



# **WE'RE ALL GETTING OLDER**

**HOW CAN WE MAKE THE  
MOST OF IT  
– TOGETHER?**

**Read this leaflet and let's talk.**

# GETTING ON

in Lambeth

**We're all getting older. How can we make the most of it? What's good about ageing in Lambeth? What's not? Can all of us, together, make getting older great for each of us and for our whole community? Can we also cooperate more to prevent problems of ageing, deal with them better when they happen, and increase our wellbeing?**

**Age UK Lambeth has started a Resilient Ageing project to:**

- **listen to you**
- **appreciate what's already good and help those good things cooperate more**
- **work together to create new ways to deal with the problems of ageing - and to make ageing wonderful.**

**We hope you'll want to meet with us and see what we can do together. If we've offered a meeting date and it's good for you we look forward to it. Otherwise let us know if you're interested and we'll suggest options that might work for you. In any case please don't hesitate to contact our Project Facilitator:**

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