

**From visiting family to belly dancing, we know that older people should be able to do the things they love.**

We’re Here Too brings together people who want to see more opportunities for older people who need more support, so they can participate in the issues and activities that interest them.

**This year we will be having discussions around 3 themes at our events:**
1**.** Building stronger links between people living in care homes and other supported settings and people in their local communities
2. Keeping active
**3.** What works for older people in BME communities.

Come along to the event that is convenient for you from **10am – 3.30pm**. Tea, coffee, cake and lunch will be provided.

There is information on the programme for each event at [**www.otbds.org/projects/were-here-too/**](http://www.otbds.org/projects/were-here-too/)

Contact Outside the Box for or more information or to book your place.


**Email:** **alice@otbds.org** **or phone: 0141 419 0451**

**24th October

 Eastwood House, East Renfrewshire**

**2nd December

Smithton Free Church,
Inverness**

**15th November

Forth Valley Sensory Centre, Falkirk**