



- **Tuesday 2 October** 2.00pm - 4.00pm Age UK Carlisle and Eden, Resource Centre, Sandgate, Penrith
- **Thursday 4 October** 2.00pm - 4.00pm Riverside Building, Chapel Street, Appleby in Westmorland
- **Thurs 11 October** 2.00pm - 4.00pm Upper Eden R.U.F.C, Pennine Park, Kirkby Stephen
- **Tuesday 6 Nov** 2.00pm - 4.00pm Eden Housing Association Ltd, Wasdale Flats, Shap
- **Thursday 9 Nov** 2.00pm - 4.00pm Alston Town Hall, Front Street, Alston

These sessions are **FREE** and include tea and biscuits. They are led by trainers from **Barclays Digital Eagles**.

Limited places must be booked in advance. For booking and further information, please phone **Age Uk South Lakeland on 01539 728118**