

Our programme launched in October 2015. More than 800 people over 50 years old in the Evington area have been involved with **Leicester Ageing Together**.

As funding comes to an end, we are looking at ways of sustaining activities and support to help reduce social isolation.

- **Do you have a family member living on their own?**
- **Is a neighbour on their own?**
- **Are you on your own?**

Give & Take is a new project through Leicester Ageing Together that offers support to people over 50.

Our volunteers are able to;

- Visit at home for a chat and a cuppa
- Accompany people to appointments, the shops or social outings
- Support to use a mobile phone, tablet or computer
- Offer respite service, giving a carer some free time

For more information, or to volunteer, call Emily 0116 249 8851 or 07846 516 017

The Silver Line. Arranges to call you at the same time each week, using the same volunteer, to build a rapport and friendship 0800 4 70 80 90

Contact the Elderly. Monthly afternoon tea parties for those who are 75+. Call Mary Robinson 01535 632 592

Many interesting local groups, organisations and events are detailed at the back of The Echo

'Listening Bench' Pilot scheme

Do you just feel you want a good old chat to someone?

Leicester Ageing Together is piloting a Listening Bench initiative at **Vintage 186 Café**, 11 Main St. Every Tuesday 10.30 – 11.30am. Look out for the sign and a person sitting the bench alone! Come along, get chatting and feel good about it.



Anything Goes Social Group Open to new members – people over 50 who live in Evington and would like to try new activities, meet new people and go on day trips. At Evington Park House every Wednesday 10.30 to 12.30. Join us for a cup of tea, a slice of cake and a nice chat. Call Yasmin for more information on 0116 223 7367

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