

COMMUNITY BUILDER

*Reducing loneliness
and social isolation
for Harlow Seniors*



Come Along!

We have many weekly social groups running across Harlow. Each club meets for 2 hours, you can meet new people, make friends, chat, play games, enjoy refreshments and get to know our wonderful team of volunteers.

We also have a monthly singing group in partnership with Goldies and a monthly tech support class.



*Thank you for all
you do for us –
there's no need to
feel lonely.*

To find out more



Jenny on 07849 087 789 or



jenny@rainbowservices.org.uk



WHAT WE OFFER

The Community Builder project supports older residents to create and maintain weekly social clubs, as well as organising day trips and special events. We also facilitate access to crucial health and wellbeing services and other beneficial community activities.

DEMENTIA

The Community Builder project also runs clubs which are friendly for those with Dementia and their carers. You can find out more about these clubs by contacting **Ron** on **07918 605744** or **ron@rainbowservices.org.uk**



VOLUNTEERING

If you can spare 2 hours each week to support one of our clubs please get in touch to find out more.



SCAN THE QR CODE
FOR MORE INFORMATION



IN PARTNERSHIP WITH:

