

# COMMUNITY LED SUPPORT HERE FOR CAITHNESS COMMUNITY POP UP HUBS



GET ADVICE



FIND SUPPORT



STAY CONNECTED

Community Pop Up Hub - Come along to find out what community services are available in your area. Find out all about our frailty services and how some simple chair based exercises can make all the difference to making you feel better. Learn about small aids and adaptations, and lots of other tips to help promote independence in the home.

**Enjoy a cup of tea or coffee, cake and a chat!**

DATE	TIMES	LOCATION	VENUE
Thursday 21st March	10am - 2pm	Dunbeath	Dunbeath Day Care
Thursday 16th May	12pm - 4pm	Wick	Caithness House
Thursday 11th July	10am - 2pm	Reay	Reay Village Hall
Thursday 12th September	11am - 3pm	Canisbay	Canisbay Hall
Saturday 23rd November	10am - 2pm	Thurso	British Legion Social Club

## SUPPORTED BY



## PARTICIPATING ORGANISATIONS & GROUPS:

Caithness Voluntary Group  
(Here for Caithness)

Befrienders Highland

Listening Ear

Technology Enabled Care  
(NHS Highland)

Caithness Citizens  
Advice Bureau

Caithness Family  
Support Group

Ally Energy

Highlife Highland -  
Libraries & Leisure Centres

Highlife Highland - Countryside Rangers

Highland Council - Employability

Highland Council - Housing

Support in Mind Scotland

Home Start Caithness

Enable Works

Connecting Carers

Ormlie Community Association

Pulteney People's Project

Scottish Fire & Rescue Service

Cycling UK

Hearing & Sight Care

Alzheimer Scotland

Caithness KLICS

Family Mediation/Relationships Matter  
Scotland

Police Scotland

Social Security Scotland

Sensory Centre

Thurso Community Café

Fishermen's Association

NHS Highland - Caithness Service  
Redesign Programme

NHS Highland - Drugs & Alcohol Service

NHS Highland - Community  
Occupational Therapy

NHS Highland - Social Work

