

Is there a charge for activities?

This depends on what you want to take part in. Some activities will have a small charge to help cover the costs but this is always kept as low as possible. However, some activities, such as helping by volunteering, will have no costs attached.

Could you help run a group?

If you are a person who likes something to get your teeth into, we can offer a range of opportunities for you to help organise events and activities. This could include helping us set up a new group, or maybe helping with administration, or even sharing a skill you have.

How do I find out more?

Simple - just contact us using the details below, and ask about Activities for Older People.

Contact us:

Telephone: **01298 23970**

Email: admin@connex.org.uk

Or just call in and see us at:

**16 Eagle Parade,
Buxton,
Derbyshire
SK17 6EQ**

Registered Charity No.1067193



connex
Community Support

connex
Community Support



**What can
I do with
my time?**

**Social activities,
groups, and
volunteering
opportunities for
older people in the
High Peak area**



Connex Community Support offers a range of activities for older people who have time to spare. You might want a new interest, to meet more people, to get out more, or just get involved in helping others.

Whatever your reason, we will have something to interest you.



Art Group

Meeting monthly on Fridays, our Art Group tries out a range of arts and crafts including knitting and crochet, therapeutic colouring, pottery, watercolour painting and papercraft. Or maybe come along with your suggestions for a craft we can try!

Coffee Socials

Why not ask about one of our regular weekly coffee (or tea!) socials, one taking place in association with the students at The Dome in Buxton (term time Wednesday afternoons only), and the other at The Lea Wood Hotel in Buxton (Monday mornings)

Entertainment and Access Group

In association with Buxton Opera House, this group helps to have a say in the Silver Screenings, helps develop ideas for better access for older people and enjoys a general natter!

Meet and Eat

Meeting fortnightly, you can join a trip with others of a similar age to visit a pub, café, garden centre or other visitor attraction for a social lunch together. We will pick you up from your door and drop you home again!

Perfectly Aged (furniture restoration group)

Learn how to transform old items of furniture into things of beauty, and do your bit for the planet in the process! We provide all the equipment and will teach things like paint techniques, upholstery, etc. At Buxton Scout Hut, every other Tuesday morning.

New Age Kurling

Come and try this fun new activity which is like regular curling but without the ice! It's easy to play, no experience necessary. Can you slide your stone to the target? Running fortnightly on Thursday afternoons - ring for details of location.

What if none of these activities appeal to me?

Get in touch with us. We want to know what you would be interested in and if there's enough demand, we may be able to help set something up.

One to One Pals

If you don't want to (or can't) get out anywhere, we can often find a volunteer who will come and visit you at home for a good chat and a friendly cuppa together!

