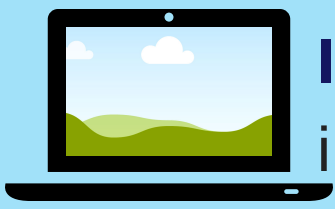


RespectAbility

RespectAbility is a free service, offering clients the opportunity to engage in a variety of ventures that may be of interest, or value to them. These include:



IT courses for beginners: how to use the internet, Ebay, Skype, etc.



The Shed: Woodworking and furniture restoration

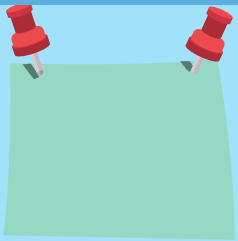


Cooking: for 1 + 1 or more

Dining: with others on the programme



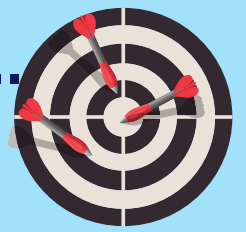
Light exercise sessions: music and movement



Reminiscence sessions

Model making, craft and games...

and more...



All activities are undertaken at Lakeland House, on Abbey Road, and sessions run from 10:00am to 12:00 noon and 13:00 to 15:00. Communal dining is an option for those staying all day, with lunch in the dining room.

RespectAbility is about providing positive choices to enhance people's confidence and abilities, as well as introducing them to new people and experiences. The first and possibly most important choice to be made is whether or not you wish to engage with the programme.

Interested? Contact Age UK Barrow & District, Lakeland House, Abbey Road, Barrow in Furness, Cumbria LA14 1XL

Telephone: 01229 831425