



Older & Active
IN EAST KILBRIDE

The Meeting Place



The Meeting Place is our community hub, located in the Olympia Mall. We have a community cafe where you can enjoy a coffee and a light snack in a friendly and relaxed atmosphere. A place where you will always be greeted with a warm welcome, good company and chat.

www.olderandactive.co.uk



There's always something happening in The Meeting Place, we have a wide range of information and activities, all promoting healthy living, active ageing, health and wellbeing.

Working with many partners organisations including the Health and Social Care Partnership, NHS, South Lanarkshire Council, Senior's Together, Police Scotland, Fire and Rescue Service, Citizen's Advice Bureau, Lanarkshire Carers Centre and many more to provide a central point for information and advice.

On offer we have many activities all geared towards your interests including arts and crafts, book club, IT classes, crochet and knitting group, health walks and bus outings. We are also happy to introduce new activities if requested.

We also offer a range of health and wellbeing services. These include gentle tai chi for people with different health conditions, complementary therapies including reiki, indian head massage, reflexology and massage, podiatry and physiotherapy and acupuncture. We also offer self-management courses in managing long term health conditions and stress control sessions.

Come along and see what's on offer, we look forward to meeting you!

'The Meeting Place' is one of the services delivered by Older & Active in East Kilbride. Older & Active in East Kilbride provides a range of services that help people remain independent, part of the local community and live a healthier and happier life.

The organisation is available for anyone over the age of 50 or people with a disability of any age, if you would like more information please contact:

- info@olderandactive.co.uk
- **phone 01355 571300**
- www.olderandactive.co.uk

