

Wellbeing Festival in the West End this January

This January the first Wellbeing Festival will take place in the West End.

Between 11 and 13 January you can join in the fun with wellbeing classes, workshops and talks all designed to help you nurture and nourish yourself. You can also support the local businesses who are putting on the activities, and help raise funds for the Joshua Nolan Foundation and the Rock Trust at the same time.



The events on Saturday will take place at the Arthur Conan Doyle Centre on Palmerston Place where there will be many businesses taking stands to exhibit what they can do to help you with your health and fitness this year.

The ticket for the weekend is £20 and will allow you access to all activities over the three days.

The Rock Trust is a charity that works in Edinburgh and the Lothians with homeless and socially excluded young people between the ages of 16 and 25 years.

A spokesperson for the Trust said : "We work to house, advise, educate and support young people who are affected by or are at risk of homelessness. We believe that accommodation, support, education and employment are the best routes off the streets and away from the misery that accompanies homelessness, leading to a better future for our young people. Every year we help over 400 young people."

The Joshua Nolan Foundation believes it is possible to prevent

every suicide. The Charity offers support, training and advice to people living in Scotland of all ages and gender identity, who may identify as being 'at risk' or affected by suicide. JNF aim to make a difference by offering support, education and awareness.



Calm on Canning Street which will be another venue used during the weekend. Katy from Calm said : "We are so excited about this event which combines all the things we love; community, self-care and self-kindness. We wanted to make this accessible and affordable for everyone and we are delighted to be able to support two very special local charities doing amazing work within our community, as well as support local therapists, wellbeing practitioners and promote all the amazing businesses within the West End."

Shereen from the Arthur Conan Doyle Centre, which is a holistic centre for the spiritual, physical and mental wellness of the community said : 'It is a real pleasure for us to be part of the Festival as it is an opportunity for people to discover this beautiful townhouse and to really

understand what we do here at the Centre. We love to collaborate with other businesses and bring our services to the local community, whilst at the same time supporting two fantastic charities. We are delighted to be involved.”

If you are willing to get involved by supporting the project, sign up to the event on [Eventbrite](#) or check out the [Facebook](#) page: