



Silverlinks social day care groups are a service of Action Point Community Support Services with funding from Bradford District Council.

Action Point also runs another service aimed at improving the well-being of older people including:



A befriending scheme for socially isolated people in the Keighley district.

Tel: 01535 609506



Volunteer with us!



If you have a bit of free time and would like to help out, please just give us a call, we'd love to meet you!



The Temple Row Centre

23 Temple Row

Keighley

BD21 2AH

Phone: 01535 609506

E-mail: toni@actionpoint.uk

Web: admin.actionpoint.co.uk

Charity No: 1090144

Silverlinks Social Day Groups



Serving older people living in the Keighley district

For more information about booking a place at one of our groups contact Action Point on 01535 609506



About us

Silverlinks is a social day group for people over the age of 60 who find it difficult to go out alone.



Our friendly team of staff and volunteers will support you to take part in a range of activities to improve your wellbeing and to enable you to have a great day!

Silverlinks groups take place on

Wednesdays & Thursdays.

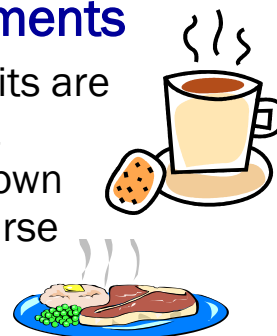
Groups meet from 10.30 till 2.30

at The Temple Row Centre



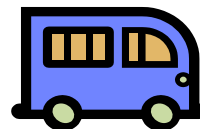
Meals & Refreshments

Tea, coffee and biscuits are provided on arrival. At lunchtime we all sit down together for a two-course meal.



Transport

Door to door minibus transport is available for people who live locally. Please phone us to discuss your needs.



Activities

Activities are fun and varied, including quizzes; games; raffles; bingo; handicrafts and gentle exercise, as well as time to chat. From time to time singers, entertainers and interesting speakers visit the groups. We also have 2 or 3 trips out each year including Christmas lunch.



How much does it cost?

£15 per session inclusive of meal.



£5 per person

Transport to/from the centre. (Keighley & surrounding areas only).

£2 additional contribution

for day trips.



Charges are payable on the day of attendance or upon receipt of our monthly invoice.

We accept cash, cheques or BACS.



If you are interested in attending Silverlinks, just give us a call!

On 01535 609506



A member of staff will arrange to visit you to discuss your needs and reserve your place.