



Sensory Impaired Support Group (Charity)

Improving Connections & Wellbeing for Older People with Sensory Loss

"Wellbeing Café" in Ayr (resource centre) each month (2nd Wed of each month 10am-11am). To help improve connections and build new friendships and find peer support over coffee. To help reduce feelings of isolation and loneliness and have a positive impact on their feelings of anxiety and frustration in relation to losing one or both of their senses (Hearing/Sight)



"Healthy Snack Packs" - providing our older people with healthy snack packs to aid with the cost of living. Packs include healthy cereal bars, fruit juices, packs of dried fruits, information on healthy eating, gentle exercise and wellbeing. This will be a small way in which we can support our client group during this difficult financial crisis.



For more information please contact **Denise McClung** (Project Manager) on **01292 266791** or email **denise@sisg.co.uk** or check out SISG's website **www.sisg.co.uk**