01

One-to-One Chronic Health and Wellbeing Mentoring

02

One-to-One Emotional Support

03

Health and Wellness Group Work

HOW WE WORK

- One-to-One services are by appointment only and group work is scheduled weekly.
- Befriending services are tailored to the individual and are available in person or by telephone call.
- Activities in SistaCircle are: Exploring Cultures Through Food, Outdoor activities & Therapeutic Gardening, Trips Out and Sewing.

Our services are in the heart of the North Edinburgh community. Please call to enquire.

CONTACT US

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OSCR Scottish Charity Regulator www.oscr.org.uk

Registered SCIO SC051454

HEALTH & WELLBEING PROJECT



04

Spiritual and
Pastoral Care

05

Befriending and
Peer Support

06

SistaCircle
Integration Activities





ABOUT THE SERVICE

Our specialised Support Services offer tailored, culturally sensitive support to help women make informed choices, reduce isolation, build confidence, and stay safe.

We provide confidential, non-judgemental one-on-one support, volunteering, peer training, and employment pathways. Open to women facing illness, loneliness, or new to Edinburgh.



VOLUNTEER WITH US