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:

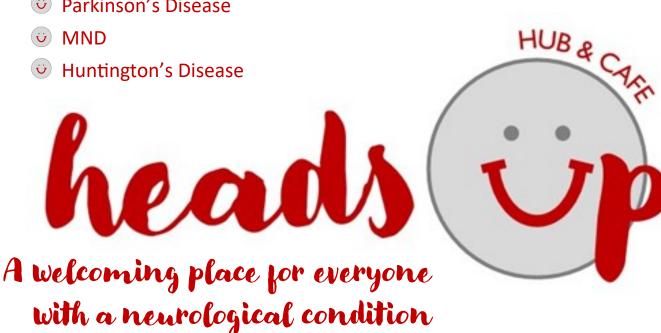
- Wultiple Sclerosis
- ♥ Stroke
- Brain Injury
- Parkinson's Disease
- (i) MND

Huntington's Disease

We can help if you have questions about:

- Money <i>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.



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** 

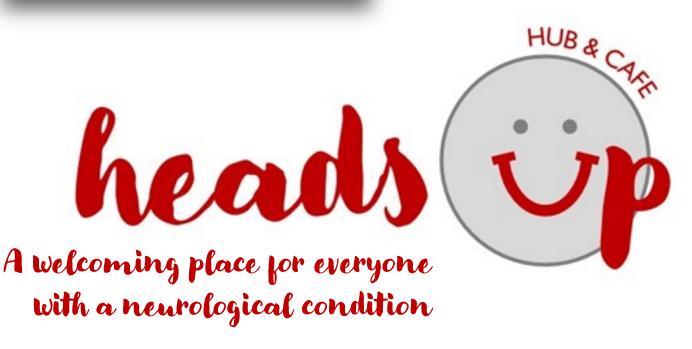
**62 Longstone Street, EH14 2DA** 

Tel: 0131 443 3837

Free parking available on site



## How to find us



The Edinburgh
Community
Rehabilitation and
Support Service

**62 Longstone Street EH14 2DA** 

Tel: 0131 443 3837

Bus Stop: 34, 36

Bus Stop: 34, 36, 44

