

# LET'S IMPROVE WELLBEING FOR OLDER ADULTS 65+

## Your Mind Matters

Community mental health services in City & Hackney, Newham, and Tower Hamlets are changing and we need your help! If you are 65+ and would like to help us TRANSFORM SERVICES for Older Adults, get in touch



We are creating a safe space for Older People to collectively discuss and address difficulties experienced within mental health services.

Eligible participants will be paid for their time.

**ALL ARE WELCOME**

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