

When are the sessions?

At Crew we run acupuncture or guided meditation sessions on Tuesdays from 5.30pm - 6.30pm. Our sessions are held in our upstairs offices which you will find up Anchor Close (the stairs to the right of the shop).

Drop-in sessions

Our acupuncture and guided meditation sessions are a drop-in service and once you have attended your first 10-minute appointment with a practitioner, you can just turn up at the times listed above. If you have been for a session before, please make sure that you arrive on time as sessions will start promptly. Unfortunately we cannot let anyone join the session once it has started.

About the group

Even though the ear acupuncture and guided meditation sessions are done with a small group of people, this is not a therapy group. We ask people coming along to the sessions to keep talking to a minimum before the session starts to allow everyone time to relax.

Afterwards, people are free to share their experience of the session if they want to. We just ask that everyone respects the boundaries of others and doesn't share or ask for personal information. This is to make sure the session remains confidential and open to everyone's needs.

How to find us

We're up Anchor Close next to the Crew Drop-in on Cockburn Street. Crew sign/buzzer on the door.



32/32a Cockburn Street Edinburgh EH1 1PB

For more information:

0131 220 3404

(Mon-Fri 10am - 5pm)
admin@crew2000.org.uk

Or visit our Drop-in
Mon-Wed 1pm - 5pm
Thu 3pm - 7pm
Fri-Sat 1pm - 5pm

Learn more online:

www.crew.scot

Crew 2000 (Scotland) is a company limited by guarantee, registered in Scotland, company number SC176635, and a charity also registered in Scotland, SCO 21500. Registered office: 32/32a Cockburn Street, Edinburgh EH1 1PB



Crew Training Room
32 Cockburn Street
Edinburgh EH1 1PB

(Entrance on Anchor Close)

For more information or if you are new to acupuncture please contact Crew on:

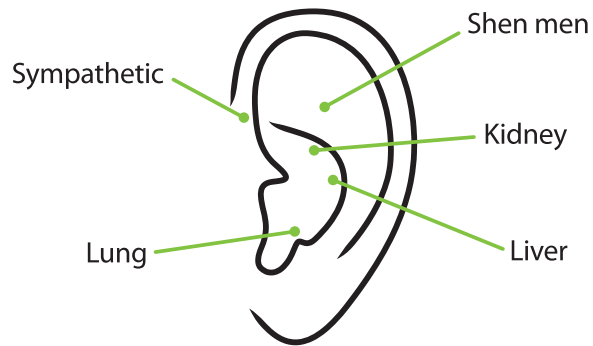
0131 220 3404

(Mon-Fri 10am - 5pm)

If you have been for an acupuncture session with us before, please just turn up 5 minutes before the start of the session.

What is ear acupuncture?

Acupuncture is an ancient Chinese method of curing and preventing illness which involves inserting small needles into parts of the body. The theory behind ear acupuncture is that the whole body can be mapped out on the ear. This means it is possible to treat the whole body just by inserting needles into points in your ears. The method we use is called National Acupuncture Detoxification Association (NADA) protocol. It focuses on five acupuncture points in the ear. These five points affect body functions and are concerned with cleansing the body.



Benefits

There are many benefits to ear acupuncture. The treatment can help people relax and it can relieve stress and anxiety. It has been shown to help reduce withdrawal symptoms for people trying to reduce or stop taking drugs. It can also help to speed up the withdrawal process so that these symptoms last less time. Many people who take drugs may have problems sleeping and acupuncture can help you to sleep better.

How does it work?

The Eastern philosophy tells us that all living things have an energy or life force called the Qi (pronounced chi). The Qi flows around your body in channels called meridians. These channels are connected to organs of the body as well as a wider range of functions such as emotional, psychological and spiritual states of being.

By placing needles in certain points along these meridians, an acupuncturist can manipulate the Qi to help restore its balance so that it flows freely and smoothly round the body. This can help maintain and restore health.

What we offer at Crew

At Crew we run weekly ear acupuncture or guided meditation sessions. Our acupuncture practitioners are trained by NADA in the five point ear acupuncture protocol. Our practitioners are not qualified, however, to give a full diagnosis or to use acupuncture on other parts of the body.

Your first appointment

If you are new to acupuncture please contact us on 0131 220 3404 to make a 10-minute appointment. One of our practitioners will meet with you to explain what happens in the session and answer your questions. You will also be asked to sign a consent form and you must inform the practitioner if you are pregnant, allergic to any metals or have any health issues which may be relevant.

What to expect

Ear acupuncture is run as a group session with up to 8 people attending. First the practitioner will go around the group and insert up to 5 needles into each person's ears. These needles are made out of stainless steel, are sterile and disposable (they are used only once). The needles are very fine so most people hardly feel them going in. Once the needles are in you may feel a warmth or tingling in your ears. If you feel anxious at any point or feel dizzy or light-headed, let the practitioner know.

The effects

People's experiences of acupuncture differ. Many feel calm and sleepy and people often fall asleep during a session. You may feel sleepy following a session so if you drive, we would advise that you don't drive directly after a session.

Guided meditation drop-in

Once or twice a month we offer a guided meditation drop-in session when our acupuncture practitioners are unavailable. These sessions follow a similar format with a guided meditation and we might add an introduction to mindfulness. Mindfulness meditation techniques can be helpful for supporting your recovery. Please phone us on 0131 220 3404 if you would like to check what type of session we are running in any particular week.