

# Thistle Awarded £4,000 to train wellbeing volunteers

Leading Edinburgh-based health and wellbeing charity, Thistle, has been awarded £4,000 by John Lewis and Partners.

The money will be used to train volunteers who have a long-term health condition such as diabetes, arthritis, MS or depression to support others who are struggling with the diagnosis of a long-term condition.

Following training, volunteers will be able to help facilitate some of Thistle's wellbeing classes which include Tai Chi, mindfulness, indoor curling and seated exercise.

Judith Hunter, Partner & Community Liaison Coordinator for John Lewis & Partners Edinburgh said: "We're delighted to be helping Thistle support people in Edinburgh struggling with long term conditions. We're invested in our communities and it's wonderful knowing this grant will enable more volunteers to be trained to support people living with long term conditions."

"Each month 2500 people living with long term conditions come through our doors here at Thistle, many of them attending peer-led activities, such as Tai Chi, indoor curling or seated exercise," said William Oviatt, Fundraising Manager. "We're thrilled to receive this generous donation from John Lewis & Partners which will enable us to continue to providing these hugely important support activities led by specially trained peer volunteers."



Pay: *Thistle Foundation*

The sum of: *Four Thousand pounds*

£ *4,000.00*



Signed for John Lewis PLC  
*John Lewis & Partners Edinburgh*

