



SNOPF

South Norfolk Older People's Forum

New members always welcome

Next meeting

Wednesday 17 October

at

10 am for coffee for 10.15 am start

**At South Norfolk Council Offices
Council Chamber**

Swan Lane, Long Stratton, NR15 2XE

Main topics of the meeting will include :

The **AGM** and **discussion** for the future of the Forum

Social Prescribing – helping to find out how to beat loneliness and take care of your health and wellbeing

Financial independence and budgeting for the future

Time will be allowed for the usual question and answer session after each talk

If you find it difficult to get to the meeting, free transport could be available from where you live. To take advantage of this please call Malcolm Court on **01508 570461** by **5pm on Monday 8th October**