

STRONGER TOGETHER



Peer support groups

We offer gentle exercises, music activities, coffee mornings, walking groups, healthy cooking sessions and day trips. As well as support sessions with guest speakers covering a range of motivational and awareness talks.



Health & Well-being activities

Keeping you motivated, discussing your interests, sharing experiences and forming new friendships.



Supporting carers and their cared for loved one. Reaching out to service users with Dementia or Mental health in need of support.

Funded by:

Life skills & advice groups



Please call or email Kayley Murphy for more information:

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