



Hopeful Steps

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**A sponsored walk to raise
awareness of suicide prevention**

Come and join us on

Saturday 13th September 2014

to complete a circular walk from Princess Royal
Trust (Borders) Carers Centre, finishing at
SAMH office in Galashiels.

We will be meeting at Princes Royal Trust (Borders)
Carers Centre, Brewerybrig, Low Buckholmside,
Galashiels at 9.30am ready to walk at 10am

Finishing at SAMH Fresh Start, 50—52 Island Street,
Galashiels.

For more information or to register/obtain sponsor-
ship form please **contact Health Improvement** at
health.improvement@borders.scot.nhs.uk or tel
01835 825 970