

Brightlife is working in partnership with local organisations, healthcare professionals and activity providers to reduce social isolation for people over 50 registered at the following surgeries; Bunbury, Kelsall, Tarporley, Malpas, Tattenhall and Farndon.

We want Rural Communities to be great to grow older in, where people feel connected to their community and the people around them.

To make sure we find what's best for you, we begin by asking what you enjoy (or used to enjoy) doing and then link you up with the most suitable activity or group in your community.



Katherine Hussey and Eloise Campbell are the Brightlife Coordinators for your local area.

“Being lonely or isolated can have a negative impact on your self-confidence and can impact your health. Brightlife is here for you. Just give us a call and we can start with an informal chat about what you might like to do that could help you get out and socialise more.”

**Call Katherine and Eloise on 01606 884444**

# “Sometimes the best medicine is just a good laugh in friendly company”

“I’m a completely different person to who I was before.

Brightlife has helped me come out of my shell by introducing me to groups I wasn’t aware of.

My daughter jokes that I have a better social life than hers now!”

Chris Ellis (66)



Call Katherine on 07736 168342 or 01606 884444  
email: [katherine.hussey@brightlifecyclecheshire.org.uk](mailto:katherine.hussey@brightlifecyclecheshire.org.uk)

Call Eloise on 07736 168350 or 01606 884444  
email: [eloise.campbell@brightlifecyclecheshire.org.uk](mailto:eloise.campbell@brightlifecyclecheshire.org.uk)

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Brightlife is a partnership led by Age UK Cheshire.  
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