



activeAGEING
IN STOCKPORT



www.ageuk.org.uk/stockport

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<https://www.lifeleisure.net/health-wellbeing/active-ageing-stockport/>

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Dear Sir/Madam,

Active Ageing in Stockport is a new programme and campaign aimed at helping individuals aged 55+ who have experienced a significant life event by supporting them to become more physically active as part of a healthy lifestyle.

We are looking to work with pharmacies more closely to engage with adults 55+ to access this programme, which provides a support mechanism of Active Ageing volunteers to help people access social physical activity (with over 100 sessions across Stockport).

Our team members from Life Leisure and Age UK Stockport would be happy to tell you more, explore opportunities to promote the programme, explain how to refer patients through or send out/drop off more resources for your pharmacy.

Please if you have any questions or would like to get in touch, my contact details are all shown above and more information can be found in our information booklet too.

Thank you.

Kind regards,



Ross McGuigan

Adult Participation Officer and Active Ageing Lead

Sport England - Active Ageing in Stockport



greater
sport



STOCKPORT
METROPOLITAN BOROUGH COUNCIL