

## Connected East Kilbride: A Space to Talk

**Tuesday 20th May 2025**

**11am-1pm, Kilbryde Hospice Atrium, G75 8GJ**

### Kilbryde Hospice

Kilbryde Hospice is committed to excellence in the provision of compassionate care for patients and their loved ones facing life limiting illness. We aim to add quality and meaning to their lives.

### Healthy & Active in EK

Healthy & Active in East Kilbride is a community focused organisation offering health and wellbeing services, a community hub, mobility services and activities that support people of all ages, backgrounds, and abilities to make positive changes to their lives.

### NHS Lanarkshire Health Improvement Team East Kilbride

Health Improvement will provide information and advice on Mental Health & Wellbeing as well as a variety of resources on local and national wellbeing supports.

### Citizens Advice Bureau (CAB)

CAB offer free, confidential, impartial support & advice around issues such as financial or legal problems, benefits, employment, housing and immigration.

### Home Energy Scotland

Home Energy Scotland offers free, impartial advice on energy saving, keeping warm at home, renewable energy, greener travel, cutting water waste and more.

### Routes to Work

Routes to Work Support unemployed individuals in South Lanarkshire to access further education, training and employment.

