

LET'S CONNECT

A multi level programme supporting residents of Sutton 50 + to enjoy activities & new social connections



Programme Guide

0208 078 0002

www.ageuk.org.uk/sutton

letsconnect@ageuksutton.org.uk



Let's Connect, Age UK Sutton's innovative social support programme, funded by The National Lottery, enables older Sutton residents to connect with their community to help people live the life they choose, including having access to information and opportunities to connect with others.

121 Support



121 support to help find new activities or opportunities to connect in the community. Based on your goals, we can help with planning journeys to activities, trying new activities together, provide information about local events and more!



**Monday-Friday
from 9:30am-6:00pm**



**Accessible activities
planned with the team**

Walk and Talk



Rebuild confidence, strength, and stamina over 12 sessions with a volunteer. With the option of onward support to help you find what would you would like to do next.



**Monday-Friday
from 9:30am-6:00pm**



**Accessible walks with flat paths,
planned with the team**

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Quieter Coffee Mornings

? Monthly coffee meets in smaller groups to make new connections. Perfect for people who prefer smaller groups to socialise.

🕒 Monthly on Wednesdays from 10:30am



Quiet accessible public café with audio access, free parking and on great transport links

Friendship Groups

? Meet new people over a series of lunches. Our FREE lunches are the perfect setting to enjoy a healthy lunch, make new friends and hear about other social opportunities and activities.

🕒 Every other Tuesday 12:00pm-2:00pm



Step free building, accessible toilets, close to transport links

Activities, Events and Have your say

? We have produced a series of What's On Guides to help inform residents about AUKS delivered activities and further activities within the borough of Sutton. To find out about upcoming events, have your say in how we deliver services and on other local matters get in touch today!

🕒 Monday- Friday from 9:30am-6:00pm



All activities and venues are accessible with adaptable exercises. Have your say from home, on the phone or in person.