

Community Support for older people

If you are over 50 living in South
Glos, I am here to support you!

Connect you with like-minded
people in your neighbourhood

Help reform your community
group post lockdown.

Contact Sato

Community Development Co-ordinator

07971 670880 satoblack@southernbrooks.org.uk

Funded by



St Monica Trust



COMMUNITY PARTNERSHIPS

Are you over 50?

Do you want to meet local people and do things in your community?

It's now more than ever we need to re-establish our local connections.

I can help connect you to right place. Give me a call I would love to hear from you.

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Why is it important to re-establish connections in the community?

Over the last 18 months all of us in some ways have experienced social isolation due to Covid-19 pandemic. Older people have often been affected more than others.

We have seen the strengths of communities as people, families and neighbours have come together to support to one another such as shopping, delivering food parcels, collecting prescriptions and walking dogs especially for those being shielded.

Neighbourly actions are important to get through challenging times. Let's uncover possibilities and opportunities within you and your community around you. That's how you cultivate resilience and power within the community.

“ Not only do they plant and harvest and eat together, but people share with their neighbours the experiences of birth and bereavement, of children marrying and parents dying. In this way, the community is able to take part together in the most joyous and frightening moments of life.

John Robbins, Healthy at 100 ”

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