



Age Positive Programme — September & October 2022

A new city-wide project aimed at supporting people aged 65, and over who may be at risk of frailty and isolation. This project is part of the Plymouth' Integrated Care of Older People strategy, and funded by the CCG (NHS Clinical Commissioning Group) via Plymouth City Council.

We currently have two groups in the Compton area meeting fortnightly at two different venues. Each session is 2 hours, including a theme, plus lots of time for conversation and socialising. **Please come and join us—we'd love to meet you!**

Do you want to learn about services and support in your area?

Financial advice, staying safe at home, health, physical support, sports, local history, organisations and activities to get involved in & much more....

At The Bluebird

11am-1pm

- Tuesday 6th September
- Tuesday 20th September
- Tuesday 4th October
- Tuesday 18th October

£2 for hot drinks or £2.50 for hot drink & cake

At Mannamead Wellbeing Hub

2pm-4pm

- Wednesday 14th September
- Wednesday 28th September
- Wednesday 12th October
- Wednesday 26th October

50p donation towards refreshments

Additional one-off taster session

Want to try something new?

Try your hand at

Croquet!



***Booking Essential**

When: Thursday 22nd September

10am-12.30pm

Where: Plymouth Croquet Club, Hartley Reservoir

How much: £10 per person

(Training, equipment, teas/coffee & biscuits provided)

Reasonable level of fitness required to move unaided around the lawn

Contact Details for the Age Positive Project

E-mail: anna.fox@improvinglivesplymouth.org.uk **OR Ring:** 01752-201900 or 07305-104006