



## GRAMPIAN

### **Penumbra in Grampian has a range of services including:**

3 shared houses in the City which provide 24hr support. All houses are small scale and homely and Tenants are supported by a committed team of Penumbra staff.

5 flats in Macduff and 5 flats in Peterhead which provide single, supported tenancies. Again Tenants are supported on a 24hr basis by Penumbra staff.

1 respite care house which provides guest house style accommodation for people living in the Grampian area who experience ongoing mental health problems and who would benefit from a break.

We also have a project which provides support to people who have Alcohol Related Brain Disorder. This project provides staff to support people living in their own homes.

Together with the services we provide we contribute as we can to mental health related issues in the area and we are always keen to hear from people who share our interest in these issues.

You can contact us as follows:

**Penumbra**  
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**Aberdeen**  
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**Tel/Fax: 01224 644 134**  
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