

HEADS: UP study- Helping Ease Anxiety and Depression after Stroke

Mindfulness Taster Session and Focus Group Information



**Maggie Lawrence is the Lead
Researcher of this study.**

**Bridget Davis and Leyla De Amicis are the two
researchers working on this study.**



Mindfulness Taster Session and Focus Group Information



This pack will give you **information** on:

- How to walk to the CEE building at Glasgow Caledonian University
- Parking facilities
- How to get to the CEE 3 room
- Where to find the toilets
- Mindfulness brief information

Your Session

You agreed to attend the **HEADS UP** session on:

Date: **Tuesday 17th October 2017**

Start Time: **10.15 am**

End time: **1 pm**

Glasgow Caledonian University (GCU)

The **address** for the GCU is:

Cawcaddens Road

Glasgow

G4 0BA



If you are walking from **Buchanan Bus Station**, the closest GCU entrance for the **CEE** building is on **Cowcaddens Road**. The picture above shows you the entrance.

There will be **signs** at the University entrance to guide you to the **CEE building**. If you need to contact us on the day, please call **07722806719** (Leyla) or **07411115765** (Bridget).

How to get to the CEE building



When you enter the GCU entrance close to the bookstore, you will see on your left side a Santander bank branch. The CCE building is next to it.

Opposite the **CEE building** there is the **ARC** centre.

Parking facilities



If you have a **blue badge** you can park in the **disabled car park**, entering from **North Hanover Street**.

This car park is through the barrier, on your left.

If you do not have a **blue badge** you can park in the **car park** through the barriers from **Cowcaddens Road**. You will need to say to the Security guard your **name, surname** and **“HEADS UP study”**.

How to Get to the Floor Level 1

The CEE 3 room is on **Floor Level 1**. You can take the **lift** to go to Level 1. Everything you need will be here on this level.

- When you enter the CEE main entrance, you will see on your **left** side a lift to access Level 1.
- The lift is at the end of the entrance room.
- In the picture a gentleman is waiting for the lift.
- If you prefer, you can take the **stairs**. They are on the right of the CEE main entrance.



How to Get to the CEE 3 room

- When you walk out of the lift, the CEE 3 room is on your right.
- The CCE 3 room will be in front of you. In front of the CEE3 room there are some seats. This is where we will have refreshments, during the break.
- If you prefer, you can stay in the room during the break.



Where are the toilets?

- The toilets are close to the lift.
- When you walk out of the lift, they are on your right side.

