

Ways to wellbeing in later life

Local services, local people, local charity

Helping you to
restore your
wellbeing and
love later life
again

For details call us on
07988 638 355

Email
kym.gleeson@ageukrotherham.org

In partnership with



SUPPORTED BY
**NHS
CHARITIES
TOGETHER**



**Sheffield
Hospitals
Charity**

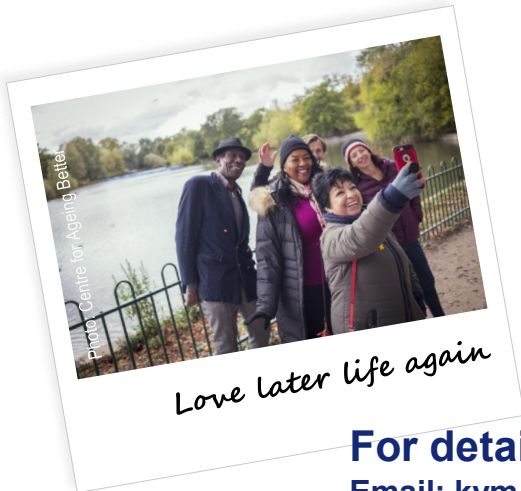


**South Yorkshire's
Community
Foundation**

Do you want to make changes in your life and need a little help to get started?



*Let us help you
find your way
to wellbeing*



- Meet people socially, such as joining a local group.
- Help and encouragement to go out and about or move more.
- Have someone beside you to help build confidence and independence.
- Increase digital confidence to access activities online.

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Age UK Rotherham, Galax Business Centre, Eastwood Trading Estate, Fitzwilliam Road, Rotherham S65 1SL

Visit www.ageuk.org.uk/rotherham

call 01709 835 214 or email info@ageukrotherham.org

Age UK Rotherham is an independent local charity that works with and for older people in Rotherham. Registered charity number 1039771. Leaflet: Wellbeing 21 June 2022

Front cover photo: Centre for Ageing Better