



Health  
in mind



**Can you spare a couple of hours a week to help older people to find out what's going on in your local community, and help build their confidence to get out and about again?**

**Please contact Alison or Julie on 225 8508 to find out more or email [alisonmcghee@health-in-mind.org.uk](mailto:alisonmcghee@health-in-mind.org.uk)**

Health in Mind is a registered charity (SC004128), promoting health and wellbeing in and around Edinburgh