

# LIFT UP TOGETHER



## FEELING



A Bit Down?  
Alone & Need some Com-  
pany?  
Don't know where to turn?

## Come along

on **Thursdays** to Lakeview Social Centre  
in Tracious Close (opposite 91 bus stop)  
anytime between 12 noon and 4pm

on **Fridays** to CornerHouse, 2 Courtenay Road  
anytime between 2pm and 4pm

An opportunity to meet others and have a  
friendly chat

Refreshments available

You can be assured of a warm welcome

(Small membership fee)

**WE LOOK FORWARD TO SEEING YOU!**

For further info please call

**07527 815520 (24hrs)**