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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**](mailto: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**