

# LLA CULTURAL & SOCIAL VISITS FOR PEOPLE AGED 50+



Aged 50+?

Would you like to feel less isolated?

Would you like to get out more to different places?

gardens, museums, nature reserves, countryside, and more...

To meet people, see different things?

For enjoyment, stimulation, relaxation?

To follow interests, take part in activities?

Discover new things? Feel inspired?

Do you find it difficult to do so?

Or know someone else who does?

A new programme of cultural and social visits is open to anyone aged 50 or over. You don't need to be part of a group – you can come along on your own - or with a carer or support worker if you have one. Most visits will be offered on a pay as you feel basis so that no-one is excluded due to cost.

**To register / for further information, please contact:**

**Hannah Carey 07761 184841 [hannah@littlelondonarts.org.uk](mailto:hannah@littlelondonarts.org.uk)**

Visits organised by LLA (Little London Arts) through a contract with Leeds Community Foundation to deliver a Time to Shine Small Funds project. Time to Shine is managed by Leeds Older People's Forum and funded by Big Lottery Fund's Ageing Better programme to reduce social isolation and loneliness amongst people over 50.

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