



# **The Alford Centre is branching out to the Ruthrieston Community Centre !!**

**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 Tuesday 13th April  
2010 The Alford Centre will  
be running 1 open session  
from Ruthrieston Community  
Centre 560A Holburn Street,  
Aberdeen AB10 7LJ**

### **Opening times**

**Tuesday 12.30pm– 4.00pm**

### **Other sessions**

**Mon & Thurs 12:30-4pm at  
The Phoenix Centre, Torry**

**For more information about the  
service please contact us on  
07522 264456**

