

# Are you a Mail Mate or a Blether Buddy?



FOR AGE 60+ IN  
WEST LOTHIAN

Do you enjoy writing and receiving letters,  
or perhaps prefer a good chinwag on the phone?

**OPAL will match you with like-minded  
people in your area. Call us to find out more**

**01506 815 815 opal@cyrenians.scot**

West Lothian Community Health  
and Care Partnership  
[www.westlothianchcp.org.uk](http://www.westlothianchcp.org.uk)



**Cyrenians**

**OPAL** Older People, Active Lives

Scottish Charitable Incorporated Organisation (SCIO) SC011052