

How it works

Spring runs every week on a Tuesday, with different sessions in the morning and afternoon. Tea, coffee, fruit and biscuits are available all day and a healthy meal is offered at lunchtime.

Some women stay all day and others come for just the morning or afternoon. You can agree this with the workers at the service, depending on your individual circumstances.

We can provide bus tickets and childcare arrangements can be discussed when you meet with your worker.

“It’s a place to come and relax, I’ve done things I have never tried before”

The Spring Service welcomes women aged 18 and over, with or without disability, of different races, religions and faiths, as well as lesbian, bisexual and transgender women. The service actively seeks to eliminate discrimination, harassment or victimisation, and strives to ensure that all staff and service users feel safe, welcomed, valued, included and respected.

To find out more, or to make a referral please contact us at:

spring@midlothian.gov.uk

If emailing please use a secure email address or an encrypted email.

Spring Mobile:

07710 919 403

Midlothian



Midlothian



Spring

A service for women
in Midlothian



Supported by:



Spring offers a space to:

- Access a range of support including meeting with a nurse, occupational therapist, Womens' aid worker or social worker
- Improve your health, wellbeing and safety
- Have time to think about the changes you want to make
- Have a cup of tea/coffee and a healthy lunch in a supportive, safe and women only space

“It is a supportive place where people will listen”

How we support you

You will be offered a meeting with the Spring Social Worker to find out about the service. She will tell you about the programmes and sessions we offer, develop a personal plan and prepare you for starting the group. When you have completed the group programme, one to one support will be offered to consider next steps and future plans.

“People don't judge you and there is no pressure to talk”

A structured 12 week groupwork programme supports you to:

- Build confidence and reduce feelings of loneliness
- Learn skills to cope with difficult and stressful situations
- Think about relationships, and how to plan for a safe future
- Think about any problematic behaviour, including offending
- Improve physical, mental and sexual health
- Make plans for education, employment and training
- Find out about local services
- Eat and cook healthy meals on a budget
- Try new things e.g crocheting and creative writing

Who it is for?

- Women who are aged over 18 years
- Are resident in Midlothian
- Could benefit from support with mental health, substance use and experience of past or current trauma and/or abuse
- And may be involved in or are at risk of offending

How can I be referred?

You can be referred by any professional including a health professional, support worker, social work or police.

“I feel much more confident in myself and I don't feel that I apologise so much, Spring has helped with that”