

News from Neighbours in Poplar

Neighbours
in Poplar

Today we need you, Tomorrow you may need us



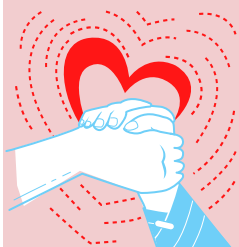
Issue 8 - Spring 2022

Our LinkAge Plus Outreach Workers are happy to help!

We are happy to help with any of the following matters:

- ✓ Parking Permits
- ✓ Claiming Benefits
- ✓ Housing Issues
- ✓ Telephone Befriending
- ✓ Pension Credits

Contact one of our Outreach Workers for help:



Dyane	07947 798 685
Muna	0207 531 0190
Ali	07947 605 473
Serena	07543 666 570
Office Landline	0207 531 0190



Upcoming Events...

- **Re-Opening of Friday Hub at St. Matthias** – April 22nd March 2022.
New timings: 11:30am – 3:00pm
**Transport Available*
- **Balance Exercise** – Every Monday starting 9th May for 8 weeks
£1 Contribution
- **Therapeutic Fitness** – Gentle exercises to support balance and strength. Fridays at 1:30pm. Start date TBC
- **Queen's Platinum Jubilee Party** – Friday 10h June at St. Matthias. Come and enjoy a British Lunch, DJ Joe and a Raffle.



LinkAge Plus
A brighter future for older people