

# Social Inclusion Project Penistone Area

***The Social Inclusion Project wants to make sure that no older person is forgotten or left to struggle on their own.***

**There are lots of ways you can get involved and support your local community**

- Contribute your knowledge and ideas
- Provide practical or social support
- Offer lifts to an older person
- Become a travel companion
- Get involved in a group activity
- Keep in touch

**To Find Out More or Get Involved**

**Call 01226 776820**

**Email [penistone@ageukbarnsley.org.uk](mailto:penistone@ageukbarnsley.org.uk)**

**[www.ageukbarnsley.org.uk](http://www.ageukbarnsley.org.uk)**

