

HEALTH & WELLBEING PROGRAMMES

at DUMFRIES HOUSE

FERTILITY (ONLINE)

6 WEEKS

MONDAYS

6PM – 8PM

The Fertility Wellbeing Programme is designed to encourage you, or you and your partner, to make lifestyle changes to improve your chances of conceiving and achieving a healthy pregnancy and baby. It is for those planning a pregnancy or awaiting a fertility referral or treatment. The programme includes 20+ hours of specialist input and advice on treatments, cycle management, nutrition, acupuncture, movement and fertility mind set with one-to-one advice from a consultant gynaecologist.

Next Dates – due to start again in June 2022 (Call for details)

WOMEN'S HEALTH/MENOPAUSE

6 WEEKS

TUESDAYS

4PM – 7PM

The Women's Health programme gives women a space to talk, share and learn more about the menopause and to live with it in a more holistic way. Areas covered include: HRT and other options, being more mindful, lifestyle changes such as exercise and diet and understanding how hormones impact our bodies. Participants also try a range of complementary therapies to help manage menopausal symptoms.

Next Dates 7 June to 12 July & 16 August to 20 September

CHRONIC PAIN

7 WEEKS

WEDNESDAYS

1.30PM – 4.30PM

The Chronic Pain Programme aims to help people find out more about chronic pain, takes a holistic view of overall health and pain management and covers a number of topics like medicine management, sleep, stress, food and anxiety, how all of these factors influence how we feel about pain and how complementary therapies can help manage some aspects of the condition.

Next Dates 25 May to 6 July & 13 July to 24 August

HEALTH & WELLBEING

12 WEEKS

THURSDAYS

10AM – 1PM

The Health & Wellbeing Programme looks at food and at how keeping the body well-nourished with all the nutrients we need for it to work well. It also looks at the role our emotions play with our choice of foods and how we can manage these in a different way, helping our well-being. A variety of exercises are included allowing participants to explore movement that works for them. The group is relaxed, interactive and practical and those that come along feel some benefit from attending.

Next Dates 26 May to 11 August & 18 August to 3 November

MINDFULNESS

8 WEEKS

FRIDAYS

10AM – 12PM

This programme provides an opportunity to learn about mindfulness and meditation. Looking at how mindfulness can help to manage issues such as chronic pain as well as help to relieve stress and anxiety.

The course includes a balance of teaching, questions and discussion and guided meditations.

Next dates 27 May to 15 July

For more details or to self-refer onto a programme,
call **01290 427979** or email health@dumfries-house.org.uk