



Can you help Sandy?

“I’ve been told to exercise but all I want to do is be able to walk Alfie”

Sandy’s Story:

Sandy was admitted to hospital with a chest infection, leaving him quite breathless. He says he’s stubborn and wants to do everything himself but knows that maybe he could do with some help.

Sandy likes it when it’s just him and Alfie but knows he needs a hand.

Could you help someone like Sandy?

We’re not asking for a huge commitment, we’re asking for a little kindness. There are lots of people like Sandy who could get home from hospital quicker if we all gave a little support.

For more information or to register interest please contact Maureen on 01875 615 423 or email Maureen@strive.me.uk

Community Support Programme



Volunteer with us

You can make a difference – a little kindness goes a long way

East Lothian
Health & Social Care Partnership



 **ihub**
supporting health
and social care

STRiVE

SUPPORTING YOU &
CONNECTING COMMUNITIES