



Ross-on-Wye & District

Do you or anybody you know have–

- Existing groups running that would welcome new members?
- A group of friends that would like to share activities?
- Recently moved to a new area and would like information on what's on and available?
- A skill or interest you would like to share?

R E A P

Rural Enabling & Accessing Programme

Could you work with your rural community to set up, for example:

- **Heart Start training**
- **Sewing/craft**
- **Gentle exercise**
- **Reminiscence session**

Anything from Painting to Pig Farming!

Any ideas of **your** own!
ring Ali Fletcher
01989 567165

Aims of the R E A P Programme

- **Involving people in rural communities.**
- **Provide information to older people on issues of health, safety, transport, finance and much more.**
- **Build on existing links in rural communities in the HR9 area.**