

Wellbeing for Later Life



Are you 55 years and over and living in Bedford Borough?
Can you relate to issues some older people are faced with?

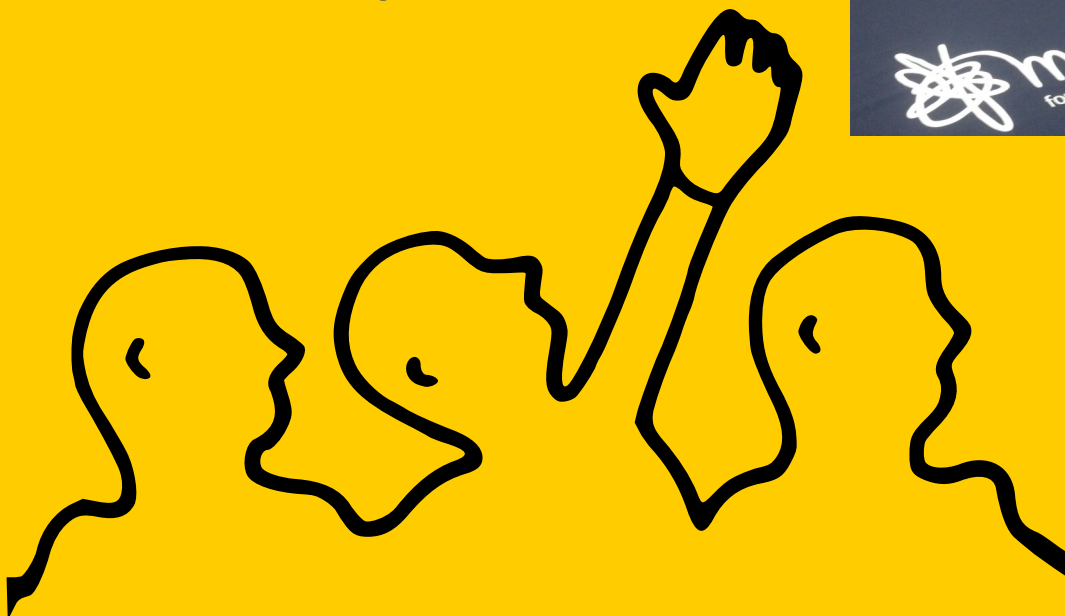
- Isolation
- Loneliness
- Anxiety
- Access to support services

Our Wellbeing For Later Life Co-ordinator, Clare, will be running a drop-in session in The Anderson Room of St Paul's Church in the town centre from 11am to 1pm on the dates below. This is an opportunity for people to come and have a chat about any concerns about their wellbeing, discover what support is available and to learn about Mind BLMK. The Anderson Room offers a private space for one to one meetings, meaning any discussions will be confidential. We look forward to seeing you.

* Thursday 27th July

* Thursday 10th August

If you have any questions then please contact
Clare Anderson,
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Supported by The

