

GOLDEN LIVES!

STAYING ACTIVE!

WITH YOU MORE THAN EVER!

“Golden Lives”, Embrace UK Covid-19 crisis response for older BAMER communities.

**Are you an older person?
Do you feel lonely?
Would you like to learn new skills?
Would you like to help others?
Would members of your family like to take part?**

We are offering exciting FREE digital/online activities, workshops and courses:

Activities:

Beginner Photography workshop



Forum and debates



Befriending services



ESOL informal / conversational English language lessons



On-line coffee mornings to make social connections



Fun quizzes, games and arts / crafts



Learn Basic IT skills

Advice & Advocacy: e.g. personal budgets / direct payments, benefits and pensions

Exercise activities:



asylum seekers and migrants of all nationalities



Embrace UK

Community Support Centre

Please contact Alice on:

Tel: 020 8275 45 37

Mob: 07448549756

W: www.embraceuk.org

E: alice@embraceuk.org

OR just come to the Selby House and register your interest.

Address: Embrace UK, Selby Centre, Selby Road N17 8JL

Other volunteering opportunities are available.

Embrace UK is a charity that provides free services on a variety of needs that concern disadvantaged people including refugees,

