

Dirrans Centre



Rehabilitation Workshops

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Healthy Minds



AIMS :

- To promote self-management of long-term conditions.
- Develop healthy coping strategies for anxiety and low mood.
- To create a safe space to share.
- To promote social interaction and confidence.
- To offer strategies to improve self-esteem, fatigue and encourage sleep hygiene (good sleep practice).

"The atmosphere and friendly nature of everyone in the group, I can't think of anything that could be improved, it's been an excellent group to be involved in"

"It's the most I've talked in a group, it really helped"

Woodwork (social enterprise focused group)



AIMS :

- To boost confidence by learning new skills or re-learning old ones in woodworking, using tools and organisation
- To offer a sense of achievement by completing projects and achieving goals
- To improve fine and gross motor skills
- Encourage peer support

"I'm amazed at what I've been able to do! I'm shattered when I get home but I'm buzzing with what I've done"

Walking Well-being Groups

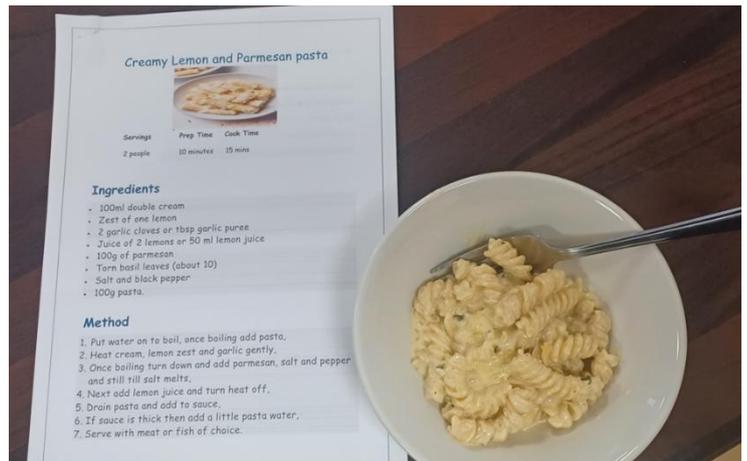


AIMS :

- To improve connections to local community and explore new places to walk
- To improve overall health, reducing chance of diabetes, cardiovascular disease, falls, depression, joint and back pain, some cancers
- Helps to improve sleep
- Maintain a healthy weight
- To offer techniques for stress management
- To improve quality of life

“It gave me time for myself. I benefited from the scenery, fresh air and a small connection to the community, seeing people out walking their dogs or on their own or family saying hello to people. This has been a breath of fresh air no matter what the weather is like.”

Healthy U (Exercise group aimed at managing weight, gaining, reducing or maintaining)



AIMS :

- To increase awareness on the benefits of healthy eating through education
- To offer a friendly supportive environment to promote fun movement
- To offer opportunities for peer support
- To introduce mindfulness
- To share and discuss techniques to manage long term conditions
- Weekly weigh ins

“Thank you from the bottom of my heart for all that you are and all that you do”

“So much more than an exercise class”

Cooking groups (meal preparation)



AIMS :

- To develop skills that can be transferred into home
- To offer support with menu planning and budgeting
- To improve understanding food and nutrition
- To maintain and develop independence and develop kitchen skills
- To improve motivation and improve concentration with kitchen-based tasks
- Information on aides and adaptations
- To improve motivation and improve concentration with kitchen-based tasks
- To enable service users to regain meaningful roles in home environment or return to a work or volunteering role

"I can't believe I just made that"

Take a Breath Workshop



AIMS :

- To offer the opportunity to re-learn the importance of effective breathing to our bodies and minds
- To explore the use of singing as a form of breathing exercise
- To encourage and promote positive physical movement
- To offer an introduction to mindfulness practices to offer alternative techniques to manage symptoms of anxiety and stress

“I like the box breathing; it really helps me”

“The breathing techniques really help me when I’m trying to get to sleep”

Effective Learning



AIMS :

- To encourage reading and recognition of everyday objects signs, traffic lights, menus, and numbers which promotes safety and accessibility in the community
- To regain/maintain independence after stroke or long-term health condition
- To build confidence with everyday tasks
- To improve self-esteem
- To maintain or improve cognitive abilities
- To help with motivation
- To offer peer support and learning.

“Helpful, inclusive and encouraging”

Focused Exercise Group



AIMS :

- To improve confidence to encourage links to Community exercise groups ie: KA leisure
- To offer a safe environment to encourage exercise
- To build confidence, motivation and self-esteem
- To extend range of movement
- To promote better posture

To improve overall fitness and mobility

- To prolong independence and self-management.

“It’s so much easier to walk home now”

“I always feel more energised after the class”



Volunteer Gardening Opportunities

We have a beautiful garden at the Dirrans which is difficult for us to maintain the upkeep of.

So, we are always looking for green fingered volunteers to lend a hand, any amount of time is appreciated.



- Helps support improved social functioning
- Encourages physical movement
- Uses gross and fine motor skills
- Enhances concentration
- Can provide mindful and productive activity
- Gardening can show significant reductions in depression and anxiety
- Gardening can also help maintain independence and prevent cognitive decline



