

Lets' Improve Wellbeing for Older Adults 65+

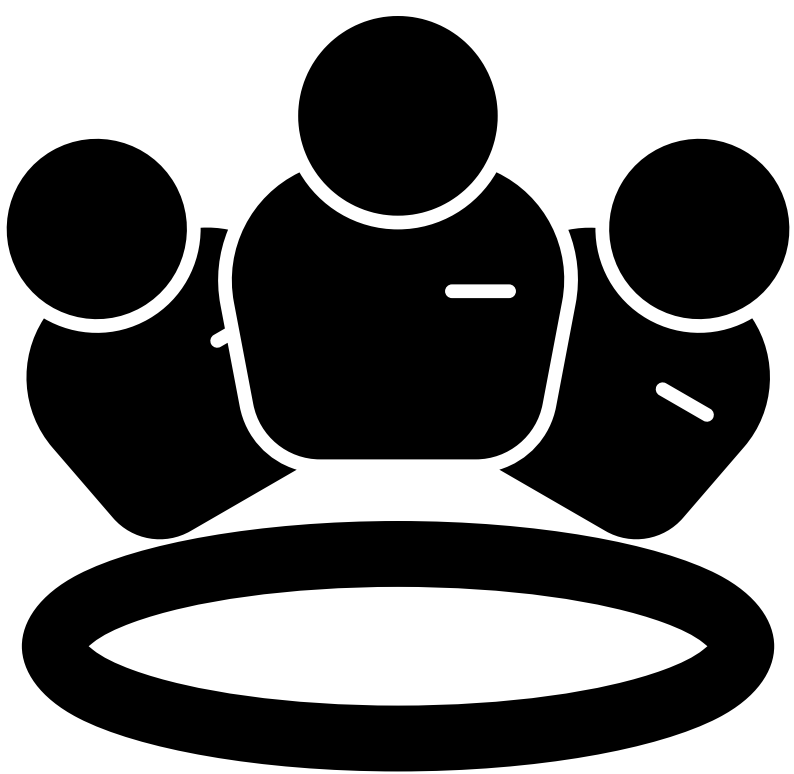


NHS **Mental Health Services** in
East London are changing



- City & Hackney
- Newham
- Tower Hamlets

Join Our Working Together Group In Person and Online



- Make new connections
- Meet other 65+ with similar experiences
- Become part of "People Participation"
- Find a safe space
- Address difficulties and discuss solutions
- Participants will be paid £20

**For more Info and to check if you are eligible please
contact Silvia Corrias**

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