

# Dine and Shine

A new social group  
for older people to  
cook and eat  
together

**Wednesdays 10.30am**

**Allan Park South Church**

**Starts 5th Feb 2020**

**For details or to book a space contact**

**Sally Forshaw on 01786 471998**



With  
**Eat Well Age Well**



**COMMUNITY  
FUND**