



Birchwood Highland

Independence Inclusion Recovery

Birchwood Highland is a charity providing residential and outreach support for people in the Highlands with mental ill health. We're dedicated to helping them along the path to recovery, and promote the positive effects of physical exercise on mental wellbeing.

Running for charity

If you're planning raising sponsorship in 2011, please consider choosing Birchwood as your charity. We have charity places available in the Great Wilderness Challenge (Saturday 20th August) and Baxters Loch Ness Marathon (Sunday 2nd October).

Or you could enter one of the Fun Runs and raise funds for us.

To find out more, please contact us at:

5 Wells Street, Inverness, IV3 5JT

Tel 01463 236507, email info@birchwoodhighland.org.uk,

www.birchwoodhighland.org.uk



Registered Charity SC003918