

# Activity groups for the over 75s

Make a difference  
and volunteer



**Re-engage is looking for volunteer drivers to give their time 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 drivers to pick up one to two activity guests from their homes to take them to a monthly or fortnightly 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**