

# AGE FRIENDLY SALFORD ENGAGEMENT PROGRAMME



**COME AND JOIN US - WE NOW HAVE A PROGRAMME OF VIRTUAL ACTIVITY RUNNING EVERYDAY**

- **READY TO GO** - Planning for the future is not easy at the moment – Join us for information and advice from experts
- **BREW AND CHAT** - an opportunity to get together with others and share memories and conversation about a particular topic with a focus on wellbeing
- **WALK AND TALK** - Lost some of your confidence to go out ? Join walk & talk where we will explore the history of some of Salford's public space – start with a virtual walk - Call Andrea (Inspiring Communities Together) 07375049963 to find out when the next programme starts
- **TECH AND TEA ON-LINE** - Would you like some help with your tech skills join our Tech and Tea on-line sessions If you do not have access to equipment please call Jo (Inspiring Communities Together) – 07375 924 424 (Tuesday and Thursday 10am – 3pm)
- **FRIENDLY FRIDAY** - At the moment weekends can seem like the same as an other day- join us for our Friday chat. Will discuss a different topic each week

**IF YOU WOULD LIKE TO GET INVOLVED CONTACT [andrea@inspiringcommunitiestogether.co.uk](mailto:andrea@inspiringcommunitiestogether.co.uk) ANDREA WILL ADD YOU TO OUR WEEKLY EMAILS ON HOW TO JOIN EACH SESSION**



## A HELPING HAND

During this lockdown, we know it's not so easy to ask a family member or friend to help you with digital issues, so if you want to get involved but you need a bit of help with Zoom, you can:

- [Watch our short YouTube video](#)
- [Read our "How to Zoom" guide](#)
- [Read our "'Ready to go booklet"](#)

## VIRTUAL LEARNING PROGRAMME

DAY	TIMES	ACTIVITY
Monday	11am – 12pm	READY TO GO
Tuesday	11am – 12pm	BREW AND CHAT
Wednesday	11am – 12pm	WALK AND TALK
Thursday	11am – 12pm	TECH AND TEA
Friday	11am – 12pm	FRIENDLY FRIDAY

Age Friendly Salford is a programme of work funded by Salford Clinical Commissioning Group and Salford City Council to engage and support older people to age well. The programme is delivered by a partnership of voluntary sector organisations: Inspiring Communities Together [www.inspiringcommunitiestogether.co.uk](http://www.inspiringcommunitiestogether.co.uk) Age UK Salford [www.ageuk.org.uk/Salford/](http://www.ageuk.org.uk/Salford/) Salford CVS [www.salfordcvss.co.uk](http://www.salfordcvss.co.uk)