


Add more joy

to your community, the lives of
older people and your own life.



“ We have fun!! We have made new friends.
There is a sense of caring and sharing. ”

Make a start with our free guide,
Reaching Out: www.csan.org.uk/embrace.



Older people living near you may want to join in with activities in their local area. Some would really welcome a hand to make joining in easier.

Reaching Out illustrates some ways parish groups can connect with older people through group activities that are right for them.

Use *Reaching Out* to start a conversation in your parish, then refer to it as you develop activities.

**So join in,
and add more joy.**

“ *The atmosphere is good for helping lift the spirits when you are feeling down. The games, quizzes and entertainment are wonderful for getting people to participate. There is also the feeling that, if you need help or advice, it would be there for you.* ”