



Local conservation group receives £18,000 grant to develop project in Midlothian

Scottish mental health and wellbeing charity Health in Mind has been awarded £18,000 by Postcode Local Trust, a grant-giving charity funded entirely by players of People's Postcode Lottery to support and further develop its Midlothian conservation project.

Health in Mind's conservation project works with local volunteers to take part in enhancing outdoor spaces, conservation and protection of local woodlands and walkways and provides outdoor education.

Phil Morris, Senior Project Worker at Health in Mind said "The project was formed by Health in Mind volunteers in 2012 with the aim of improving outdoor spaces for the benefit of local communities. Now, thanks to this funding we are able to broaden our reach and impact by involving more local people and widening the range of conservation activities that we offer.

'Our conservation project encourages people to enjoy the benefits of being close to nature and promotes positive wellbeing. With this extra funding more people within Midlothian will be able to experience this positive impact either by volunteering with the project or reaping the benefits of our volunteer's work and enjoying the improved outside spaces that the project develops.'

To find out more or to get involved with the project visit www.health-in-mind.org.uk or call 0131 663 1616.

- Ends -

Notes to Editor

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About Health in Mind

Health in Mind is a charity promoting positive mental health and wellbeing in Scotland. We offer a range of services across Edinburgh, the Lothians and the Borders and run the national Trauma Counselling Line Scotland.

www.health-in-mind.org.uk

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