
Community Connecting

Supporting older people to increase their self-esteem and make connections in their local area.

www.health-in-mind.org.uk



COMMUNITY CONNECTING

“It was just so nice to say ‘bye’ to my family and to be going out somewhere without them, as it’s always them that are saying ‘bye’ to me.”

“David (volunteer) has given me some purpose and something to look forward to since my wife died and made me realise that my life isn’t over since I’ve been diagnosed with Parkinsons there’s life in me yet.”

Everyone has the right to live a full and satisfying life. We can provide the tools, information and support to help you to cope with life's challenges and live the life that you want to live.

We all value our interests, relationships and local connections and recognise their importance in maintaining our mental health and wellbeing. When we experience difficulties, it's easy to forget about them and it can be hard to take the first step to re-engage.

If you are aged over 65, Community Connecting can support you to find out what services, activities and groups are available in your local area through being matched with a volunteer.

How does it work?

Together you will develop a plan of what you would like to do with your time and the volunteer will support you to develop the skills and confidence to make it happen.

Who can apply

You can apply for the Community Connecting service if you are over 65, live in the South West area of Edinburgh and would like to make new connections within your local community.

If you live outwith South West Edinburgh, or need support to get out and about, we cannot support you but can direct you to other services that will meet your needs.

Contact us

If you would like further information about Community Connecting, please contact:

Julie Dick or **Alison McGhee** on
0131 225 8508 or

**juliedick@
health-in-mind.org.uk**

**alisonmcghee@
health-in-mind.org.uk**

You can make a difference

People who use Health in Mind's services also help to shape them, ensuring that we continue to identify and meet need using creative and innovative approaches.

Our professional and trusted support staff and committed volunteers work in partnership to deliver a unique mix of services and training to promote mental health and wellbeing. Please contact us for current recruitment and volunteering opportunities.

Get in touch with us

For further information on **Community Connecting**, please call us on **0131 225 8508** or email one of the team.

juliedick@health-in-mind.org.uk

alisonmcghee@health-in-mind.org.uk

Community Connecting is part of Health in Mind.

For further information on Health in Mind's services, volunteering and employment opportunities or our feedback/complaints procedure please contact us at:

Health in Mind

40 Shandwick Place

Edinburgh EH2 4RT

0131 225 8508

contactus@health-in-mind.org.uk

www.health-in-mind.org.uk

Please note that our office in Shandwick Place does not have a lift and is situated on the first and second floors. If you have restricted mobility, please contact us for further information and assistance.

Access mental health and wellbeing information online:

www.edspace.org.uk (Edinburgh)

www.midspace.co.uk (Midlothian)

www.eastspace.org.uk (East Lothian)

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