Peer support following psychological therapy

Information for patients

Peer support can be helpful for physical and mental health. If you would like to explore opportunities to connect with other people, you can contact the following organisations. Use your camera on your phone to scan the QR codes and visit their websites.

Organisation	Area	What they do
Age Scotland 0800 1244 222 www.agescotland.org.uk 	Scotland-wide	The Community Connecting service aims to link older people across Scotland up with organisations offering friendship, social activities, health and fitness groups, and events.
Silver Line (run by Age UK) 0800 470 8090 www.thesilverline.org.uk 	UK-wide	Silver Line is a free telephone service for older people, aged 55 and over, providing friendship, conversation and support. It is available 24 hours a day, 7 days a week.
Re-engage 0800 716 543 https://reengage.org.uk 	UK-wide	Call companions: a telephone befriending service ensuring older people stay connected to the outside world. Call companions is available to anyone aged 75 and over who's socially isolated and would like a regular phone conversation with a friendly volunteer. Tea parties: monthly social groups for people aged 75 and over Activity groups: gentle group exercises for people 75 and over, these take place both face to face and online.
Health in Mind 0131 225 8508 https://health-in-mind.org.uk 	Edinburgh, Midlothian, East Lothian, West Lothian	Health in Mind offers a variety of sources of support, including peer support groups, 1:1 guided self-help and several courses, including anxiety management, stress management, and wellbeing courses.

Organisation	Area	What they do
<p>Edinburgh Leisure Telephone specific venues or search online: www.edinburghleisure.co.uk</p> 	Edinburgh – multiple venues	Wide range of activities for all ages. There is also an “Ageing Well” programme which offers subsidised city-wide activities, groups and clubs for older adults, to promote active living and social interaction. All activities are led or supported by trained volunteers, and are designed to cater to a wide range of interests and abilities (e.g. walking, singing, board games).
<p>Thistle Foundation 0131 661 3366 www.thistle.org.uk</p> 	Edinburgh and Midlothian	The Thistle Foundation provides support to people living with long-term health conditions or facing challenging life situations. Services include wellbeing coaching, courses, community groups and supported physical activity.
<p>Carer organisations Voice of Carers Across the Lothians (VOCAL) 0808 196 6666 www.vocal.org.uk</p>  <p>Carers of West Lothian 01506 448 000 https://cowl.org.uk/</p>  <p>Carers of East Lothian 0131 665 0135 www.coel.org.uk</p> 	<p>Edinburgh and Midlothian</p> <p>West Lothian</p> <p>East Lothian</p>	Please see the relevant website for your geographical area. All areas provide a wide variety of services and opportunities specifically for carers.