



## COME ALONG FOR A 'WEE BLETHER'!

This Wee Blether group focuses on the AB16 7 area of Aberdeen, bringing individuals aged 55+ together for company and a chat, addressing isolation and building links into the community.

**What's on offer?** Free soup & hot drinks, company, and games & activities if there is a demand for these. We can also signpost you to other groups and activities within the area.

You are welcome to bring your cared-for along with you, and transport can be arranged if required.

**Where?** Middlefield Community Project, The Hub, Manor Avenue, Aberdeen, AB16 7UR

**When?** Mondays from 12 noon – 2pm

To be referred, please speak to your care manager, care at home provider, or your Quarriers Carer Advisor/Family Wellbeing Worker. Please also let them know which dates you wish to attend, as pre-booking is required.

### Contact:

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**We hope to see you there!**

