



**PramaLIFE**  
Age Friendly Communities



## Saturday Friends

PramaLife is working with the Association of Residents of Canford Heath (ARCH) in developing a social support group for older people and carers living in Canford Heath.

This group will bring people together socially on a Saturday morning, with sing-alongs, games and other fun activities! There will sometimes be speakers and the chance to raise awareness of issues affecting local people. Refreshments will be provided – tea and coffee included in the £2 charge.



Neighbourhood Centre,  
St. Paul's Church Hall  
Off Culliford Crescent,  
Poole, BH17 9DW

Future sessions on a Saturday  
10.00 am - 12.00 on:

Sept 10th & 24th  
Oct. 8th & 22nd  
Nov. 5th & 19th  
Dec. 10th

**For more information please contact:**

Sue Parsons, Group Leader - 07999 402162