



**Getting Involved
and
Staying Independent**



Fancy a free lunch and a chance to get involved?

Meet **POPS** at Nayland Village Hall, Church Lane, Nayland, CO6 4JH
Thursday 22nd September 2011

Age UK Suffolk and **POPS (The Partnership with Older People in Suffolk)** are holding a number of Talkabout events throughout Babergh and asking people in later life to come along and join in. POPS promotes positive ageing and champions people in later life. Talkabouts are usually from 10 am to 4 pm but exact times are given when you confirm you are coming.

“So what’s it all about then?”

It’s not surprising that Talkabouts are about talking! We chat in small groups about topical issues that affect older people and listen carefully to your views, opinions and ideas. We look at ways in which we can help you to maintain your independence.

Talkabouts are also interactive - at each event we have lots of information for you to take away, you can meet new people and you can find out about what’s on in your local community. Other organisations that are of benefit or interest to people in later life also take part.

After each Talkabout we produce a report which is sent to local service providers so that what you tell us can be taken into account and can help to shape future services. **Let us give you a chance to be heard!**

You can come on your own or you can bring a friend, or two. What have you got to lose? **FREE LUNCH, TEA, COFFEE & BISCUITS**

Talkabouts are all day events and include:

Table discussions

Community Information

Free Raffle

Fire Safety Information

Taster Sessions

Age UK Information

And lots more!!!!

Come and spend the day with us!

Places are FREE but must be booked, please. To reserve your place, or to find out more - either send back the slip below or leave a message giving your contact details - to Debbie Meekcoms, POPS Co-ordinator, Age UK Suffolk, Saxon House, 7 Hillside Road, Bury St Edmunds, IP32 7EA Tel 01284-757783

Name

Address

Address

Post code

Telephone

Email

Any special transport needs? We will try to help.

Any special dietary requirements?:

Do you have any disabilities, including hearing loss? (so we can make the event accessible for you) :