

Volunteering and peer support

Volunteering or offering peer support provides an opportunity to give something back, gain confidence, self-esteem and provide a structure to your day. A wide variety of roles are available including our café, office, garden, groups and with other projects within our service.

CLEAR – Community Lived Experience for Alcohol and Drugs Recovery

If you have a drug or alcohol problem which you are trying to address, we can match you up with a volunteer who has been through similar experiences in their life, has moved on and is now recovering. They will be specifically matched to your needs and will have been trained to support you on your recovery journey.

The **drop-in** on a Monday afternoon also gives people the opportunity to socialise with others experiencing similar challenges in their lives.

Men's SHARE – Suicide, Harm, Awareness, Recovery & Empathy project

With a focus on prevention and early intervention, this community development project is specifically for men in Midlothian aged 25 – 50. Weekly support groups and monthly events raise awareness, provide information on services, reduce social isolation and provide a comfortable space for sharing ideas and discussing issues.

How do I access these services?

Simply call or e-mail us so that we can tell you about the choices available to you. We also welcome referrals from statutory service such as GPs, social workers or carers/friends.

You can make a difference

People who use Health in Mind's services also help to shape them, ensuring that we continue to identify and meet need using creative and innovative approaches.

Our professional and trusted support staff and committed volunteers work in partnership to deliver a unique mix of services and training to promote mental health and wellbeing. Please contact us for current recruitment and volunteering opportunities.

Get in touch with us

The Orchard Centre is based in Bonnyrigg and is part of Health in Mind.

Orchard Centre Services

14 Lothian Street, Bonnyrigg EH19 3AB

0131 663 1616

reception@orchardcentreservices.org.uk

For information on all of Health in Mind's services, volunteering and employment opportunities and our feedback/complaints procedure please contact us at:

Health in Mind

40 Shandwick Place, Edinburgh EH2 4RT

0131 225 8508

contactus@health-in-mind.org.uk

www.health-in-mind.org.uk

Please note that our office in Shandwick Place does not have a lift and is situated on the first and second floors. If you have restricted mobility, please contact us for further information and assistance.

Access mental health and wellbeing information online:

www.edspace.org.uk (Edinburgh)

www.midspace.co.uk (Midlothian)

www.eastspace.org.uk (East Lothian)

Charity Registered in Scotland – SC004128

Orchard Centre Services

Creative, community based services to promote positive mental health & wellbeing in Midlothian.

www.health-in-mind.org.uk



“If it had not been for my being able to come to the Centre life would not be the same. It has helped me to get part of my life back on track.”

“I have been visiting the CLEAR project for 2 years and I realise I was very ill when I first came in. I feel much better today and I have put this down to the CLEAR project, the people who have helped me, and the peer support.”

“The staff are there when you need to chat, and are the very best, they are always helpful no matter what the problem is.”

Everyone has the right to live a full and satisfying life. We can provide the tools, information and support to help you to cope with life's challenges and live the life that you want to live.

Orchard Centre Services support adults in Midlothian by offering an extensive range of community based services.

Day Services

If you are feeling low and in need of some emotional support, the Orchard Centre in Bonnyrigg provides a warm welcome whether you pick up the phone or call in.

One to one and group support is available. Enjoy a cup of tea in our volunteer run café, take part in one of our group activities or you may wish to access our Development Project.

Development Project

If you are living in Midlothian you can take part in our local community based projects, including a variety of groups, support, complementary therapies and awareness raising events. Please contact us for more details.

Group activities

Our group activities offer you the opportunity to connect with other people, learn and share skills and interests and build your confidence. We do this through offering walking groups, cooking and gardening, confidence building, art activities and much more. Please contact us for full details of our current programme.

Art therapy

Art provides a relaxing outlet for expressing emotion. In our art room you will have the freedom to explore and convey your true feelings with the guidance of a trained art therapist. This can be done on a one to one basis or as part of a group.

Early intervention & crisis response service

If you are experiencing a non medical crisis, please pick up the phone or come in to the Orchard Centre and talk things through in confidence with an experienced Worker. They will listen, support and provide information where appropriate. They may also liaise with other services if necessary to resolve the problem as quickly as possible.

The lines are open from 4pm-10pm Monday-Friday and 10am-4pm at weekends.

Tel 0131 663 5533

Out of hours activities

Personal support and a planned programme of activities and social events are also available up until 9.30pm during the week and 10am-4pm at weekends. Volunteers provide a meal or snack most evenings and at weekends.

Housing Support

If you find it challenging to maintain your home and live independently we can help you to plan how to regain control, develop your coping skills and build your confidence. We will support you at home and in the community to achieve these goals.