

The **PAL** Project



**Not getting
out as much as
you used to?**

**Fancy making
new pals?**

**Contact
Engage with Age
and get involved
with the
PAL Project.**

- Group activities such as book groups, walking groups, online activities.
- Telephone befriending.
- Make new friends and enjoy yourself.



**Be a "PAL"
and join in with
the PAL Project.**

Contact:

For **Group Activities** call **07436 174793**

or email **palproject@engagewithage.org.uk**

For **Telephone Befriending** call **07423 702721**

or email **befriending@engagewithage.org.uk**



See overleaf for our range of PAL Project activities.

Our activities include:

- **Walking Groups**
- **Social Groups**
- **T'Ai Chi**
- **Dance Group**
- **Book Group**
- **Family Tree Group**
- **Online "Chocolate Bingo", via Zoom**
- **The Pub Quiz without a Pub, via Zoom**
- **Telephone Befriending**
- **Dementia Friendly Groups**
- **Monthly Coffee Mornings**
- **Contributing to "The PAL Gazette" newspaper**
- **The Slipped Disco™**

You can also link in with the wide range of other Engage with Age services and activities.

A very warm welcome awaits you!

