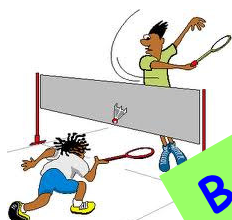


Is there something that you would like to try doing, but would like a bit of support ?

Active for Life

Buddy Service



Badminton



Walking



Going to the gym



Swimming

We can provide you with a volunteer buddy who will support you for the first few sessions and give you lots of confidence!

Dancing



Bowling



For more details contact Larissa on
01752 201766 or 07791 682777

Plymouth Guild 

Providing Support, Advice and Volunteers

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