

# Mental Health and Wellbeing Event

---

Hosted by Haddington Central Tenants & Residents Association

---

*West Church, Court Street*

At our last meeting there was a public vote and it was agreed to create a Mental Health and Wellbeing Steering Group to find ways to improve access to mental health services, raise awareness of mental health issues and promote better health and personal wellbeing.

*Haddington*  
*Central*  
**TRA**

Haddington, East Lothian & much of Scotland is currently suffering from high suicide rates especially among young people and men. Young people, especially girls, are reporting bullying, harassment and anxiety. The elderly are also reporting record levels of loneliness and difficulty in accessing services. Lets put a stop to this by coming together as a community and finding viable solutions. It is your town so you should have a say in what goes on here.

*2<sup>nd</sup> November • 7pm to 9pm*

*OPEN TO ALL • WHEELCHAIR ACCESSABLE*

We are the official Tenants & Residents Association for Haddington Central (HCTRA) and as such we are a Recognized Tenants Organization (RTO) with East Lothian Council, ELHA, Homes for Life as well as the Scottish Council for Voluntary Organizations (SCVO) and Volunteer Scotland. We also work closely with the East Lothian Tenants & Residents Panel (ELTRP) and are a member of the Tenants Information Service (TIS).

Our aim is to facilitate positive change within the town and to foster an inclusive community spirit. We hope to further engage the community with social outreach projects such as the recent pop up picnic and childrens fun event at Herdmanflat. As a Tenants and Residents Association, we also aim to raise awareness of your concerns within the community and with local government. So we have representation at Community and Police Partnership meetings as well as on the Haddington and Lammemuir Area Partnership, Local Housing Partnership and the Haddington Health and Wellbeing Network. After all it is your town so you should have a say in what happens here.

Haddington Central Tenants and Residents Association are a volunteer group of people who live and work in Haddington and who seek to represent the views of all tenants, businesses and homeowners in the area to help make the neighborhood a better place to live, work and visit. At previous public meetings we have highlighted persistent and pernicious anti-social behaviour; lobbied to get streetlights fixed as well as raising concerns about planned changes to parking and town centre development. To represent the community, we actively encourage people to get involved so why not come along?

To find out more you can visit our website [www.ELTRP.CO.UK](http://www.ELTRP.CO.UK) where our latest newsletters and business minutes are available. We also have a constitution which outlines that we are democratic, responsible and accountable and seek to represent the whole community. So if you would like to get involved or just want to find out more of who we are and what we do, then why not drop us a line?