

PUPILS TAUGHT TO TAKE IT EASY



GETTING THE MESSAGE . . . therapist Paulo Quadros teaches David Kelly (3) from Ruchazie some relaxation techniques. Picture: MARTIN SHIELDS

PRIMARY kids of seven and eight are getting lessons in coping with stress!

But it's not because the pupils at Blairtummoich Primary in Easterhouse, Glasgow, lead particularly pressured lives.

It's simply because they live near a unique project called the Centre for Stress Management.

Massage and relaxation classes in school are the order of the day and the children love it.

The work with children and adults is part of the Centre's aim to help locals cope with stress.

Funding

Co-ordinator Mary O'Connor is in charge of the project which has gone from a pilot scheme with £25,000 funding in 1991 to an annual urban aid grant of £125,000.

Free or very low priced massages, counselling and training in massage are all available for local residents and the annual report shows over 3000 treatments were carried out last year.

By FIONA MONTGOMERY

Ms O'Connor, speaking at the Centre's Open Day today, said: "We are not just helping people get away from the stresses of their lives but working with the complete person.

"They learn how to alleviate their own stress and be more in touch with themselves."

She said the school children at Blairtummoich have been enthusiastic and enjoy learning to massage each other as well as taking it home to their parents.

"Two parents have already booked in for massages here after their children told them about us," she added.

The Association for Holistic Medicine, which set up the Centre, believes therapeutic massage, counselling and other personal development therapies should not just be available to people who can afford to pay.

They hope the work will help people overcome stress, anxiety, depression and despair.

Strathclyde Region provides 25 per cent of the funding through the Easterhouse Initiative.