



# Herefordshire & Worcestershire

## ageUK

### What's on in Pershore...

#### **Walking Netball and Walking Football...**

Keep active, make new friends, improve your health and wellbeing.

**Walking Netball** every Tuesday 12 – 1pm at Pershore Leisure Centre.

**Walking Football** every Thursday 11am – 12pm at Pershore Cricket Club.

**First Session FREE!**

£4.50 thereafter **to include refreshments.**

**Contact Lorna on 07904 352642 or email**  
freedomactivities123@gmail.com

[www.freedomactivities.com](http://www.freedomactivities.com)

#### **Computer Café...**

Support for online shopping, online banking, sending and receiving emails, accessing health services or just browsing the internet and more.

Every Friday 09:30 – 11:30am at Pershore Library.

**Free to attend** with a small, suggested donation to cover teas and coffee.

**Contact Justin on 07858 140462 or email**  
justin@senioritsupport.co.uk

[www.ageukhw.org.uk](http://www.ageukhw.org.uk)

#### **Gardening Group...**

Stay active and in the green gym! Enjoy some fresh air, meet new people, grow your own fruit and vegetables, improve your health and wellbeing and more! There are lots of benefits of gardening together.

Every Tuesday morning 10:30am – 12:30pm.

**FREE to attend.**

**Contact Age UK H&W Referral Hub on**

0800 008 6077 **or email**

referralhub@ageukhw.org.uk

[www.ageukhw.org.uk](http://www.ageukhw.org.uk)

#### **Wick Dementia Café...**

Come along to and enjoy activities in a supportive environment. The cafés are here to provide support and information for people living with mild to moderate Dementia, their carers, friends and family.

Every third Tuesday of the month 10:30am – 12:30pm. Wick Club, Main Street, Wick, Pershore, WR10 3PD.

**FREE to attend**

**Contact Age UK H&W Referral Hub on**

0800 008 6077 **or email**

referralhub@ageukhw.org.uk

[www.ageukhw.org.uk](http://www.ageukhw.org.uk)