

Activity groups for the over 75s

**Make a difference
and volunteer**



Re-engage is looking for group coordinators to volunteer between two to four hours of their time a month to help older people stay active, make new friends and support them to engage in their local community.

At Re-engage we organise activity groups for people aged 75 and over to help reduce loneliness, social isolation and improve physical wellbeing.

Our groups host a range of activities including dance, chair yoga, tai chi, light fitness classes, singing and boules.

We are looking for volunteer group coordinators to set up or coordinate a Re-engage group in their local area.

Please get in touch.

Call **020 7240 0630**, email **info@reengage.org.uk**
or visit **www.reengage.org.uk**