



The Alford Centre is branching out to the Phoenix Building in Torry!

The Alford Centre is a social and therapeutic environment for people who have experienced mental health problems and feel isolated in the community. Membership is open to anyone over the age of 16.

The Alford Centre aims to offer a welcoming and friendly atmosphere where members can relax and regain self-confidence whilst working towards recovery.

A variety of activities and self help groups are also available depending on member's interests and needs.

Staff will also support members with other day to day tasks i.e. assistance with mail, forms, liaising with professionals on their behalf etc. as well as offering crisis support.

Members play an active role in the organisation and running of the project.

Social activities are varied ranging from tenpin bowling, arts and crafts, shiatsu, golf, quizzes, snooker / pool, darts and table tennis, out and about groups etc.

The Centre also offers therapeutic groups dependent on members needs. Please contact us for information on our referral system.



From Monday 1st March
2010

The Alford Centre will be
running 2 open sessions in
Torry from

The Phoenix Building, North
Balnagask Road, Torry, Ab-
erdeen, AB11 8LQ

Phoenix Opening times

Monday 12.30pm– 4.00pm

Thursday 12.30pm- 4.00pm

For more information about the
service please contact us at:
The Alford Centre
or at The Phoenix Building (Mon &
Thursdsy 12:30-4pm only)
07522 264456

