

**from Tues 5th Sept**

The Heads-Up Hub and Café is a place where people can come together to connect, learn, and support each other; if you or someone you care for is living with:

- 😊 Multiple Sclerosis
- 😊 Stroke
- 😊 Brain Injury
- 😊 Parkinson's Disease
- 😊 MND
- 😊 Huntington's Disease

We can help if you have questions about:

- 😊 Money    😊 Technology
- 😊 Work    😊 Transport
- 😊 Hobbies and Interests
- 😊 Community Groups
- 😊 Help for carers
- 😊 Health and Wellbeing

There will be staff in person and on the phone to help.

# heads



*A welcoming place for everyone with a neurological condition*

If you would prefer to come along to meet other people you are welcome to pop into the café for lunch or a cuppa and a chat.

**Every Tuesday from 10.00 –2.00pm**  
**The Edinburgh Community Rehabilitation and Support Service**  
**62 Longstone Street, EH14 2DA**  
**Tel: 0131 443 3837**  
**Free parking available on site**



How to  
find us

heads



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Support Service**

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EH14 2DA**

**Tel: 0131 443 3837**

**Bus Stop: 34, 36**

**Bus Stop: 34, 36, 44**

