

Age UK Carlisle and Eden Rural Eden & Carlisle Healthwatch REACH

The REACH team aim to support older people in rural Carlisle and Eden with **FINANCE, FITNESS AND FRIENDSHIP**

- ♦ Help to access benefits
- ♦ Help with keeping healthy
- ♦ Help with building confidence
- ♦ Help to access social groups
- ♦ Help to access healthy activities
- ♦ Starting up new activities

To contact a REACH officer please telephone:
01768 354918 Appleby Office
01768 863618 Penrith Office
01228 536673 Carlisle Office

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