

## Who we are

Craigsfarm Community Development Project is a registered charity (SC020712) serving the community since 1969. Our mission is to work together to promote the wellbeing and resilience of the Craigshill community in a safe, caring, and supportive environment. Our board have been involved in Craigsfarm's history for many years.

## Contact Us

**Address:** Craigsfarm Community Hub  
Maree Walk, Craigshill  
Livingston, West Lothian  
EH54 5BP

**Phone:** 01506 894639

**Email:** [admin@craigsfarm.org.uk](mailto:admin@craigsfarm.org.uk)

Whilst our courses are free to access, we are grateful for any donations as this helps us to continue to provide a valuable and comprehensive wellbeing program to our community.

**Our service is available to anyone age 18yrs and older in Craigshill & the wider community of West Lothian**

**All our courses and services require registration before attendance.**

**Please contact us if you would like further information:**  
[admin@craigsfarm.org.uk](mailto:admin@craigsfarm.org.uk)

Craigsfarm Community Hub  
Maree Walk, Craigshill  
Livingston, West Lothian  
EH54 5BP



Registered Charity (SC020712)



## Community Well-Being and Resilience Programme at Craigsfarm

**Spring/Summer 2026 [1]**



## Well-being for All

### Why Well-being?

Stress can take a toll on our mental and physical health. Isolation, illness, financial worries, family issues, world events can all accumulate into a level of stress that starts to negatively impact our quality of life.

That's why at Craigsfarm we have made improving the well-being of our community a priority.

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*“Fantastic service for the local community”*

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### Our Programme

Helping the residents of Craigshill and the wider West Lothian community feel whole and fulfilled. We offer the following courses and services:

- Yoga
- Meditation
- Mandala Meditation
- Art & Wellbeing
- Andy's Man Club
- Self-Care Workshop
- Q Gong Body Clock
- Counselling 4 All
- Active Listening – English & Polish
- Signposting Service
- Bereavement Support
- Forest Bathing - Nature Therapy
- Women's Circle – Wellbeing course for women

### Gathering Ground Cafe



The Gathering Ground Café is right here in the Hub—a cosy, welcoming space where everyone can feel at home. Pop in to meet neighbors, enjoy a chat, or simply relax with a cuppa. Peter & his team create a friendly, inclusive atmosphere, and dogs are very welcome too. A lovely spot to pause, connect and refuel.

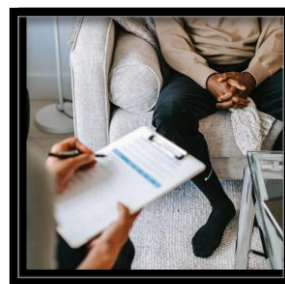


### Andy's Man Club

Andy's Man Club is a weekly, free to attend, peer-to-peer support group for men over 18.

Every Monday 7:00pm – 9:00pm

For more information, email: [info@andysmanclub.co.uk](mailto:info@andysmanclub.co.uk)



### Active Listening Service

Our Listening service provides a space to share anything that is on your mind, allowing for you to talk in private to a trained listener who will not interrupt, advise, or judge you.

**We now have a Polish speaking Active Listener**



### One-Stop Information & Signposting Service

Offering support in finding out what is available in your area - from well-being courses and social activities to help you build connections in the community to accessing support around finances, debt, employment or anything else on your mind. We can help you access the services you need.

For further information, please contact: [admin@craigsfarm.org.uk](mailto:admin@craigsfarm.org.uk)

## Well-being Programmes



### **Stepping Stones Bereavement Course**

Working with Livingston United Parish Church we offer a 6-week course. The course allows people to explore some of the practical and emotional consequences of bereavement in a safe and informal way.

This course is appropriate for those that have experienced bereavement and those that have been carrying unprocessed grief.

**Thursdays 7:00pm – 8:30pm - 19<sup>th</sup> February - 26<sup>th</sup> March.**

**Facilitated by The Bridge Community Project, for info contact:  
<https://bridgecommunityproject.org.uk/>**

### **Counselling for All**

Sometimes when things feel stuck and difficult, counselling can help.

Counselling involves working with someone in a safe space for a period of time, to explore things without judgement and in confidence so you can understand yourself better and allow you to find a way forward.

At Craigsfarm we believe everyone should have access to counselling, so we're delighted to announce that we are hosting counsellors in training. **We support people with mild to moderate mental health challenges.**

**For further information, please contact:  
[admin@craigsfarm.org.uk](mailto:admin@craigsfarm.org.uk)**



### **Qigong Fusion**

**Mornings:**

**Mondays – 11:00am – 12:00pm**

**6 weeks – 2nd March - 13th April**

[no session on 6<sup>th</sup> April]



### **Yoga**

**Evening – Ongoing [Limited spaces]**

**Tuesdays - 6pm -7pm**

**Mornings - Ongoing**

**Thursdays – 11:45am – 12:45pm**



### **Mindfulness Session**

A yoga session with some breathing, meditation and sound bath. The sessions will be for 2hrs please bring water and comfy clothes (something warm)

**Sunday 21<sup>st</sup> June - 10am – 12pm**

**Saturday 17<sup>th</sup> Oct – 10am – 12pm**

We ask for a £5 donation for this session

**Registration is required for attendance on all courses:  
[admin@craigsfarm.org.uk](mailto:admin@craigsfarm.org.uk)**



## Support group for Men with Autism/ADHD

Fridays 11am -1pm - 20<sup>th</sup> Feb – 27<sup>th</sup> Mar  
New Dates: TBC

## Support group for Women with Autism/ADHD

Tuesdays 10am – 12pm  
3<sup>rd</sup> March / 17<sup>th</sup> March / 31<sup>st</sup> March  
14<sup>th</sup> April / 28<sup>th</sup> April / 12<sup>th</sup> May



## Healing Through Nature: Forest Bathing & Mindful Making

Join Cath Wright from Highland Quietlife for one of our Forest Therapy sessions this year. Immerse yourself in gentle, mindful connection with nature, enjoy creative making, and share a nourishing lunch to restore body and soul.

**Age 13 years plus.**

Friday 10am - 2:30pm - 27<sup>th</sup> March / 24<sup>th</sup> April  
Saturday 10am – 2:30pm - 13th June / 18th July / 8th August

Registration is required for attendance on all courses:  
[admin@craigsfarm.org.uk](mailto:admin@craigsfarm.org.uk)



## Men's Art Group

Our *Men's Art Group* offers an opportunity to unearth new abilities, make connections and grow your creativity.

All materials will be provided for free.

### Afternoon:

Wednesdays – 12pm – 2:30pm  
Weekly ongoing – 25<sup>th</sup> Feb – 20<sup>th</sup> May



## Art for Wellbeing

Join Fiona for art and creativity.

Art materials provided

### Mornings

Wednesdays – 9:30am – 11:30am

25<sup>th</sup> Feb – 1<sup>st</sup> April  
AND  
15<sup>th</sup> April – 20<sup>th</sup> May

Registration is required for attendance on all courses:  
[admin@craigsfarm.org.uk](mailto:admin@craigsfarm.org.uk)