

Volunteering Opportunities

If you are interested in volunteering within the Lifetime department, please call on the number below for more details on the following opportunities

Lifetime (Day Care) Centres

Lunch Clubs

General Office Admin.

Peer Health Mentor

Training for:

Walk Leader

Armchair Exercise

Food Safety



Nicky, Volunteer

For more details call
Jo Gunnett **01604 611200**
E-mail:
jo.gunnett@acnorthants.org.uk

AGE Concern

Age Concern Northamptonshire
Registered Charity Number 1059995

Head Office
01604 611200-

Age Concern Northamptonshire is a local, independent charity which depends on donations and income from services.

All of the income we raise in this way is used exclusively to provide services to older people in Northamptonshire

Lifetime

Phone: **01604 629595**

E-mail:

lifetimeproject@acnorthants.org.uk

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AGE Concern

COMMUNITY ACTIVITIES SCHEME LIFETIME PREVENTION PROJECT

Lifetime

Age Concern
Northamptonshire
Registered Charity Number 1059995

Tel: **01604 629595**

Why we do what we do:

We provide a service to the older people of Northamptonshire to ensure that they are enabled to:

- Look after themselves
- Participate fully as active members of their local communities
- Choose and receive the type of help they need, when they need it
- Remain safe and secure, and enjoy a good quality of life

The types of educational courses currently run are:

Technology

- Internet
- Computing
- Photography

Keep Fit

- Tai Chi
- Aqua Fit
- Yoga
- Tea Dances
- Learn to Dance
- Bowling for Beginners
- Extend – Movement to Music

Arts & Crafts

- Watercolours
- Flower Arranging

Historic Interest

- Genealogy
- Family History
- Village History

Tours and Trips

- Historic Houses
- Seaside
- Pub Lunches

The majority of our courses start from £5 per session.

Would you like to participate in fun activities with other likeminded over 55's in your area.

We may also be able to help set up and run or assist you to develop your own group or course., if there is something you would like to do that is not listed please give us a call. Our eager team are waiting for your call on **01604 629595**



Other ACN Services

- Insurance (Home, Car, Travel, Funeral Plan)
- Aid Call
- Shopping Service
- Carers Response Service
- Benefits/Care Home Advice
- Befriending Scheme
- Lunch Clubs
- Handyperson
- Hospital Aftercare

**For full details call
01604 611200**

Age Concern Northamptonshire
Registered Charity Number 1059995

31 Billing Road
Northampton
NN1 5DQ

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E-mail:

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