

# Age Positive Project



**A new city-wide project aimed at supporting people aged 65 and over, who may be at risk of frailty and social isolation.**

**Timebank Southwest, 65+ Social Prescriber at Wolsey Trust and Improving Lives Plymouth; are working together to support people to access their community.**

- \* **ILP are setting up community groups across the city to support people through informal, fun and relaxed sessions.**
- \* **Providing information, signposting and advise on services and support in your local area.**
- \* **Sessions include workshops and discussions around 'Staying Safe at Home' and 'Maintaining Good Health into Older Adulthood' plus lots of time for conversation and socialising.**



**Find out what is happening in your area:**

**Email: [anna.fox@improvinglivesplymouth.org.uk](mailto:anna.fox@improvinglivesplymouth.org.uk)**

**Or Call: 01752-201900 or 07305104006**