

Who we are

An **independent, informed, Highland-wide network** of local voices representing the interests of the more than 92,000 people in Highland aged 55+.

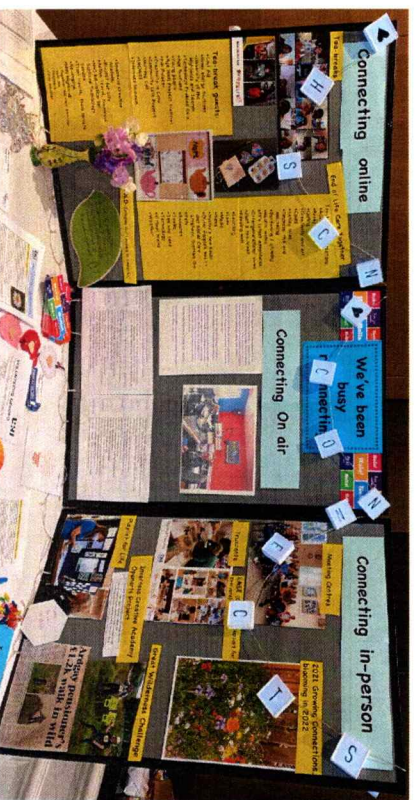
Our members come from across Highland and

further afield and include:

- Almost 350 Individuals
 - Nearly 100 older people's groups
- Through these we are regularly in touch with more than 3000 older people across Highland.

We are led by a **strong group of trustees**, who meet monthly.

Our **Co-ordinators** support older people's involvement and engagement by providing information, arranging events, facilitating consultations, and more...



What we do

Provide a collective advocacy service, **enabling the voice of older people to be heard**, by raising issues at both a local and national level.

Celebrate the contribution of older people.

Produce a regular **news-sheet**, sharing relevant news and activities, and offering **good connections** for older people.

Weekly virtual Tea-break on Thursday mornings at 11am, social with an invited guest to give us a focus. Broadcast monthly **Radio coffee mornings** on Nevis Radio.

Local area Get-togethers, bringing together older people with the services they use and with other opportunities in their communities.

Raise our funding through grant applications and participation in events such as the Great Wilderness Challenge. Donations are always appreciated.

