

## Media Release

For immediate release

## Health for Life

Health for Life is a friendly local service that helps lonely or vulnerable people re-engage in local clubs and community groups. By meeting new friends and learning new skills their confidence grows, they have more purpose and structure in their lives and so they start to feel so much better about themselves.

The groups we are involved with include local scrabble and lunch clubs, badminton and other physical activities, walking, knitting, social and basically any others that are running that we can find! And if we feel there is a need for a new type of group then we'll set one up! All these activities are open to the public so no-one is excluded from enjoying themselves. Everyone has a story to tell, a skill to share and an interest in meeting people.

We are always looking for volunteers to help with transport or to accompany someone who is feeling apprehensive. Some volunteers help facilitate our groups and all our volunteers enjoy the help they give. Here are some quotes from them illustrating just how they benefit from helping someone;

'I feel I'm putting something back into the community'

'Just knowing that I'm helping to make a difference to someone'

'I enjoy meeting assorted people'

'I should have joined you years ago'

For more information please call Sian on 07857 966475 or Anna on 01223 811662

### Notes to editors:

<sup>(1)</sup> Red2Green runs projects across Cambridgeshire providing leisure, educational and work opportunities for over 600 people with a wide range of disabilities and those facing disadvantage, including mental health problems, learning disabilities, physical disabilities and autistic spectrum conditions.

Turning the Red Lights Green is a Registered Charity no 1112429 and also a company registered in England and Wales no 5485413, trading as Red2Green