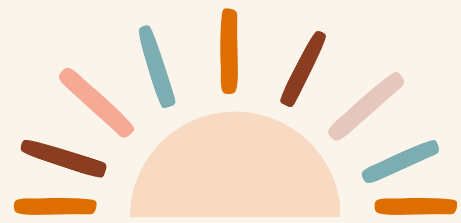


WHAT'S ON CHAPLAINCY



WINTER
EDITION
2025

Wellbeing Sessions

in the Tryst, Chaplaincy Centre

ZUMBA SESSIONS

- Every Monday and Friday at 5pm.

MEDITATION SESSIONS

- Thursdays at 18:30.

CHAIR YOGA SESSIONS

- Every Friday at 3pm

HOSPITAL CHOIR SESSIONS FOR STAFF

- Tuesdays at 7pm.

CHRISTMAS CHOIR (FOR ALL)

- Monday 22nd December 19:00.

HEALING GROUP SESSIONS

- First Saturday of the month - at 1pm.

MANTRA FOR PEACE

- Sunday 2nd November 16:00
- Sunday 30th November 16:00

MIDWINTER GATHERING

- Sunday 21st December 4pm.

OPEN SESSION FOR PATIENTS

- Space is reserved every week for patients to come down and use the room freely. Please get in touch for dates and times.

Religious Sessions

MUSLIM PRAYER

- Every Friday around 1.30pm we host Jum'ah.

CHRISTIAN PRAYER

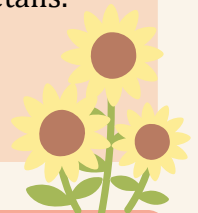
- Group prayer sessions vary - please get in touch to attend.

INTERFAITH PRAYER

- Every Wednesday at 1pm in the Peel Chapel.
- Ad hoc meetings happen - please get in touch for details.

BAHA'I SESSIONS

- Please get in touch.



Reminders

We welcome and support all faiths. If you'd like to celebrate or collaborate on events related to your religion, please get in touch.

Get in Touch

If you have any queries, please contact Marnie Powell (Spiritual Care Coordinator) on x26564 or marnie.powell@nhs.scot.

