

CREATIVE SPACE

creative space: move
your body and mind

Creative Space
the Prestonfield room 19 Nov & 20 Nov
UKCRC Conference Edinburgh 2015

STALLS
VIDEOS
MIND &
BODY
AND MORE

STALLS - Thursday 19 Nov - *Prestonfield*



The Well!Bingo project Community-based health improvement for

disadvantaged women: could a physical activity/healthy eating intervention be delivered in Bingo clubs in Scotland?

After 15 months working with a Bingo club in Stirling and playing lots of Bingo along the way, we think that the answer to the above question is **'Yes!'**



Yoga Edinburgh. Edinburgh Community Yoga offers professional yoga classes both in our Edinburgh city centre studio and within the community.

edinburghcommunityyoga.co.uk

PAHRC

Physical Activity for Health Research Centre (PAHRC) is a research centre within the Institute of Sport, Physical Education and Health Sciences in Moray House School of Education which aims to provide evidence of how to encourage people of all ages to 'sit less and walk more'. We seek to create an active research environment that will inform teaching (particularly the new MSc in Physical Activity for Health) and knowledge exchange in related areas.



TRE is a series of exercises that simply activate a predictable and easily regulated tremoring response in the body. trescotland.com

VIDEOS showing on both Thursday 19 Nov & Friday 20 Nov



A series focusing on the evidence for including physical activity in our lives. We discuss the science and bust some myths! These videos will be running throughout both days in the Creative Space.

STALLS - Friday 20 Nov - *Prestonfield*



Lothian Health Services Archive (LHSA) is one of

the largest medical archives in the United Kingdom, collecting records of NHS hospitals in Edinburgh and the Lothians and locally-relevant healthcare material. LHSA collections date from 1594 to the present, including paper material, objects, audio-visual resources and over 40,000 images. The Archive is based in the Centre for Research Collections, Main Library, University of Edinburgh. Tel: 0131 650 3392. Email: lhsa@ed.ac.uk

Information about LHSA will be in the Creative Space on Thursday 19 Nov, then come along and meet Louise, Becky & Ruth from LHSA on Friday 20 Nov.



Silver City Surfers is a small local charity which aims to help older people with modern technology, thereby reducing loneliness and isolation for those aged over 55 within the City of Aberdeen and the North East of Scotland.



The Scottish Partnership for Palliative Care is an umbrella and representative organisation which, through a collaborative approach, supports and contributes to the development and strategic direction of palliative care in Scotland.



We're the place to come to for know-

how about therapeutic gardening, the art of using gardening to help people take care of their physical, emotional and social wellbeing. *So come along and get potting!*

BEING & DYING

Being and Dying is a design research group. We research and investigate current approaches to life and death and use design to propose new ways of being, through a combination of transdisciplinary practices; filmmaking, product and industrial design, interaction and graphic design, collaborating with healthcare practitioners, academics and other specialists.



STAND AWARDS VIDEOS

Showing on Friday 20th Nov at 10am on the Creative Space big screen



Mind-body practice schedule

All classes are free and accessible for everyone. No change of clothes or equipment is needed. Just come along, move your body, relax your mind and enjoy!



Thurs 8 - 8.30am

Holyrood room

Morning Tai Chi
with Rachael

*This class will offer
a short morning
practice of tai chi*

*movements and stretches to calm and
bring clarity to the body and mind.*

soenren.com



Thurs 8 - 8.30am

Salisbury room

Kundalini yoga with
Natalie Welsh

*This class will combine a
gentle physical practice*

*with breath-work and focussed attention
to develop an awareness of the subtle
energetic body.*

mail@nataliewelsh.com



Thurs 5 - 5.30 pm

Holyrood room

Gentle yoga with
Laura Wilson

*A gentle yoga class to
relax and refresh your*

*mind and body, ready for the evening
ahead!*

edinburghcommunityyoga.co.uk



Thurs 5 - 6pm

Salisbury room

Tension Release

Exercise with Vicki
Cook. TRE is a

*series of exercises that simply activate
a predictable and easily regulated
tremoring response in the body. This
tremoring successfully reduces the
challenging symptoms caused by
trauma, the stress and overwhelm of life
and relieves physical tension in the body
at a deep level.* trescotland.com



Fri 8 - 8.30am

Salisbury room

Morning yoga with
Mary Ramage.

*In this class Mary will
bring awareness to*

*the importance of space, breath and
movement, linking them gracefully
through a simple sequence, accessible
to all levels. The perfect way to start your
day.* marylramage@gmail.com



Fri 8 - 8.30am

Holyrood room

Meditation with
Stacey Chavis

*Meditation is easier than
you think! Come and*

*learn a simple technique to calm your
mind and help you focus. Yoga-based
meditation with Stacey Chavis, owner of
the Edinburgh Yoga Room.*

edinburghyogaroom.com

If you are interested in collaborating in projects combining public health research and holistic mind-body practices, please contact me jane.hartley@ed.ac.uk