

Tailored support and social clubs for people aged 55 plus

in Ashford, Canterbury and Swale



Heritage Visits

Computer Skills

Walking Groups

Men's Sheds

**Socially
Engaged**

Photography

Arts

Book Clubs

Community Allotments

Gardening Clubs

Exercise Classes



Your local charity
**Building Resilience,
Facilitating Change**
Since 1964

On behalf of



Wellbeing Matters Plus is a service of Imago Community. Registered charity number: 1108388

Wellbeing Matters Plus offers and develops community-based opportunities for individuals aged 55 plus, and adults with complex health needs, living in Ashford, Canterbury or Swale.

We help people feel connected and less lonely, offering support to improve wellbeing and independence, whilst ensuring the individual's voice is heard and valued.

Opportunities will be based on the 6 Ways to Wellbeing:

- **Be Active:** exercise sessions, gardening, yoga, tai-chi, dance, postural stability, sporting activities
- **Keep Learning:** computer and social media classes, ESOL, U3A, arts, crafts, adult education, employment advice
- **Give:** volunteering, gardening schemes, driving, befriending, community events
- **Connect:** day centres, lunch clubs, sewing circles, afternoon teas, social clubs, CAMEO wellbeing group
- **Take Notice:** walking groups, heritage visits, photography, bird watching, mindfulness
- **Care for the Planet:** energy efficiency, environmental clean-ups, community allotments

**Get in touch to find out more. Go to our website
or scan the QR code to make a referral**

0300 373 0560

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www.imago.community**



Wellbeing Matters Plus, delivered by Imago, is part of Kent County Council's Universal Wellbeing Service. Imago supports other providers to develop their opportunities and services to meet demand.