

A FREE 6-WEEK PROGRAMME TO HELP COMBAT
LONELINESS FOR THOSE OVER 50



TOGETHER WE CAN

- Together we can... be more safe at home
- Together we can... move more and safely
- Together we can... improve our IT skills
- Together we can... eat healthy on a budget
- Together we can... improve our mental health
- Together we can... improve our craft skills

EVERY WEDNESDAY 2pm–4pm

8th June – 13th July

**Merrow Methodist Church
Bushy Hill Drive, Guildford,
GU1 2SH**

or

EVERY THURSDAY 2pm–4pm

9th June – 14th July

**Guildford Baptist Church
Millmead, Guildford,
GU2 4BE**

**Refreshments provided. If transport is needed, let us know.
To register contact Guildford Baptist Church on 01483 575008.**

**TOGETHER WE CAN is joint project between Guildford Churches Partnership
and Surrey County Council Adult Social Care.**