



# Community Support Clubs





## **What are Community Support Clubs?**

Age UK Sunderland provide a number of Community Support Clubs across Sunderland. These clubs are community-based groups that are accessible and social, with activities helping to reduce loneliness and social isolation.

The clubs link you to social opportunities via a team of staff and volunteers in different community venues.

## **What you can expect:**

- A warm meal is just part of the experience – it's a social occasion that you can enjoy too
- They are an opportunity to meet like minded people whilst having fun, staying active and sharing common interests
- All the venues are welcoming, comfortable and ran by our dedicated and friendly Age UK Sunderland volunteers
- Our Community Support Clubs typically meet once a week, Monday to Friday, across all areas of Sunderland

## **We hope to help you to:**

- Lead a healthier and happier life
- Have the opportunity to meet new people and get more connected
- Get more active
- Stay independent for longer

## **The service is available for adults who:**

- Are resident within the City of Sunderland
- Are aged over 50
- Are able to take care of their own personal needs

If you need to contact a Community Support Club Co-ordinator please ring 0191 565 9045.



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*“Mam has thoroughly enjoyed her Wednesday club. They have not only provided her with some splendid lunches but have also introduced her to a new group of friends.”*

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