

Supporting Older People

Founded 1982



Activities Programme 2022

Our mission:

“We aim to alleviate loneliness and isolation often experienced by older people living on their own”



www.supportingolderpeople.org.uk

Registered Charity Number 1155682

Tea and Talk



Tea & Talk is held on the second Tuesday of each month at 2pm at the Crown Hotel, Harrogate, unless otherwise stated.

The cost is £6 to include afternoon tea.

18th January

8th February - Daytones Harmony Chorus

8th March - Sporting Memories

12th April

10th May

14th June

12th July

9th August

13th September

11th October

8th November

13th December - Christmas Party

Dining Out Club



We meet on the first Monday of the month and restaurants have been chosen for their accessibility and as far as possible are independent venues.

Prices are in the region of £8 to £18 per head.
All charges include a £1 booking fee.

14th February - Buon Gusto

7th March - The Inn at Cheltenham

4th April - Nutritional Joes

2nd May - Catch

6th June - Fat Badger

4th July - Harrogate Arms

1st August - Taverna

5th September - Starlings

3rd October

7th November

5th December - The Inn at Cheltenham

Outings

Thursday 17th February
Tropical World, followed by a
pub lunch
£12, lunch extra



Thursday 24th March
Wentworth Garden Centre
£10 - £15



Thursday 21st April
Eden Camp, followed by fish &
chips
£17 - £20, Fish and chips extra



Thursday 19th May
Skipton Canal Trip
£25 - £30



Thursday 23rd June
Helmsley & Nunnington Hall
£15 - £20



Wednesday 20th July
Seaside - Scarborough &
Shuttleworth Gardens
£15 - £20



Wednesday 24th August
Masham Market, followed by Lunch
£10 - £15



Thursday 22nd September
Harewood Arms
£10 - £15



Thursday 20th October
Pots to go & Crimple Hall
£15



Thursday 24th November
Shopping Trip
£10



December TBC

Music & Movement Group

This is a friendly group who meet at the Green Hut, 44 Harlow Avenue, Harrogate, every Tuesday at 10am for an hour of extend seated exercise followed by chat and tea and coffee.

The cost is £4 per session.

We do hope you will find an event that will interest you in our Activities Brochure.

Please telephone 01423 531490 or 07535 508043 if you would like to book any of the activities - we work on a first come first served basis.

Looking forward to hearing from you.

From the team at Supporting Older People





Any questions?

Please give us a call if you would like any further information about the activities.



Lorna, Julia and Kate
The Team at Supporting Older People

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Larger print available on request
Please note all dates and prices are subject to change.

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