



# GO FOR GOLD

Inspiring People and Communities to Age Well	DATE & TIME
<p><b>Cornwall FA  Age UK Walking Football League</b>            We are sponsoring the League as part of our 50th Year Birthday Celebrations <b>#GoForGold</b>. The League is the first of its kind in Cornwall and welcomes FA Affiliated team members aged 50 years+</p> <p><a href="http://www.cornwall-link.co.uk/activity/walking-football-finals-day---newquay">www.cornwall-link.co.uk/activity/walking-football-finals-day---newquay</a></p>	<p>: 1bUg'8 Um  <b>Gi bXUm%h`GYdh</b>            B^, ~ æ Á!^@!!æ Á            V!^ç^} • [ } ÁüãÉp^, ~ æ Á            VÜI ÁÓP            % \$\$!%&amp;\$\$</p>
<p><b>Beach Guardian &amp; Age UK Cornwall</b>            We have 3 beach clean events planned in September to highlight climate resilience and sustainability. Beach Guardian organise beach cleans across Cornwall -connecting people with the environment and improving health and well being of both people and planet - it is also brilliant &amp; fun way to make a difference to plastic pollution.</p> <p>Please remember to click the <b>going on Facebook</b> links to let Beach Guardian know your attending.</p> <p>Treyarnon Bay 17th Sept            Porthpean Beach 24th Sept            Swanpool Beach 25th Sept</p>	<p><b>Saturday 1+h Sept</b>            Treyarnon Bay @ 4PM</p> <p><b>Saturday 24th Sept</b>            Porthpean Beach @ 12pm</p> <p><b>Sunday 25th Sept</b>            Swanpool Beach @ 2pm</p>
<p><b>F Ygd]fUrcfmi-bZcfa Uh]cb'8 Um!'; c]b[ 'Zcf'; c`X</b>            Age UK Cornwall, with support from Chaos Group, is proud to be hosting a Respiratory Information Day. During the day, people will be given the opportunity to talk to experts and specialists about their long-term conditions. They will also be able to speak to organisations about what support they can receive.</p> <p><a href="http://www.cornwall-link.co.uk/activity/respiratory-information-day---liskeard">www.cornwall-link.co.uk/activity/respiratory-information-day---liskeard</a></p>	<p>: f]XUm' \$h Sept            Šä \^æääÁ[ } Áæll            HÉ Á ^•óÜÉŠä \^æääÁ            ÚŠFI Á ÓY            \$- ' \$!%&amp;' \$</p>

